

Greenwood Herbals

December 2005

What's happening at Greenwood Herbals in December:

- **Winter Open House**

I love the month of December. I always look forward to it with the enthusiasm of a child. I have such wonderful memories. As soon as Thanksgiving was over it seemed the world became a dark place, illuminated by twinkling candlelight. I can remember hurrying home in the cold dark afternoon, running the two blocks from school, and knowing that a warm kitchen would be waiting for me. We lived up on a hill surrounded by majestic oak trees that always seemed to stand guard against the wind and cold and I would fly up the stairs towards the house, pass the kitchen where the steamy windows spoke of a warm oasis. Bursting through the door to the smell of cookies that were fresh out of the oven. December always seemed to be a time of festive joy and anticipation. The tree was cut and brought into the house and decorated and then the house would smell of pine as well as cookies. The rooms were dark by 4 pm and the tree lights would glow. Whenever I smell pine I think of those days when there were no worries, nothing to think about except what December 25th might bring. White Pine no matter what time of year it is will bring these memories flooding back. I always inhale deeply and smile.

White Pine — *Pinus strobus*

White Pine is an evergreen tree. It is in leaf all year, and the seeds ripen in October. The flowers are either male or female, and both sexes can be found on the same plant, and are pollinated by wind. The plant is not self-fertile. It is found in woodlands.



It will thrive in a light well drained sandy or gravelly soil. It dislikes poorly drained soils. Once established the plant tolerates drought but not atmospheric pollution.

The white pine is a very important timber crop in its native range. The huge stands that existed before the Europeans came to North America have been cut down

The plant is very susceptible to white pine blister rust, it should not be grown near any gooseberries or currants since these plants can act as carriers for the disease and why nurseries in Maine no longer carry these plants.

Edible Uses: Flowers, Gum, Inner Bark, Seed

The seed is mainly used as a flavoring in cooking. The fresh needles are brewed into an aromatic tea that is rich in vitamins A and C. The sticky amber sap can be used for chewing. Inner bark is often dried, ground into a powder and then used as a thickener in soups or added to flour when making bread.

Medicinal Uses:

White pine was used medicinally by several native North American Indian tribes who valued it especially for its antiseptic and vulnerary qualities, using it extensively in the treatment of skin complaints, wounds, burns, and boils. It is also very beneficial to the respiratory system and so was used in treating coughs, colds, and influenza.

The turpentine obtained from the resin of all pine trees is antiseptic, and a diuretic. A poultice of pitch has been used to draw out toxins from boils and reduce the pain.

The dried inner bark is demulcent, diuretic and expectorant. An infusion was used as a treatment for colds and it is still used as an ingredient in commercial cough syrups. A tea made from the young needles is used to treat sore throats and is a good source of vitamin C. The powdered wood has been used as a dressing on babies chaffed skin, sores and improperly healed navels

Other Uses:

A tan or green dye can be obtained from the needles. The wood is especially suited for making the masts of ships and is also used for lumber and cheaper furniture. Turpentine can also be extracted from the trees that grow in warmer climates by tapping the trunk or by destructive distillation of the wood. It is used in varnish, and waxes.

Featured Product this Month:

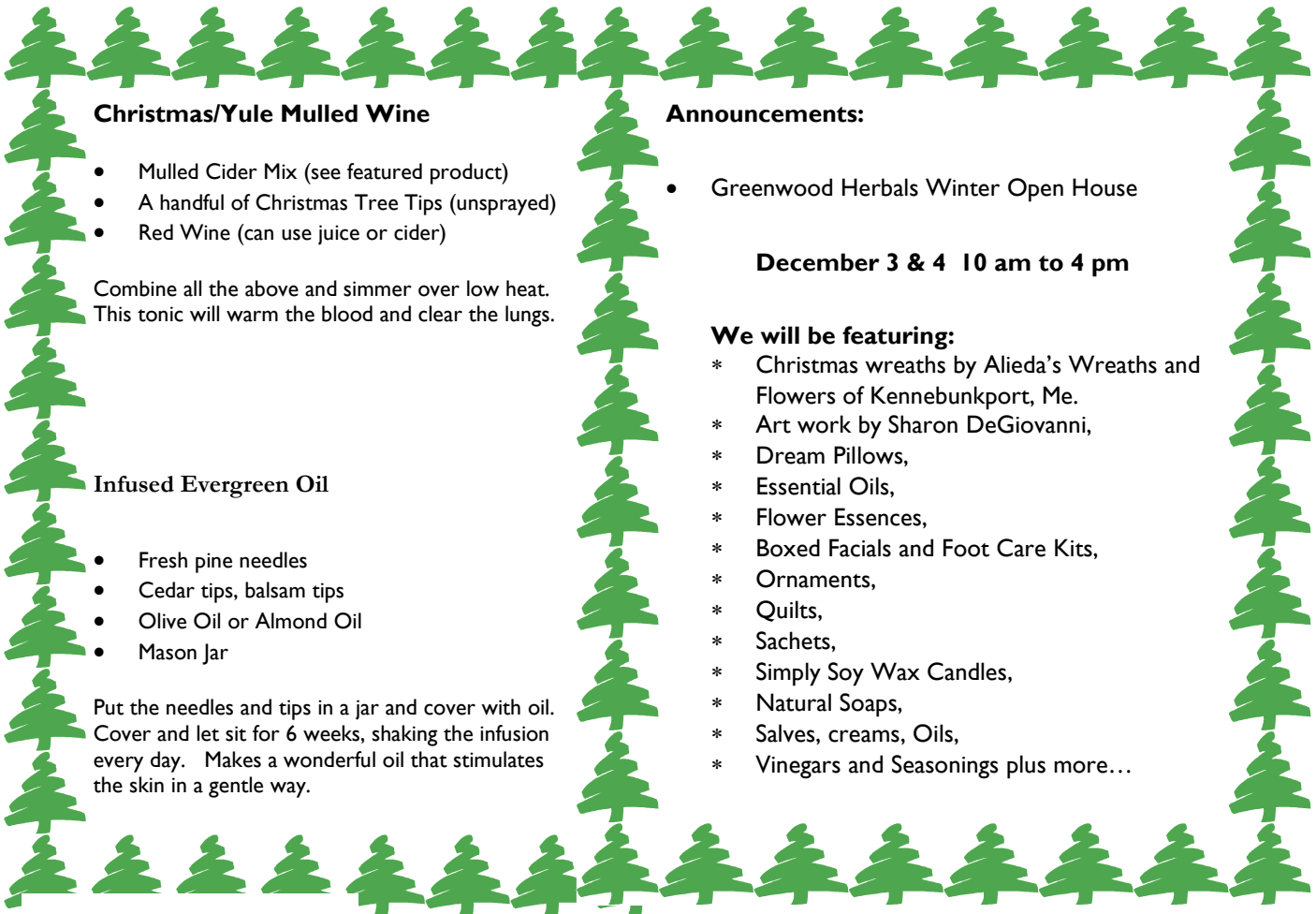


Mulled Cider Mix

Contains Allspice, Cinnamon and Cloves

Put contents into a cooking bag,
Add it to 2 gallons of Cider, Juice or Wine,
Heat and serve.

Visit our store or visit us on-line at www.greenwoodherbals.com



Christmas/Yule Mulled Wine

- Mulled Cider Mix (see featured product)
- A handful of Christmas Tree Tips (unsprayed)
- Red Wine (can use juice or cider)

Combine all the above and simmer over low heat. This tonic will warm the blood and clear the lungs.

Infused Evergreen Oil

- Fresh pine needles
- Cedar tips, balsam tips
- Olive Oil or Almond Oil
- Mason Jar

Put the needles and tips in a jar and cover with oil. Cover and let sit for 6 weeks, shaking the infusion every day. Makes a wonderful oil that stimulates the skin in a gentle way.

Announcements:

- Greenwood Herbals Winter Open House

December 3 & 4 10 am to 4 pm

We will be featuring:

- * Christmas wreaths by Alieda's Wreaths and Flowers of Kennebunkport, Me.
- * Art work by Sharon DeGiovanni,
- * Dream Pillows,
- * Essential Oils,
- * Flower Essences,
- * Boxed Facials and Foot Care Kits,
- * Ornaments,
- * Quilts,
- * Sachets,
- * Simply Soy Wax Candles,
- * Natural Soaps,
- * Salves, creams, Oils,
- * Vinegars and Seasonings plus more...