

Greenwood Herbals

April 2006

What's happening at Greenwood Herbals in April:

- **Clean up**
- **Seedlings**
- **Raking**
- **Clearing**

Last week, I attended the York County Master Gardener Annual Meeting, where I met friends and fellow gardeners. It was like the official opening of spring for me. Even though my seedlings are started and I've been out there, like everyone else, peeking under the mulch, I don't seem to feel that special excitement that every gardener feels until after I attend this meeting. For me it's the official start of spring. It's as if the excitement and exuberance of all the others, seeps into my very being. By the time I left the meeting, I was ready to begin, I felt that I had just left a pep rally. When I got home, the first thing I noticed was that the tree that had fallen near the bloodroot had been cut up and hauled away for firewood. It appears that the blood root has survived, though I did not see any evidence of the double flower bloodroot (Polymorphic), my little prize. I started moving around the yard in anticipation of it all. We started clearing the overgrown field that sits behind the shop. It has been sitting there for years and the saplings are overtaking. The goal is to have this field ready for planting by next year. I can only hope. I see that it's going to be a major effort.

Blood root —*Sanguinaria Canadensis* Also known as Red Root

This plant is a perennial growing low to the ground. It is a native to Maine and is in leaf from March to August and will flower in April. The flowers are short lived. It has both male and female organs (hermaphrodite). It will grow in most soils, prefers semi-shade but is said to also grow in the sun. It requires moist soil, but here at Greenwood Herbals, we have had to move this plant to the North Side of the house where there is more shade than sun and the soil is moist, and sandy.



Edible Uses: There are no edible parts on this plant.

Medicinal Uses: *Cathartic; Diuretic; Emetic; Expectorant; Febrifuge; Sedative; Stimulant; Tonic.*

Blood root was once used by the native North American Indians to treat fevers and rheumatism, and to induce vomiting. It is used today internally as an expectorant, promoting coughing and the clearing of mucus from the respiratory tract in the treatment of bronchial, respiratory tract and throat infections, and poor peripheral circulation. If this plant is used, it must be used with caution. The root is toxic containing a number of opium-like alkaloids. An excessive dose depresses the central nervous system, causes nausea and vomiting, and may even be fatal. This remedy should not be prescribed for pregnant or lactating women. We do not use bloodroot internally at Greenwood Herbals. We have used the root externally in the treatment of warts, and benign skin tumors, and moles. An infusion of the root or the sap of the fresh root can be placed directly on the mole or wart. The root can also be harvested in the autumn, dried and stored for later use. It should not be allowed to become damp since it will then deteriorate.

Other Uses: A red dye can be obtained from the sap of the root. Native American Indians use to use this as a face paint or applied to the body as an insect repellent. But due to the toxicity of this root I would not advise this and caution should be taken.

Folklore: I remember someone telling me a story that the Native American's believed that the dye from the root was a love charm. Young men would paint the palms of their hand with the dye of the root. It was believed that if they shook the hand of the young girl that they wanted to marry, she would give her consent within a week.

207-793-3553

www.greenwoodherbals.com



For years I have wanted a Genesa Crystal for the garden. I first heard of the Genesa Crystal being used in the famous Perelandra and Findhorn gardens. These crystals are believed to bring positive energy into the garden, and have been known to bring a lifeless garden back. Michaela Small Wright, founder of the Perelandra Nature Research Center, uses it as an “energy air conditioner” stating that the Genesa “draws in positive energy from within a 2 mile radius, then cleanses it, balances it, and sends it back out.” My garden is a circle garden and I designed it to be in the shape of a Ying and Yang symbol for balance and harmony. I couldn’t think of anything I wanted more than this crystal which they claimed would bring balance and positive energy to the plants. I have been amazed by gardens where these crystals were used in the spirit of the Perelandra and Findhorn gardens.

Well, the Genesa Crystal has arrived at Greenwood Herbals. A friend gifted me with a 16” crystal that her husband made out of copper. She asked him to make two, one for her and one for 'the land' at Greenwood Herbals. She had *no idea* I had wanted one for my garden at Greenwood, and that my daughter and I had even attempted to make one ourselves years ago!

We will be selling these crystals in different sizes in the shop. You can also call the shop or email us to order your crystal. Shipping is extra. 207-793-3553 or herbalist@greenwoodherbals.com

12"....\$120.00

16"....\$150.00

18"....\$175.00

Custom sizes on request.



Spinach Salad

with Lemon Mustard Salad Dressing



1/2 cup olive oil



1/2 cup canola Oil



1/4 teaspoon finely shredded lemon peel



2 tablespoons lemon juice



Mix above ingredients in blender, then add:



1 egg yolk



3 cloves garlic, minced



1/2 teaspoon sea salt



1/2 teaspoon of dry mustard



1/2 teaspoon of dried thyme



1/8 teaspoon freshly ground pepper



Blend again until smooth and pour over:



10 cups torn fresh spinach



2 cups sliced fresh mushrooms



1/2 cup crumbled blue cheese

1/4 cup thinly sliced green onion

1/4 cup of vegetarian bacon bits.

Toss and serve.



Announcements:



- Alieda Raymond of Alieda’s Wreaths and Flowers has added a new line of bracelets to her inventory.



- Sharon Deill Degiovanni is now showing and selling some of her original artwork in the shop.



- Carrie Weber’s hand-painted ceramic eggs have arrived.



- We have applications in the office for the Lichenwood Flower Essence apprenticeship program. If you are interested, please ask for one the next time you come in or visit www.lichenwoodherbals.com to access it on-line.



- We are now carrying High Mowing Vegetable, Flower and Herb Seeds. All are certified organic.



- Please note that anyone wishing to attend a class must register one week prior to the class date. See Classes/Events on the web-site for further details



- Greenwood Herbals will be closed April 24th thru April 29th. If you need anything from the shop or If you are ordering on-line, or by phone please keep this in mind. All orders placed between April 23rd and April 29th will be shipped on May 5th.

