

Greenwood Herbals

June 2006

What's blooming at Greenwood Herbals in June:

- **Arnica**
- **Blue Flags**
- **Celandine**
- **Chickweed**
- **Colombine**
- **Comfrey**
- **Evening Primrose**
- **False Solomon Seal**
- **Feverfew**
- **Foxglove**
- **Iris**
- **Lady's Mantle**
- **Lavender**
- **Lupine**
- **Meadowsweet**
- **Peonies**
- **Pink Lady Slippers**
- **Sage**
- **Siberian Pea**
- **Stinging Nettle**
- **Solomon Seal**
- **Sweet Geranium**
- **Sweet William**
- **Sweet Woodruff**
- **Thyme**
- **Yarrow**

I was so excited when I realized that the full moon was on the 15th of May this year. My Grandmother always said it was safe to plant after the full moon in May. I was all set to begin my early planting this year, though the more people I talked to, the more misgivings I had. One greenhouse owner actually told me that he had ordered more plants, hoping that everyone else was thinking like me. Once they lost those plants they would be back in to buy more. I had to decide whether to plant by the moon, like Grammy or plant by logic. Well, it was taken out of my hands because the rain came. And it rained and rained. Looking back I discovered that in May of last year, I wasn't able to plant until June. My soil was too wet. After all the rain we had at the end of May, I wondered if this was going to be a repeat of last year. I decided to go out and test my soil to make sure it wasn't too wet. I did not want to have to wait until mid June to plant again. So on the first break in the rain, I tested my soil by lightly squeezing a handful of moist soil. Water dripped through my fingers, but by the third day it formed the perfect ball with no excess moisture. After all that rain, I was sure I would be squeezing water from it for weeks. I was able to get my planting done right on time. I would also like to note that there was no frost after the full moon either. Hmmm I need to pay attention next year too. Maybe Grammy was right.

Plantain—Plantago major

This perennial can be found growing low to the ground in most lawns and meadows. Where there is plantain you will find hard compacted soil. Plantain tries to break up this compaction.. It is hardy in zone 5 and will survive the harshest of winters. It is in flower from May to September, and the seeds ripen from July to October. The flowers have both male and female organs and are pollinated by Wind. It attracts wildlife. The plant will grow in all soil types.



Edible Uses: Young leaves can be eaten raw or cooked. They are bitter and the fibrous strands need to be removed before they can be used. Most people will blanch the leaves before using them in salads in order to make them more tender.

The seeds can also be eaten raw or cooked or the seed can be ground into a meal to be mixed in with flour. It is rich in vitamin B1. The leaves can also be dried to make a tea.

Medicinal Uses: *Antidote; Astringent; Demulcent; Diuretic; Expectorant; Laxative; Poulitice; Refrigerant*

Plantain has been used for inflammation of the skin. The fresh leaves are applied whole or bruised in the form of a poultice. Rubbed on the body when stung by insects, bees, nettles or as an application to burns and scalds, the leaves will give relief. It has stopped the bleeding for minor wounds, but is said to be useless in internal bleeding. (*A Modern Herbal*)

Internally, this plant can be used for diarrhea, gastritis, peptic ulcers, irritable bowel syndrome, hemorrhoids, cystitis, bronchitis, sinusitis, asthma and hay fever.

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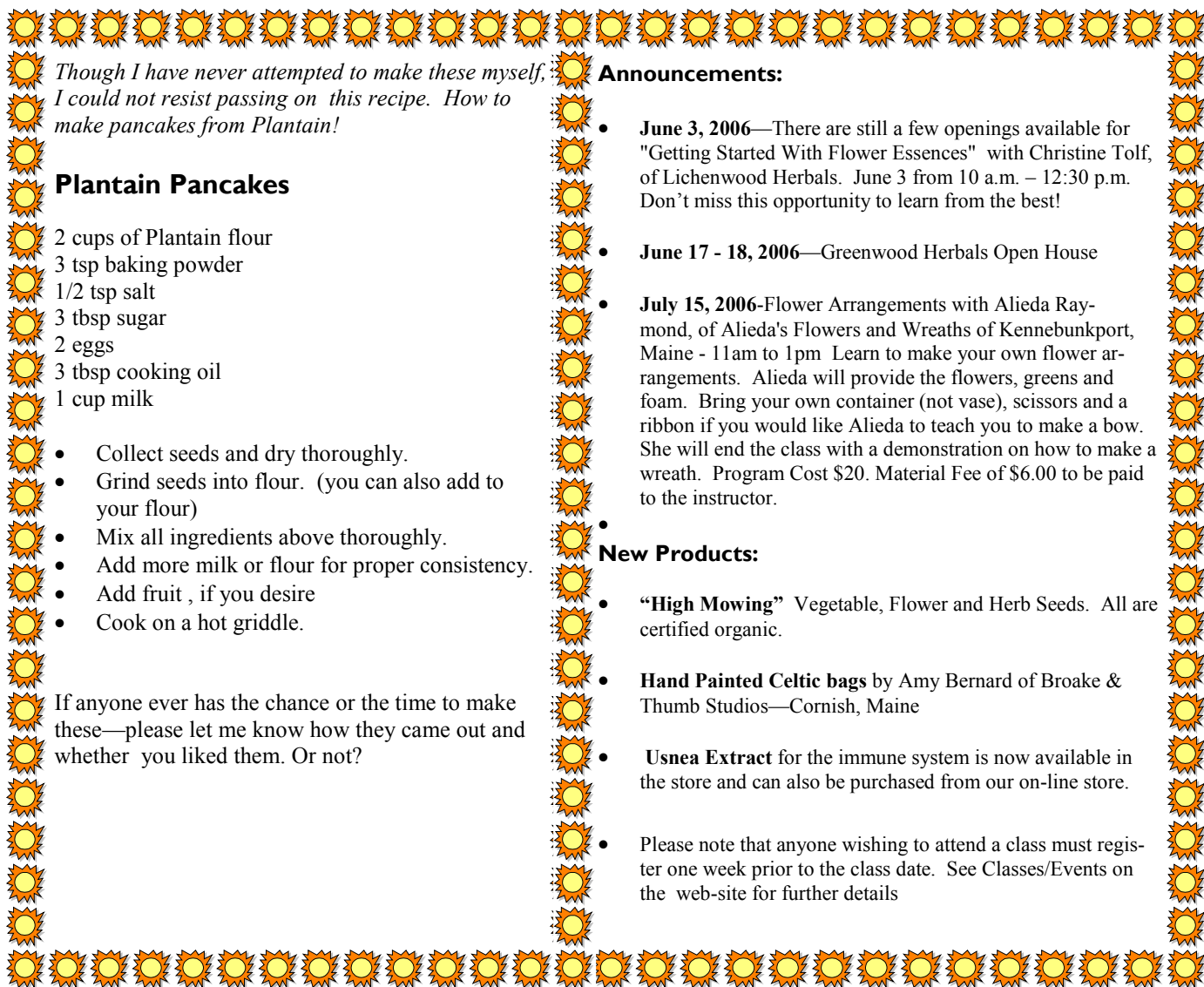
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Plantain seeds contain up to 30% mucilage which swells up in the stomach, acting as a bulk laxative and soothing irritated membranes. The seed husks can also be used for this same purpose without the seeds. It has also been used for weight loss by reducing cholesterol and triglyceride levels, lessening the fat absorption, and giving the body the appetite-satiating effect. Dr. Mowrey in the *“Scientific Validation of Herbal Medicine”* gives an herbal formula for weight loss that includes plantain, fennel seed, burdock root, hawthorn berry, kelp, and bladderwrack.

History: Though I have never seen this written anywhere I remember one of my teachers telling me that the Common Plantain was introduced to America by the colonists. The Native Americans call it the White Man’s Foot, because wherever the colonists have moved and worked the soil the Plantain grows. This may be from the seed carried in the soles of the white man’s boot.

Featured Product of the Month: *Plants!*

Most of these plants were started from organic seeds or by collecting seeds myself. Others have been divided from other plants in the garden. Every plant is organic, heirloom or native to Maine. Some come from old gardens that have been abandoned. *So I would call them my “rescued plants”*. Others are from old established gardens that belong to historical homes or friends. If you see something in the garden that you just can't live without, please ask! I may be willing to dig some up, just for you.

A decorative border of sunflowers surrounds the central text. The border consists of a top row, a bottom row, and two vertical side rows, all made of small, stylized sunflower icons.

Though I have never attempted to make these myself, I could not resist passing on this recipe. How to make pancakes from Plantain!

Plantain Pancakes

- 2 cups of Plantain flour
- 3 tsp baking powder
- 1/2 tsp salt
- 3 tbs sugar
- 2 eggs
- 3 tbs cooking oil
- 1 cup milk

- Collect seeds and dry thoroughly.
- Grind seeds into flour. (you can also add to your flour)
- Mix all ingredients above thoroughly.
- Add more milk or flour for proper consistency.
- Add fruit, if you desire
- Cook on a hot griddle.

If anyone ever has the chance or the time to make these—please let me know how they came out and whether you liked them. Or not?

Announcements:

- **June 3, 2006**—There are still a few openings available for "Getting Started With Flower Essences" with Christine Tolf, of Lichenwood Herbals. June 3 from 10 a.m. – 12:30 p.m. Don't miss this opportunity to learn from the best!
- **June 17 - 18, 2006**—Greenwood Herbals Open House
- **July 15, 2006**—Flower Arrangements with Alieda Raymond, of Alieda's Flowers and Wreaths of Kennebunkport, Maine - 11am to 1pm Learn to make your own flower arrangements. Alieda will provide the flowers, greens and foam. Bring your own container (not vase), scissors and a ribbon if you would like Alieda to teach you to make a bow. She will end the class with a demonstration on how to make a wreath. Program Cost \$20. Material Fee of \$6.00 to be paid to the instructor.

New Products:

- **“High Mowing”** Vegetable, Flower and Herb Seeds. All are certified organic.
- **Hand Painted Celtic bags** by Amy Bernard of Broake & Thumb Studios—Cornish, Maine
- **Usnea Extract** for the immune system is now available in the store and can also be purchased from our on-line store.
- 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