

Greenwood Herbals

April 2007

What's happening at Greenwood Herbals in April:



- **Starting Seeds**
- **Organizing**
- **Teaching**

I trudged through the snow and slush last week, to make my way down to the mailbox. I stopped at the end of the driveway to check on the little pussy willow that grows there. It was in bloom! Some may look for the robin to make it's way to our yards, but I look for the little soft pussy toes on this shrub. This means that things are starting to move in the earth. I could not resist. I took my shovel back up to the house and started shoveling off the bed of violets. There they were! Poking their little green heads up out of the earth. Spring is definitely on it's way. I looked over to the circle medicine garden to see if I could see anything poking out over the top of the snow. My husband saw me glancing that way and must have thought I was contemplating on shoveling off the medicine garden as well. He asked me if I was obsessed or maybe just a crazy gardener. With I sigh, I turned my attention back to the violets. It won't be long now....

Sweet Violet—*Viola odorata*

This perennial is not frost tender and is hardy to zone 5. It is pollinated by bees and is also self-fertile. It requires well-drained, moist soil. And will grow in all soil types. It loves semi-shade or direct sun. You will usually find violets growing in woodlands, cultivated beds, sunny, dappled and shady edges. It also makes a nice ground cover. They can be propagated by seed which should be planted in the autumn because they like a period of cold stratification. They can also be divided in the autumn or soon after flowering. The plant is used fresh or harvested when it comes into flower and dried for later use. The roots are gathered in the autumn.



Edible Uses: The young leaves and flower buds can be used raw or cooked. The dried leaf is used as a tea, and the fresh leaf and flower is used in salads, and soups. The young leaf has a very mild flavor, but they do become tough as they get older. When they are added to soup they thicken it the same way as okra.

Medicinal Uses: The whole plant is anti-inflammatory, diaphoretic, diuretic, emollient, expectorant and a laxative. Used fresh or dried, it is taken internally for the respiratory system, such as bronchitis, coughs, and asthma. It is also used for breast, lung and digestive tract cancer. Externally, it is used for mouth and throat infections. Some reports suggest the dried plant is much stronger as a laxative.

The flowers are demulcent and emollient and are used in the treatment of biliousness and lung troubles. A syrup can be made from the petals and used in the treatment of infantile disorders.

The roots are a much stronger expectorant and if used in higher doses becomes an emetic and purgative.

The seeds are diuretic and purgative, and used for urinary complaints and reported to be good for gravel.

Other Uses: An essential oil from the flowers and leaves is used in perfumery. The flowers are used to flavor breath fresheners.

Warning: All members of violets are edible though I do remember reading somewhere that the species with yellow flowers can cause diarrhea if eaten in large quantities.

New Products:

We are now carrying *Hypnosis for Helping People Help Themselves* CD's "Weight Release" and "Smoking Cessa-
tion" by **Anita Findlan CHT**

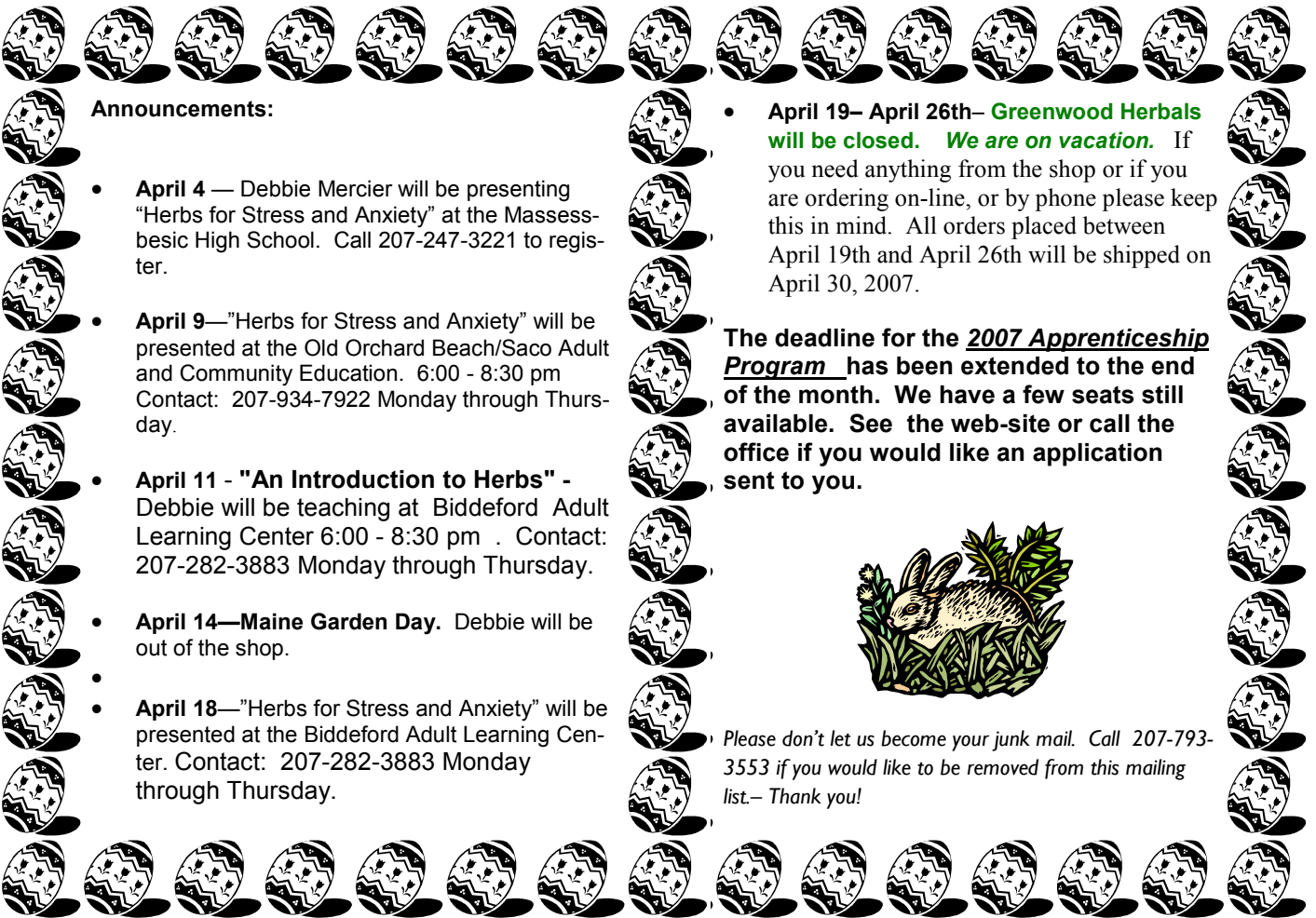
Broake & Thumb Studios has added new gift bags, and tote bags to the shop.

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

High Mowing Vegetable, Flower and Herb Seeds. All are certified organic.

Web-site:

Greenwood Herbals website is under construction. I am adding buttons, descriptions and warnings on the herb and extract pages. We have also gone global and until I can figure out how to change the code for the shipping rates, all international orders must contact me via phone or e-mail for a quoted shipping cost. Thank you!



Announcements:

- **April 4** — Debbie Mercier will be presenting "Herbs for Stress and Anxiety" at the Masses-besic High School. Call 207-247-3221 to register.
- **April 9**—"Herbs for Stress and Anxiety" will be presented at the Old Orchard Beach/Saco Adult and Community Education. 6:00 - 8:30 pm Contact: 207-934-7922 Monday through Thursday.
- **April 11 - "An Introduction to Herbs" -** Debbie will be teaching at Biddeford Adult Learning Center 6:00 - 8:30 pm . Contact: 207-282-3883 Monday through Thursday.
- **April 14—Maine Garden Day.** Debbie will be out of the shop.
- **April 18**—"Herbs for Stress and Anxiety" will be presented at the Biddeford Adult Learning Center. Contact: 207-282-3883 Monday through Thursday.

- **April 19– April 26th– Greenwood Herbals will be closed. We are on vacation.** 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 19th and April 26th will be shipped on April 30, 2007.

The deadline for the 2007 Apprenticeship Program has been extended to the end of the month. We have a few seats still available. See the web-site or call the office if you would like an application sent to you.



Please don't let us become your junk mail. Call 207-793-3553 if you would like to be removed from this mailing list.– Thank you!