

Greenwood Herbals

June 2007

What's blooming at Greenwood Herbals in June:

- Arnica
- Blue Flax
- Celandine
- Chickweed
- Columbine
- 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



Things have really been in a whirlwind around here. The last series of Reiki classes were completed with Sharon DeGiovanni. Pat Trotter came down from Vermont for her presentation, which turned out to be a full house! The apprenticeship has begun, and the chickens have arrived! All this took place in the middle of planting! But now we can turn our attention to the new field we hope to finish clearing. I really want to get the greenhouse up this year. I need the room for my seed-starting—now that the chickens have taken up half the space in the barn. Most of the seeds we started under lights made it except for the Butterbur seeds. I was very disappointed as I wanted butterbur and edelweiss to be my new herbs for the year. Not one butterbur seed germinated. I'm still not sure what happened as I followed the directions precisely that were provided. I am now hearing that it is very difficult to propagate, but thanks to Pat, I have found a source in Vermont for the live plants. I will be traveling later this month to pick up these new plants. They are supposedly quite something in size!

Butterbur—*Petasites hybridus*

This information was collected from research done at various web-sites, articles and medical newsletters. Greenwood Herbals will be offering our own extracted-Butterbur tincture later this year. We will let you know when it is available.

This plant is a perennial growing 9 feet tall by 3 feet wide. It grows very fast and is hardy in zone 4. This plant will grow in the sun or deep shade. It will grow in all soil types as long as the soil is moist or wet. It is in flower from March to May. The plant is not self-fertilizing, so both male and female plants are required for seed production. It is pollinated by insects.



Some have called this plant the bane of the gardener and liken it to coltsfoot. It is very invasive and I've read some resources give it the common name, Giant Coltsfoot. This is one plant you will not want to put in your herb garden, but rather in your wild garden, or like me, in the weed garden. The roots are very difficult to eradicate once it is established and nothing can grow with it, because of the size of the leaves.

Edible Uses: There are no known edible uses of this plant.

Medicinal Uses: The root and the leaves are analgesic, antispasmodic, cardiotonic, diaphoretic and diuretic. A decoction has been used for respiratory problems such as asthma, colds, bronchitis, fevers and urinary complaints. It can be used externally as a poultice to speed the healing of wounds and skin eruptions. Recent studies have shown that an extract from the butterbur plant was just as effective as an antihistamine for allergies and may work even better than Allegra and Zyrtec. Butterbur slows the production of leukotriene, a body chemical linked to allergic inflammation. This is not the same as an antihistamine, which blocks hista-

mine, the chemical that triggers sneezing, runny nose and itching eyes. Butterbur works more like Singulair, an allergy and asthma drug.

Warnings: Butterbur should not be taken with *Singulair*. You should avoid this herb if pregnant or breastfeeding, and if there is any question of liver problems.

Featured Products: For the last few months, Greenwood Herbals has experienced a noticeable influx of people coming in for Restless Leg Syndrome, Gout, Osteoporosis and Osteopenia. Each individual person has their own specific regimen that we put together for them after a consultation. The following teas have been tested by clients, who are reporting good results. I thought I might offer these teas to others, but you must remember, that each person is unique and other recommendations and protocols may be suggested for that individual. We are now offering these teas in the shop and on-line.

- **ToeTea**—This tea was created for persons suffering from Gout, a form of arthritis that is caused by excessive concentration of uric acid in the body fluids. The pain is felt in the toe. \$4.25 / oz. for loose tea, \$5.25 / oz. for approximately 12 tea bags.
- **RLS Tea**—This tea helps with Restless Leg Syndrome, a neurological disorder characterized by tingling or crawling sensations deep in the legs. \$4.25 / oz. for loose tea, \$5.25 / oz. for approximately 12 tea bags.
- **Calcium Tea**—A plant calcium rich tea blend. \$4.25 / oz. for loose tea, \$5.25 / oz. for approximately 12 tea bags.

We are beginning to divide our plants. We have set up a table in front of the shop and will be placing plants there that are for sale. If there is something you are looking for and it is not there, just ask. We may have it

Greenwood Herbals would like to thank:

- Sharon DeGiovanni for conducting the Reiki I, II, III and Master level program at Greenwood Herbals
- Pat Trotter for presenting “ Sharing a Sacred Connection with Our Earth”
- Charlie Reid for the new addition to our barn. We,... well, actually **I**, love our new chickens!

*** Announcements:**

- * Greenwood Herbals is happy to offer natural bodywork 'Under the Tent' again this summer with Nancy Cole, a licensed Integrative Energy practitioner. It is our pleasure to introduce natural alternative manual medicine to our local community at a price we hope you will find affordable. *Nancy's fee is reasonably priced at \$55.00 for 60 minutes and \$1.00 per additional minute. If you book four sessions with her, the fifth session is free! CST is now reimbursable in Maine by major insurance companies when referred by a physician. Call: 207-793-3553 to book your appointments*
- * We are happy to announce that our products are now being carried at the Micmac Moccasin Gift shop. Rebecca carries a variety of items, all authentic and all natural. If you get a chance, you should really stop by and see her @ 333 Back Rd. Shapleigh Me. 207-490-1004
- * We are also now booking appointments for Reiki treatments. Call: 207-793-3553. Donations appreciated but not required.
