

Greenwood Herbals

May 2007

What's blooming at Greenwood Herbals in May:

- **Coltsfoot**
- **Bloodroot**
- **Celandine**
- **Chickweed**
- **Ginger (American)**
- **Golden Seal**
- **Goldthread**
- **Linden Rose**
- **Lungwort**
- **Periwinkle**
- **Siberian Pea**
- **Solomon Seal**
- **Sweet Geranium**
- **Sweet Woodruff**
- **Trillium**
- **Veronica**
- **Violet**



We spent another week on Sanibel Island, walking the beaches early mornings and then at night to watch those spectacular sunsets over the water. What an incredible place. One morning over coffee, my friend Anne and I were talking about the morning glory vine that was invading her garden. It covered the palms at the back of the yard, moved over the Saw Palmetto, Bromeliad, and other native plants of Florida. I spend a lot of time speaking and teaching about endangered plants in Maine and suddenly my vision broaden and expanded as I viewed the damage this annual of the north was causing in this part of the country. It was amazing. Wherever, you go in this country you find the same problem. Loss of plants to development, over harvesting and from introduced invasive plant life. When I think about it I feel overwhelmed.

We decided that we would start pulling the vine down and maybe find the roots. Try to make a small dent in the forest of vine that was overtaking the garden. So we began under the shade of the palms where we pulled it out of the tree tops and pulled roots from the ground. At times we thought the vine might win, as we unwound it from the trees and shrubs only to have it start winding itself around us, to cover us as well. It took us two days to eliminate most of the vine. In front of us was a clear view of palms, mangos, orange trees, and saw palmetto. A beautiful native garden. We were exhausted but pleased with our hard work. What an exciting way for two herbalists, and gardeners to end their vacation!

Saw Palmetto—*Serenoa repens*

This information was collected from various web-sites. Greenwood Herbals does not grow Saw Palmetto.



This plant is a perennial growing 3 feet tall by 2 feet wide. It grows very slowly and is hardy in zone 8. This plant will only grow in the sun and will not tolerate any shade. It will grow in all soil types as long as it is well drained. This plant spreads by suckers but the suckers do not transplant well, so it is best to propagate by sowing seeds. This is one of the most hardy of the palms.

Edible Uses: Regular consumption of the fruit is supposed to be very beneficial to the health, improving the digestion and helping to increase weight and strength.

Medicinal Uses: *The partially dried ripe fruit is considered an aphrodisiac, urinary antiseptic, diuretic, expectorant, sedative and tonic.*

Saw palmetto is one of the few Western herbs that are considered to be anabolic (strengthening and building body tissue and encouraging weight gain). The fruit

taken internally has an effect on the urinary system, helping to reduce the size of an enlarged prostate gland and strengthening the neck of the bladder. . The fruit, is prescribed in the treatment of impotence, reduced or absent sex drive and testicular atrophy in men and to stimulate breast enlargement in women.

The fruit is also used in the treatment of colds, coughs, irritated mucous membranes, and asthma.

Other Uses: *Basketry; Brush; String.*

The leaf stems have been used in making baskets and the plant. It has also been used to make brushes and cordage.

Featured Products: Your summer arsenal is now available.

- **Buggy Be Gone**— Keep those bugs away—Contains: Vodka, Catnip, Lavender, Eucalyptus, Peppermint -**\$6.95 2 oz atomizer**
- **Poison Ivy Relief in clay**—Once you break out with that rash, relieve it with this drying clay—Contains: Witch Hazel, Jewelweed, Sweet Fern, St. Johnswort, in vodka, added to green clay - **\$7.95 2 oz jar**
- **Poison Ivy Stopper**—Once you come in contact but before you break out, use this spray to prevent a break out —Contains: Witch Hazel, Jewelweed, Sweet Fern, St. Johnswort, in vodka- **\$6.95 2 oz atomizer**
- **Sun Burn Lotion**—For those times when we get caught out in the sun without our skin protection—Contains: Comfrey Leaf, Nettles, St. Johnswort, Calendula, Extra Virgin Olive Oil, Coconut Oil, Beeswax, Aloe Vera, Vitamin E—**\$8.95 2oz jar**



Before—The Vine!



After—No Vine!

Announcements:

- We are now carrying High Mowing Vegetable, Flower and Herb Seeds. All are certified organic.
- **May 19, 2007** - The 2007 Apprenticeship begins
- **May 19, 2007** - From 9 am til noon, The York County Master Gardener Open House and Plant Sale will be held at University of Maine Extension Office Anderson Learning Center, Springvale (Route 109, behind Springvale Library, formally Nasson College)
- **May 25, 2007 - 6:30 pm—9 pm**
- Pat Trotter will be presenting—Sharing a Sacred Connection with our earth. A presentation in simple terms of what we embrace and hold within us—the connection of the whole of life. It is simply presented in ways to begin understanding, the vision, and the embrace of our connection to our earth. Pat expresses ways for all to open that connection we hold in our everyday life. **Cost: \$20.** Her book will also be here for sale at the shop.