

Greenwood Herbals

September 2007

What's blooming at Greenwood Herbals in September:

Agrimony
Anise Hyssop
Astragalus
Boneset
Calendula
Cardinal Flower
Echinacea
Great Blue Lobelia
Hops
Hyssop
Jerusalem Artichoke
Joe Pye Weed
Phlox
Rubeckia
Sage
Thyme
Blue Vervain
Wood Betony
Yarrow

The nights are getting cooler and if you look carefully you can see that the leaves are starting to change. It is the season for harvesting now. Today I harvested the culinary herbs, hops and the rest of the calendula. Tomorrow I will start on the skullcap and wood betony. I should be harvesting the yarrow too. But the other day I noticed that the yarrow that grows around the lawns, and gardens so plentiful every year is scarce here. Did Tom mow it? Did someone pull it thinking it was another weed? Did George the groundhog eat the yarrow in the spring when he ate my vegetable garden and all the Echinacea? I would imagine that he would like yarrow since it is an edible plant and we can eat the young leaves in our salads. After all, he loves clover, and the lettuces. Thank goodness, I still have some left that we dried last year, but I doubt that this will get me through the winter. It looks like we might have to venture further away from Greenwood to begin our harvest of Yarrow. It will be going to seed very soon. I received a request, that I write about Yarrow this month. Not everyone is having the problem of scarcity that I seem to be experiencing. This is such a useful plant.

Yarrow — *Achillea millefolium*

You can usually find this plant in meadows, lawns, grassy areas and in the garden bed. It is a perennial and is pollinated by insects, and very important to our pollinators. It is in flower from June to August and the seeds will ripen from August to September. It will grow in all kinds of soils, but favors the poorest and grows well in lime as long as it is well-drained. It is drought tolerant. The oils will be much stronger if it is growing in full sun, but it will grow in partial shade. It will grow from 1 to 3 feet in height, the leaves are like a fine lace and the flowers are white in flat clusters. Each tiny flower head has a ray of five petals. Sometimes you can find the flowers are pink, but this is suppose to be rare.



Edible Uses: The leaves can be eaten raw or cooked. They are used in mixed salads when young and have a slight bitter flavor. The leaves can also be used as a substitute for Hops for flavoring and as a preservative for beer.

A tea can also be made from the flowers and leaves.

Medicinal Uses: Yarrow can be administered internally as well as externally. It is valuable for treating wounds and stopping the flow of blood, treating colds, fevers, kidney diseases, and menstrual disorders. The whole plant can be used fresh or dried and is best harvested while in flower. The herb is antiseptic, antispasmodic, cholagogue, diaphoretic emmenagogue, a stimulant, and a bitter tonic. It is also an anti-inflammatory. The herb can be combined with elder and peppermint for treating colds and the flu. The fresh leaf can be chewed on to relieve a toothache.

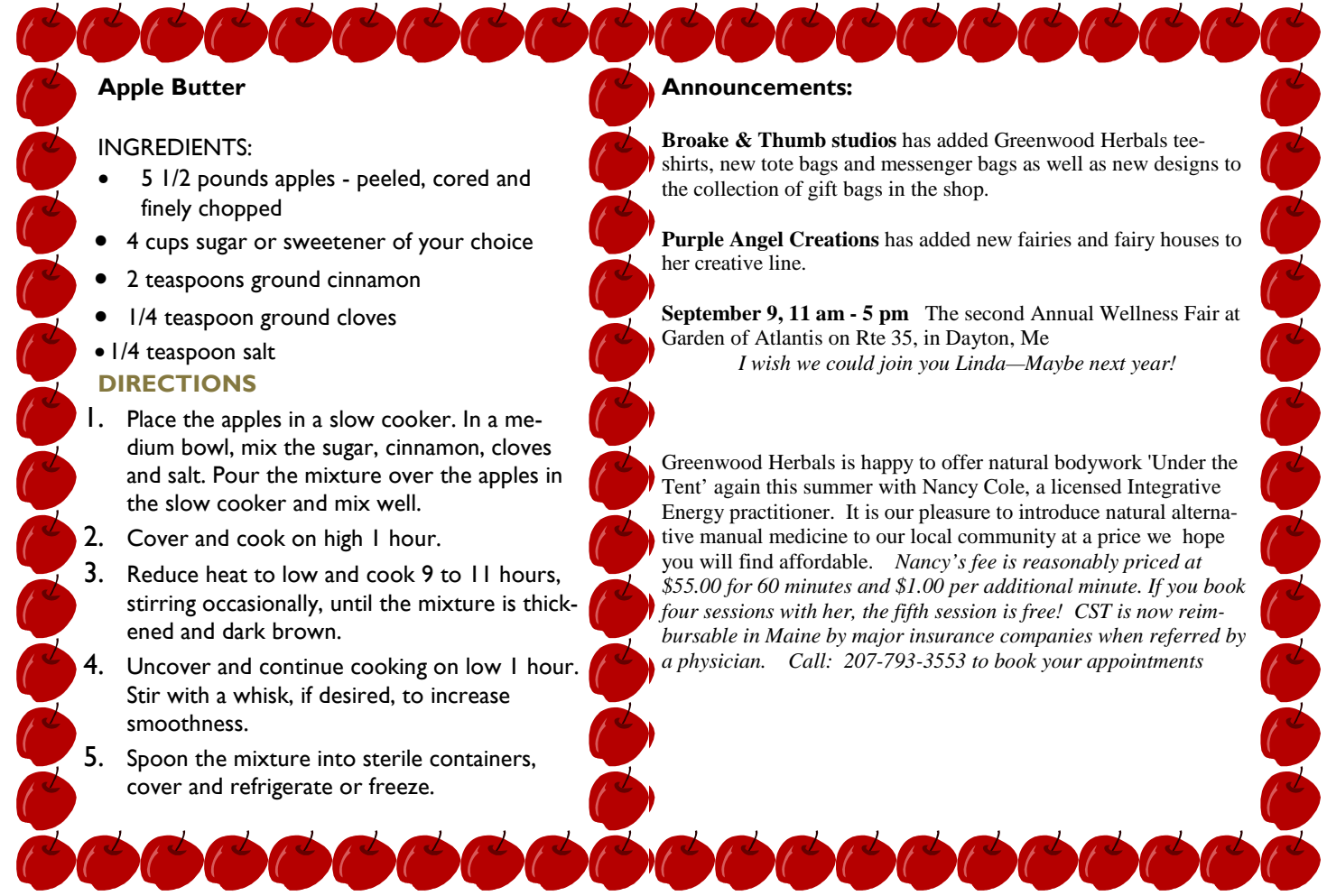
Since ancient times yarrow has been used to treat cuts, wounds, burns and bruises. We use yarrow in our bruise cream, as it has an almost magical quality to it in dispersing the blood from the surface of the skin.

Other Uses: The growing plant repels beetles, ants and flies. A liquid plant feed can be made from the leaves. Just fill a container with the leaves and then add some water. Leave it to soak for a week or so and then dilute the smelly dark liquid and apply to plants. Yellow and green dyes are obtained from the flowers.

Folklore: This herb was thought to be a witches' herb, and was brought to weddings to ensure seven years of love. A more common legend is that, during the Trojan War, Achilles used yarrow to stop the bleeding of his fellow soldiers' wounds with the application of the fern-like leaves. It is also said that the traditional way of the Chinese to cast the *I Ching* involved the use of dried yarrow stems. Today they use coins.

Many thanks to Christine Tolf who came to teach “**Getting Started with Flower Essences**”. The weather was beautiful and we were able to have the class outside under the shade of the oak. Everyone had a great time and enjoyed Christine so much. We not only discussed flower essences but we also had the opportunity to discuss Lyme disease. It is amazing the discussion that this subject can invoke. The day, the class, the discussions,- we had a fantastic day!

- We are happy to announce that our products are now being carried at Apple Acres Orchard in South Hiram, Maine
- You can also find our products at By the Pond Garden and Gift Shop—Annuals, Perennials, Herbs and More. If you get a chance, you should really stop by and see Anna @ 414 Water St. Newfield, Maine 207-793-4944 Hours: Weekends 8 am to 5 pm.
- Or 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
- And you can find our teas at Garden of Atlantis, Rte 35 Dayton, Me 207-929-5088



Apple Butter

INGREDIENTS:

- 5 1/2 pounds apples - peeled, cored and finely chopped
- 4 cups sugar or sweetener of your choice
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt

DIRECTIONS

1. Place the apples in a slow cooker. In a medium bowl, mix the sugar, cinnamon, cloves and salt. Pour the mixture over the apples in the slow cooker and mix well.
2. Cover and cook on high 1 hour.
3. Reduce heat to low and cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and dark brown.
4. Uncover and continue cooking on low 1 hour. Stir with a whisk, if desired, to increase smoothness.
5. Spoon the mixture into sterile containers, cover and refrigerate or freeze.

Announcements:

Broake & Thumb studios has added Greenwood Herbals tee-shirts, new tote bags and messenger bags as well as new designs to the collection of gift bags in the shop.

Purple Angel Creations has added new fairies and fairy houses to her creative line.

September 9, 11 am - 5 pm The second Annual Wellness Fair at Garden of Atlantis on Rte 35, in Dayton, Me
I wish we could join you Linda—Maybe next year!

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*