

Greenwood Herbals

September 2008

What's blooming at Greenwood Herbals in September:

Anise Hyssop
Astragalus
Boneset
Borage
Calendula
Cardinal Flower
Catnip
Comfrey
Echinacea
Figwort
Great Blue Lobelia
Hops
Hyssop
Jerusalem Artichoke
Joe Pye Weed
Lavender
Lobelia
Marshmallow
Phlox
Queen's Anne Lace
Roses
Rubeckia
Sage
Thyme
Blue Vervain
Yarrow

I love roses. They are beautiful, aromatic, nourishing, soothing and very healing. I love to put them into my teas, as well as in my lotions. One of my earliest memories was of my Grandmother picking rose hips and adding them to a pot on her wood burning cook stove. I love the wild rose, *Rosa rugosa*, that is actually considered an invasive. I shouldn't grow it but I do, with the excuse that I use it's medicine. We lost all our roses a few years ago, all but the *Rosa rugosa*. It was a wet winter where it rained and then froze, melted and froze again then we got our snow cover. I can only think that all that ice under the snow cover was the culprit. We have replaced the roses but I have yet to create the same effect where the pale pink rose climbed the trellis to meet and mingle with the purple clematis. What a site! We harvest the petals and then the rosehips for drying, extracts and for oil infusions. We usually infuse the rose petals in Almond or Grapeseed Oil. I find that olive oil is just to heavy and the delicate scent of the rose is masked by the smell of olives.

Multiflora Rose — *Rosa rugosa*

A shrub growing up to 16 feet tall on woodland or sunny edges. It will grow in most soils. It prefers sun, but will grow in semi-shade as well. It makes an excellent hedge and tolerates wind well. The plant has both male and female organs and is pollinated by bees. It is in bloom from June to July and the seeds ripen from August to October. There are many different ways to propagate this shrub by stratifying the seed to layering. I have had the most success from dividing suckers during the dormant period and planting them in their permanent positions.



Edible Uses: The fruit, seed and stems are all edible. The fruit can be made into preserves, and pies, but caution must be taken as there is a layer of hairs around the seeds just below the flesh. These hairs can cause irritation to the mouth and digestive tract if eaten. The young leaves are a good source of vitamin C. The seeds are full of vitamin E. Again, remove the hairs before ingesting.

Medicinal Uses: . The fruit is a very rich source of vitamins and minerals, especially vitamins A, C and E, B complex, carotenes and selenium. It is full of bioflavonoids, pectin and will strengthen the immune system preventing colds and flu. It an excellent source of fatty acids which is unusual for a fruit. It is being investigated as a food that may reduce the occurrence of cancer and as a means of reversing the growth of cancers. They are also known for nourishing the brain and helping with concentration and attention skills. The seeds are laxative and diuretic. The root is astringent and carminative.

Rose hips make a wonderful syrup that can be taken by children as well as adults. Syrups are basically decoctions. Take 1-2 tsp a day to strengthen the immune system and to nourish the brain, for concentration and focus.

To make: Put 2 oz (weight) of herb in 1 quart of water over mid heat and simmer down to 1 pint. Strain and add 1 cup of honey to 1 pint of tea (you can substitute with maple syrup). Mix well.

I add alcohol as a preservative—3 to 4 tbs per cup. 1 pint = 2 cups = 16 oz.

Refrigerate for longer shelf life.


Featured Website:

Lichenwood Herbals has a new web-site. <http://www.lichenwood.com>

Welcome to the gardens, fields and woodlands of Barrington, New Hampshire, home of Christine Tolf, Herbalist and Flower Essence Practitioner. Here you will find information about the flower essences and herbal products that have been co-created with local Nature Spirits.

Announcements:

- We are happy to announce that our products are now being carried at Apple Acres Orchard in South Hiram, Maine!



September 20th - Greenwood Herbals will be closed for the day. We will be at the Common Ground Fair

September 30 - Introduction to Herbs - Sanford Community Adult Education. 6:30 to 9 pm.

October 1 - Making Cough Syrup - Massabesic Center for Adult Learning. 6:30 to 9 pm

The dates for the **2009 apprenticeship** are now available. Click the apprenticeship tab on our home page

<http://www.greenwoodherbals.com/Apprenticeship>

Call the office at 207-793-3553 if you have any questions.

~Debbie

Stuffed Nasturtium Flowers

- Desired amount of Nasturtium Flowers
- Softened cream cheese
- Organic Maple Syrup

Pick the desired amount of Nasturtium Flowers. Rinse under cold water and let dry.

Fill each blossom with the softened cream cheese.

Drizzle with the Organic Maple Syrup.

This makes a great dessert

