

# Greenwood Herbals

February 2009

What's happening at Greenwood Herbals in February:

Making Products  
Filling Orders  
Seeing Clients  
Working on the 2008 books  
Perusing the seed catalogs!

It's time! I've been collecting them, hoarding them since November. Those wonderful seed catalogs that come in during the Christmas hustle and chaos. Those catalogs that are collected and stored away for that day when the thought of lifting one more shovel of snow might push you over the edge. Those arctic blasts must be breaking records this winter. Last fall I had the boys, my two grandsons collecting the vegetable and herb seeds and this morning they checked them to make sure that they were still okay. When we were collecting those seeds we had a great discussion on why and so I decided to show them the complete planting cycle from collecting the seeds to planting them again in the spring. So they are just as anxious as I am to start those seeds. We have the time tables ready, the seeds are ready, the plans for more beds are done. All I have to do is sit, look through the catalogs, and place that order. It's always so pleasurable on a cold snowy day to sit and go through the catalogs. Now I have these two little boys looking through them with me and who are finding as much joy in the ritual as I do.

## Hawthorn — *Crataegus spp.*



Hawthorn is a thorny deciduous tree or shrub that can grow up to 25 feet tall. It bears small white flowers in late spring, May and early June. The flowers have five white petals. And it produces an unpleasant smell of decaying fish. These flowers later in the year bear numerous small, oval dark red fruits called haws. The younger stems bear long sharp thorns. Hawthorn is native to all of Europe but can also be found in North America. It can be found along roadsides, fields and woods. Will grow in all soils, in the sun or partial shade. I have found Hawthorn growing in our woods but it tends to be thin and leggy reaching for the sun. The fruit will be more profuse when it is growing in an open sunny field. This shrub was planted all over New England as a hedge in agriculture. The spines and close branches make it a very effective and natural animal and human proof fence. Hawthorn actually means "thorny hedge" in old English.

**Edible Uses:** A tea is made from the dried leaves as a substitute for China tea. The flowers can be used in syrups, and the seeds roasted and used as a coffee substitute. The berries can be made into wines and jellies.



**Medicinal Uses:** Hawthorn is an excellent cardio-tonic that supports good heart health. Traditionally the berries were used but research has proven that the flowers and leaf have stronger properties. It is especially indicated in the treatment of low and high blood pressure. It is effective in the beginning stages of heart disease, as well as speeding up the recovery time after a heart attack by strengthening weak heart muscles. The plant reduces cholesterol and regulates blood pressure. It seems to increase the liver's conversion of bad cholesterol into good cholesterol, which helps to stop plaque formation. It should be taken for at least eight weeks to be effective. It's primary attribute appears to be its ability to improve circulation. Hawthorne is believed to stabilize the collagen in the bone, thus helping with osteoporosis and arthritis. It reduces joint damage by reducing inflammation. Hawthorne berry increases blood circulation to the brain, halting inflammation in the brain due to allergies. Hawthorn is being used with ADD (Attention Deficit Disorder) and when combined with Gingko, enhances memory. This is truly an amazing herb.

**Contraindications:** Hawthorn may result in a dramatic drop in blood pressure if used with pharmaceutical heart medications. Use with caution in cases of colitis. If you are taking medications for gout, hawthorn may thin your blood causing easy bleeding and bruising. Consult with your health care practitioner before using Hawthorn with these medications.

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**Classes/Events:**

**February 7th** — We will be at Garden of Atlantis, participating in the **Fun Fair**. 508 Clarks Mills Rd (Rte 35), Dayton, Me. 11 am to 4 pm —Come and visit us and others at the Fun Fair! See: <http://gardensofatlantis.org> for more details.

**March 8th** — Anne Dickerson will be presenting an **Introduction Overview of Business Practices and User-friendly Methods of Accounting**. This has been adapted for herbalists but applies to everyone. 9 am to 1 pm. This class is already filling up fast. Please call the office at 207-793-3553 to register. \$40.00

**March 10th—Exploration of Medicinal Herbs** - I am presenting at Old Orchard Beach Adult Education. 6 to 8:30 pm Call 207-934-7922

**March 15th—Exploring Flower Essences** with Christine Tolf of Lichenwood Herbals, Barrington, NH, 664-3393. Held here at Greenwood Herbals - 2-4 pm \$25. See our web-site under Classes/Events for further details. Call the office at 207-793-3553 to register.

**Announcements:**

**Early Bird Registration** for the 2009 Apprenticeship Program is **March 1, 2009** Register before February 1st and save \$75.

- We are now accepting applications for the **2009 Apprenticeship Program**. See our web-site [www.greenwoodherbals.com](http://www.greenwoodherbals.com) for more details and the application form.

*I came to Greenwood Herbals after nearly a lifetime of allergy suffering and allopathic cures that made me ill with a destroyed immune system. After realizing that most of my allergy symptoms were a direct result of chemical sensitivities, I started to regain my health. My intention with the apprenticeship was to learn to make cold remedies without artificial colors. I also wanted to make my own shampoos and lotions without the typical chemical fragrances and petroleum bases.*

*What I received from the apprenticeship was so much more than I originally bargained for! A tea has kept my husband's gout at bay for 2 years now. It's been just as long since I've had a cold sore outbreak. A liver cleanse tea cleared up a persistent redness in my right eye which three doctors had written off as merely irritation. For the first time in my life, I kicked a cold in 24 (yes, 24!) hours thanks to fire cider. I have been completely free of medication for over a year now and will never, ever regret my decision to take the course. It has more than paid for itself!*

*Amy Provost*