

Everlasting Gardener's

Improving Your Herb Know-How

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"Then God said, 'I give you every seed-bearing plant on the face of the whole earth . . . And to . . . Everything that has the breath of life in it I give every green plant for food.'" Gen. 1: 29,30

Questions? Comments?

Need health-giving Herbal Supplements or natural scented, therapeutic Products?

Please CALL Joanie Lopic: 724-846-4787

OR Contact: http://everlastinggardener.net/contact_us.htm

Following this link to my website may give you information and/or products:

<http://everlastinggardener.net/>

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Herbal Highlight

Aloe

Aloe vera

Folks have kept Aloe plants on their kitchen windowsills for decades. It is so handy there, mostly used in kitchen type burns. But Aloe has so much more to offer. Fresh juices from the leaves also heal other skin wounds.

The plant is one of the easiest indoor plants, grown in full or part sun. Aloe enjoys sandy, well-drained soil.

How to use Aloe in Cosmetics:

It is used in cosmetics such as hand creams, suntan lotions, skin care products and shampoos. The leaf sap makes a soothing and healing moisturizing cream, suited for all skin types. For itchy, dry scalp, mix the sap into shampoo. For a

healing, soothing effect, add to suntan lotion.

Aloe's Medicinal Uses - For burns, eczema, dermatitis or chapped skin, use either the sliced leaf or the crushed sap as a lotion or poultice. For small burns, break a leaf and apply the sap. For larger burns, split a leaf, open it up and lay the sappy side to the injured skin. Lightly bandage so it stays in place.

Renew often. *Make sure to see a health care provider for serious burns.*

Many naturalists recommend the use of a drink containing the juice of the INNER leaf to soothe stomach ulcers, and the entire digestive tract, as when the colon is extremely aggravated.

Joanie has Aloe plants in stock. Please contact her to order your plant:

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

(some information obtained from "The Complete Book of Herbs", by Leslie Bremness, and from "Holistic Herbal" by David Hoffmann.)

Overeating and Hangover

During the Holidays, some of us sometimes overeat and overindulge in alcoholic spirits. It may be hard to believe, but something as simple as Herbs can help with the after-effects of too much enjoyment of food and drink.

Why do we feel not-so-good when we overindulge? To a greater or lesser degree, the body is having to cope with poisoning, or toxins.

One way to help our bodies recuperate is to drink extra water, to which has been added some honey and a drop or two of Carrot essential oil, helping to flush out the toxins which the liver, colon and kidneys must now take care of.

Valerie Ann Worwood, author of "The Complete Book of Essential Oils and Aromatherapy" and recognized expert Aromatherapist, has some suggestions.

For a gentle hangover cure, mix these essential oils together - Fennel, Lavender, Sandalwood and Lemon - and then use 8 drops in a bath, inhale from a cotton ball or tissue, or rub two drops of the mixture on the skin over the liver area and/or the back of the neck.

Those of us who must work the next morning, or have immediate duties such as getting children ready for school, etc., can try this formula which will give you necessary stimulation (also some diuretic effect).

Mix essential oils of Juniper, Grapefruit, Fennel and Rosemary. Inhale, put 8 drops in the bath, and/or rub a drop or two on the temples or back of the neck.

It happens every year - we promise ourselves that we will not pig out, but will ignore the luscious-looking table piled high with sweets, rich meats, eggnog, fatty casseroles and other holiday goodies. But we overindulge anyway, and spend the next few weeks feeling guilty and bloated.

Even though essential oils cannot miraculously dissolve the extra amounts of food or turn back the clock, they do facilitate digestion. They do this best in honey teas. Mix the following essential oils in these proportions - Lemon (5 drops), Ginger (2 drops), Peppermint (2 drops), Spearmint (2 drops), Dill (3 drops), Coriander (3 drops) and Mandarin (10 drops), then put two drops of this mixture, along with some honey, into a teacup/mug and add hot water. Sip slowly.

It is a good idea to prepare this blend ahead-of-time and keep it handy.

It's probably best not to sip more than 2 cups a day. Theoretically, this is an

adequate weight-loss formula. Try it, it can't hurt. But stick with consuming as per the guidelines above.

It is so easy to order your essential oils from Joanie's website. Just click on what you'd like, the secure PayPal button charges your charge card (or PayPal account), and within 3 business days your order is sent to you, for a very low shipping and handling fee. Check the list here:

http://everlastinggardener.net/essential_oil_price_list.htm

Herbal Gifts

Everlasting Gardener's aromatic, healthy Herbal Gift Sets are sure to be appreciated by your friends and loved ones. Try some soon! Here are the names of all seven sets (watch for more to be added):

- ~ Stress Relief
- ~ All About Lavender
- ~ Fragrant Flower Medley
- ~ Recovery
- ~ Food Flavorings
- ~ Herbal Skin Care

The products in these Gift Sets are less expensive when purchased in sets, than they are when purchased separately. The Herbal Gift Sets are easy to order and pay for, on Joanie's website (through secure PayPal, using your credit card or PayPal account).

Find pictures and descriptions of Joanie's Herbal Gift Sets on the "Herbal Gifts" page on her website. Please visit this link below to view them. <http://everlastinggardener.net/Herbal%20Gift%20sets.htm>

The shipping and handling are very reasonable on all Everlasting Gardener Products.

January Drawing

Submit to Joanie your ideas and/or recipes using any Herb. Each idea or recipe gets you one chance to win a Bay plant. Submit all entries to Joanie by either e-mail or snail-mail by January 31, at 11:59 PM.

http://everlastinggardener.net/contact_us.htm

The winner's name will be drawn in early February, and their name and recipe/idea will be announced by February 10 on the Everlasting Gardener website. The recipe or idea will be published in Joanie's Mid-February or March 1 newsletter.

Your Bay plant can be picked up at Joanie's greenhouse, or it will be sent to you, if you will pay the shipping and handling (approximately \$4 to \$5).

Thank you, in advance, for all your delicious recipes and ideas!

Classes

Aromatherapy

Saturday, January 16, 2010

2:00 until about 4 pm

Join Joanie for a therapeutic fragrance experience. You'll learn:

- ~ why and how Herb essential oils heal
 - ~ sample exotic and everyday essential oils
 - ~ discover many ways to use essential oils in cosmetic and healing recipes
 - ~ make and take a personalized perfume AND a mood-enhancing room spray
- \$22.00 per person. Save \$1.00 each when attending with a friend (refund given at class time).

Your deposit of \$11.00 must be received (by PayPal or your check by snail-mail) by January 14, 2010.

Valentine Herbs

Saturday, February 12

3:00 until about 5:00 pm

Details to follow, in Joanie's mid-January newsletter.

In the meantime, this class promises to be an interesting and enjoyable time experiencing and 'playing' with Herbs that we know and love. Special focus on the Herbs of Love.

We'll also have High Tea, with delicious Herbal foods such as quiche and Lavender chocolate cake.

Attend with a friend and each receive a discount.

Act 48 courses

Joanie will be teaching many Act 48 courses this Spring and early summer. All but two will be taught at Joanie's Everlasting Gardener. Courses are taught through 2 intermediate units, Beaver Valley and Midwestern.

Beaver Valley Intermediate Unit courses:

Please go here to find the details: <http://www.bviu.org>

* **Plant Essences of the World** - March 20 and April 3, 2010

* **Herb Garden Time Travel** - April 10 and April 17, 2010

* **Environmental Education through Gardening** - April 24 and May 15, 2010

* **Herbal Cooking and World Cultures** - May 22 and June 5, 2010

Midwestern Intermediate Unit courses:

To obtain registration forms and info, please contact:

MIU IV Continuing Education Department

724-458-6700 x 209, for Gail Myers, Program Secretary

gail_myers@miu4.k12.pa.us
OR x 238, for Lorinda Hess, Program Director
lorinda_hess@miu4.k12.pa.us

- * **Plant Essences of the World** - February 20 and March 6, 2010
- * **Healing Plants** - May 1 & 8 2010

Teach us to number our days aright,
That we may gain a heart of wisdom.
Psalm 90:12

May you and your loved ones have a healthy, happy 2010!