

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

Thyme

Thymus species

Thyme likes to grow in full sun in well-drained, alkaline soil, just like it does on the sunny hillsides of their native Mediterranean lands. The plant adapts well to indoor growing conditions but must be in a very sunny window, or supplemented with grow lights.

The leaf is the part that is used. Thyme is used either to cook with, or as medicine. The best time to harvest the aromatic leaves is during the summer, when they are in bloom, though it can be picked from plants in the winter in temperate zones, and still the aroma will be strong. To preserve the leaves, dry them or put in vinegar or oil.

The genus name probably derives from the Greek 'thymon', which means courage.

Many traditional uses relate to that virtue. Roman soldiers bathed in it to give themselves vigor. If a Greek person was said to have "smelled of thyme", it was a compliment about their elegant style. In Medieval times, ladies embroidered a sprig of

thyme on tokens for their traveling knights. A soup recipe of 1663 listed among its ingredients beer and thyme, used to overcome shyness. Scottish highlanders drank wild Thyme tea for strength and courage, and to prevent nightmares. The Egyptians used it as a powerful antiseptic and preservative, especially for their embalming, which is one of its present-day uses, as well as a preservative for anatomical and herbarium specimens. Sprigs were clasped by nobility to protect themselves from disease and odor.

As flavoring, Thyme is mixed with Parsley and Bay in 'bouquet garni'. Add sparingly (due to its strong, pungent flavor) to stocks, marinades, stuffings, sauces and soups. It aids in the digestion of fatty foods. Foods like poultry, shellfish and game, when cooked slowly in wine, will benefit from the use of Thyme. This is a flavor in Benedictine liqueur. Lemon Thyme is particularly well-suited to chicken and fish dishes, hot vegetables, fruit salads and jams.

Medicinally, make a tea to use as a digestive tonic, for respiratory and digestive infections, and for hangovers. Mix the tea with honey to quell convulsive coughs, colds and sore throats, for bronchitis, whooping cough and asthma. Thyme may also relieve insomnia, poor capillary circulation, muscular pain and stimulate the production of white corpuscles to resist infection. The essential oil of Thyme (2 or 3 drops mixed with ½ teaspoon of olive oil) is applied as a massage for headaches, also in lotions to treat infected wounds.

Make a strong tea from the leaf for use as a household disinfectant. Mix with a little alcohol, then spray. Or use the essential oil as a very effective antiseptic room spray – 20 drops in 8 oz. of distilled water and a Tablespoon of rubbing alcohol. Spray it in classrooms, offices, courtrooms, hospitals, etc, for instance, during times when the flu is "going around". Need other effective recipes? Please contact Joanie:

http://everlastinggardener.net/contact_us.htm

Make a strong tea to stimulate circulation, and use in baths, facial steams and ointments for rashes. Infuse with Rosemary as a hair rinse to help prevent dandruff. Use the essential oil as an antiseptic in toothpastes and mouthwashes.

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

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.

You may pick up your Bay plant 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!

Joanie's Upcoming 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.

You may call the evening before the class, to check for availability. If this class time does not suit your schedule, you can arrange with Joanie for a private class.

Valentine Herbs

Friday, February 12

6:00 until about 8:00 pm

This class promises to be an interesting and enjoyable focus on the Herbs of Love. We will experience and 'play' with Herbs that we know and some we don't. Aromatherapy will be included, and we will sample many essential oils.

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

\$20.00 per person.

Attend with a friend and each receive a \$1.00 discount.

Make your deposit through PayPal by 10 am, Thursday, Feb 10.

Or have your deposit check of half the class amount in Joanie's mailbox by Thursday, Feb 10.

Attend with a friend and each of you receives a \$1.00 refund at the time of the class.

You may call the evening before the class, to check for availability. If this class time does not suit your schedule, you can arrange with Joanie for a private class.

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:

- * **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

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

Midwestern Intermediate Unit courses:

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

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

Joanie teaching at Butler County Community College

Please be sure to see the Classes Joanie is teaching for Butler County Community College, at two of their campuses - Lawrence Crossing and the Lawrence County Career and Technical Center.

Joanie's classes and dates:

Aromatherapy: Scent Healing - Jan. 23 and 30

Common Herbs for Common Ailments – Feb. 6 and 13

Iridology, Window into the Body – March 9 and 16

Herbs for the “Ouch” April 13 and 20

Grow Your Own Seasonings, Grow Your Own Medicine – May 13 and 20

Here is a link to their website, for registration and other information:

<http://bc3.edu/>

“Delight yourself in the Lord and He will give you the desires of your heart.”

- Psalm 37:4

Enjoy a safe and cozy January!