

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*

If you have questions about any information in these articles, or if you need any supplies or products, please contact

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Following this link to my website may also help you find what you are looking for:

<http://www.everlastinggardener.net>

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**Herbal Highlight**

**Rose**

**Rosa**

Roses have been cultivated and enjoyed for thousands of years, for their fragrance and therapeutic uses. They are found widespread throughout the temperate zones of earth. They enjoy well-drained, moist, rich, slightly acid soil, even clay, in full sun.

Roses have been important since ancient times in medicine, ritual, cosmetic and perfume uses. It is the petals of the flowers which are most often used. They are distilled for their essential oil and for rosewater. Used fresh, they make a delicious syrup.

Rose fruits are made into jellies, syrups and candies, also dried and ground to make a supplement high in vitamin C, called rose hips.

As medicine, Roses possess aromatic, astringent, and tonic properties, which control bacterial infections, promote healing and improve morale. It is used internally for colds, bronchial infections, gastritis, diarrhea, depression and lethargy. Externally it is used for sore throats, eye irritations, minor injuries, and skin problems.

The essential oil of Rose is used in Aromatherapy for countering depression, anxiety, grief and negative feelings.

No wonder we breathe deeply of the Rose whenever we get the chance.

“Stop and smell the Roses.”

## **Garden for Money in the Bank**

If having fresh, organic produce isn't enough incentive, growing your own can save you about \$530, according to National Gardening Association's figures. The NGA calculates that a well-maintained food garden yields about 1/2 pound of produce per square foot of garden area through the growing season -- about \$2 per pound. The average-size garden -- 600 square feet -- can produce 300 pounds of produce worth \$600. Subtract the \$70 most people spend on gardening supplies. That leaves you with \$530 in food savings. (Your labor cost? Well, consider gardening exercise without the gym fee and with unlimited health benefits.) Add some Herbs to your vegetable garden and you will benefit from extra food-flavoring, nutrition and, in some cases, medicine.

Some information from National Gardening Assoc. “Regional Reports” e-mail 4/9/09

## **Six Reasons to Use Herbs**

1. Herbs have a long history of safety
2. Herbs are cost-effective
3. Just like foods, Herbs are natural, whole substances
4. Herbs have a history of effectiveness
5. Herbal medicine is holistic
6. Modern Herbal remedies are easy to take AND convenient

The huge amount of Herbal knowledge that we have today, we have inherited thanks to the uses of these Herbs by hundreds of different cultures over thousands of years. There are two main factors to determine which Herbs are healing and helpful:

1. sensing and observing the plants themselves, sometimes called the “Doctrine of Signatures”
2. Watching animals’ reactions to what they ingested, and why.

Herbs contain thousands of naturally-occurring chemicals, which include vitamins, minerals and nutritional ingredients that bring balance to the body by working together.

We will explore these fascinating concepts in future newsletters, giving you a better understanding as to why so many people are already finding answers to their health problems through the use of natural Herbs.

Some information from Steven Horne, RH (AHG)

## **Upcoming Classes**

### **Cooking With Herbs**

Saturday, July 11, 2009  
REPEATED Saturday, July 18, 2009  
At Everlasting Gardener  
10:30 am - 12:30 pm  
Lunch included

How to add delicious flavors to your cooked and baked foods, make herbal butters, vinegar, Pesto, jellies, breads, decorate your salads and plates, and much more!  
Tour the gardens and gather herbs and flowers, which will be prepared with our herbal lunch.

Together we'll make a batch of Herbal jelly - and you take home a jar.  
Cost of this class is \$16.00.

To reserve your place for the July 11 class date, your \$8.00 deposit must be in Joanie's mailbox by Thursday, July 9.

To reserve your place for the July 18 class date, your \$8.00 deposit must be in Joanie's mailbox by Thursday, July 16.

Herb leaves and flowers add interesting flavors to culinary dishes such as green salads, fruit salads, cakes, jellies, grilled meats, soups, stews, sandwiches, etc.

We will work with and learn about: Dianthus, Basil, Lemon Verbena, Viola, Scented Geraniums, Lavender, Mint, Lemon Balm, Chives, Sage, Thyme, Rosemary, Winter Savory, Calendula, Nasturtium, and MORE.

See you then for a great time with Herbal culinary delights!

### **Using Herbs to Heal**

July 25, 2009  
At Everlasting Gardener  
10:00 am to 4:00 pm  
Lunch provided

This is a class packed with Projects and information that give you confidence to use Herbs for one of their chief intended purposes - to nourish and bring health to the body.

#### **LEARN HOW TO MAKE HERBAL THERAPIES.**

Discover how to prepare skin-healing salve, tincture, essential oil therapies, virus-killing disinfectants, stiff/painful joint cream, natural deodorant and non-toxic household cleaners, more.

#### **BECOME SKILLED AT IDENTIFICATION.**

In Joanie's exhibit gardens you will become familiar - by sight, smell and touch - with many medicinal Herbs, native and cultivated.

#### **UNDERSTAND BODY SYSTEMS AND THEIR NEEDS FOR HERBS.**

Which herbs are needed to enhance brain function, encourage weight loss, help us think and feel young at any age, help us concentrate, overcome skin conditions, circulation disorders, joint problems, common and uncommon viruses, and more...  
Includes many informational handouts and two medicinal Herb plants.

The PROJECTS we will make together, you will take home with you include:  
medicinal teas, poultice, tincture, healing clay masque, massage oil, infused oils, therapeutic room sprays and bath salts.

The cost of the 6 hour seminar, including lunch, is \$90.00.  
What you learn from this seminar puts you in **control of your health**.

Attend with a friend or relative, and you both receive a \$5.00 reduction in the seminar price.  
Your reservation deposit of \$45.00 per person MUST be in Joanie's mailbox by Wed., July 22, 2009, to prepare your materials, copies, buy supplies, etc.  
Please call or e-mail Joanie with any questions:  
[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

## **July Drawing**

**"It's All About Lavender"**

**WIN**

1 Pocket Therapy "Calm"  
1 Bundle of Lavender Flower Stems  
1 Packet of dried Lavender Flowers (with recipes)

Enter this drawing by leaving your Name, Phone Number and E-mail address at:  
[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

The winner will be announced by Aug. 5, '09 on Joanie's website

"Your body is the Temple of the Holy Spirit Who abides in you..." I Cor. 6:19

***Have a blessed and safe Independence Day.***