

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

BASIL

Ocimum basilicum

Basil, a tender annual, is best used fresh from the garden.

It likes a little protection from wind and scorching sun, and won't stand a frost.

My favorite recipe using Basil is making it, along with Parsley, into Pesto (which freezes well). Get a really GOOD Pesto recipe, and taste it, by attending one of Joanie's Herbal Cooking classes during the summer months.

Basil is used . . .

IN THE KITCHEN –

to flavor food but also as greens for salads and in sandwiches. You can use it in many recipes, like sweet breads, on salads (even potato or macaroni), in vinegars, marinades, marinara sauce, jellies (be sure to ask Joanie for a very interesting Basil jelly recipe). Its flavor compliments garlic nicely. You can use Pesto to make savory muffins, or add to soups and stews.

IN COSMETICS –

by making a tea with the leaves, strain, and add to the bath for a refreshing experience.

AS A MEDICINE --

the infusion aids digestion and helps relieve headaches and colds.

The essential oil is an uplifting, energizing antidepressant. When inhaled, it improves the circulation and helps alleviate high blood pressure. The essential oil is also used to treat anxiety, headaches and respiratory concerns, also helps with concentration and digestion.

June COUPON

Receive 10% off any annual Herb Plant/s purchased during June, 2009.

Herbs to Save You Money

We're all trying to make our money stretch. And how often have you heard the phrase "As long as you have your health, you have everything"?

Spending a little now can save your health later.

If you could fight cancer, heart disease, diabetes or mental illness BEFORE they cost you lots of money for doctors/hospitals and medications, as well as lost productive time, why wouldn't you do it? It would certainly be more cost-effective, besides preventing suffering.

STRENGTHENING YOUR IMMUNE SYSTEM –

Keeping the immune system healthy gives us the power to prevent colds, even as far as beating cancer. Improving our diets, getting more rejuvenating sleep, and finding a way to overcome stress are good starts. A couple of super Herbal immune boosters are Echinacea and Green Tea.

HEALTHY HEARTS –

Cardiovascular disease kills more people than cancer, diabetes and accidents do, every year. Natural health-helps include healthy diet, exercise and the Herbs Garlic (also for cholesterol troubles) and Hawthorne (which also improves blood pressure).

FAST RELIEF FOR INDIGESTION –

Heartburn and indigestion can be relieved by using Ginger and Slippery Elm. Let's not forget that whatever good food we cannot digest, we also cannot assimilate into our tissues, organs and bloodstream. Always include Enzymes to enhance the digestion (and assimilation) of food.

SEASONAL ALLERGY FIGHTERS --

Stinging Nettle is your best relief for itchy, watery eyes and sneezing. Boneset, Horseradish and Mullein relieve congestion. And Thyme and Fenugreek help drain clogged sinuses.

STRESS –

We all live with it. We all need to find relief from it, or it will certainly impact our health. Stress affects immunity and impairs many healthy body functions. American Ginseng is a marvelous adaptogen for long-term stress. St. John's Wort helps with mild to

moderate anxiety, and Valerian's nervine and sedative actions help us to get necessary revitalizing rest.

Knowing which Herbs to use is an important part of helping you and your family stay healthy. Knowing HOW to make them into medicine is also very important.

Please plan to attend Joanie's June 20 "PRACTICAL HERBOLOGY" class.

It's packed with helpful, hands-on information and projects that will give you the gift of confidence in a health crisis situation, for first aid, and in taking care of your body every day.

For class details and info on how to attend the class, please follow this link:

http://everlastinggardener.net/classes_by_joanie_lapic.htm

(Some information adapted from an article in Herb Companion, May, 2009)

See You There

Harmony Museum HERB AND GARDEN FAIR

Saturday, June 13, 2009 -- 9 am to 3 pm

Museum Barn, 303 Mercer Rd., Harmony, PA

Plant exchange and sale, specialty vendors, free admission, Ask the Experts booth, lunch and refreshments available. For info call 724-452-7341.

Joanie will be doing a special Drawing for this event.

HERBAL TERMS

These are terms that describe what Herbs can do for you.

They may be of help to you when you read or study about herbal medicine.

This is a continuing series, which began in the

"Improving Your Herb Know-How", March 15,'09 issue.

If you have any question about how to use medicinal Herbs, please contact Joanie:

http://everlastinggardener.net/contact_us.htm

LYMPHAGOGUE - Stimulates activity of the lymph system (Burdock is a good one)

MUCOLYTIC – an herb that thins mucous secretions, like Elecampagne, Lemon Balm, Thyme, Mint, Mustard.

NERVINE – A nerve that relaxes and calms the nerves (e.g. Lavender, Valerian, Skullcap, Chamomile, etc.)

NUTRITIVE – An herb that is nourishing to the body. These include a long list, as many herbs which heal, do so because they 'feed' a certain part of the body. To name a few: Nettles, Kelp, Licorice Root, Violet leaves, Parsley, etc.

PALLIATIVE – Relieves symptoms but does not cure the disease (an example: a person who uses Passionflower to help them sleep, does sleep well, but only when using Passionflower)

PROPHYLACTIC – Herbs used to prevent a disease or condition. These could include the nutritive Herbs (above). Another example: a person who knows they are prone to 'stones' in their body taking Hydrangea root to prevent them from forming.

(some information from "Prescription for Natural Cures", by Balch and Stengler)

Upcoming Classes

Please visit the website for a complete listing of Joanie's presentations and appearances.

PRACTICAL HERBOLOGY

June 20, 2009

10:00 am to 3:00 pm

For details and reservations for this important seminar:

http://everlastinggardener.net/classes_by_joanie_lapic.htm

LAVENDER HAZE

June 18, 2009

1:30 – 5:00 pm

One of the most versatile in the Herb kingdom, Joanie features Lavender during its blooming time in western Pennsylvania.

This year's get-together honoring Lavender is a class, with hands-on projects about Lavender's many uses, ending with an afternoon Tea. The Tea includes Lavender delights such as Herbes de Provence Focaccia, Lavender Shortbreads and Lavender Lemonade.

IF YOU WOULD LIKE TO ATTEND ONLY THE TEA, please send your reservation for the full amount of \$10.00 per person. Attend with a friend and each take \$1.00 off your "Tea" price (see reservation details below). Plan to be at Joanie's Gardens no later than 4 pm, and stay until 5:30 or so, if you'd like a short tour of her Gardens.

The class (starting at 1:30 pm) includes:

- ~ making a Lavender Bouquet with fragrant fresh herbs, and aromatic Lavender flowers.
- ~ Lavender in Food - Learn techniques and recipes for using this unique flavor. Watch Joanie make Lavender jelly - and take home a jar.
- ~ Therapeutic Scent of Lavender - Learn the many ways that Lavender is healing for your body. Make & take 1.) a personalized, stress-relieving massage oil blend and 2.) a heaven-scented Lavender potpourri.

During the class we will tour Joanie's extensive herb gardens, a time for 'Show and Tell' -- and SMELL!

Take home a bunch of aromatic Lavender flowers to dry and enjoy later.

The class, including Tea, fee is \$26.00 per person. Attend with friend/s and you each/all receive \$3.00 off your class fees.

Reservations are made by sending Joanie ½ of the class fee, received in her mailbox by June 15, 2009. The full \$10.00 (or Friends fee, \$9.00 each) "Tea" fee is required for each reservation. Please send to:

http://everlastinggardener.net/contact_us.htm

THIS WILL BE A RELAXING, INFORMATIVE AND REJUVENATING AFTERNOON.

Act 48 Continuing Professional Education Courses --

June 22 and 25 – “Healing Plants”

June 29 and July 2 – “Environmental Education Through Gardening”

July 6 and 9 – AND -- Aug. 3 and 6 – “Herbal Cooking and World Cultures”

July 13 and 16 - “Herb Garden Time Travel”

July 27 and 30 – “Nature’s Medicine”

Please follow the link below, for registration and other details about SUMMER COURSES through both Beaver Valley Intermediate Unit, and Midwestern I.U., held at Joanie’s Herb Gardens:

http://everlastinggardener.net/classes_by_joanie_lapic.htm

My Gift to You (AND your cats)

With your purchase of any Herb plant/s during June, you may have a small bundle of fresh Catnip.

Receive your Catnip whether you visit Joanie’s Greenhouse & Gardens to buy Herb plants

OR have your herbs sent to you.

To see Joanie’s Herb plant inventory:

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

Offer good until the end of the day, June 30, 2009 (please make your appointment - no Sunday sales).

I’ll be glad to share ideas for Catnip toys.

“Steadfast love and faithfulness will meet;
righteousness and peace will kiss each other.
Faithfulness will spring up from the ground,
and righteousness will look down from the sky.”

Psalm 85: 10,11

Happy FLAG DAY - June 14