

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

DANDELION

Taraxacum officinale

Many people know this Herb as a common weed making its appearance with bright yellow mane-like flowers. Dandelion is native to the whole northern hemisphere, growing almost everywhere – meadows, lawns, in driveways, gardens and yards. Its name comes from the saw tooth leaves that sprout each spring ("Dent de Lion" = Tooth of the Lion). Some people enjoy Dandelion as food, eating the leaves in spring salads, before flowering makes them bitter, and they can be cooked as a vegetable. The flowers are made into wine and jelly. The roots can be roasted, ground and used as a coffee substitute.

But the plant's main purpose is medicinal. Because of its well-balanced medicinal ingredients, the Dandelion has played an important part in traditional medicine. All parts of Dandelion are used, the leaves, roots and flowers.

The properties of the plant are bitter-sweet and cooling, with diuretic, laxative and anti-rheumatic effects. It stimulates liver function, improves digestion and reduces swelling and inflammation. Dandelion is prepared for use by making it into tea (leaves), decoction (roots), tincture, fresh juice or eaten raw.

As a spring tonic, the root juice and tea decoction are well-suited, especially as a remedy for liver or gallbladder dysfunction. Recommended amounts: drink 1 cup of tea or 1 Tablespoon of root juice two times a day for 4 to 6 weeks.

The LEAVES are used as a diuretic and to treat high blood pressure by reducing the volume of fluid in the body. This is mainly due to its high potassium content.

The ROOT - Because Dandelion is such a well-balanced and effective detoxifying remedy, its root encourages steady elimination of toxins due to pollution or infection. It works principally on the liver and gall bladder to help remove waste products, and also stimulates the kidneys to remove toxins in the urine. It has major therapeutic benefits for conditions including constipation, eczema & psoriasis, acne, arthritis (including osteoarthritis), jaundice, cirrhosis, dyspepsia with constipation, edema associated with high blood pressure and heart weakness, and gout.

The LEAF and ROOT have a marked action on the gallbladder, often used to prevent gallstones. The leaf may also help dissolve existing gallstones.

In Chinese medicine it is used internally for breast and lung tumors, mastitis, and abscesses, jaundice, hepatitis, and urinary tract infections.

some information obtained from "The Encyclopedia of Medicinal Plants" by Andrew Chevallier, "Encyclopedia of Herbs" by Deni Brown, and "The Complete Guide to Natural Healing", section 1, card # 19

SHADE-GROWING HERBS

For most growing Herbs to thrive, they must have a full sun position in the garden, especially those which originate in Mediterranean climates. That means at least 5 hours of full sunshine, and, if at all possible, some in the hottest part of the day. Those plants include Lavender, Oregano, Basil, Rosemary, etc.

But if you need to grow some or all of your herbs in dappled shade or places where the sun shines directly on them for only a short time during the day, you can still grow many culinary and medicinal Herbs.

For cooking or teas, there's Lemon Balm, Chocolate Mint, Spearmint, Peppermint (really any Herb in the Mint family), Anise Hyssop, Sweet Woodruff, Parsley, Shiso (*Perilla frutescens*) and Wild Ginger.

Many Herbs used for medicinal purposes thrive in shade as well. Those include some of the above culinary herbs, like Wild Ginger, Shiso and Mints, as well as Goldenseal, Bloodroot, Burdock, Angelica, Cleavers, Feverfew, Lemon Balm, Monarda, Sheep Sorrel, Stinging Nettle, Valerian and Violas.

To become more familiar with how to grow and use any of these herbs, please visit the "Herb Plants" section of Joanie's website:

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

To make an appointment to see and smell these Herbs at Joanie's demonstration gardens, please contact her at: http://everlastinggardener.net/contact_us.htm

SUN TEA

What better time of year to make easy, refreshing Sun Tea?

The procedure is simple:

Fill a glass jar with warm water and tea. Many people start with regular black tea (the traditional ingredient for making sun tea) and may or may not add flavoring. Then set the jar, with lid on, out on the deck or porch, in the sun. After about 4 to 8 hours, strain if necessary, and add ice.

Here are some ideas for making reviving, healthful (not to mention inexpensive) summertime drinks.

Instead of flavoring with black tea, try green or white tea with various herbs. For every quart of water add about a small handful of Lemon Balm or Chocolate Mint. The flavor is delicious! Or try Lemon Verbena, Lemon Thyme or Lemongrass. A little Rose-Lemon Scented Geranium adds elegant aroma to your tea. Chervil, Apple Mint and Spearmint are other possibilities.

Many of these Herbs are mild mood elevators, decongestants and settle the stomach. Your adventures in making flavored Sun Teas are limited only to the herbs you have on hand. Please see Joanie soon to take home and plant the Herbs that will give you refreshing Sun Tea all summer, and into the fall.

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

Remember to use my JUNE COUPON - 10 % OFF ANNUAL HERB PLANTS

HERBAL TERMS

These are terms that may be of help to you when you read about herbal medicine.

They describe what Herbs can do for you.

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

You may also find Joanie's seminar, **Practical Herbology** to be of help, in preparing and using medicinal herbs. For information on this class:

http://everlastinggardener.net/classes_by_joanie_lapic.htm

RUBEFACIENT – Herbs that are irritating to the skin and the mucous membranes. Used to increase blood flow to the affected area (e.g. horseradish opens up the sinuses, mustard plasters break up mucous in the lungs).

SEDATIVE – Calming Herbs such as Lavender, Sweet Marjoram, Lemon Balm, Valerian, Chamomile, Hops.

STIMULANT – Increases energy or has an exciting action, like Ginseng.

SYNERGIST – An herb that acts to increase the effectiveness of another herb or herbs in a formula so that the sum of the herbs is greater than its parts. Licorice and Red Pepper are good examples.

TONIC – Nourishes and restores normal function (e.g., Siberian Ginseng).
VERMIFUGE – Promotes the expulsion of intestinal worms – Wormwood, Black Walnut.
VULNERARY – Promotes tissue healing, such as Aloe for burned skin or aggravated intestinal tract, or Calendula applied to heal injuries to the skin.
(some information from “Prescription for Natural Cures”, by Balch and Stengler)

UPCOMING CLASSES

Please visit Joanie’s website for a complete listing of her 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

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 cat/s)

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).

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

June COUPON

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

And in the end...the love you take...is equal to the love...you make.
-- *The Beatles, Abbey Road*

Happy Father's Day

Have a pleasant and safe Summer!