

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>

IN THIS ISSUE:

- ~ Herbal Highlight
- ~ Tasty, Pretty Flowers
- ~ Herbal Terms
- ~ Upcoming Classes
- ~ Cuppa Tea – Part 2
- ~ MAY Drawing – REMARKABLE!

Herbal Highlight

Shepherd's Purse
Capsella bursa-pastoris

This "weed" gets its Latin name from the shape of the seed head, which looks like a little purse. Its main characteristic is "astringent", which makes it valuable for treating diarrhea, wounds, nose bleeds and other conditions. Shepherd's Purse is a gentle diuretic, making it useful in the case of kidney problems when one needs to get rid of excess water. As a culinary herb, the leaves, rich in vitamins A, B and C, may be added to salads or served as a cooked vegetable. The seed pods can be used as seasoning, as they have a peppery flavor.

Shepherd's Purse is found growing throughout temperate and warm areas, not fussy about the type of soil, thriving in well-drained - even poor - soil, in sun or partial shade. It became established in the USA during European colonization. It sends up a single white-flowered stalk, about 6 to 12 inches high, from a toothed-leaf rosette close to the ground. The above-ground parts can be harvested from late winter to mid-fall. The plants that came "wild" to my garden are mature, blooming and ready to harvest now.

It freely self-seeds.

To use as a simple medicine, Shepherd's Purse can be taken internally or externally. As a tea, infuse it in hot water for about 15 minutes then strain and drink up to three times a day. As a tincture, the recommendation is about ½ teaspoon, taken three times a day. To use on the skin, make a poultice or compress with the above-ground parts, or the tea made from them.

Joanie offers plants of this very useful herb:

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

(some information obtained from "Holistic Herbal" by David Hoffmann, and from "Encyclopedia of Herbs" by Deni Brown)

Tasty, Pretty Flowers

This may be your season to fulfill the promise you've made to yourself –
taste the flowers!

It's best if you can grow them yourself, as you can control their growing conditions and
make sure they stay pesticide-free.

How about stuffed squash blossoms, with ricotta or feta cheese and Chive or Basil
blossoms?

Try decorating your vanilla or orange cake with candied Violet or Viola flowers.
Maybe you think it would be wild to dress up your salad greens with some Dianthus or
Calendula petals or Thyme blossoms.

A fruit salad would make a delightful presentation when dressed up with Pansy flowers
or Rose petals.

Peppery tasting Nasturtium flowers make incredible appetizers, stuffed with a flavored
cream cheese

Wouldn't a scone, waffle or French toast be heavenly with Rose Petal jam
or Lavender jelly?

If you need some coaching, or want some flowers to include in your recipes, be sure to
attend one of Joanie's 'Cooking with Herbs' classes this summer. Or buy the plants and
experiment on your own. You'll be delighted with the no-fail results.

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

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 the medicinal herbs,
please contact Joanie:

http://everlastinggardener.net/contact_us.htm

DIAPHORETIC – An herb that causes perspiration, useful with a feverish cold, helping the immune system expel the virus. One of the best is Boneset, also Yarrow.

DIURETIC – Promotes urination, healthful for the kidneys, and often the heart as well.
Try Dandelion or Parsley Leaf.

EMETIC – An herb that causes vomiting, often helpful in removing toxins from the body.
Ipecac has been favored over the years.

EXPECTORANT – An herb that promotes the expulsion of mucous from the respiratory tract. Use Elecampagne root, Thyme, Fenugreek, Horehound.

FEBRIFUGE – An herb that reduces fever, like White Willow, Meadowsweet.

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

Upcoming Classes

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

CELEBRATE VIOLETS

"When wake the Violets, winter dies.
God does not send us strange flowers every year.
When the spring winds blow o'er the pleasant places,
The same dear things, lift up the same fair faces.
The violet is here." (Author Unknown)

Sat., May 16, 2008
2:00 to 4:00 pm

- \$25.00 each. Or attend with a friend, and each receive \$3.00 off
- ~ Watch Joanie make tantalizing Violet Jam - and take some home with you.
 - ~ Discover the healing uses of this herb for * stress relief * cough and bronchitis * skin problems (such as bruises, acne, itching) * healing eye bath, etc.
 - ~ Make a medicinal preparation
 - ~ How to crystallize the flowers, make a syrup.

~ ENJOY Chocolate Violet Cake and Violet Flower Tea.

Take a walk through the wild violet field. Pick a bowlful of violets, if you wish, to help make the jam and projects during class, and to take some home to dry for your own tea.

Tour Joanie's Gardens to see the violets and many other herbs.

You must make your reservation by paying half of your class fee, received in Joanie's mailbox

by May 13. Contact information:

http://everlastinggardener.net/contact_us.htm

Be sure to visit the website for details and reservations for this important seminar:

PRACTICAL HERBOLOGY

June 20, 2009

10:00 am to 3:00 pm

http://everlastinggardener.net/classes_by_joanie_lapic.htm

Act 48 Continuing Professional Education Courses

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

Cuppa Tea – Part 2 –

Tea (*Camellia sinensis*) isn't just a slightly stimulating, tasty, change of pace from coffee. It is used therapeutically for many purposes. Drinking a few cups a day can reduce the risk of diabetes, osteoporosis, dementia, rheumatoid arthritis, eczema and tooth decay. Dozens of studies show that the more a person drinks Green Tea, the less the chance that s/he will get any of the major cancers (breast, ovarian, cervical, lung, stomach, prostate, colorectal, esophageal, pancreatic and malignant melanoma). The antioxidants in Green Tea reduce the risk of heart disease, due to their ability to reduce cholesterol, improve how arteries work and deter atherosclerosis (all factors which can lead to heart attacks and strokes).

Here are some highlights from Tea's interesting history: Long ago, about 5,000 years (3,000 B.C.), it is said that the Chinese Emperor, Shen Nung, asked a servant for a cup of boiled water. While it was on its way to him, a few leaves fell into it, and the first cup of tea was served. About 1600 A.D., Dutch traders introduced Tea to Europe, where the wealthy were the only ones who could afford the much-enjoyed luxury (at \$100 per pound). In 1767, England began taxing imported goods to the colonists, including Tea, causing them to boycott English Tea, instead buying Dutch Tea or making Herb Tea. This same unfair tax was the reason for the 1773 "Boston Tea Party", when Colonists dumped hundreds of pounds of Tea into the Boston Harbor in protest

(the British retaliated by sending troops). In 1904 at the World's Fair at St. Louis, Tea was first served over ice during a heat wave – making “iced tea” the hit of the Fair. In the 1970s, Americans began to discover other kinds of Tea besides Orange Pekoe, and Tea's popularity continues to grow.

Try a therapeutic cup with honey and fresh-squeezed lemon.

Joanie is offering young *Camellia sinensis* plants:

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

(Information adapted from an article in “Herb Companion”, Nov., '08)

REMARKABLE May Drawing!

The winner of this Drawing receives an Herb Garden Plants collection!

This collection includes: Chives, Lavender, Dill, Chamomile, Rosemary, Thyme and Basil. You may substitute up to 2 Herb Plants which Joanie offers for sale. See the list:

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

It's EASY to qualify for entry into this drawing.

Each entrant must ---

Be (or become) a 'subscriber' to Joanie's newsletters:

AND

Become a 'follower' to Joanie's Twitter:

3. Do the two above BEFORE 11:59:59 pm on May 31, 2009.

The winner will be announced on Joanie's website and on her Twitter by June 5, 2009.

The winner is responsible for receiving the herbs, either by

Picking them up at Joanie's greenhouse

OR

Paying the shipping to have them sent directly to the winner.

OR

Arranging with Joanie to have her meet you somewhere with the plants.

Plants must be received by the winner no later than June 30, 2009.

Thank you for entering this REMARKABLE Drawing!

For lo, the winter is past; . . .
The flowers appear on the earth,
the time of singing has come,
And the voice of the turtledove
is heard in our land.
Song of Solomon 2:11,12