

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

Joanie Lopic, Everlasting Gardener

Phone -- 724-846-4787

e-mail -- joanie@everlastinggardener.com

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

<http://www.everlastinggardener.net>

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Get Your Herb Plants Inside

If you haven't already had a frost in your garden, you soon will. Do you want to enjoy your Herb plants all winter? Would you like to enhance your cooking with fresh Basil, Chives and Rosemary, or sweeten foods and tea with Stevia – that you grow right on your own sunny windowsill?

Do you want to relieve your stuffy sinuses with Thyme, lift winter gloom with Lemon Balm, calm upset stomach with Mint, fight viruses with Sweet Oregano, soothe a sore throat with Sage, heal skin rashes and injuries with rose Scented Geraniums or Aloe, sleep better with Sweet Marjoram? ALL of these plants will grow on a windowsill which receives 5 or more hours of bright sunshine.

WHAT TO DO:

First, dig up your Herbs that spent all summer growing in your garden. Plant them with rich potting soil, in pots an inch or so bigger than the roots, water well and set them on your porch or other sheltered place where they can adapt to being in a pot. Or, if they spent the summer in pots on your deck, porch or sidewalk, make sure they get repotted into a larger pot with the addition of rich, new soil.

Secondly, after a few days' rest, bring the potted Herbs inside and place in your sunny window.

Their care after that is not complicated.

You won't need to fertilize them much during the fall and early winter, due to less intense light levels. Follow the directions on your plant fertilizer package, except HALF the amount of plant food you give them, until about early February, when sunlight levels begin returning to higher levels. Inspect the fragrant Herbs every day to make sure no bugs have hatched on them. If they do, use a natural pesticide which has the Herb Neem in it, such as Schultz's Fungicide 3.

It will be easier than ever to harvest your Herbs straight from your windowsill, or just to enjoy their fragrance as you're caring for them.

If you'd like more Herb plants for your windowsill, please check out Joanie's October SPECIAL, in the article in this newsletter issue.

Buy 3 windowsill Herbs, get one FREE, during October, 2009.

KIRK, PLEASE LINK TO MY WEBSITE PLANTS PAGE.
I'LL HAVE REVISIONS ON PLANTS AVAILABLE/SOLD OUT, VERY SOON.

Herbs Have a History of Effectiveness

("Six Reasons to Use Herbs" series)

This is seventh in the series, which began in my July 1, 2009 newsletter.

Herbs have a long history of effective use, having been tested and used by people for hundreds and hundreds, of years. Since plants were created for us and 'planted' all over the earth for our use, people have always been able to gather and use them for their food and medicine. Generation after generation has realized what herbs can do for the body, soul and spirit.

Here are two more short histories of Herbs which have been used by people for many, many years:

CARAWAY, *Carum carvi*, has been familiar to mankind since the Stone Age, we know because the seed was found in meals left from that era. Caraway was also found in Egyptian tombs and ancient caravan stops along the Silk Road. Isaiah of the Bible tells about it being grown. In *Henry IV*, Shakespeare speaks of a dish of Caraway which was a traditional finish to an Elizabethan feast. Magic is attached to it – it gives protection from witches and used in love potions because it prevents departures.

CHAMOMILE, *Chamaemelum nobile*

Egyptians revered Chamomile for its excellent healing properties, and so dedicated it to the sun. Greek physicians prescribed it for fevers and female disorders. An ancient Anglo-Saxon manuscript includes Chamomile among its "Nine Sacred Herbs".

Chamomile has been used for hundreds of years by mothers to calm their children's colic, also for digestive upset and female cramps. It is served at spas to relax facial muscles.

(some information obtained from "The Complete Book of Herbs", by Leslie Bremness, and from "The Complete Guide to Natural Healing")

If you have any question about any Herbs or their uses, please contact Joanie:
http://everlastinggardener.net/contact_us.htm
To visit Joanie's online Herb supplement store:
http://everlastinggardener.net/natures_sunshine_independent_dis.htm

Herbal Highlight

ASHWAGANDHA

Withania somniferous

This plant, with the common name "Indian Ginseng", enjoys growing in a part-sun position, in fairly fertile soil. It is a tender perennial, adapting easily to indoor growth in a sunny window, where it must be placed after being outside in the warmth of summer.

It originates in India, the Mediterranean region and Middle East.

This wonderful tonic herb, dear to the people of India, is used much the same way in Ayurvedic medicine as Ginseng is in Chinese medicine. Ashwagandha improves vitality, especially for those suffering from overwork or nervous exhaustion, and helps bring about recovery from chronic illness.

Research results have been published about Ashwagandha. A study done in 1970 shows that its natural chemicals, withanolides, similar to the human body's steroid hormones, are anti-inflammatory. The leaves contain the most withanolides. They also inhibit the growth of cancer cells.

The herb may be of use in chronic inflammatory diseases such as lupus and rheumatoid arthritis, and as a cancer preventive. Further research in trials in 1980 indicated that *Withania* increases hemoglobin levels, reduces graying of hair, and improves sexual performance.

By reducing over-activity and encouraging rest and relaxation, *Withania* is useful in counteracting the debility that occurs from long-term stress. Its high iron content gives good help to those with anemia.

The leaves are harvested in the spring and the fruit and root in the fall. Tea or tincture delivers the medicine to our bodies.

(Information obtained from "The Encyclopedia of Medicinal Plants" by Andrew Chevallier)

Joanie offers Ashwaganda plants, which can be grown on your sunny windowsill.

Please contact her for your appointment to get yours:

http://everlastinggardener.net/contact_us.htm

OCTOBER SPECIAL

Buy 3 windowsill herbs, get one FREE, during the month of October, 2009.

This includes any of the plants mentioned in the "Get Your Herb Plants Inside" article (this issue of this newsletter), PLUS MANY MORE. To find out which are the best herbs to grow indoors in a sunny window, just ask Joanie. Or check the Herb Plants section of her website:

Avoiding Swine Flu

To avoid getting the H1N1 virus, commonly known as Swine Flu, follow some basic steps.

1. Be cautious and aware when in public.
 2. Strengthen your body's immune system.
- ~ IN PUBLIC - be aware of the surfaces you touch, handshakes and greetings that can pass germs if you touch your eyes, nose or mouth.
Keep your hands clean (Silver Shield is great for that).
Avoid sick people, and if YOU get sick, stay home.
- ~ TO BUILD YOUR IMMUNE SYSTEM - follow these steps:
- ~ Be sure to get enough sleep.
 - ~ Keep yourself hydrated with 6 to 8 8 oz. glasses of water each day.
 - ~ Eat whole, nutritious foods, including Herbs, closest to fresh as possible, that feed your body's systems and organs.
 - ~ Get your exercise, a good way to keep your lymphatic, hormone and thus your immune system healthy.
- ~ Avoid stress at all costs. Stress puts a major strain on all of your body's functions and emotional health. (Please read how Joanie overcame stress here:
- ~ Certain supplements contribute to immune strength – B-complex, Probiotics, vitamin D3, vitamin C and Elderberry Defense are very effective. These last two are available in chewable, to protect your children. Health- giving liquid nutrients are also available, to protect your infants and toddlers when you must leave them at day-care or other nurseries. You can talk to Joanie about these supplements or view them here:

If you end up catching the Swine flu, there are many things you can do to overcome the symptoms and suffer less intensely and for a shorter period than you might otherwise. You could even emerge from the clutches of the virus STRONGER than before you caught it! Let's talk about that in my next newsletter issue, around mid-October.

UPCOMING CLASSES

Tuesday, October 6, 2009

6:30 pm

Herb Harvesting

Learn the best practices for

- ~ preserving Herbs for wintertime uses
- ~ using them for cooking and medicine

We'll tour the Gardens, harvest some Herbs, and learn the techniques to make them into tinctures, teas, jellies, vinegars, butters, etc.

Take home

1. an Herb plant to grow in your window
2. some fresh-made Basil Pesto

\$12.00 per person. **Take \$1.00 off** each when attending with a friend.
Your deposit of \$6.00 must be in Joanie's mailbox by Monday, Oct. 5.
http://everlastinggardener.net/contact_us.htm

Act 48 Continuing Education courses for Pennsylvania teachers
are listed on Joanie's website

for details on the class content and registration, please visit:
http://everlastinggardener.net/classes_by_joanie_lapic.htm

"Trust in the Lord with all your heart, and lean not unto your own understanding. In all
your ways, acknowledge Him, and He will direct your path."
Proverbs 3:5-6