

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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BIG NEWS!!

Now it's even easier to get Everlasting Gardener products!

Our Products page now features easy-to-use, secure PayPal "shopping cart".

Visit our Products page, click on the "Add To Cart" PayPal button under the products
you wish to purchase. Your amount will be totaled at "Checkout" and postage added in.

You can pay for your purchases by using your Credit Card or PayPal account.

The shipping cost is VERY reasonable, as you will see!

Joanie receives your order right away and ships within 3 business days.

She is pleased to have you as an internet customer, and hopes you will enjoy this
convenient method of purchasing Everlasting Gardener products.

<http://everlastinggardener.net/products.htm>

“Six Reasons to Use Herbs”

Herbs have a long history of effective use, having been tested and used by people for hundreds sometimes thousands, of years. “Herbs” have been defined as “useful plants”, most often employed as food flavoring, nutrition and medicine.

Herbs were created and ‘planted’ all over the earth specifically for us to use. Generation after generation has realized what herbs can do for the body, soul and spirit.

This series will be continued in the near future.

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

SAGE

Salvia officinalis

Did you know there are some varieties of Sage which can be successfully grown indoors? All you need is a sunny windowsill (at least 6 hours of full sunshine each day) and somewhat cool temperatures (in the 50 to 75 degree range). These are about the same indoor growing conditions as for Rosemary.

A little background on Sage: The name ‘salvia’ comes from ‘salvere’, to be in good health, to cure, to save. The Sage plant has been highly regarded throughout history as being responsible for long, healthy lives.

It is a powerful healing plant which also is a strong culinary herb. It is valuable as an aid to digesting fatty foods, both savory and sweet.

Sage is also a beautiful aromatic shrub, very useful for honeybees, and often used as a garden plant.

It likes to live in full sun, in light, well-drained, alkaline soil. The branches should be cut back after flowering, and woody plants should be replaced every 4 to 6 years. In temperate zones it is hardy, the life going back into the roots for the winter, though the leaves do not completely die nor fall off, and can be used for their aromatic and healing qualities throughout the winter.

Varieties such as ‘Purple’, ‘Bergarten’ and ‘Tri-Color’ grow well indoors.

To harvest the leaves, pick just about any time. The leaves should be dried slowly to preserve the best flavor.

USES

~ Decorative - LEAF - Attractive in wreaths, nosegays and tussie mussies.

~ Culinary - FLOWER - Sprinkle on salads.

LEAF - Mix with onion for poultry stuffing. Cook with rich, fatty meats; pork, duck, sausage or turkey. Combine with other strong flavors, blend into cheeses. Dip and fry whole leaves in batter. Make sage butter and sage vinegar.

~ Household - LEAF - Place dried leaves among linens to discourage insects. Burn on charcoal or boil in water to disinfect a room. Sage smoke deodorizes animal and cooking smells.

ESSENTIAL OIL - Mixed with water and a little alcohol, can be used to spray any room to disinfect and deodorize.

~ Cosmetic - LEAF - Use in facial steams and astringent cleansing lotion, and as a rinse to condition and darken gray hair. It is said that drinking Sage tea will restore hair color. Rub on teeth to whiten, and use in mouthwash.

~Medicinal - LEAF - Aids digestion, is antiseptic, antifungal and contains estrogen. Helps alleviate diarrhea. Sage tea after a meal aids digestion. Sage tea and sage wine are nerve and blood tonics. Tea reduces sweating, reduces coughs and colds and can be used to treat irregular menstruation and menopause.

(CAUTION: Sage should not be taken in large doses for a long period.)

Joanie offers Sage plants "Tri-Color", "Purple" and "Bergarten". Please contact her for your appointment to get yours: http://everlastinggardener.net/contact_us.htm

(some information obtained from "The Complete Book of Herbs", by Leslie Bremness)

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 (October 1, 2009, newsletter), PLUS MANY MORE, including Aloe, Ashwagandha, Basil (columnar), Bay, Chervil, Chives, Dill, Germander, Lavender (French), Lemon Balm, Lemon Verbena, Mint, Oregano, Patchouli, Rosemary, Sage, Scented Geraniums, Stecia, Sweet Marjoram, Tea (*Camellia sinensis*) and Thyme. Lemongrass and Parsley are also happy growing indoors, but Everlasting Gardener is sold out of these, probably until Spring.

To get further information on how to best grow herbs indoors, check the Herb Plants section of her website:

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

or just ask Joanie: http://everlastinggardener.net/contact_us.htm

Surviving Swine Flu

There are many strategies you can use to avoid catching the H1N1 (or any other type) virus. Some of the very best ways were discussed in Joanie's Oct. 1, 2009, newsletter.

If you end up catching the H1N1 virus (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!

Take good care of yourself or your loved ones:

~ Be sure to get enough rest.

~ Keep hydrated with 6 to 8 8 oz. glasses of water each day.

~ Eat whole, nutritious foods, including Herbs and Herb teas, closest to fresh as possible, that feed your body's systems and organs. When you are feeling under the weather, it's best to give your digestive system a break, by eating easy-on-the-tummy fruits, in their raw state. Apples are one of the best. Blueberries are great too. Fresh

lemon squeezed in water, with a little Stecia added, works very well, too. And don't forget salads and veggies.

~ To fight off the virus, use Nature's Sunshine's VS-C or liquid Silver Shield.

~ Certain supplements strengthen the immune system – B-complex, Probiotics, vitamin D3, vitamin C and Elderberry Defense are very effective. Elderberry Defense (which also contains Echinacea) also shortens the intensity and duration of the virus' symptoms.

Vitamin C and Elderberry Defense are available in chewable, to help protect your children. Health- giving liquid nutrients are also available, to protect your infants, toddlers and young children, when they must spend part of their day at day-care or other nurseries.

You can talk to Joanie about these supplements or view them here:

<http://www.mynsp.com/esuite/home/everlastinggardener/products>

Here's to a healthy fall and winter "ANTI-FLU SEASON". Best wishes for happy times with family and friends.

UPCOMING CLASSES

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

"There is an appointed time for everything. And there is a time for every event under Heaven – a time to give birth, and a time to die; a time to plant and a time to uproot what is planted." Ecclesiastes 3:1-2