

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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STEVIA

Stevia rebaudiana

Also known as “Sweet Leaf”, Stevia can be grown outdoors in temperate zones in the summertime (no lower than 45 degrees), The plant likes moist, sandy, acid soil, and full sun. It is propagated by semi-ripe cuttings in spring and summer, the seed being mostly infertile.

Dried leaves, and the powder made from the dried leaves, are 10-15 times sweeter than sugar. It is used as a safe sugar substitute in foods and drinks. Stevioside is stable when heated, does not precipitate in acids, or cause fermentation. It has no glycemic index and negligible calories.

You can use Stevia leaves (home-grown, if you like) to sweeten your hot or sun tea, and various cooked and baked foods. Harvest the leafy stems just as flowering begins, and then dry.

Stevia is native to tropical and subtropical parts of North and South America. In Paraguay the indigenous people have used Stevia for generations as a sweetener. The Japanese food industry has been using Stevia since the 1970s, after they

developed an extraction technique that removed the color and bitterness.

(some information obtained from "Encyclopedia of Herbs" by Deni Brown)

If you would like to use Stevia as an already-prepared extract in powdered form, please visit: <http://mynsp.com/everlastinggardener/products/guide.aspx?stockNum=1386>

HERBAL TERMS

(continued from the mid-March, '09, issue of "Improving Your Herb Know-How")

These are terms that describe what Herbs can do for you. These may be of help to you when you read or study about herbal medicine. This is not a complete list.

Antispasmodic – Prevents or reduces muscle spasms. (such as Black Cohosh, Chamomile, Kava Kava, Valerian and Wild Yam)

Antitussive – Relieves or suppresses coughing (Horehound, Wild Cherry bark)

Antitumor – Fights or suppresses tumor growth (Astragalus, Echinacea, Frankincense)

Astringent – An herb that causes contraction of the tissues. Useful in conditions such as bleeding or diarrhea (Geranium, Sage, Witch Hazel, Yarrow)

Bitters – Bitter-tasting herbs stimulate digestive organ secretions and actions (stomach, liver, gallbladder and pancreas). They can also help increase abnormally low appetites.

They include (but are not limited to) Gentian root, Burdock, Goldenseal and Dandelion root.

More to come in future issues....

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

Upcoming Appearance and Classes

For information about signing up for Joanie's classes, please visit the website:

http://everlastinggardener.net/classes_by_joanie_lapic.htm

Act 48 Continuing Professional Education Courses --

Please see Joanie's SUMMER COURSES, offered at both Beaver Valley Intermediate Unit, and at Midwestern I U., on Joanie's website

(for registration and other details):

http://everlastinggardener.net/classes_by_joanie_lapic.htm

NEW HERBS FOR YOUR GARDEN

Let's think about herb plants, the ones you'd like to grow this summer and the delicious and healing things you might do with them.

Attend Joanie's class

Saturday, April 18, 2:00 – 4:00 pm

\$15.00 per person.

Receive \$2.00 off each, for you and for your friend attending together.

Joanie needs your registration deposit of at least \$7.50 by April 15, 2009.

Please send to: Joanie Lopic, 888 Tulip Dr., New Brighton, PA 15066

~ We will do a study of the growing requirements of herb plants.

~ Learn which herbs suit your needs, whether for cooking, medicine, scent, etc.

~ Receive printed information and a little starter pot of an herb plant

~ **GET 15% OFF** any herb plants you wish to purchase.

You can check Joanie's herb plants for sale:

http://everlastinggardener.net/herb_plants_for_sale_at_everlast.htm

YOU WILL LEAVE THIS CLASS WELL-INFORMED, READY TO MAKE THE MOST OF YOUR HERB GARDEN.

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.

PRACTICAL HERBOLOGY

June 20, 2009
10:00 am to 4:00 pm

This seminar helps you take your health into your own hands!

AT THIS SEMINAR YOU WILL LEARN --

~ identification of herbs by sight, smell and touch. In Joanie's exhibit gardens you will find these herbs and more: St. John's wort, feverfew, marshmallow, shepherd's purse, agrimony, comfrey, sage, wood betony, horehound, valerian, arnica, boneset, burdock, sheep sorrel, lavender, elecampane, echinacea, digitalis, various thymes, and mints.
~ to make herbal preparations like skin-healing salve, tincture, essential oil therapies, virus-killing and mood-enhancing room sprays, stiff/painful joint cream, natural deodorant and non-toxic household cleaners -- AND TAKE SOME HOME WITH YOU.

~ herbal supplements - exactly which herbs are needed to enhance brain function, encourage weight loss, help overactive children to concentrate, overcome debilitating skin conditions and joint problems, help us feel young at any age, and more...

A delicious herbal lunch will be served.

(More particulars in the mid-April newsletter, and on Joanie's website.)

HAVE A CUPPA TEA!

(Part I)

Camellia sinensis is the plant from which we get green and black tea.

What would you say to growing your own Tea plant?

Then picking the leaves and making a fresh, flavorful, healthful beverage with it .

That can only happen in tropical climates, you say.

Nope, in temperate climates, it is content to be grown indoors in the winter, then thrives outdoors in the summer.

It is an extremely handsome plant with shiny dark green leaves. Furthermore, it produces 1 inch flowers, cream-colored with bright yellow stamens, and a light, pretty scent, often in late summer and fall.

As for the benefits of Tea – recent studies indicate that consuming tea can help prevent cancer, heart disease and tooth decay. Externally it heals swelling, sunburn, cuts, bruises and insect bites.

The term "infusion" is defined as an herbal beverage made by steeping plant material in

hot water. Most people use the everyday word “tea”, when they mean “infusion”. This a bit confusing, because in herbal medicine “tea” technically means an infusion of the leaves of the Tea plant, *Camellia sinensis*.

As to the specifics of growing the plant, Tea plant enjoys acidic soil of 5 to 7 pH, with high organic content and moist but well drained. If it’s really hot in your garden, make sure the Tea plant gets a little shade in the afternoon.

When grown indoors, make sure the pot does not hold water too much. Add sand for drainage and compost to provide nutrients.

Part II of this series will include the interesting history of this very useful plant, and much more on the health benefits.

Look for *Camellia sinensis* plants to be offered in early summer at Joanie’s Everlasting Gardener:

(some information from "The Herb Companion", Nov., '08)

APRIL SPECIAL

EARLY BIRD Special—

Whether you want to add amazing fresh flavor to your foods, increase nutrition in your diet, or get acquainted with simple medicines – TRY SOME HERBS!

Are you ready to start planning your herb garden? Here’s a great start . . .

Buy 3 herb plants and get a FREE Lemon Thyme OR Stevia plant.

This offer is good only for the month of April, 2009.

Please see Joanie’s website (www.everlastinggardener.net) “Herb Plants” for sale, then go to the “Contact Us” page to let Joanie know when you want to come out to her greenhouse and pick up your herbs.

"They who can give up essential liberty to obtain a little temporary safety, deserve neither liberty nor safety."

-- Benjamin Franklin

“Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said.” Matthew 28: 5, 6

JOANIE IS NOW A PROUD GRANDMOTHER

HAPPY EASTER!
