



Herbal Seasons

Newsletter

Spring 2016

OVER THE GARDEN GATE

This newsletter will not be featuring a letter from our President Eve Von Deck. Instead, she has requested that we feature the upcoming events in its place. Thank you Eve for reminding all of us of the great events taking place all over our beautiful state!

April 23rd. WVHA annual Spring Fling. 9 AM until 4 PM in Charleston, WV at the India Center. The tentative schedule includes several informative classes, lunch – to be provided, and time with various vendors. \$25 at door. Contact Tom Jones at 304-586-2226 for more information.

April 22nd and 24th Riparian Tree Planting days in Bartow, WV along the Pig's Ear East Fork Greenbrier River. Sponsored by the US Forest Service and Trout Unlimited. Volunteers are asked to wear sturdy shoes/boots for hiking/planting trees and to dress according to the weather as planting will be held come rain or shine. Lunch, gloves and tools will be provided. Please RSVP to Travis Ferry at 304-614-6699 or tferry@tu.org to volunteer or for more information.

April 30th 3rd Annual WV Urban Ag Conference on the campus of WV State University. Designed for those seeking to grow in a small area for family or for income. Eynote Speaker will be "Growing Hope: A Sustainable Farming State-of-the-Union" by Forrest Pritchard, native WV farmer and author of "Gaining Ground". Several workshops will be offered throughout the day, including" horticulture, livestock, sustainability, urban farming 01 and homesteading. A \$45 fee covers all workshops, lunch and a local foods dinner (a pork roast from Oak Holler Farm). For registration and more information, visit www.urbanagwv.com . For workshop descriptions, visit <http://urbanagwv.com/schedule/full-schedule/>

May 14th the MG'ers of Harrison county are hosting their plant sale. A talk on herbs will also be given sometime during the day. Plants to be donated to sell (to benefit the WVHA) can be dropped off at the Harrison County site on Friday afternoon (or that day-preferably in the morning). Plants will include: some tropical orchids, assorted air plants, snake plants, assorted herbs, and the ever popular Elderberry starts. Any leftover plants to be sold at the Farmer's Market the next day. Sunday, the 15th, is the first outdoor market of the year in Bridgeport. You just get off at exit 124 on I 79 and follow the signs to the parking lot where it's held. We have over 40 vendors this year and it is one of the largest in the state.

June 3 - 6: Medicines from the Earth Herb Symposium, Black Mountain, NC

Topics include:

- Maintaining the microbiome in infants and children
- Common botanicals to eliminate daily toxicant damage
- Food allergy, endocrine imbalance and inappropriate weight gain
- Rebuilding damaged intestinal walls and treating gut permeability
- Integration of botanical medicines with conventional pharmaceuticals: increased or decreased safety and efficacy?
- Chronic kidney disease: botanical solutions
- Worst weeds are your best medicine
- Plant walks, medicine-making demonstrations, panel discussions

Pre-conference intensives June 3: *The Digestive System and Neurological Health--Healing the Gut-Brain Axis with Botanical Medicine* with Jason Miller. *Ethnobotanical Field Study* with David Winston. Herbal experts also include : Juliet Blankespoor, Theresa Boardwine, Mary Bove, Chanchal Cabrera, Walter Crinnion, Doug Elliott, Christopher Hobbs, Robin McGee, Kenneth Proefrock, Vickie Shufer, Jill Stansbury, Roy Upton and Marc Williams. Early bird registration April 14. Info 541-482-3016 or www.botanicalmedicine.org.

'Living with Medicinal Herbs'

June 11 & 12, 2016

At the Ramada Inn, Morgantown, WV

The focus of this conference is on the efficacy of medicinal herbs and organic methods of growing and using them.

Organizers: Joan Beard, MA, OTR (retired) (developmental psychologist)
Barbara Greenwood, MSN, RN (registered nurse)

Speakers and topics are as follows:

Melita Mollohan: Immune system herbs and tinctures.

Joan Beard: Wild edible plants ('weeds') with research-supported medicinal uses.

Barbara Greenwood: Mechanisms of action, precautions and interactions, and efficacy:

1. Uses of herbs for the respiratory and immune systems.
2. Cardiovascular health, osteoarthritis, osteoporosis, pain, wound care, and digestion.

Joan Beard: Research-update on medicinal uses:

1. For selected plants and conditions.
2. A functional summary for selected foods and culinary herbs.
3. Comparison of traditional and researched uses for three herbal roots.

Jenny Bishop: Essential oils -- medicinal effects and their many uses.

Dr. Susan Young: Enhancing the effectiveness of herbs through cleansing/detox methods.

Laurie Johnson: Bach flower remedies for pets and people.

Dr. Jim Kotcon: Organic gardening methods.

Dr. Daniel Frank: Attracting and managing beneficial insects.

Heather Tokas: Butterflies: their stages, behavior, and diversity in the garden.

Plus --- a garden tour with plant identification and sharing sessions on medicinal herbs and organic gardening.

Pre-registration required: \$65. Mail check or money order to Joan Beard, 632 Astor Ave., Morgantown, WV 26501. Please include your phone, email, and address. Attendees may display herbal products and business cards. The Ramada Inn (with restaurant and outdoor pool) will most likely have block rates. Email janel@ramadainnwv.com or call 304-296-3431.

For more information, contact Joan at beardinski@hotmail.com or 304-296-2999 with message.

September 30th – October 1st. WVHA Fall Conference. Jacksons Mill. Joe and Terry Graedon of The People's Pharmacy will be the keynote speakers at the conference. More information will be posted as it becomes available.

Please remember that we are always happy to spread the news of coming events to the WVHA membership. Please forward the information to Lynn Lassiter at lynnlassiter50@aol.com .

Fruit Tree Orchards and the Future released by James L. McCormack

As some may have seen on Facebook, we are teaming up with the National Guard and Patriot Guardians who has come up with a monumental plan to plant 1 million apple/fruit trees in WV. This is a lofty goal but very attainable with the [280 plus who are on this mailing and] nearly 1,000 family members we collectively have in the Veterans to Agriculture program, together we can meet and exceed that goal I am certain.

The goal is to have informational, hands on classes starting with a major 1,800 tree planting kickoff in Clay county, WV. We will have scientists and orchard professionals on site to give classes and also go over the planning and proper care of apple/fruit orchards, we will be looking at downstream business that will spur off this effort as well as the significance of Honey Bee Keeping and Native pollinators including the Mason and Leaf Cutter Bee's. What we hope to do is rebuild an economy and create thousands of jobs in the future and we also hope to utilize post mine property for the training and some of these orchards.

I do hope all of you will consider attending the training and joining with the WV National Guard and the team they have built with Patriot Guardians and help to plant a tree for the future of our state and our nation, it will take everyone pulling together on this and each of us rolling up our sleeves to build an entirely new industry for this region. I am personally asking for each of you to please help in this effort and hope to see all of you on the field.

Details will follow as soon as they are available, but I suspect sometime around mid-April to see this take off. Sincerely, James L McCormick, Director. 304-558-3550 phone; 304-558-2203 Fax

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My own smart remedies for sore muscles from Anne Romance

I am currently using these and find them such pleasant relief.

At the beginning of a day, yoga or a good stretch. Then, before work or play, it's a rub down with an herbal oil that anyone can make. It is a sun-infused olive oil of fresh St. John's Wort Flowering Tops and Arnica flowers, fresh or dried. So effectively anti-inflammatory and pain reducing. My hands especially benefit from this treatment.

Afterwards, lying flat, for just a few minutes, to completely relax all muscles feels great. Another application of St. John's and Arnica oil on any muscles that talk to you at this time, is very helpful.

In the evening, a hot epsom salts bath, with perhaps some lavender oil, will work miracles for a good night's sleep and a rise and shine without pain!

Enjoy!

Growing Your Own Medicine from Anne Romance

Ahhh, Spring! How good it feels to have my hands in the soil again. I've been cleaning up my medicinal herb beds and realizing again what a wealth of healing it contains.

Elecampane (*Inula helenium*): An easy to grow herb whose roots clear lung and bronchial infections. Rather than use antibiotics for bronchitis, if you have tinctured or dried elecampane on hand, you can not only clear the offending pathogen, but strengthen your lungs and immune system as well.

Lungwort (*Pulmonaria officinalis*): As if enjoying their very early pink and blue flowers weren't enough reason to grow lungwort, the spotted leaves are great nourishment for the respiratory system. I like to blend them with wild harvested mullein leaves and coltsfoot leaves for a great respiratory tea or tincture.

Marshmallow (*Althea officinalis*): Acid reflux is such a widespread health concern, as are the pharmaceutical remedies for it. Instead, chewing on dried root pieces of marshmallow brings immediate relief of the pain of GERD, and it heals the compromised tissue of the esophagus - very important!

Valerian (*valeriana officinalis*): Another widespread health problem is insomnia, with many pharmaceuticals available to address it. To avoid side effects of chemical sleep aids, use the root of valerian for a good night's sleep and an alert wakeup. You have to play with the dosage of this herb a bit to find the amount and frequency that works for you. In high and frequent doses, it is a great pain reliever too.

Echinacea (*echinacea purpurea*): All parts of this beautiful plant are used to support the immune system. Our #1 defense against cancers, lyme disease, and all sorts of illnesses is a strong immune system. By growing and making your own tincture or tea of this herb, you are protecting your health in 2 ways - the immune enhancement of the herb and the joy of growing and preparing it!

Boneset (*eupatorium perfoliatum*): This wild growing herb has found its way into my gardens and I'm grateful. A marvelous, bitter, anti-viral herb, its flowering top is used to effectively fight all types of viral infections - cold, flu, fevers...A true gift for our well-being and easy to grow.

Motherwort (*Leonurus cardiaca*): One of my all time favorite herbs, this wild growing one also moved to my garden all on its own. The early flowering top holds many bitter principals that bring strength to the heart and nerves. For worry and anxiety, especially since these cause heart stress, it can't be beat.

Meadowsweet (*Filipendula ulmaria*): A beautiful fern like plant with tall white flowers, this herb is an exceptional anti-inflammatory for nerves, muscles and skin. It is also anti-bacterial specific against several staph and strep strains, and e-coli.

These amazing herbs offer their healing to us in double time - both in tending the plant, and in taking the medicine.

I will be selling these beautiful medicinal herb plants at the **WVHA Spring Fling on April 23rd** at the India Center in So. Charleston. I hope to see you there! - Anne Romance

The Medicinal Garden Labyrinth

On **April 2nd** Norma Fernandez hosted a groundbreaking ceremony to inaugurate her community initiative for Princeton - the Medicinal Garden Labyrinth at Princeton City Park. This is no ordinary garden. Appalachia possesses natural gifts unique to its geographic area. This garden is intended to teach and to delight. The garden will fulfill a twofold purpose. First, this project will educate the community about the local wealth that thrives around the inhabitants of West Virginia. Instead of harvesting fruits and vegetables, this garden will serve to teach our children about cultivation, conservation, and use of Appalachian medicinal plants. In addition to being a tool for teaching, this garden will be a great place to relax. The labyrinth format, located across from the city pool, will draw people into a space designed to teach and inspire.

Ms. Fernandez has reached out to businesses such as Lowe's as well as many supporters of maintaining and cultivating native plants, including Appalachian Forest Herbs of Huntington and Enchanter's Garden of Hinton. In partnership with Concord University, Professor Linwood Clayton has seized this opportunity to enable students such as Erica Smith to see a practical application for community efforts. World-renowned researcher of medicinal plants Dr. Jim Duke has contributed to the Medicinal Garden with transplants from his own "Green Farmacy" garden. Melody Jones from the U.S. Forest Service reached out to request volunteers from the USDA Forest Service's Northern Research Station and Forest Products Laboratory to help with planting herbs, educating the public and other needs of the project.

As Ms. Fernandez succinctly stated: "A lot of people are interested in this platform to learn about medicinal plants of Appalachia. Once they see a plant on display, with its name, up close, they will begin to identify it from the side of the road and associate the therapeutic properties. It is exciting." Born out of a desire not only to teach but also to give back to the community, Ms.

Fernandez's Medicinal Labyrinth Garden will continue to give back to the community for generations to come.

Essential Oil Saline Spray for Sinus Care submitted by Susan Young, derived from Stephen Buhner's suggestions

Per 1 oz of saline add 2 drops each of:

Eucalyptus

Sage

Rosemary

Juniper

Place in nasal spray bottle and always shake prior to use.

NOTE: To make homemade saline solution, bring to boil one quart distilled water with appx 2 ½ tsp sea salt or Himalayan (do not use table salt like Morton's). Let cool and store in glass container or safe Rx grade plastic.

Happy Hour Cleaning Solution submitted by Susan Young taken from Leslie Reichert aka "the Cleaning Coach"

In a spray bottle, mix:

8 oz white vinegar

4 oz lemon juice

4 oz vodka

8 drops lemon grass essential oil

2 – 3 drops of castile soap

Absolutely nontoxic and doesn't smell like vinegar. Use on anything, cuts grease, you could even drink it! Safe around babies and pets.

Websites to Explore

www.youtube.com/watch?v=jP96AP3Ejpg – 18th Century Herb Garden from James Townsend & Son.

<http://www.pollinator.org/hummingbirds> - Link to a pollinator site with lots of information on hummingbirds.

www.ukherewegrow.com – even though this is from the UK, it has a lot to offer. Great how-to-videos and articles.

www.empressofdirt.net – a lot of information and great ideas. Sign up for her informative newsletter.

<http://ezfromseed.org/articles/old-seed.htm> - How to Store (old seeds) and Germination Test

<http://www.kitchengardenseeds.com> – John Scheeper's site for seeds. Nice selection of seeds available and loaded with information on growing.