



Numen: The healing power of plants

A resource guide

There is a tremendous amount of information available on the Internet and in books exploring different issues raised in the film. Our goal in creating this resource guide is to make it easy for viewers to act while the film is still fresh in your mind - not to re-create the wheel! We hope these handouts and questions will get you started and inspire you to seek out the herbalists and teachers in your own communities.

The most important take home message from *Numen* is, as Bill Mitchell and Rosemary Gladstar and so many others in the film say, to step outside, spend time in your garden, in the woods, in the meadow outside of town. Be grateful and open your heart to the mystery that is around us all, each moment.

These handouts have been generously contributed by community herbalists Dana Woodruff of Dandelioness Herbals, Sandra Lory of Mandala Botanicals, and Larken Bunce. Vermont Center for Integrative Herbalism. Unless otherwise notes, the photographs are by Sandra Lory.

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Growing and Making your own Medicine - Overview

by Dana Woodruff, [Dandelioness Herbals](#)



elderflower syrup | Diane Mateo

In this fast paced culture of quick fixes, herbal remedies are being marketed in highly concentrated, standardized pills and liquids, as replacements for pharmaceuticals. Making your own herbal remedies from the whole plant is simple and for the same price as a store-bought preparation, you could make enough for you and many more. By preparing herbal remedies for yourself and your circle of friends and family, you are continuing a long history of using herbs for food and medicine. You are taking your health and healing into your own hands and encouraging self- and community-sufficiency, which is incredibly empowering. Also, when you make remedies by hand, you are infusing these remedies with your love and intention, which will make good, strong medicine.



Harvesting Your Medicine

by Dana L. Woodruff~ Community herbalist, [Dandelioness Herbals](#), Montpelier, Vermont ©2010

Once you've properly identified a plant that you'd like to harvest, check out the surrounding land. Is there a busy road nearby? Are you close to the town dump, fields sprayed with pesticides, or another source of toxins? Do the plants look healthy and vital? Are there lots of pollinators buzzing around the plants? If the land and plants feel good, you can begin gathering. There are many traditional practices for harvesting plants. Some people find the largest plant - the grandmother plant - and ask its permission to harvest. If you receive a yes, you can proceed, harvesting the surrounding plants while leaving the grandmother plant alone. You can also sit with the plant, observe and listen, draw or photograph it, sing to it, or you can just get down to business (i.e. you're bleeding and need the yarrow pronto!). The important thing is to harvest with gratitude, appreciative that the plant is sharing its life force with us. You can show your appreciation in whatever way feels good to you: you can leave an offering: a piece of your hair, water or spit, a song, a pinch of an herb or a simple thanks.

Plants are affected by the time of day and the seasons, changing throughout the month, as well as throughout the year. Like the pulling of the ocean tides, the energy of the plant shifts, affected by the lunar cycle. The full moon is the optimum time to harvest aboveground parts (leaf, flower, stem, and bark) and the new moon is the time for harvesting the roots. In general, the aboveground parts of plants are best harvested in the spring and summer, before or during flowering. Roots are best harvested early in spring or late in the fall, when the plants' energy is down in its roots. The ideal time of day for harvesting is after the morning dew has evaporated, and before the full strength of the sun has potentially wilted the plant in late afternoon. The best harvesting weather is a clear, sunny day, since rain can wash away some of the very constituents you're hoping to gather. When harvesting, you want to be sure to take only what you need from each plant.

When gathering leaves, flowers, stems, and bark, you want to take the most vital parts of the plants. Find healthy leaves, not ones chewed by insects. One way to harvest is to pinch off the new growth - the top leaves and flowers or buds - which stimulates the plant's growth. Another way is to harvest the entire stem, cutting it close to the ground or just the top few inches. Having a good knife helps you to harvest the parts that you want, and to not harm the plant by pulling or tearing. Roots are potent medicine and should be harvested with respect since the plant must be killed for its root to be gathered. When we harvest roots in the fall, the plant has time to flower and go to seed. This ensures more plants for the future. Some slower-growing roots can be gathered, and its new growth or buds can be replanted after you've harvested what you need.

When harvesting roots, you want to loosen the earth around the plant with a shovel or trowel, so that you can lift the whole root system out gently. Some plants with taproots are difficult to harvest whole because they are so rooted that they usually break before letting go of their hold, such as Burdock. Once you've dug the roots, remember to fill the space back in with soil.

Drying herbs

by Dana L Woodruff~ Community herbalist, [Dandelioness Herbals](#), Montpelier, Vermont ©2010



When you gather the whole aboveground part of the plant, including the stem, you can dry them in bunches. You want these bunches small enough for air to circulate so the plant can dry thoroughly. You can tie the bunches with string or use rubber bands, which will adjust as the water evaporates and the stems get smaller. Hang the plants out of direct sun with good air circulation. If your indoor space is damp or doesn't have good ventilation, cars make great drying rooms. In my backseat I tie a string between the handholds and hang the plants on the line with paperclips bent to create two hooks. The rubber band or string can also be looped

around the line. If the weather's not rainy, leave your windows down a bit for air circulation, and either park in the shade or drape cloth up to protect the plants from direct sunlight. Leaves, flowers, stems, and bark can also be dried by laying them in baskets or on screens (nylon, not metal). Depending on the weather and the herb's moisture content, your herbs may be completely dry in just a couple days, while others may take several days.

For drying roots, you first want to wash the soil off of them. When washing, remember not to use water that's too hot. As an herbalist I once apprenticed with told me, "We're washing roots, not making tea!" Some folks choose to dry roots whole, but I like to slice roots with knife while they are fresh and easier to cut. You can dry your whole roots or root slices in baskets, on screens, or in the oven, as described above.

Storage: Dried herbs should be stored in airtight containers, preferably glass jars. To help the dried herbs maintain their vitality, store them in a dry area away from direct sunlight and extreme temperatures. Be sure to label your jars and bags! Really! Just do it! I know every harvest is so special that we'll never forget it, but you'll be so happy when you don't have to make a 'what is *this*?!' pile of herbs. Many herb books will tell you to use your dried herbs within 6 months or a year, and your dried roots within 3 years. However, I know an herbalist who comes from a long line of medicine makers who said she has herbs and roots that are many years old and still good medicine. Use your judgment and your senses (sight, smell, taste) to decide whether an herb or root still possesses its vital essence.



Medicine-making: How to make a Medicinal Tea?

by Dana L Woodruff~ Community herbalist, [Dandelioness Herbals](#), ©2010

Infusions or Tisanes extract medicinal properties from the leaf, flower, certain seeds, and a few roots that are high in volatile oils (such as valerian). Fresh herbs can be chopped, torn, or bruised. Dried herbs can be broken up or rubbed between your palms. This helps to break down the plants' cell walls to release more of their medicinal properties, including the oils that give herbs their scent and taste. Place the herb(s) into a vessel such as a cup, teapot, or mason jar, then fill with hot water. Cover the container so the tea's medicinal qualities don't escape with the steam.

Decoctions extract medicinal properties from the roots, bark, medicinal mushrooms, and hardy seeds. We have to work a bit harder to get to the medicines of these plant parts, by boiling and chopping/grating/grinding, too, if possible. Chop or grate fresh parts (if whole, break up or grind dried parts) into a glass, enamel, or stainless steel pot, and cover with cool water. Bring the water to a boil, then reduce the flame and simmer for 20-45 minutes, covered. If possible, let the herb soak a few hours or overnight, before decocting the herb in order to extract the most properties possible.

Solar infusions draw out the medicinal/energetic properties of herbs with the sun. Pour fresh water over your herbs and set out in the sun for a few hours, with or without a lid.

Lunar infusions draw out the medicinal/energetic properties of herbs with the moon. Place herbs into a glass bowl or jar of fresh water and set out in the moonlight, uncovered.

Containers When making an infusion or decoction, choose containers (mugs, kettles, teapots, French presses) made of glass, stainless steel, or enamel. Other materials (aluminum, plastic) may react with the herbs or leach harmful chemicals into your brew.

Steeping time and temperature Herbal infusions can be steeped for any length of time, from just a few minutes to all night long. Some herbs, such as chamomile, become bitter if left to steep more than a few minutes. Other herbs such as nettles and oats become more mineral-rich (and better-tasting, I believe), the longer they steep. I prefer to steep my nutritive herbs such as oats and nettles overnight in room-temperature or hot water. It's a nice bedtime ritual to prepare the next day's blend and let it infuse as you sleep. When you wake, it's ready for you to just warm and drink.

Intention At any point in your tea-making process you can take time to breathe, unwind, and focus on the changes you'd like to welcome into your life. As the photos in [The Hidden Messages in Water](#) show, water physically responds to energy. The waters that we take into our bodies, swim and bathe in, can carry negative messages that we've received and replay inside ourselves, or we can infuse our teas, baths, and self with new messages of gratitude, love, and growth.

Dosage *Since the water has been evaporated out of dried herbs, their medicinal properties are more concentrated than fresh herbs and less is needed. These measurements are only a guide. There are herbs that you may want to use by the handful or pinch. If in doubt, just look them up in a good herb book!*

Dried herbs : 1 tablespoon per cup or 4-6 tablespoons ($\frac{1}{4}$ +cup) per quart

Fresh herbs : 2 tablespoons per cup or 8-12 tablespoons ($\frac{1}{2}$ - $\frac{3}{4}$ cup) per quart

Chronic conditions (i.e. muscle tension): 3-4 cups daily, one cup at a time, for several weeks

Acute conditions (i.e. headache, fever): $\frac{1}{4}$ - $\frac{1}{2}$ cup throughout the day, up to 3-4 cups

How to make a tincture?

by Dana L. Woodruff~ Community herbalist, [Dandelioness Herbals](#) ©2010



Tinctures are concentrated liquid extracts of medicinal herbs. The most common liquid (or menstrum) used to extract the medicinal properties of herbs is alcohol, but you can also use vinegar and glycerine, in combination or on their own. You can tincture plants when they are in full bloom or when the roots are ready, capturing their medicine when they are fresh and most vital, to use throughout the rest of the year. Tinctures are easy to use, especially if you're traveling, working, or sick in bed and can't make your own teas. Once in tinctured form, they are all prepared and ready to use. You don't need to heat water or carry around any fresh or dried herbs. The menstrum (alcohol, vinegar, or glycerine) not only draws out the medicinal properties, it also preserves them.

You can place tinctures directly in your mouth, or dilute them in water, tea, or juice. Some people like to add their alcohol-based tinctures to a cup of very hot water, so that some of the alcohol evaporates.

There are many methods for making tinctures. You can do it by ratios and percents, using scales, measuring cups, and blenders. While it's fun to experiment with different methods, my favorite way is to harvest the herbs I've grown in my garden or found in fields and forests and tincture them fresh, letting them macerate (soak) for at least one moon cycle of 28 days.

Tincturing Fresh Herbs

- Find the herb in a place that feels good, away from busy roads and pesticide-sprayed lawns. Harvest only what you need and give thanks to the plants, however you wish.
- Chop/tear the herbs finely and fill a clean jar, leaving a couple inches from the top. Don't pack the herbs down - you want to leave space for the herb and menstrum to move around. You can also leave some of the leaves, flowers, or roots whole if you like.
- If you are using grain alcohol and/or glycerine and you'd like to add a percentage of water, combine your fluids in a jar, bowl, or measuring cup, and shake or stir to blend them together.
- Pour your menstrum over the herbs, until there is at least 1" of liquid over your herbs. Seal with a tight fitting lid.

- Let your tincture sit. Some say you only need 10 days-2 weeks to fully draw the medicine into the menstrum, while others leave it for one month, or until they need it, as long as a few years (for alcohol-based ones). I like to give it time, at least one full month. During this time you can shake it daily. The more connected you feel throughout the process (growing, harvesting, making medicine, taking the medicine), the more powerful the medicine will be.
- When you're ready, strain the herbs, squeezing to get out as much medicine as you can. You can strain your herb using fine-mesh metal strainer or a funnel lined with a piece of cheesecloth or muslin. Compost the herb and pour your tincture into bottles. Amber colored glass will protect your tincture from sunlight, which may cause it to lose its potency, and dropper-tops make it easy to get the right dosage. You can reuse amber glass vitamin bottles or tincture bottles. Store your tincture in a cool, dark place like a cabinet, and be sure to label it well, with the name of the herb, date, and any other info you'd like to include ~ phase of the moon, where you harvested it from, what you saw that day.

Tincturing Dry Herbs

- Check the color, scent, & taste of your herb to be sure that it has maintained its vital energy.
- Fill your jar one-third to one-half of the way with dry herb. Since dried herbs have had their moisture removed, the medicine is less dilute and more potent.
- Add enough menstrum so that there is 2-3" of space to the top of the jar. This allows the herb room to expand as it rehydrates, and space if you need to add more menstrum to keep the herb covered.
- Follow #4 and 5 from above.
-

Some folks choose to make tinctures individually, and then create formulas as needed. Others make blends that are tinctured together from the beginning. There's definitely some magic/synergy that happens when herbs join and blend together. However, tincturing herbs separately is a good way to start, to get to know the herbs on their own.

Michael Moore, may he Rest in Peace, was all about medicine for the people. You can download his material medica for free off his website at www.swsbm.com. Here you'll find out which herbs to tincture fresh or dried and what percent alcohol to use. If there's an herb that's new to you, that you'd like to make medicine from, it's a good practice to research it in at least 3 herb books written by trusted herbalists (see booklist at end).

Tincture dosage depends on the herb, person, and situation. In general, 1/4-1/2 teaspoon (15-30 drops, 1/2-1 dropperfull) of tincture is used 3 times daily for chronic situations. For acute ones, you want to take smaller and/or more frequent doses, such as 1/4 tsp every hour. For children, when an adult would use 1 teaspoon:

6-12 months	4 drops
12-24 months	7 drops
2-3 years	10 drops
3-4 years	12 drops
4-6 years	15 drops
6-9 years	24 drops
9-12 years	30 drops

Menstrums

Alcohol extracts many of the plant's constituents and is rapidly absorbed into the bloodstream. Many people use vodka, brandy, or gin. Divide the proof # in half to determine the alcohol content; 100 proof alcohol is 50% alcohol (and 50% water), 80 proof is 40% alcohol (and 60% water). The alcohol extracts certain components, the water others. To preserve your tincture you need at least 25% alcohol by volume, and it will last for years. Some folks



prefer using Everclear or organic grain alcohol, which are both 190 proof (95% alcohol, 5% water) then adding distilled water or fresh well water to get the desired ratio. Feel free to keep it simple by using what you can get at the liquor store. I began by using 100 proof vodka with fresh plants. Then you can experiment from there. Just remember that you need at least 25% alcohol to preserve a tincture. If you're tincturing an herb that's resinous (i.e. myrrh) or more water-soluble (i.e. marshmallow root), check a solvent chart to find the optimum alcohol to water ratio.

Glycerine is sweet and soothing to our mucous membranes (such as the throat and gut). Like alcohol, it is a natural preservative, but it does not extract as many of the herb's components. However, if you want a sweet tasting remedy, especially for little ones, or a tincture for folks who don't want any alcohol, you can explore glycerine as a menstrum. Glycerites (glycerine-based tinctures) don't last as long as alcohol-based ones, so keep an eye on them. You can refrigerate them if you wish, to extend their shelf life. Be sure to use 100% pure vegetable glycerine, available at herb shops, coops, natural food stores, and through mail-order companies such as Mountain Rose. If you choose to combine your glycerine with water, just be sure that the majority of your blend is glycerine in order for it to keep. Most people keep their glycerine ratio around 80% (adding 20% water), or even 100% for particularly juicy fresh plants.



Vinegar, like alcohol and glycerine, is a natural preservative and extracts certain properties. While it doesn't draw out medicine from plants as well as alcohol, it is very good for digestion and it can be easily incorporated into your daily routine as a food – in soups, salads, stirfries, on greens, or just on its own. I like to make vinegars infused with *tonic* herbs - herbs that are nourishing and safe to take every day. If possible, try to use organic/locally grown apple cider vinegar. The distilled white vinegar is best reserved for cleaning.

How to make an herb infused oil?

by Dana L Woodruff~ Community herbalist, [Dandelioness Herbals](#), ©2010

The process of making your own herb infused oil is similar to making tea, but instead of extracting the herb's medicine into water, you're using oil. Whether you're making a medicinal oil to heal wounds, a massage oil to soothe sore muscles, or an oil to anoint yourself with after bathing, the process is all the same.

Making herb infused oils from fresh plants:

- Find the herb in a place that feels good, away from busy roads and pesticide-sprayed lawns. Harvest only what you need and give thanks to the plants, however you wish. You can let the herbs wilt in a basket for a few hours or overnight first, so that some of its moisture can evaporate and it will be less likely to grow bacteria in your oil.
- Place the fresh herbs in a dry, clean glass jar.
- Cover your herbs with oil and use a clean knife or chopstick to release all the little air bubbles and to completely surround the herb with the oil.
- Screw on the lid and place the jar in a warm space under 100° F and let infuse for an entire moon cycle (if not possible, then for at least 2 weeks). In the summer, you can keep your oil in a sunny windowsill or out in the sunshine. In the winter, you can keep your oil near the stove or heating vents. The warmth and time draws certain properties from the herb, infusing your oil with medicine. You may want to put a rag underneath the jar, as some of the oil may seep out and make a mess.
- Keep an eye on the oil. If at any point moisture appears on the exposed edges of the jar, wipe it out with a piece of cloth or paper towel. Mold may begin to grow if there is too much moisture, either from the fresh plant or if your container was not fully dry. Even if mold appears, don't throw it out! Just spoon off the mold and keep an eye on the oil.
- Strain the oil through a metal strainer or cloth (muslin works great).
- Compost the herb and bottle the oil in a widemouth jar. Water and gunk may settle on the bottom of the jar after a day or two. If this happens, siphon or pour the good oil on the top into another dry, clean jar. You may have to do this a couple of times, but it's important. If you leave the gunk, the oil will go bad.
- Label your oil, including the name of the herb, the date, and any other details you wish to add (moon phase, where you harvested the herb, your purpose/intention for the oil), and store in a cool, dark place. It should keep for many months, up to a year. You can add vitamin E or essential oils such as lavender or rosemary to lengthen the oil's shelf life – this is a good idea if you're giving oil as a gift and the person may not use it right away.

Making herb infused oils from dry plants:

- Choose the dry herb you'd like to use. You can use herbs that you dried yourself, or buy them at a co-op, natural food store, or by mail order. When buying herbs, crush the herb between your fingers and smell it, and notice the color and appearance. Every herb is different, but in general, it should maintain its scent and have some of its color left. If you are unsure whether it still possesses its vital energy, move on and find another herb that clearly does.
- Place the dried herbs in a dry, clean glass jar. As dried herbs are more concentrated, you only need to use about ½ the amount that you'd use fresh. Fill the jar halfway.
- Follow the instructions above. As long as you make sure your jar is dry, you should have no trouble with mold growing.

The double boiler method:

- If you don't have the time to let the oil draw out the herb's medicine slowly, you can use this method:
- Place the herbs and oil together in a double boiler. If you don't have a double boiler, you can rig one up by resting a metal bowl over a pot of water.
- Slowly warm the herbs at the lowest temperature for at least 30-60 minutes. Check often to make sure that the oil is not too hot. You don't want to cook your herbs in the oil, just warm them. The longer you're able to warm the oil at a low temperature, the stronger medicine your oil will be.
- Let the oil cool and then strain it through a cloth and label, as described above.

Choosing your oil:

For medicinal oils, the most commonly used oil is Olive oil. Extra virgin cold pressed is best. Olive oil lasts longer and is less expensive than most other oils. Grapeseed oil is also commonly used and is more lightweight than olive oil. Sesame oil is commonly used in Ayurvedic medicine, for its warming and medicinal properties, both on the hair and skin. Jojoba oil is the closest to our body's own natural oil. Almond oil is good for dry, mature, and sensitive skin.

Some possibilities for infused oils:

- **Wound-Healing Oil** with herbs such as Calendula blossoms, Yarrow leaf and flower, St. Johnswort blossom, and Plantain leaf.
- **Sore Muscle Soothing Oil** with St. Johnswort and Ginger oils, and a touch of Cayenne to increase circulation.
- **Breast Massage Oil** with Calendula, Dandelion blossom, Evergreen needles, Plantain leaf, and Red clover blossom.
- **Energetic Protection Anointing Oil** with Yarrow leaf and flower or St. Johnswort blossom.
- **Dreamtime Oil** with Mugwort, Lavender, and Chamomile.

Herbal Salves and Balms

by Dana L Woodruff~ Community herbalist, [Dandelioness Herbs](#) ©2010

A salve is a blend of oil, herbs, and wax, used externally to soothe and protect the skin. Depending on the herbs you choose, you can make a heal-all salve for cuts, dry skin, burns, stings, and scrapes, or you can make ones for specific ailments such as bites, diaper rash, and fungus. There are many methods for making herbal salves. Here is one way:

Warm 1 cup of herb-infused oil in a double boiler or a pan over very low heat. Add 4 tablespoons of grated or chopped beeswax, stir, and let the wax slowly melt into the oil. Dip a spoon into the mixture and blow on it until it's solid or put in the freezer for a few minutes to cool quicker. If the salve is too hard, add more oil. If it's too soft, add more beeswax. Once you get it to the consistency you're seeking, remove from heat and pour it into dry, clean containers right away. If you wait too long, the salve will begin to harden in the pot.

Either just before or just after you pour the salve into containers, you can mix in extra ingredients such as vitamin E oil or essential oils. Each essential oil (e.o.) is different, and each person is more or less sensitive to them than the next, but in general you can add 1-2 drops of e.o. per lip balm tube and 2 or 3 drops e.o. per ounce. Let the salves harden slowly, allowing them cool completely before moving them. Be sure to have plenty of extra jars because when the oil and wax warm and blend all together a magic alchemical reaction always seems to happen, somehow making more salve appear.

Most salves keep for about a year. They last longer if kept in a cool, dark place, rather than letting it melt and remelt in a hot car, for example. You can use an array of herbs, oils, waxes, and other ingredients. Lip balms are made as above, but usually with more beeswax, for a harder consistency.

Some possibilities for salves and balms:

- **Heal-All Salve** with Calendula blossoms, Plantain leaf, and St. Johnswort flowers.
- **Anti-Fungal Salve** with Calendula blossoms and Black walnut hull oils, and Tea tree essential oil.
- **Decongestant Salve** with essential oils of Peppermint, Eucalyptus, Thyme, Rosemary, and/or Pine.
- **Mint Chocolate Lip Balm** with cocoa butter & essential oil of peppermint.
- **Lip Gloss** with oil infused with alkanet root, which gives a red color.



Immune Support: Preparing for Winter Health with Food and Herbs

by Sandra Lory, Herbalist and Food Educator, Barre VT

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Immunity is the boundary of protection and integrity that interfaces your body and the larger world. Your immune system is your Ozone. Winter, the dark side of the year, is the time of the year for building and storing energy like a seed in the ground does in preparation for springtime's melting snow and sprouting green. Hibernation regenerates your strength and endurance.

If you feel a cold or flu coming on:

- Simplify your diet to veggies, grains, soups, bone/seaweed/and/or miso broths, tea, and fresh water. Take an immune tincture every 1-2 hours; dot diluted tea tree or other immune essential oil on your body and around your home/office. Sleep a lot.
- Keep warm – cover up your feet, neck, ears and lower back.
- Flu virus is transmitted in the nose and mouth, so keep them clean with light sea salt water rinses or a drop of tea tree oil in water as a rinse.
- Do an electricity or media fast to let your nervous system recuperate, and give your adrenal glands a rest: Turn off the radio, TV, computer, cell phone, newspapers, magazines, junk mail and shopping. This practice helps you slow down, hear your internal voice and de-stress.
- AVOID sweets and milk products, (raw milk ok) for a few days. Sugar feeds bacteria and increases inflammation, pasteurized cold milk increases mucus and congestion.

HEALING FOODS & HERBS FOR IMMUNE HEALTH~ Increase circulation and elimination with hot liquids while feeding your body healthful foods.

- Homemade veggie and miso broth with kombu or wakame seaweed, and long simmered bone broths are super healing to the digestive, immune and nervous systems. Miso tea/broth – alkalizes, grounds the body and reawakens intestinal flora. Stir a teaspoon of miso paste into hot but not boiling water (to preserve live enzymes and beneficial bacteria), and drink.
- Lacto-fermented veggies like sauerkraut and kim chi are anti-viral and probiotic, a traditional way to enjoy fresh veggies in winter.
- Tasty Immune Strength Miso Spread/instant soup paste: 1-2 T minced raw garlic and ginger, ½ c raw honey, mix. Add a pinch of cayenne and turmeric powder. Mix ¼ c miso paste, and ½ cup tahini. Use as a spread on celery or carrot sticks, toast or crackers.
- Top a fresh lemon wedge with local raw honey, and suck out the juice. Repeat.
- Garlic Honey- chop raw garlic into a spoonful of raw honey. They must both be raw for their medicinal, natural anti-biotic qualities.
- Garlic-honey-vinegar – chop 5-10 cloves garlic into 1 cup apple cider vinegar. Steep over night and add honey to taste in the morning. Drink by the heaping spoonful throughout the day. Cures lung and throat infections, soothes a cough.

- Hot Ginger Honey Lemonade – Boil 2” minced ginger in 1 quart of water for 10 minutes or longer. Take off heat, add fresh squeezed lemons juice and raw honey, and sprinkle a few grains of cayenne in. Drink up and sweat it out!
- Sage gargle for strep throat - Boil 1 cup water, add 1 tsp culinary sage leaf and 1/2 tsp sea salt. Steep 5 minutes, gargle and spit. Can curb strep in a few hours.
- Horseradish condiment– mince fresh horseradish and mix with equal parts raw honey and raw apple cider vinegar. Store in fridge. Excellent lung strengthening condiment, and clears out the sinuses.
- Curried onions and greens are one of my favorite cold season foods: sauté a sliced onion with a Tbl olive oil, plus 1T each minced garlic and ginger and pinch of sea salt. Add 2 sliced shitake mushroom caps. Cover. Add a ¼ tsp turmeric, ½ tsp coriander and 1 tsp cumin powder (or 1 T curry powder), stir. Finely chop one washed bunch dark leafy greens, like collards or kale. Add to pan, add a splash of water to sizzle, and cover immediately. In 5 minutes you have a delicious side dish that’s great alone or with eggs, beans, toast, etc. Add cayenne to heat it up even more.
- Make Deep Immune Broth for use throughout the winter. This is a deeply restorative soup and excellent preventative medicine. Place several pieces of chicken (or turkey, beef, fish) in a pot with a few pieces of kombu, wakame or dulse seaweed. Add a small handful of each or any of the following herbs: codonopsis root, reishi mushroom, shitake mushroom, burdock root, astragalus root, turkey tail mushroom. You may also add garlic and ginger. Add ¼ cup raw apple cider vinegar, and cover pot contents with water. Bring to boil, then simmer for several hours, at least 2, and up to 24. Turn off heat, strain into another pot and cool. Remove meat from bones and add back to broth. You may add a teaspoon of miso paste, into each bowl upon serving. Freeze it for ready use throughout the season.
- Drink water, between 4 and 8 cups/day.
- Eat with the season. The winter storage crops of the Northeast are primarily root vegetables, (onions, garlic, carrots, beets, parsnips, turnips, potatoes, rutabega, Jerusalem artichokes, etc) dried beans and grains. Carnivores - long cooked meat stews and casseroles. Dark leafy greens like kale and collards can grow in early snowfall, freeze well, and are important vitamin and energy sources. Apples, plums and berries are our local fruits. Hot herbal teas, hot soups, roasted, cooked and baked foods instead of raw foods, sweet drinks/sodas, ice water, iced coffee, cold dairy products, cold cereal, salads, cold sweet desserts (like ice cream), fruit juice. These things are better suited for summertime.
- Make your own Echinacea tincture by filling a quart jar ¾ full with fresh or ½ full with dried herb. Fill the jar to the top with 80 or 100 proof vodka, shake and let sit for 2-6 weeks. Shake daily and strain on the last day, squeezing out every last drop of medicine before composting the herb material left (called the marc). This is a very inexpensive way to have a winter supply of tincture. I prefer to make and strain tinctures on a full or new moon to potentize the medicine. To make an alcohol-free herbal extract, use food grade vegetable glycerine (from a health food store), mixed 50% with distilled water, instead of alcohol.
- Make yummy anti-viral Elderberry Syrup. Harvest elderberries in early September, or buy dried berries. Soak in 3x their volume of water. Add ginger, rose hips, or other

- herbs such as elecampane roots, codonopsis roots, reishi or hawthorne berries. Cook, reducing the liquid mixture to ½ or 1/3. It takes a few hours. Strain, and compost the pulp. As the juice cools, dissolve raw honey to taste into the mixture. Preserve the syrup with raw apple cider vinegar and tinctured Echinacea or Brandy, or pure vegetable glycerine. You need to match the volume of cooked syrup to the volume of ‘preservatives’ you use. Store in the refrigerator and use within 3-6 months. Delicious flu remedy!
- Cook with culinary herbs which are also highly medicinal: Parsley, coriander, cumin, fennel, dill, thyme, oregano, sage, rosemary, basil, mint, ginger, cardamom, garlic, cayenne, cinnamon.
- Awareness of your body’s boundaries, listening to your inner voice, healthy self-esteem and a shield of protection are issues of immunity, this system is an energetic system as well as a physical one.
- Anti-bacterial and anti-viral room spray – use 9-21 drops of above mentioned essential oils in a sprayer bottle filled with distilled water. Shake and spray around home, office, etc. Avoid contact with eyes. Avoid near cats, their bodies cannot handle essential oil.
- Flower essences for the immune system: Echinacea, garlic, self-heal, nasturtium, morning glory, and yarrow. Flower essences work on the cellular, emotional, and spirit levels of the body. They are simple to make at home. See “the Complete Floral Healer” by Anne McIntyre for instructions.

References: Herbalists Nancy Phillips, Kate Gilday, Josephine Spilka, Atmo Abram, Amy Goodman, Annie Wattles, Guido Mase, Ms. Beatrice Waight, Rocio Alarcon, Hadar Sarit, Rosemary Gladstar. *The Holistic Herbal* by David Hoffman, *Full Moon Feast* by Jessica Prentice, *Healing with Whole Foods* by Paul Pitchford, *Nourishing Traditions* by Sally Fallon, *Wild Fermentation* by Sandor Katz, *The Complete Floral Healer* by Anne McIntyre.

Garlic: An All-Star Winter Remedy

by Larken Bunce, MS, Clinical Herbalist & Co-Director [Vermont Center for Integrative Herbalism](#), Montpelier, VT ©2009

Garlic (*Allium sativum*) is one of our most versatile medicines, providing respiratory, immune, digestive and cardiovascular support. Many excellent varieties grow happily and store well in a variety of climates and are readily available at farmer's markets. As a culinary herb, garlic is available in the produce aisle of coops and grocery stores and can be purchased with food stamps, making it a local, relatively inexpensive and widely available remedy.

Because garlic stimulates immune function and its volatile antimicrobial and mucus-thinning compounds are excreted partially through the lungs, it is especially valuable in preventing and resolving respiratory infections. As a broad-spectrum antimicrobial, garlic can also come in handy when stomach infections come around, as well as *Strep* infections of throat and ear and *Staph* infections (including resistant strains, i.e. MRSA). Garlic also increases circulation and sweating, helping to support the body's innate fever response. It's easy to see why garlic is a favorite for winter wellness.

Fresh, Cooked or Aged? What's the Difference?

fresh garlic: powerful immune stimulant, broad-spectrum antimicrobial (acts on viruses, bacteria, fungi, protozoa, and worms), diaphoretic (increases sweating), digestive antispasmodic, increases bile flow, expectorant, insect repellent

gently cooked garlic: gently stimulates immune function (should be a regular part of winter diet); supports healthy intestinal flora and digestive health overall; supports cardiovascular health; cancer-preventive and support in cancer therapy; *aged/encapsulated garlic products have similar benefits*

When to Use Garlic

- cold and flu prevention and treatment
- viral infections (respiratory or digestive, herpes simplex)
- bacterial sinus and lung infections and congestion
- gastrointestinal infections (esp. bacterial, parasitic or fungal)
- vaginal infections
- athlete's foot & other skin infections
- moderately elevated blood pressure
- moderately elevated cholesterol
- elevated blood sugar
- prevention of tumor growth

Make it Yourself: Garlic-Ginger Oxymel

This is a favorite winter remedy that can be made and used right away and also stored for many months. Honey and vinegar add their own healing benefits. Can be used to prevent or address respiratory infection; encourages healthy fever and kills many common bacteria and viruses; also makes a good cough syrup, thinning mucus and encouraging expectoration. It's particularly nice for kids and sensitive adults because its sweetness tempers the heat of the ginger and garlic. Dose is 1 Tbsp 1-3x/day or as needed (high end for acute conditions); 1 tsp 1-3x/day for kids.

1 head garlic

4-inch piece of ginger root

2 Tbs. anise or fennel seeds

1 c. apple cider vinegar

1/2 c. local honey

Crush anise/fennel seeds in mortar and pestle; add to vinegar in a pot. Chop ginger and add to vinegar. Simmer vinegar for 30 minutes. Remove from heat and add chopped garlic and honey. If there's time, allow to sit overnight before straining or leave ingredients combined and siphon off top as needed. (Garlic may turn blue-green over time--have no fear, this is part of a normal and safe chemical reaction between the garlic and vinegar.)

General Dosing Guidelines

- Start slow (with lower doses) and work up to avoid gastrointestinal side effects (see below).
- Many clinicians recommend 1 raw clove/day for prevention of colds and flus. Up to multiple *bulbs*/day have been recommended for therapeutic benefit. Use your judgment.
- Capsule doses vary based on method of preservation (aged/freeze-dried, etc); a good brand is Garlicin—follow manufacturer's recommendations

Garlic Precautions:

- Eating garlic while nursing can sometimes cause gastric upset for infants.
- You will have garlic-breath and sweat while using garlic therapeutically!
- High doses of raw garlic or garlic tincture can sometimes cause nausea or vomiting or other gastrointestinal upset in some individuals; mixing tincture or raw cloves with milk or honey or another fat or oil-based substance can help to reduce any side effects.

Text development financially supported by the Herbalist in the Aisle program of [Hunger Mountain Coop](#), Montpelier, VT.

Managing Fevers

by Larken Bunce, MS, Clinical Herbalist & Co-Director [Vermont Center for Integrative Herbalism](#),
Montpelier, VT ©2009

Fever is the immune system's first response to infection with a virus, like influenza or mono, or bacteria, like *Streptococcus*. Even though it can be uncomfortable, at the beginning of an infection we want to encourage a strong fever. Elevated temperatures make it harder for many viruses and bacteria to reproduce. Encouraging fever also encourages immune cell proliferation, function and mobility, as well as interferon production, which is responsible for the familiar aches and pains, but also assists in rapid resolution of infection.

Many practitioners believe that children who aren't allowed to mount strong fevers may be less able to do so as adults and so are more prone to extended illnesses. If this is the case, in addition to supporting a good fever in adults, it may be a good idea to wisely manage fevers in children instead of always suppressing them.

Of course, it's important to remember that fever of 100.4F in an infant under 8 weeks or any child's or adult's fever over 104°F should be managed in consultation with a physician. Temperatures left unchecked at this level for extended periods can cause convulsions and delirium. Any fever accompanied by unusual symptoms should also be brought to the attention of a physician.

Fever Builders:

Some people have a hard time mounting a strong fever, so a slightly elevated temperature lingers along with other uncomfortable symptoms, such as aches and chills. These fever stimulants are all tasty combined as tea with honey and will also encourage free-flowing mucus.

Ginger (*Zingiber officinalis*): stimulates fever via increased circulation; promotes sweating (fresh root is especially potent here)

Cayenne (*Capsicum annuum*): antibacterial; enhances fever by increasing circulation; also moves energy/heat to the surface of the body, promoting sweating; contains high levels of vitamin C; thins mucus in lungs and eases expectoration

Cinnamon (*Cinnamomum cassia*): gentler in taste than the above, so may be a good choice for younger kids; nice combined with fresh ginger in tea for chills

Fever Breakers:

If fever goes on too long, we may want to bring it down slightly to increase comfort (or perhaps safety) without suppressing the fever altogether. Even a cool bath can make a big difference in core temperature. Fever reducing herbs are often bitter and cool the body and promote sweating; they can also reduce aches and chills when these alternate with feeling hot. The following herbs make a great tea, even for kids (with honey).

Catnip (*Nepeta cataria*): promotes perspiration, bringing down fever; decongestant; add as ½ part of tea

Yarrow (*Achillea millefolium*): great promoter of sweating and circulation; add as ½ part of tea

Elder Flower (*Sambucus nigra*, *S. canadensis*): promotes sweating, moves mucus; helps eliminate toxins related to infection; 1 part in tea formula

Peppermint (*Mentha piperita*): cooling, adds flavor; 1 part of tea formula

To make tea: Add 1-2 teaspoons to boiled water; steep covered for 15 minutes. Infants can be bathed in a cooled bath of this tea.

Tips to Speed Fever Along:

Wrap up: By stopping activity and wrapping ourselves in lots of blankets, especially when we feel cold, we can more quickly achieve the higher temperature that our body is trying to reach. Once this happens, we start to sweat and actually feel hot, instead of chilly. Stay wrapped up as long as possible to maintain higher temperatures.

Starve the fever: Generally we don't want to eat much during fever, and this is part of a healthy response. Bacteria in particular need glucose (sugar), so not eating supports the body's efforts to heal.

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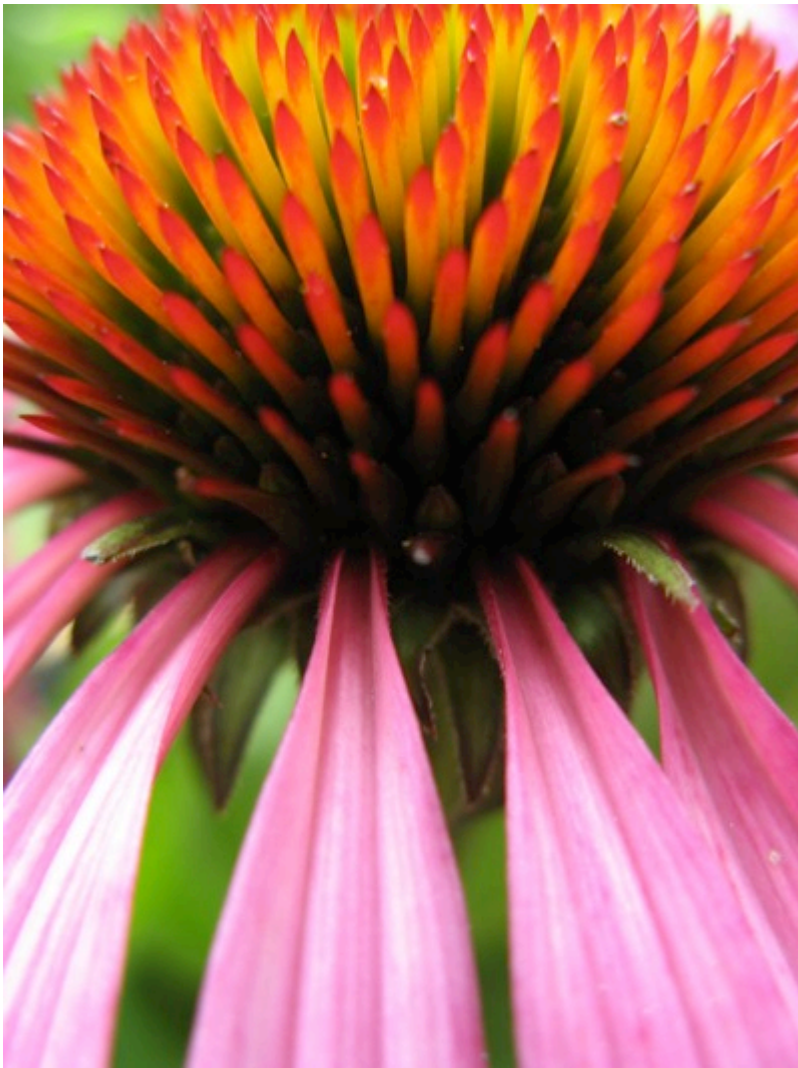


Photo by Larken Bunce

8 Easy Steps to Digestive Health

by Larken Bunce, MS, Clinical Herbalist & Co-Director [Vermont Center for Integrative Herbalism](#),
Montpelier, VT ©2009

The health of our digestive system is central to our well-being. Following these simple steps can have a surprisingly dramatic impact on overall health, as well as on specific digestive concerns.

9. **Chew** your food well. Remember our stomachs don't have teeth! The more work we do before swallowing, the more nutrients we'll receive. Try chewing each bite 15 times; work up to 30. See how you feel.
10. **Eat** a variety of **color**: colorful fruits and vegetables are loaded with antioxidants, vitamins, minerals and fiber.
11. To encourage elimination, eat at least 2 **high-fiber foods** each day (whole grains; raw fruits with skins and dried fruits; raw or lightly cooked vegetables; nuts and seeds with skins; beans, peas, lentils; ground flax seeds).
12. Eat live, **cultured foods** daily to maintain healthy gut flora (sauerkraut, kimchi, miso, kombucha, yogurt and other cultured dairy).
13. To increase digestive secretions and dispel cramps or gas, try incorporating some digestive kitchen **herbs** into your favorite recipes ~ **fennel, caraway, ginger, cardamom** – or into tea blends – **chamomile, licorice, cinnamon, peppermint**.
14. Drink 2 glasses of quality filtered **water** in the morning, before coffee or tea. Drink another before going to bed. Drink plenty of fluid throughout the day. Avoid taking lots of fluids with meals, as this can dilute digestive secretions.
15. **Breathe** deeply, especially upon rising and going to bed. Consider taking a break in the day to stretch your body and take some deep breaths – these move your diaphragm, which massages your digestive organs.
16. **Eat** while **relaxed** and peaceful, taking time to enjoy your food and being aware of nourishing yourself. Offer thanks ~ in whatever way suits you ~ for the gift of food and the lives and work that brought it to you. Gratitude is nourishment for us, too.

Why is good digestion so important?

The organs of the gastro-intestinal tract ensure breakdown, absorption and assimilation of the foods that nourish every cell in our bodies—we are what we can assimilate!

Elements of the digestive system also function as part of the immune system. Healthy mucosal lining, adequate stomach acid and digestive enzymes, and a robust community of beneficial intestinal bacteria are the first barrier to foreign materials (like bacteria) traveling deeper into our bodies. Further, an extensive accumulation of immune cells are found in and around the gut. This means that if digestion is incomplete (or if we eat foods we are sensitive to on a regular basis), our immune system can easily be activated. This process can cause chronic inflammation which can lead to a variety of acute symptoms and chronic diseases.

Mood is also strongly affected by digestive health. Since our digestive organs are exposed to so much 'information' (i.e. food) from our environments, we can imagine our gut as another sense organ which filters and interprets the nature of our surroundings for us. In fact, the enteric nervous system (nervous tissue found in the gut) sends nine times as many message to the brain as it receives, leading some researchers to wonder if the brain is really the organ 'in charge'. So, it's no surprise that many people experience an improvement in mood and energy levels when their diets are rich in fresh, colorful foods and when their digestive systems function effectively to assimilate those foods and protect us from harmful substances.

Text development financially supported by the Herbalist in the Aisle program of [Hunger Mountain Coop](#), Montpelier, VT.

Herbal Support for Anxiety

by Larken Bunce, MS, Clinical Herbalist & Co-Director [Vermont Center for Integrative Herbalism](#), Montpelier, VT ©2009

When daily stress progresses beyond healthy stimulation and begins to adversely affect health, it can manifest as anxiety. Anxiety includes persistent mental and physical symptoms such as worry, agitation, tenseness, and hyperarousal of the nervous system causing increased heart rate, blood pressure and respiration. These symptoms are meant to be adaptive coping mechanisms for short term stress but, when stress is lasting, can be expressed too intensely or at inappropriate times. Panic attacks and insomnia can also be part of the picture.

There are numerous herbs that can support us during times of stress and reduce anxiety. Generally, these are nervine relaxants and anxiolytics, which support and relax the central nervous system, and adaptogens, which support endocrine function and help us respond appropriately to stress. For more acute anxiety or related insomnia, herbal sedatives can also be useful.

Relaxing nervines/anxiolytics:

Passionflower (*Passiflora incarnata*): helpful in disturbed sleep from mental worry and exhaustion resulting from excitement or circular thinking ("monkey brain"); useful as tea or tincture

Skullcap (*Scutellaria lateriflora*): useful in nervous irritability, restlessness, and panic attacks, as well as muscular tension related to stress; good tea or tincture-use up to 1/2 oz as an acute dose in an emergency

Milky Oat tops (*Avena sativa*): for nervous exhaustion, frayed nerves, fatigue; to reinvigorate and nourish the nervous system; an excellent tonic tea or tincture

Lemon Balm (*Melissa officinalis*): quick-acting, gentle remedy; for sadness with mild anxiety or depression; lifts spirits, improves concentration; particularly useful for menopausal mood swings; delicious tea

Motherwort (*Leonurus cardiaca*, "lion hearted"): a nervine that can be used for heart palpitations associated with anxiety and excessive worry, especially associated with insomnia; also useful in menopause; best as tincture

Chamomile (*Matricaria recutita*): a lovely relaxing herb for children and adults alike, particularly when nothing seems to soothe; especially helpful when digestion suffers during high anxiety; makes excellent tea if steeped for a short time

Adaptogens:

Ashwagandha (*Withania somnifera*): as the Latin name implies, this root supports sleep; excellent for depleted or convalescing people – especially the elderly; a calming adaptogenic tonic for exhaustion, anxiety, and depression; may reduce stress-induced ulcers; restores sexual vigor; also modulates immune function

Reishi (*Ganoderma lucidum*, *G. tsugae*): an adaptogen for reducing effects of chronic stress and supporting adrenal function; as a nervine it calms the spirit and supports sleep; also a potent immunomodulator

Sedatives: (to be avoided if depression is also present)

Hops (*Humulus lupulus*): useful for symptoms of restlessness, anxiety, and insomnia; eases tension, especially when digestion is effected; best as tincture due to taste

Valerian (*Valeriana officinalis*): specific for anxiety, depression, and some headaches; decreases the time taken to fall asleep and improves quality of sleep; best as tincture

Kava (*Piper methysticum*): for nervous anxiety, stress, and unrest, especially where social relationships are challenging; does not impair reaction time and appears to improve concentration; good as a capsule or tincture; traditional tea preparation can also be effective



Getting plenty of protein, C and B vitamins, antioxidant-rich fruits and veggies, and omega-3 fatty acids (as from fish oil) supports healthy brain function and stress response. Also try blending relaxing essential oils such as clary sage, ylang ylang, chamomile, lavender and/or rose into a massage or bath oil. Relaxation techniques, such as meditation and breathing exercises are also extremely helpful.

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Herbal Support for Depression

by Larken Bunce, MS, Clinical Herbalist & Co-Director [Vermont Center for Integrative Herbalism](#),
Montpelier, VT ©2009

Depression has reached epidemic proportions in industrialized cultures in the past 30 years, with an estimated 15% of the population expected to experience depression in their lifetime. Women are twice as likely to suffer as men, as are those with family history of depression and early life stress. Symptoms of depression include lasting negative mood or loss of interest in pleasurable experiences; changes in appetite and/or body weight, sleeping patterns, ability to concentrate, psychomotor function, or energy levels; feelings of low self-worth or guilt; and thoughts about death or suicide. Some people experience these symptoms more severely or more consistently than others, however, any level of depression can impact personal relationships, work life and overall health.

Whether depression is circumstantial—in response to a particular event—or one experiences depression chronically over long periods, herbs can assist in elevating mood, increasing concentration, improving sleep and energy levels, and regulating appetite. In our northern climate, some people experience depression only in the winter (Seasonal Affective Disorder) and herbs, along with dietary shifts and perhaps vitamin D, can offer good support here, too. Herbalists recommend stimulating nervines, which can support and enliven the central nervous system, shifting both our internal chemical environment and our perception of our external environment. Adaptogens, working through the endocrine system, help us manage the stress that often contributes to depression. Conveniently, many of these herbs simultaneously improve appetite, brain circulation, energy, and sleep quality.

Mood-enhancing herbs to try alone or in combination:

Lemon Balm (*Melissa officinalis*): quick-acting, gentle remedy that lifts the spirits, *Melissa* refers to the bees that so love this plant—we love it too for the sweetness it brings; especially for sadness with mild depression and/or anxiety; particularly useful for menopausal depression; also gentle digestive remedy; good tea, tincture, glycerite

Rosemary (*Rosmarinus officinalis*): for depression with general debility, sluggish appetite, cardiovascular deficiency and cloudy thinking (sometimes called “vegetative”); dispels despondency and worry; increases concentration and memory by increasing blood flow to brain; especially for brain fog of menopause and aging; its warming effect can dispel chilly toes, along with winter blues; great as tincture and added to soups

Lavender (*Lavandula officinalis*): can be used for depression with low motivation, energy and appetite, as well as for depression coupled with anxiety; helpful when a sense of loss effects the heart; calms the mind while also stimulating gently; as a small proportion of a tincture or tea blend—the flavor is strong

Rose petal (*Rosa spp*): we all know the sweet smell of a wild rose can bring delight, but we rarely think about this plant for healing; rose has an uplifting, while restoring and calming effect on the nervous system; lifts depression; dispels mental and physical fatigue and soothes irritability, grief and anger; the essential oil can also be used for depression, especially due to lack of love or intimacy in one’s life; lovely as tea (as a small part of a blend) or as a tasty glycerite!

Damiana (*Turnera diffusa*): an excellent tonic in “vegetative” depression, as well as when depression is accompanied by anxiety; has a reputation for kindling sexual desire; a wonderful tea for winter morning “blahs” or general feelings of mental or physical inertia

Saint John’s wort (*Hypericum perforatum*): while it’s had some mixed press, this plant has proven itself in clinical settings and through research to be quite effective for mild to moderate unipolar depression and Seasonal Affective Disorder; blooming in our fields right around summer Solstice, it brings the sun’s bright spirit into the depths of winter, elevating mood, and relieving fatigue and negative sense of self; best if combined with other mood supporting herbs, especially lemon balm; not to be used with antidepressants or other prescription medications without professional advice; can take 4-6 weeks to reach full effectiveness; tea, tincture or capsule (standardized extract)

Valerian root (*Valeriana officinalis*) – historically used for “feeble brain circulation” with depression and despondency, current research has found it to be as effective as a leading antidepressant (Elavil) when combined with St. John’s wort; best as tincture

Mood-Enhancing Tea:

2 parts Lemon Balm

2 parts Oat tops

1 part Damiana and ½ part Rose petals

Combine herbs and place 1-2 tablespoons of dried herbs in 8-16 oz of boiled water, allowing them to steep covered for 15 minutes. Drink 3x/day or make a thermos-full and drink throughout the day.

Adaptogenic herbs to try alongside your tea:

Schisandra berry (*Schisandra chinensis*): invigorating to the mind as well as the digestion; excellent for exhausted and unfocused folks; also excellent for liver damage and regeneration (take with food—can give a little heartburn)

Eleuthero root (*Eleutherococcus senticosus*): a fairly “neutral” adaptogen, it’s not too stimulating for most folks, but does increase energy and immune function in the short term and over time

Holy Basil leaf (*Ocimum sanctum*): like culinary basil, this herb supports digestion and enhances circulation, encouraging clear thinking; a great one to consider where blood sugar levels are high; a powerful anti-inflammatory and antioxidant; makes great tea or available as capsule or tincture

Flower Essences for Depression: These gentle, vibrational remedies specifically address emotional and psychological distress. A few of my favorites are borage, elm, gentian, larch, mustard and white chestnut. All of these, except borage, are available in the Bach line; more information is available wherever essences are sold to help you select the most appropriate essence for you.

Text development financially supported by the Herbalist in the Aisle program of [Hunger Mountain Coop](#), Montpelier, VT.

Herbal First Aid Kit

by Sandra Lory Folk Herbalist and Food Educator, Barre VT

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Miscellaneous:

- Hydrogen Peroxide to clean wounds
- Dr. Bronner's or other biodegradable soap
- Matches, needle and thread, safety pins, tweezers, band-aids, gauze and tape,
- Chopsticks, spoon, fork, bowl, a sharp knife (watch out for airport confiscation, though)
- Smudge bundle and/or Medicine/Prayer bundle, protective stone or amulet
- Hot Water Bottle – for swelling, tension, fear relief; for comfort and warmth

Herbs to include:

For Calming in an emergency:

- A flower essence remedy for calming in emergency situations, such as Rescue Remedy or Self-Heal flower essence, or Red Clover flower essence (for calm & centeredness in chaos)
- Spike Lavender Essential Oil (calming, aromatherapeutic, and can be applied directly to burns, inflammation, wounds and bites). Spike lavender is the strongest anti-bacterial lavender.

For immune boosting properties:

- Zinc lozenges – take at first sign of strep or sore throat, for up to 3 days only
- Echinacea tincture or other immunity enhancing/anti-viral tincture/anti-histamine (important for plane rides and during transport where the air is recycled – good preventative medicine) – refer to winter health hand out for a list of other appropriate immune herbs. Spilanthes (tincture or dried herb) is a great anti-viral, immune boosting, and anti-bacterial herb that can be exchanged with Echinacea. It is specific for the teeth and gums and can be squirted full strength (tincture) onto skin or teeth.
- Propolis (resin or tincture) or Organic Goldenseal Root (tincture or powder) or goldthread/coptis tincture– strong antibiotics for bad infections
- Sea salt – for gargles and soaking wounds, cold feet, etc.
- Garlic (fresh, dried or tinctured) optional
- Raw honey (optional, can be messy if not in tightly sealed container) antibiotic & burn relief

For muscle, tissue and nerve injuries:

- Arnica Flower (homeopathic or oil or liniment) for muscle and tissue damage
- Saint John's Wort (Hypericum) Oil, tincture, liniment, or homeopathic – for nerve and blood vessel damage
- Traumeel (herbal homeopathic blend for injuries and emergency traumas) available in cream and tablets

For Pain Relief:

- Traumeel (see above) You can make your own homemade dilute tincture version with Saint Johnswort, Yarrow and Arnica.
- Crampbark or Valerian Root (dried or tinctured) – chew dry plant, drink tea or ingest tincture frequently, every hour if needed.
- Arnica homeopathic or dilute tincture
- Chamomile (dried or tincture) is antispasmodic, settles the tummy, pain relieving
- Wild lettuce leaf tincture, meadowsweet tincture, kava, valerian, or other anodyne

For Digestive Issues:

- A bitters blend such as burdock, yellow dock and dandelion root (tincture or dried), or a tummy blend like ginger, lemon/orange peel, chamomile, fennel seed, and catnip.
- Alternately to the above tincture, fennel seeds or ginger chews travel easily and are quick nausea treatments.
- Blackberry root/White Oak Bark or Meadowsweet Leaf tincture for diarrhea
- Sweet Annie, Wormwood or Epazote for intestinal parasites and worms, also Malaria prevention
- Slippery Elm Bark powder or Marshmallow root – mix with beverage or prepare as tea to soothe the GI tract and stomach lining if inflamed or raw
- Miso paste (to keep digestive flora healthy during travel. A cup of hot water needs only a teaspoon dissolved, is very grounding and alkalizing)
- Seaweed, milk thistle seed tincture or caps, charcoal tablets, homeopathic ipecac - poison antidotes
- Spirulina, dried comfrey, dried nettles, or a green drink powder – helps rejuvenate the body tissues, respiration, elimination, digestion, and raises your energy level by enriching the blood

For Topical first aid:

- Kloss' Liniment – the recipe of famous herbalist Jethro Kloss –
 - 1 ounce Echinacea powder
 - 1 ounce organically grown Goldenseal powder
 - 1 ounce Myrrh powder
 - ¼ ounce cayenne powder
 - 2 cups alcohol (vodka, brandy, gin, etc.)

Combine the powdered herbs. If starting with dried herbs that are not powdered, use a coffee grinder or Vitamixer to grind as fine as possible. Cover with alcohol, leaving 2" of space between the surface of the alcohol and the rim of the jar, and put a lid on it. Shake daily for one month, and then strain the liquid, composting the herb. Bottle and label your liniment, recording the ingredients, date, and any other info you'd like to include. Use this liniment as a disinfectant, to ease rheumatism and sprains, and to heal wounds, bruises, and burns.

If you'd like to make a local version of this recipe, simply omit the Myrrh, and use locally grown Echinacea, Goldenseal, and Cayenne infused in Sunshine Vodka or another locally made alcohol. By omitting Myrrh you can also use this blend as an immune stimulating tincture for internal use.

- Yarrow (dried or tincture) to stop bleeding, also to drive out a fever. Moisten leaves with saliva (chew em!) first if applying to open wound. **MUST HAVE.**
- Plantain (dried or tinctured) to pull out venom, or infection close to the skin surface. Tobacco is also a great drawing agent.
- A skin salve, all purpose, anti fungal or anti-bacterial (containing herbs such as: calendula, yarrow, plantain, saint johnswort, black walnut, comfrey, usnea, etc.)
- Lavender Oil (see above) can also use for foot soaks, face steams, and massage into areas with a carrier oil or salve
- Tea Tree Oil or Thieves Oil – Rosemary, Thyme, Lemon, Eucalyptus - potent anti-fungal and anti-parasitic.
- Sea salt – has a myriad of uses, for infected skin soaks, nasal/throat rinses, food preserving, etc.
- Raw local vinegar can be used as a skin cleanser, digestive purifier, and immune booster.

A MINI 1st AID KIT from the above:

- Hydrogen Peroxide
- Yarrow herb or tincture,
- Calming Flower Essence like Rescue Remedy
- Plantain or Tobacco,
- Spike Lavender, Tea Tree or Thieves essential oil,
- Immune Tincture or Kloss Liniment Tincture
- Arnica dilute tincture or Homeopathic, and
- Wound salve.
- Fennel seeds or ginger chews.



Medicinal Uses of Culinary Herbs

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Culinary herbs are familiar and potent ingredients; their smell and tastes are distinct. They have strong qualities that impart flavor and aroma, and natural chemical constituents that act on the digestive system. It's no wonder that for centuries people have used many herbs interchangeably as seasonings, and when needed, prepared them specifically as medicine.

All of the following herbs can be grown successfully in the Northern climate, except for cinnamon, cardamom and ginger. You can buy these medicines at your local health food store in the bulk spice section - it is more cost effective than going to a supermarket, and a wiser quality choice. Many commercial herbs are irradiated, harvested at the wrong time of year, dried in ways that kill the life force (and therefore the medicine), or sprayed with chemicals during cultivation. Ask your local food co-op or health food store to carry organic or biodynamic herbs from good sources, especially local ones as these will be the most potent and effective.

Herbs are listed by plant family in order to see the correlations of properties among family members, and to begin understanding their relationships as part of an interwoven system.

*Apiaceae (Umbelliferae) (2 toxic wild members: water hemlock and poison hemlock)

Wild Carrot (Queen Anne's Lace) is a wild family member. Some cultivated family members are: carrots, celery, parsnip.

PARSLEY Leaf and root (*Petroselinum crispum*) biennial/perennial

Rich vitamin C source. Carminative – treats flatulence and colic. Emmenagogue – stimulates the menses, do not use in large amounts if pregnant. Leaves or root can be eaten. Diuretic – promotes excretion of excess water from the body. Used for edema, fluid retention, frequent urination, rheumatic complaints, intestinal worms. Chewing fresh leaves freshens the breath. The Maya consider fresh parsley juice a liver cleanser. Can be grown easily on a windowsill, and pinched for cooking as needed.

CORIANDER Seed (*Coriandrum sativum*) This is the seed of Cilantro herb, annual

Warming carminative –relieves flatulence, indigestion, colic. Stimulates the digestive juices and the appetite, drink tea of the seeds before meals. "Gripe water" remedy for kids diarrhea, steep a spoonful of seeds in a cup of boiled water for 10-15 minutes, and drink warm. Chew seeds to eliminate bad breath. Ground seeds also provide odor relief. Coriander leaves are called Cilantro, an important herb to eat for detoxing heavy metals from the body. Both seeds and leaves can be infused for urinary tract infections.

CUMIN Seed (*Cuminum cyminum*) Long season annual

Relieves gas and bloating in the digestive tract, stimulates digestion. Helpful remedy for nausea or morning sickness. An infusion before meals is warming to the digestion. Antimicrobial properties – helps treat tooth decay, used in tooth powders and mouth rinses. Treats bronchial/lung inflammation and respiratory problems. Effective pain reliever, can crush seeds and mix with hot water to form a paste, and use as a poultice over muscles. Mixed with a little fresh onion juice, apply to stings and swellings to reduce pain – helps promote blood circulation and to draw out toxins. Also promotes lactation. 29

FENNEL Seed (*Foeniculum vulgare*) annual

The bulb is also delicious, although milder in medicinal action. Fennel has the classic licorice candy flavor, used like anise as a flavoring. (*Glycyrrhiza glabra* root is true Licorice.) Promotes breast milk during nursing. Mothers and small children can drink the seed tea to relieve colic. Chewing the seeds after meals helps settle the stomach and ease digestion. Indian restaurants always provide fennel and other carminative seeds to chew. Very effective treatment for bloating, flatulence. Bad breath relief. Calms coughs and bronchitis, good herb to add to homemade cough syrups for its flavor and medicinal properties. Good tooth paste/powder herb. Can infuse seeds into muscle/joint rub oils for pain relief.

DILL seed (*Anethum graveolens*) annual

The green leaves are also used, and milder in medicinal properties.

Galactagogue (think Milky Way galaxy)- increases flow of mother's milk. Alleviates nervous system stress from disturbed sleep and insomnia. In parts of Asia, used to ease childbirth. Anti-spasmodic (eases cramps and spasms in the body), carminative (rich in volatile oils that stimulate digestion), and expectorant (removes excess mucus from respiratory system). Remedy for flatulence and colic, especially kids. Take one cup of tea before meals. Chew seeds for bad breath. Relieves nausea and vomiting. Relieves painful periods and regulates menstruation. The leaves cooked with fish helps brain function.

*Lamiaceae (Labiatae)

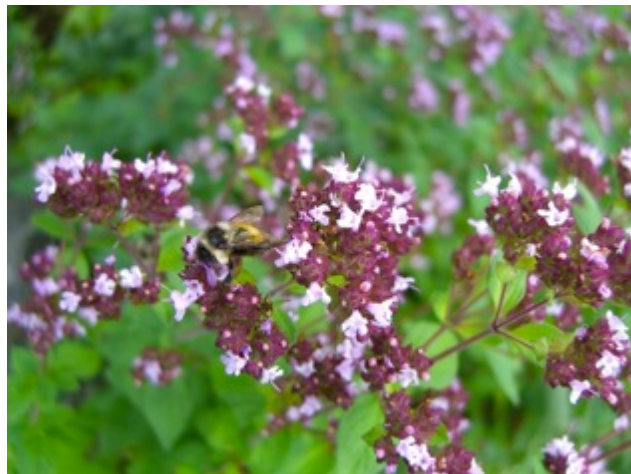
One of the largest plant families in the world: mints. Many wild and cultivated varieties.

THYME leaves (*Thymus vulgaris*) perennial

Strong antiseptic. External wash from tea for infected wounds. Internal tea or tincture for respiratory or digestive infection. Gargle for laryngitis, tonsillitis, sore throats and irritable coughs, especially with nervousness or anxiety. Expectorant (helps expel mucus from respiratory system) and anti-spasmodic. Helpful for bronchitis, whooping cough and asthma. Gentle astringent for kids diarrhea and bedwetting. Anti-septic and diuretic. Helps body fight against viral, bacterial, fungal, gastro-intestinal, and genito-urinary system infections. Helps re-establish a healthy bacterial population if on antibiotics or experiencing excess candida. Add a handful into bath to warm and exhilarate the body. Protects against degenerative problems.

OREGANO leaves (*Origanum vulgare*) perennial

Anti-fungal and anti-biotic. Tea reduces fever, by promoting sweating (diaphoretic). Treats colds and flu. Tea breaks up bronchitis, and treats inflammations of the mouth and throat. It can be used externally as a wound wash. Bruises can be soaked with the cool tea. Tea is an excellent remedy for coughs. Wonderful menstrual cramp tea. Excellent in vaginal steam baths to bring circulation and cleansing to uterus. and painful joints.



SAGE leaves (*Salvia officinalis*) tender perennial

My favorite use is to steep a pinch of sage and sea salt in a cup of hot water, and gargle several times to treat strep and sore throat. Its volatile oils soothe the mucous membranes and reduce inflammation while being highly anti-septic, -bacterial and -fungal. Specific for respiratory infections. Cool tea is a great mouthwash for inflamed and bleeding gums, tongue or mouth ulcers. Reduces sweating (helpful with hot flashes) and reduces breast milk production. Stimulates the uterine muscles – avoid if pregnant (culinary doses fine). Can aid childbirth and help expel the placenta. Good external wound healer – make a warm compress with tea over swollen area. Cleansing and diuretic properties helpful for toxic conditions, arthritis and gout. Often used in cooking heavy foods to aid their digestion. Promotes calmness of the central nervous system, calms the heart and brings mental clarity. Strong anti-oxidant. Useful externally for inflammation and painful joints.

ROSEMARY leaves and twigs (*Rosmarinus officinalis*) tender perennial/bring inside for winter

Contains anti-septic, -bacterial, and -fungal volatile oils, thereby enhancing the immune system. Bundled, brewed or burned as incense for protection against disease and negative energies. Circulatory and nervine stimulant, the smell increases concentration. Strengthens the senses. Tones and calms digestion as well as mental tension. Gives headache relief by stimulating blood flow to the head. Catalyzes movement in stagnancy or sluggishness, or depressed emotional states (can use with Tulsi, Lavender, Skullcap, Lemon Balm or Milky Oat tops). Tea can be used as a hair rinse to stimulate hair follicles. Externally provides nerve or muscle pain relief. A powerful antioxidant. Has an astringent and relaxant effect on uterus, relieves cramps and helps regulate periods. The essential oil is a bug repellent and treatment for scabies and lice.

BASIL leaves (*Ocimum basilicum*) annual

Sweet and pungent anti-bacterial, anti-fungal, anti-candida (essential oil), warming treatment for cramps, colds, flu, fevers. Has an affinity for the nervous system, strengthening, releasing tension and uplifting. Improves memory, concentration and clarity. Aid to digestion, and travel sickness. Clears phlegm from the nose and chest, and cleanses internal infections. The boiled herb or seed is a migraine remedy. A cool tea rinse prevents infections on wounds and treats infected wounds. Makes a delicious PMS tea. Put a handful of basil leaves in your bath (with marigold flowers if you have them) to treat fever. Mix 3 each marigold, rue and basil sprigs in a basin of warm water, leave in the sunlight then strain and flick around corners of the house for a cleansing – the air will feel light and peaceful. Excellent herb for vaginal steam baths (use with herbs such as oregano, chamomile, calendula, rosemary – only when not menstruating).

MINT leaves (*Mentha piperita* or *spicata*) spreading perennial

Both cooling and warming. Has a refreshing taste, and a cooling effect in the respiratory tract that can be felt on the skin. Hot peppermint tea is a warming remedy for winter ailments – it improves circulation induces heat. Helps disperse blood and tonify the heart. Excellent after dinner tea, mixed with something spicy like ginger (to treat acid reflux choose a bitter warming carminative instead). Relieves stomach and intestinal discomfort (lower digestive processes). Treats nausea, and lower digestive/bowel complaints. Helpful tea and as face steam for colds and sinus congestion. A nervine that eases anxiety and tension. Pain relief associated with menstrual cramps and general aches and pains. Good tea for kids to settle their stomach, nice in summertime ice cubes with edible flowers. Excellent anti-septic flavoring for cough, cold, indigestion, and throat remedies.

*Zingiberaceae (Ginger family) found in tropical climates of the world

(Turmeric (*Curcuma domestica/longa*) is also an herb in the ginger family)

GINGER rhizome (*Zingiber officinale*) tropical perennial

Very spicy stimulant of circulation. Promotes blood movement in the peripheries. Has blood thinning properties, inhibits blood clotting. Grate and apply as a warm compress over sprains to reduce inflammation, or on swollen glands to drain lymph. Breaks congestion and fever during colds and flu. Expectorant action in the lungs – relieves coughs and expels phlegm. Good preventative against winter chills, as tea or cooked into food. Boil 2-3 inches ginger root in 2 quarts water for 15 minutes, add juice of one lemon, a spoonful of raw honey, and pinch of cayenne pepper – drink immediately while wrapped in blankets, to sweat out a fever and pass a cold. Caution to pregnant women, very stimulating to blood flow and core of the body. An aphrodisiac. Very effective motion sickness remedy. Useful for colic, gas, indigestion. Gargle or tea for sore throats. An infused oil of grated ginger (optional pinch of cayenne pepper – avoid contact with eyes/mucous membranes) can be used to massage over sore muscles.

CARDAMOM dried seed pod (*Elettaria cardamomum*) tropical perennial

Valuable and difficult to grow herb. Some species are cultivated in hot climates in wet areas where poisonous water snakes and insects comprise a part of the micro-ecosystem. The precious seed pods grow close to the ground and are difficult to gather. Warming, calming digestive bitter. Anti-mucus agent helpful in lung tonics. Added to cooked fruit and desserts it helps increase digestion, absorption and reduce mucous formation. Eases gluten intolerance – sprinkle into baked goods, grains and cereals. Stimulates the flow of saliva and the appetite. Relieves griping pains. A valued aphrodisiac, exquisite with roses and honey.

*Liliaceae (Lily family)

Same family as chives, scallions, shallots, leeks, and onions

GARLIC bulb (*Allium sativum*) biennial – flowers the 2nd year

Easy to grow – needs one whole year to harvest. Plant individual cloves by mid-october one hand-width apart, harvest when leaf stalks begin to turn brown the next August. Can plant the bulbules (small seeds from the matured flower top) also, take 2 seasons to mature. Anti-viral, antiseptic, anti-parasite, anti-spasmodic, immune enhancing, blood vessel strengthening, antioxidant. It is absorbed into bloodstream from digestive tract, and excreted via the lungs, bowels, skin and urinary system, disinfecting them all. High doses of raw, high-quality garlic (capsules) help treat pneumonia. For bronchitis: boil garlic cloves and skins with oregano leaves, steep til drinkable and drink every 2 hours (same brew can be used as a brief face steam for 5 minutes). Toenail fungus: rub with raw cloves 2-3x daily, from new moon to new moon. Chopped garlic in raw honey with a squeeze of fresh lemon is a potent anti-biotic against flu and colds (the honey also helps prevent the “burn” of raw garlic in the stomach). Ear infections: Warm, crushed garlic infused into olive oil (strain before using) can be applied a few drops at once into ear, followed by a massage around neck and ears 3x day. Garlic with you in any form keeps away energy vampires of all sorts.

*Solanaceae (Nightshade family) annual, (wild members – Bittersweet nightshade, datura, wild tomato)

**CAYENNE PEPPER fruit
(*Capsicum
frutescens/baccatum*) annual**

It's hot to the tongue but cools the body post-digestion. Powerful stimulant rich in vitamin C. Circulates chi and blood. The burning sensation on the tongue sends messages to the brain to secrete endorphins, natural opiates which block pain and induce a feeling of well being. First aid: stops bleeding if applied powdered, directly onto cut. Warms the core, aids digestion, speeds metabolism, decongests the lungs. Avoid if you are prone to overheating or stomach acidity. Externally can be used in olive oil infused with ginger or Saint Johnswort gflowers for joint and nerve pain. Blocks irritation and bronchiole constriction caused by cigarette smoke and other airborne irritants. Instant immune soup paste: Blend few pinches of cayenne powder and turmeric with finely chopped garlic and ginger, mix into equal parts miso, tahini and honey (or to taste), keep on hand in fridge.



*Lauraceae (Laurel family)

CINNAMON bark (*Cinnamomum zeylanicum*) deciduous tropical tree

Mild astringent, warming digestive, stimulant, germicide. Causes shrinkage of mucous membranes, helpful internally to check secretions in diarrhea, sore throat, peptic ulcers and hemorrhage. Caution if you have a bleeding disorder. Good in combination with other herbs. Used in ancient Egyptian embalming blends. Boil and steep with organic roses to stop bleeding or diarrhea. Eases vomiting and flatulence. Temporarily accelerates physiological activity – stimulates all the vital functions of the body. Inhibits bacterial growth and helps normalize blood sugar levels. Used in desserts, helps the body balance the effects of sugar.

References: *The New Holistic Herbal* by David Hoffman, *Planetary Herbology* by Michael Tierra, *The Family Herbal* by Rosemary Gladstar, *Rainforest Home Remedies* by Rosita Arvigo and Nadine Epstein, *The Joy of Cooking* by Irma and Marion Rombauer, *The Ayurvedic Cookbook* by Amadea Morningstar, *Chinese System of Food Cures* by Henry C. Lu., *The Complete Floral Healer* by Anne McIntyre, *Herbal Antibiotics* by Stephen Buhner.

Herbal Book List

by Dana L Woodruff~ Community herbalist, [Dandelioness Herbals](http://www.dandelionessherbals.com),

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There are many wonderful books and websites with information about medicinal plants and making your own medicines. These are some of our favorites and should be enough to get you started!

- Herb Mentor by Learning Herbs is a fantastic on-line site for learning more about herbal medicine. Check it out! <http://www.herbmentor.com/>
- Rosemary Gladstar's Family Herbal: A Guide to Living Life with Energy, Health, & Vitality
- The (New) Holistic Herbal *David Hoffman*
- The Roots of Healing: A Woman's Book of Herbs (also published as A Woman's Book: The Healing Power of Natural Remedies) *Deb Soule*
- The Complete Floral Healer (also published as Flower Power: Flower Remedies for Healing Body & Soul Through Herbalism, Homeopathy, Aromatherapy, & Flower Essences) *Anne McIntyre*
- Making Plant Medicine *Richo Cech*
- The Herbal Medicine Maker's Handbook: A Home Manual *James Green*
- Herbal Remedies from the Wild: Finding & Using Medicinal Herbs (or Earthmagic) *Corinne Martin*
- Herbs: Partners in Life: Healing, Gardening, & Cooking with Wild Plants (also published as Health, Happiness, & the Pursuit of Herbs) *Adele Dawson*
- Healing Wise *Susun Weed*
- The Book of Herbal Wisdom: Using Plants as Medicine *Matthew Wood*
- The Herbs of Life: Health & Healing Using Western & Chinese Techniques *Lesley Tierra*
- Addiction-Free Naturally: Liberating Yourself from Tobacco, Caffeine, Sugar, Alcohol, Prescription Drugs, Cocaine, & Narcotics *Brigitte Mars*
- Botanica Erotica: Arousing Body, Mind, & Spirit *Diana DeLuca*
- The Male Herbal: Health Care for Men & Boys *James Green*
- Growing 101 Herbs that Heal: Gardening Techniques, Recipes, and Remedies *Tammi Hartung*

Gardening Resources

by Sandra Lory, Herbalist and Food Educator, Barre VT

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- **Seed and Plant Nursery Catalogs are the best 'books on gardening'!** Request catalogs from companies that specialize in local and hardy plants. High mowing, Horizon herbs, Fedco, St. Lawrence Nursery, Johnny's, Seeds of Change. Local Heirloom seeds are special because they have been handed down for generations and are adapted to the local growing season and climate. There is an abundance of germinating, planting, growing, harvesting, storage and seed saving tips to be found in seed and plant nursery catalogs.
- **Volunteer at an organic farm, herbalist's garden or friend's garden** to accelerate your learning. Schedule garden field trips locally to view plots of land similar to yours, and what is appropriate for the size, slope, moisture, exposure and soil type. Bring a notebook or camera to record your inspirations.
- **Talk to vendors at farmer's markets** they have the experience with locally appropriate plants.
- **Participate in a hands-on garden program or workshops** in your area.
- **Get dirty and start growing** your garden – don't worry about making mistakes! Country mouse and City mouse, seeds want to grow and most are quite resilient. You can read about gardening for years but will not feel the rhythms in your body and understand the process for yourself until you just do it!



The best mentor you'll find is a single seed: Pick one plant, (be it tomatoes, basil, calendula, cucumber, etc.) and follow it from seed to seed one whole year. Plant it, watch it grow, harvest it and save its seeds for next year. Don't be discouraged if you have to re-plant or if you find you've picked a plant that doesn't form a seed at the end of the year, it dies early, etc. – that is the process of life and death that *is* nature, the best teacher.

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Avena Botanicals

Organic herbal extracts, teas, and salves by Deb Soule based in Rockport, Maine.

Frontier Natural Products Co-op

Organic and natural products, Norway, Iowa.

Grian Herbs

Organic herbal extracts by Guido Mase based in Montpelier, Vermont.

Healing Spirits Farm <http://www.healingspiritsherbfarm.com/>

Organic herbal products and classes offered by Andrea and Matthias Reisen **in Finger Lakes of Western New York.**

Herb Pharm

Organic and ethically wildcrafted liquid extracts based in Williams, Oregon.

Mandala Botanicals

Organic herbal products and classes offered by Sandra Lory, Barre, VT.

Mountain Rose Herbs

Supplier of bulk organic herbs, spices, herbal products and teas.

New Chapter, Inc.

Organic and whole food herbal supplements, Brattleboro, VT.

Soothing Herbals

Organic herb growers and makers of pure organic skin care products. Goshen, Virginia.

Traditional Medicinals, Inc.

Supplier of a wide selection of teas and other herbal products, Sebastopol, California.

Zackwoods Farm

Vermont-based supplier of bulk organic herbs and herbal teas.

Ironbound Island Seaweed provides a wide variety of seaweeds hand-harvested off the coast of Maine, and is available at some local coops. 207-963-7016

Specialty Bottle offers a large selection of bottles, jars, and tins. There are no minimums - you can order by the each or by the hundred. 5200 4th Avenue S, Seattle, WA 98108. 206-340-0459

SKS Bottle and Burch Bottles are other bottles sources.

Seed Companies

- **Horizon Herbs** provides an amazing variety of medicinal herb seeds and plants. PO Box 69 Williams, OR 97544 541-846-6704 hhcustserv@HorizonHerbs.com
www.horizonherbs.com
- **Fedco Seeds** provides herb, flower, and vegetable seeds, specializing in cold-climate varieties, and is a consumer/worker cooperative. PO Box 520, Waterville ME 04903 207-873-7333 fedco@fedcoseeds.com www.fedcoseeds.com
- **High Mowing Seeds** provides vegetable, flower, and medicinal and culinary herb seed. 76 Quarry Rd. Wolcott, VT 05680 802-472-6174 www.highmowingseeds.com
- **Johnny's Selected Seeds** offers flower, vegetable, and culinary and medicinal herb seeds, and provides technical information to home gardeners and small commercial growers. 955 Benton Ave. Winslow, ME 04901 877-564-6697 www.johnnyseeds.com