

Herbalist Association of Nova Scotia (HANS) E-Newsletter



HANS welcomes you to our first e-newsletter, published by the communication committee! The committee's aim is to publish the e-news twice a year, in the spring and in the fall. It will include upcoming events, a featured herb, practitioner, and grower, HANS updates, recipes, and more!! This e-news focuses on spring, dandelions and the liver. As new plant growth pokes its head out of the ground, and colour begins to sprout, we hope you enjoy our spring offering.

Please send any submissions for the fall e-newsletter to Jen (juniper@chebucto.ns.ca) or Cheendana (chee@somagardens.com) by September 30th, 2005. For more details on HANS, please visit our website- www.herbalns.org. (Please note- our website is not yet complete, and we hope to have it finished by the end of May).

You can read through the entire e-newsletter by scrolling down, or click on the topic of your choice for easy viewing!

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WEBSITE LAUNCH

HANS is launching our new website - www.herbalns.org - by May 30th! The website will include a featured herb each season, a map of NS herb growers and practitioners, herbal links, HANS updates, upcoming herbal events, herbal training, membership benefits, and more!! Add the website to your favourites list, and check back often for updated information.

BECOME A MEMBER

HANS membership is only \$25/ year. With membership you receive free admission to the herb fair, access to our membership listserve, and discounts from a number of supporting businesses including Venus Envy, Little Mysteries, and herbal dispensaries. Please see the website for more details on membership information.

EVENTS

HANS Plant Sale

Saturday, May 21st, 10am-3pm, at Great Ocean Natural Foods on Quinpool Rd. in Halifax

Plant walk Workshops

Lead by Jeanette Poirier, Medical Herbalist and Michele Haddal, Home Herbalist and organic grower.

Sunday May 22 Plant walk to The Herbert River

Time: 9:30-11:30 Place to meet: Exit 5a Windsor from Hwy #101, Tim Hortons Parking Lot
Cost: FREE

Topics: Ethical Harvesting of Wild Spring greens Fiddleheads, Wintercress, and Dandelion. Identification of spring growth of At Risk Native plants Trillium, Bloodroot, Blue Cohosh, discussion on preservation of wilderness sites and sanctuaries.

Brown Bag Lunch

Workshop follows at 1:30-3:30 Where: Sherwood . Cost: \$10 Youth \$5

Topics: Preparing wild edibles, Facilitators will provide 2 levels of discussion, basic herbal instruction, or advanced/ materia medica with examples of case studies. Hypericum perforatum and Elderflower.

Contact Michele 902-275-5597 email sherwoodsweets@ns.sympatico.ca

Herb Walk

Each part of a plant has its season. Leaves are the herbal signature of spring. On this herb walk you will acquaint yourself with the energy of the leaf. From several examples you will explore how their qualities affect you, and the medicine they provide. There will be medicine making demos, plant attunement, drawing and more. Bring a journal for drawing/writing.

Join herbalists Maryse Thuot and Savayda Jarone on this experiential and informative journey into a wild and natural herbal habitat right here in the city.

Sunday, May 22, 2005

1:30 - 4:30 p.m.

Point Pleasant Park

\$25

For details & to pre-register call Maryse 477-1075 or Savayda 431-4105, rain day May28

Plant walk workshop: Sunday June 26

Card Lake Park Cost; Free Time; 10:00-11:30 Topic: Identification ethical harvesting of wild edible fruits, Cranberry, blueberry, blackberry. Identification of AT risk native plants, Ladys Slipper, Sundew. Discussion on preservation of wilderness sites and sanctuaries.

Brown Bag Lunch

Workshop Follows in Sherwood Forest Time 1:00-3:00 Cost:\$10 Youth \$5

Topics: Preparation of wild edible plants Then Facilitators will provide 2 levels of discussion, basic herbal instruction, or advanced/ materia medica with examples of case studies.

2-Day Herbal Fair and AGM- July 23-24- [Click here](#) for more details!

**Plant walk Workshops: Sunday July 17
Sunday August 21
Sunday September 11**

The format and structure will be the same as above please contact Michele to get further details.

HANS Trip to Brier Island

June 17-18th. Contact Elizabeth for more information- elizgmills@hotmail.com

Plant Magic and Herbalogy for Children of all Ages

Come play in magical Sherwood Forest, create and gather all the tools you need for plant magic. Monday June 20, 10:00-11:30 Cost \$5 each or \$15 per family, Children under 6 years must be accompanied by guardian. Contact Michele for more information.

Dandelion Festival

Monday July 18, 10:00-11:30 Followed with a brown bag picnic

Monday August 22, 10:00-11:30

Contact Michele for preregistration 902-275-5597 email sherwoodsweets@ns.sympatico.ca

Garlic Festival

Saturday, August 13th, 10am- 4pm, at SunRoot Farm in Kennetcook, Hants County

Contact Jen Melanson for more information juniper@chebucto.ns.ca

Visit the HANS website regularly for an update on HANS events! www.herbalns.org

FEATURED HERB- DANDELION

By [Savayda Jarone](#)

Taraxacum officinalis

Description: A very well known herb by the young and old alike, although sometimes confused with plants that are similar in appearance, including coltsfoot and other members of the Compositae family. Dandelion is distinguishable by its pointing triangular lobed leaves that resemble a row of teeth, hence the name 'dent-de-lion'. The stem is hollow and produces a sticky white sap. The flowers close in the evening and during dull weather. There is a short rhizome leading to a long taproot up to 50 cm. The root is white and milky inside and covered by a dark-brown bark.

Habitat: Originally from Central Asia, it now can be found in most parts of the world, but mainly in northern hemispheres. It likes to live in moist soils in pastures, lawns, and waste places.

Cultivation: Only true herb enthusiasts would consider growing this common weed considering that most people try at all costs to destroy it. Propagation is easy either by seed or division of the roots. Dandelion is designed to spread far and wide by the wind and the breath of children.

Parts used: Roots and leaves are used medicinally; flowers are used to make wine.

Harvesting Time: The leaves are picked in spring and early summer. The older the root the better. The roots can be harvested either in early spring or fall. Opinion is split

regarding which season produces the most medicinally active root. The roots will taste sweeter when harvested in fall due to the higher inulin (sugar complex also found in other Compositae) content.

Drying and Preparation: The leaves can be dried in the usual way and used as an infusion. They can also be eaten fresh, either raw mixed with other salad greens (approx. 6 leaves per day), or blanched and eaten like spinach or added to soup. Small roots can be dried whole; larger roots can be cut transversely into long pieces. If cut too fine the valuable sap content can be lost. The roots take about two weeks to dry. When finished they should be hard and brittle enough to snap. They can be chopped before use as a decoction. Both roots and leaves can be made into a tincture at 1:5 in 25 per cent alcohol.

Constituents: Bitter glycosides (taraxacin, lactupicrin, lactucin);
Hormone-like substances (sisterol, taraxasterol, taraxol, etc.);
Inulin;
Tannins;
Waxy substances (lactucerol, taraxerin);
Citric acid;
Vitamins B, C, pro-vitamin A, minerals, potassium (leaves), carotenoids;
Sesquiterpene lactones

Energetics: Bitter, sweet, cooling

Actions: Diuretic, digestive and liver tonic, pancreatic stimulant and regulator, cholagogue, choleric, mild laxative, antilithic.

Applications:

True to form, the dandelion has spread to become an important remedy in practically every herbal tradition in the world. In western herbalism it is considered primarily as an aid to metabolism mainly via its effects on the liver and kidneys. Being a bitter remedy, dandelion root stimulates receptors on taste buds in the mouth causing a reflex response in the whole upper digestive system. This increases the flow of digestive juices, increases stomach and intestinal activity, increases appetite, and increases bile and insulin flow. The net result of this activity is the cleansing of the liver and improved digestion and utilization of the food we eat. Dandelion root is of value in the treatment of jaundice and other liver disorders, diabetes, gall stones, detoxification. Good liver function is essential for the correction of most disease and dandelion is therefore an excellent choice as a near universal support remedy. Dandelion should be used in liquid preparations in order to activate the bitter receptors on the tongue. Dandelion leaves are considered to be as strong as pharmaceutical diuretics. They have a very high potassium content (three times as much potassium than is usual in green plants) which prevents the potassium deficiency inevitable with prolonged use of other diuretics. This diuretic activity is helpful in conjunction with other herbs in the treatment of such conditions such as arthritis, kidney stones, fluid retention, and cystitis.

Dosage:

Fluid extract: 1:1 25%, 2.5 – 5 ml

Tincture: 1:5 25%, 5 - 10 ml

Root decoction: ½ - 1 cup

Herb infusion: ½ - 1 cup

References:

- Mills, S. (1991) *The Essential Book of Herbal Medicine*, Penguin Group, London, pp. 431-434
- de Bairacli Levy, J. (1991) *The Illustrated Herbal Handbook for Everyone*, Faber & Faber, London, pp. 66-67
- Grieve, M. (1998) *A Modern Herbal*, Tiger Books International, Twickenham

FEATURED PRACTITIONER- SAVAYDA JARONE

Savayda Jarone CHT, MNIMH – Medical Herbalist

I have been involved with herbs and healing for the past ten years. I discovered herbal medicine while living in London, England. Curiosity led me into an herbal store and dispensary in Covent Garden. The walls were lined with jars and bundles of beautiful dried herbs, and I was dazzled by all sorts of intriguing lotions and potions. I was caught in a whirlwind of realization that people have always healed with herbs, that people were using plants as medicine in the present, and that I wanted to learn how to use their healing gifts and share this with others. I walked out of that store a changed person. I began my formal herbal studies soon after.

I continued my studies from the School of Phytotherapy in England through Dominion Herbal College in Vancouver BC. My course was a four-year, full time program of western herbal medicine with a strong emphasis on the medical sciences and clinical medicine. I balanced this academic, medical model of herbalism with a year-long course exploring some of the more earthy, spirit-based aspects of herbal healing with Don Ollsin. It was in this program that I developed and cultivated interest in Ayurveda, which I continue to weave into my herbal practice today.

During my studies I was very fortunate to have had the opportunity to work at Gaia Garden Herbal Dispensary and Clinic with Chanchal Cabrera and other fine herbalists who taught me a great deal. I worked at Gaia, in varying capacities for six years, including in my own practice.

I returned home to Nova Scotia in August 2002. I have been working hard to build a practice, and to spread awareness of herbal medicine both in my clinic and as an educator. I feel blessed to be connected with HANS members whom share my vision for herbalism in NS. I am also a member of the National Institute of Medical Herbalists. One of my greatest concerns at this time is to preserve, protect and promote the profession of herbal medicine in NS, and in Canada in light of recent and upcoming NHPD regulations. As a director of the newly formed Canadian Council of Herbalist Associations I hope to fulfill this drive of mine.

I am dedicated to building and maintaining a strong and vibrant herbal association in our province. HANS has come a long way in its short existence and I am excited about the potential that lies ahead.

Contact Savayda: 431-4105 or
wildoats@ns.sympatico.ca

FEATURED GROWER-

The featured grower this issue is Michelle Fike. She grows herbs in Berwick, NS. The interview was done by Cheendana, a member of HANS' communication committee.

When were you inspired and drawn to an herbal life style?

I think the draw to herbs was part of an evolution of lifestyles and philosophies for me that started in my early twenties. As a student at the University of Victoria, I became interested in environmental issues and vegetarianism. I came from a very mainstream, small town, working class background, so finding my voice politically and beginning to live a life of intention was very new and exciting. I moved to Toronto in 1991 to begin a Master's program in Environmental Studies, focusing on issues of sustainability in the global food system and organic agriculture. During my first summer of study, I chose to do an internship at an organic herb and vegetable farm in B.C. The list of potential farms was long, but I remember feeling clearly drawn to this one particular farm. I spent three and a half months living and working with that family, and it really changed my life. Erin was an inspiring teacher of all things herbal, and she passed the gift of herbalism into my hands. By the time I left there, I had a small cache of herbs that I had carefully harvested and dried, and the medicine-making seed in me had germinated.

When did you start Pumpkin Moon Herbals?

After my introductory herb farming summer of 1992, I started a tiny retail herb business, which I named Summer's Organics. In the early years, I probably sold a few hundred dollars worth of product annually. Herbs became my research passion and lifestyle in the early nineties, but the focus was not so much on product making yet. In 1996, I moved to Nova Scotia and bought a farm that I called Pumpkin Ecological Farm. I ran a CSA (Community Shared Agriculture) project for five years, and continued to fervently expand my herbal knowledge and hone my medicine-making skills. In 2001, I moved from that original farm, and integrated the farm business with the herbal business. That is when it became Pumpkin Moon Farm and Herbals. Today, I still dabble with growing seed and a few favourite vegetables for sale, but my gardening passion is most definitely in herbs.

Who have you studied with? or Who have been your inspirational teachers?

My first two years of herbal study were with herbalists who were doing what I have ended up doing: growing herbs on organic farms and selling beautiful handmade products. To this day, those early herb farm lessons remain the most foundational, important, and inspiring. I have Rosemary Gladstar's correspondence herbal course, which I love, but I never formally finished it. I developed my extensive Materia Medica through her course, though, and the structure of that was very helpful. An important early book for me was Billie Pott's "Witches Heal: Lesbian Herbal Self-Sufficiency". She brought my life as a lesbian and my life as an herbalist together for me in a way I had never seen articulated before, and I was profoundly influenced by that weaving. Over the years, I have created a wonderful library of herbal books, but my long-time favourite is Deb Soule's "A Woman's Book of Herbs". Deb is a true inspiration to me. She is so gentle, so wise, so thoughtful. Her life as an herb grower, gardener, clinician, and medicine-maker has been a constant reminder to me that making a living with the earth, using the love and labour of your hands and heart, is possible and nourishing. I had an opportunity to meet Deb two years ago when she came to Nova Scotia for a herbal

workshop, and we have been friends ever since, sharing our lives as women living with other women and the herbs we love. What a profoundly sacred life when you let it be. Deb and her writing and her product line manifest that sacredness to me in a very visible way. I am grateful that she shares her gentle gifts and kindness so openly with the world – we need her.

What is your favourite herbal medicine to make?

I do a little set of 9 flower essences, which were inspired by the bond my maternal grandmother and I shared during the year preceding her death in 2001. There is so much power and magic in those essences, they move my herbal work to a deeply spiritual level, and I love that. And I would say that my yearly batch of homemade Vitamin Vinegar is my second favourite thing to make!

Where do you get most of your plant material?

I think this is what makes my business particularly special. I grow or gather probably 95% of the raw plant material I use. So the emphasis is on local and organic, but I can also put an emphasis on freshness and top-quality product, because I see virtually every plant from seed to garden to production room to final product. There are no fancy heat dryers, no grinding machines. Mass-produced herbals, even from the most reputable of suppliers, can never rival the quality someone like myself can offer, because herbs are intrinsically suited to small-scale, natural, non-artificial technology. Air-dried herbs in a dark, fan-circulated out-building produce a quality of colour, essential oil content, scent, texture, flavour, and medicinal strength no large company can replicate. Same for freshly-dug, well-water-washed, hand-ground herbs pressed into oils and tinctures moments after they are harvested – you cannot ship and dry and process herbs by machine and get the same quality. So I feel very strongly that herbs, like foods, grown and processed as locally as possible provide us with the finest quality end product. I am proud of the high quality of my products, and my deep customer loyalty keeps me on my toes and keeps me striving to be the very best herb-farm medicine-maker selling commercially in my area.

Are you able to support yourself with your business?

I have done my business both part-time and full-time. And I actually prefer it as a part-time piece of my life. The herbal business certainly supports itself and the farm, and it contributes some to our household pot. For instance, in 2004, the revenue from the herb business was around \$25,000. Now, that's not a whole lot, but it suits me. I can make that much gross revenue without a huge expenditure in terms of infrastructure and machinery. To get much bigger, I would need to invest in staffing and equipment. But I prefer to do other things for income as well as the herbals, in order to express the other strengths and interests that I have. I work in community development, and I am going back to school to be a science teacher. So I have a life that works for me, and the herbal business is one piece of that life.

What is your vision of the future of the herbals in our world?

My concern is for ecosystems. When they are whole and healthy, their constituents also flourish, whether they are plants, herbs, animals, insects, soils, microbes, or humans. So my hope for the herbs is the same as my hope for the world – may our interconnectedness be our salvation. And I believe in the wise-woman herbal tradition. The village herbalists. The witches and healers and medicine-people. The mid-wives and the shaman. As a consumer and a business owner, I understand the needs for public safety, accountability, profitability, economies of scale, and industry standards. I know that the consumer safety and economic forces that are shaping the movement toward herb regulation and labeling come from legitimate concerns and issues we must grapple with as a herbal community. But we cannot lose our basic human knowingness, our connection to nature, and our rights to self-determine. I believe people are wise. We know how to care for one another. We need everything we all give to the world, each of us, whatever our contribution. Limiting access to herbs, herbal products, and herbal practitioners through an emphasis on regulation and standardization would be a great loss. There are dandelions growing everywhere for a reason – they have something to offer the world, and it is up to us as a herbal community to keep passing on their knowledge in the ancient ways so we can manifest their offering and fulfill our part of the cycle.

My top ten personal favourite herbs: stinging nettle, black cohosh, lavender, lovage, usnea, anise hyssop, eau de cologne mint, valerian, oats, lemon basil.

My favourite herbal seed company: Horizon Herbs, Richo Cech, Oregon

My best-selling tincture: Relax & Sleep Combo

My best-selling tea: Rest-Relax Soul Tea

(what does this tell you about the times we live in!?)

Michelle sells every Saturday at the Wolfville Farmer's Market, 8:30 am - 1 pm, and can be reached at 902-538-7451 or pumpkinmoonfarm@yahoo.ca

HANS VISIONING

A number of HANS members participated in a one-day visioning session in November 2004. A new vision, objectives and committees were created as a result of the day. See the HANS website for more details and how you can get involved- www.herbalns.org/

HERBAL CARDS

HANS is creating a series of herbal cards to sell as a fundraiser. Please send us your hard copy or digital images!

2005 HERBAL FAIR-

July 23/ 24th, Tatamagouche, NS. Dorje Denma Ling Buddhist Centre. Please see our website for more information!

Herbal Fair 2004, Black Rock

Thank you for all those who made the Herbal Fair of 2004 a wonderful success. Thank you for the prayers and the prayer bundles. On behalf of all the plants here on this land, thank you for taking an interest and honoring the wisdom of the green. It was an honor to host this event. And

of course a huge thanks of gratitude to mother earth, for her unending generosity of gifts, medicine and abundance. That we take care of her and honoring her."

i also want to thank my partner Somananda for partnering in the creation of our life together here on the land. Thank you to our dear friend and neighbour Nistal for the offering of his space. And to the garden goddesses, Ben, Tracy and Danielle for the many hours of preparation of the gardens and the space all done with such good humour laughter and song. And, a big thank you to the HANS board for creating a lovely day with exceptional teachers and a generosity of sharing wisdom, knowledge and friendship all in the name of honouring the plants. I would also like to thank each and every one who came, to further your learning of herbs, and health and the natural world and to making some connections with other plant lovers in creating a herbal community here in nova scotia. Blessings and may 2005 Herb Fair be another wonderful herbal occasion to look forward to.
Green Blessings,
Cheendana

HERBAL POETRY

A WEED IS A WILD THING

By Jeanette Poirier

Some people say weeds are plants where they don't belong,
But I say weeds are plants whose virtues have gone if not unnoticed, certainly unappreciated.
A weed is a WILD thing.....
Bursting forth wherever it chooses, whenever it finds nourishment for its own uniqueness.
Never meek, it does not ask permission to wave its unobedient foliage, demanding our attention –
See me! I live! I thrive! Seek out my virtues – or not.
Some weeds don't care one way or the other.
Their virtues are many.
Like the common/uncommon dandelion, much reviled for her yellow lawn fecundity.
Despite civilization's best efforts, she dons a gossamer seed dress that scatters into silver threads
with the next breeze.

LIVER FLUSH

This Liver Flush is taken from "A Call to Women-The Healthy Breast Program and Workbook"
by Sat Dharam Kaur ND
Submitted by Cheendana

The liver flush is used to stimulate the liver to eliminate toxins, increase bile flow, and increase the circulation of blood in the liver, thereby improving overall liver function. It also helps to remove impurities from the blood and lymph.

1. Mix together freshly-squeezed citrus juices to make one cup of liquid. Use orange juice, grapefruit, lemon and lime. It should taste sour. The sour taste activates the liver according to Traditional Chinese Medicine. Water it down to taste with pure spring water, distilled or filtered water.
2. Add 1-2 cloves of freshly grated garlic plus a small amount of fresh ginger juice or freshly grated ginger. Both garlic and ginger protect the liver.

3. Mix in 1 tablespoon of high quality extra virgin olive oil from a metal or opaque glass container and blend the mixture together. Drink in the morning and wait one hour before eating anything else. Keep your diet simple the rest of the day, either eating mainly fresh fruits and vegetables or mung beans and rice cooked with vegetables, or brown rice and vegetables.
4. Follow the liver flush with two cups of cleansing tea. Some of the herbs to look for in these preparations are fennel, burdock, dandelion, red clover, peppermint, nettles, fenugreek and flax. To make your own cleansing tea mix: 1 part fennel ¼ part burdock 1 part fenugreek ¼ part licorice 1 part flax. Using 1 ounce of the herbs to 20 ounces of water, simmer all the herbs for 20 minutes, then add 1 part Peppermint (or red clover or nettles depending on your tastes and what you have on hand. Let it steep for 10 minutes. Drink two cups each morning after the liver flush.
5. Take a bowel cleansing formula which includes bentonite (or take 1 tsp bentonite daily) at the same time as you do the liver flush as well as having 2-4 tsp of freshly ground flaxseed daily. This will ensure that you eliminate the toxins released from the liver. Drink at least 2 liters of water daily. You may use enemas to cleanse more quickly.
6. Continue for a cycle of 10 days. Stop for three days. Continue for another 10 days if desired. Do it 1-4 times per year.
7. If you have cancer, chronic disease or a serious health problem, do it under the supervision of someone experienced with detoxification regimes.

Action for Prevention (of breast cancer): Schedule a time to do a 10 day liver flush. If you can, do it within the next month. Prepare yourself physically and psychologically with relaxation and breathing exercises daily, a vegetarian diet, and consciously releasing negative thought patterns, old resentments and anger.

Look at the calendar for the next year. Block in future 10 day periods when you will do the liver flush, up to four times per year. Block in the 6-8 week periods when you will take a liver loving herbal formula, overlapping it with the liver flush. You may choose to do it one to four times yearly or continuously if you are recovering from breast cancer.

RECIPES-

Here are some dandelion recipes from Jeanette Poirier, a board member. Jeanette writes.... "I learned these from my Lebanese mother-in-law. She taught me about many edible "weeds" and showed me how to use them. We often went the whole extended family to gather dandelion greens in the spring, and then pig out on them, raw or cooked in various ways. Other wild greens can be substituted for the dandelion greens, such as, chic weed, winter cress, & lambs quarters. I did not know nettle back then, but I think it would work well too."

These are very simple recipes developed by peasants- simple, nourishing and satisfying.

Dandelion and Bulgur

2-3 tablespoons olive oil (or more, Lebanese recipes are greasy)
 1 onion, chopped
 1 quart (well packed) dandelion leaves – fairly young tender ones.
 ¼ cup bulgur
 ½ cup water (approx)
 Salt & pepper

Cook chopped onion in olive oil until it is brown. Add dandelion leaves, bulghur, and some water, salt & pepper, cover and cook till water is absorbed by bulghur, and dandelions are cooked.

***Note:** Amounts are estimates only. I never measure.

Refried Dandelion with Onion

You can use more mature dandelion leaves for this one.

Olive Oil
Onion, chopped
Dandelion greens
Salt & pepper

Cook dandelion greens with water as needed for maturity of leaves. (More mature leaves need more water to take out bitterness). Drain, and squeeze out excess moisture.

Chop onion and fry in oil until brown. Add cooked dandelion leaves, salt & pepper and stir well over medium heat till blended. Reduce heat to low, cover and cook together for a minute or two.

UNITED PLANT SAVERS-

It was agreed by the board to join United Plant Savers as a group. A portion of your HANS membership will go towards some of the work of UPS. For more information and to become a full member of United Plant Savers please go to: www.unitedplantsavers.org

As a full member, you get a biannual journal that is full of information and very inspirational, biannual bulletins, discounts for herbal events, and plants or seeds in the biennial plant give away program, and an opportunity to participate in the botanical sanctuary program. United Plant Savers' vision is to see UPS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of North America.

(Thanks to Cheendana for spearheading this partnership with United Plant Savers. Cheendana says that her only regret is that the Nursery and Bulk Herb Directory lists only American sources, but hopefully with more Canadians joining we can send along our Canadian sources of nurseries and bulk herb business's that stand in the Principles of United Plant Savers)

For further information.....contact the website.....www.unitedplantsavers.org

VALLEY PLANT CIRCLE UPDATE-

We had a wonderful Plant Circle last night at our farm, the first to be held in the Annapolis Valley. We had enthusiastic travelers from Halifax, South Shore, and the Valley.

One of the beverages I served was very popular, and we thought I could post it to this site for everyone to enjoy...

Tumeric root is receiving all kinds of popular press these days. Anti-cancer, anti-inflammatory, a range of studies done documenting it's effects...

Combined with the other herbs in the recipe, it is a wonderfully warming, nourishing, stimulating tea, good for winter to relieve chills, poor circulation, mental lethargy, arthritic aches and pains, or just not having enough dry wood for your wood stove!

I enjoy it in the evening, as it gives me a feeling of sustenance. Others thought it would be good in the morning.

My only caution is that tumeric stains. I make it in a glass pot and serve it in a glass mug. These wash clean easily. It is hard to scrub out of a metal pan, and it will stain ceramic, china, and pottery mugs. Watch your counters too!

1/2 tsp tumeric root powder or 1 tsp fresh grated
1/2 tsp ginger root powder or 1 tsp fresh grated
dash of cayenne, you choose how much
1.5 cup water or mild-tasting infusion, like nettle...
1 tbsp maple syrup
1 tbsp organic lemon juice

Add herbs to water/infusion and heat to just below the boil. Simmer 5-10 minutes, careful not to boil it. Pour into mug and add syrup and lemon. You won't believe how delicious this is!!!

Stay warm, stay healthy!
Michelle Summer Fike

Stay tuned to the HANS website and list-serve for more information on plant circles!

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6261 North St., Halifax, NS
B3L 1P4
www.herbalns.org

Please contact Jennifer Melanson- juniper@chebucto.ns.ca if you do not want to receive this e-newsletter in the future.