



Herbal Seasons

promoting the ethical and environmentally sound propagation, cultivation, harvest and use of herbs in West Virginia.

WVHA Newsletter ~ Summer 2019

Over the Garden Gate by Barbara Volk

DANCING THE SPIRAL

Summertime and the living is Herbal! Hello Herb enthusiasts. Welcome to summer. It is such a busy time for many of us. Sometimes I feel like I am spinning, not out of control, simply spinning. Winter, spring, summer. Fall; and around again. Day, night; around and around. We all know that life is cyclical, what goes around comes around, but it is more than simply a cycle. Life is an ever changing cycle of spirals. I can count on day and night, and I can count on winter, spring, summer, fall (at least for now), yet each day and each season I am in a different place in the spiral, I am a day or a year older in my physical body. I have different wisdom than the day or year before. Sacred geometry; It is everywhere and in everything. I love how plants that grew in one place last year can be found in a different place this year. They are dancing! So join me in the spiral dance as the seasons progress and the learning continues.



MY ALLY HEMP

I have been using the CBD tincture that I made last fall for about 3 months. I created a tincture with fresh buds and leaves in 100 proof alcohol. I believe that there are many constituents within the plant that work together to create optimal healing within our bodies. A simple fresh plant tincture will produce a full spectrum remedy. I am also convinced that Hemp is an adaptogen and used on a daily basis can have profound and long term healing influence.

I have experienced pain relief from both acute and chronic issues, and improvement in the quality and quantity of sleep, and an amazing reduction in the arthritic swelling of my joints. In addition I have been giving it to two of my pets. My dog, who had severe allergic skin reactions to flea saliva. The allergy has completely disappeared. My cat who is somewhere between 18 and 20 years old and had been throwing up every time she ate, and was wasting away. She is eating regularly and gained several pounds.

HEMP AND THE WISE WOMAN TRADITION

My involvement with hemp is proving to be a very interesting experience filled with both joy and a considerable amount of frustration. As a single (low income) woman, I have found it very difficult to find anyone who would sell me an amount of seed that was within my budget. I ended up spending more than I could comfortably afford, but I did get approved seeds with a COA (certificate of analysis). The next hurdle has been the process of finding a buyer for the final product. Again I was faced with people not willing to even talk to me due to the “small” quantity that I am growing. I have however found folks (few and far between) that want to work in cooperation, share knowledge and help one another bring a quality and affordable product to the market.

Another issue that I am challenged by is the extraction process itself and the fact that the final product is closer to a drug than a food, and as you all know, I believe in food as medicine.

One method uses Liquid solvents (usually butane, isopropyl alcohol, hexane, or ethanol) which are run through the plant matter to strip it of cannabinoids and flavors and transfer them into the liquid. Then, the liquid is evaporated away from this mixture to leave only concentrated chemicals and flavors in the form of an oil. Both methods require the plant to be dried first, and the drying method can affect the quality of the final product which is Cannabidiol, one element of the plant. The use of these types of chemicals is concerning to me.

Another uses CO2 and varying amounts of pressure also with dried plant. Of the two, I find the CO2 method less objectionable. I do appreciate the value of extracting specific elements to target specific issues and in my opinion these isolates are drugs. Additionally, I find myself very discontent with the high cost of the products. Even those that are largely fillers and flavorings with a small quantity of the actual CBD component are quite pricey.

That being said, I live and function within the Wise Woman Tradition. Food as medicine, Simple herbal products that you can make in your own home with freshly harvested plants. So. I am on a mission. My objective is to bring Hemp in the Wise Woman Tradition into the public’s view. This is a journey that is taking me quite a distance from my comfort Zone, which of course is where self development and growth occurs. So as I negotiate the industry (the challenging part), I am thoroughly enjoying tending and learning about the plant.

Ed Daniels - Man of the Forest *By Laura Yokochi*

At our Fall Conference this year Ed Daniels will speak on “The Future of Ginseng”. Ed is a lifelong lover of the forest and mountains who grew up fishing, hunting, digging roots and picking mushrooms. In fact, at the age of 15, he bought a Volkswagen Beetle with his earnings from selling ginseng! Now, with his wife Carole, Ed is living his passions and values on twenty wooded acres near Pickens, WV. Their business, Shady Grove Botanicals, specializes in non-timber forest products such as ginseng, goldenseal, ramps, and herbs, and value added herbal products.. As dedicated stewards of the land they practice organic farming and use sustainable harvesting techniques.

Ed loves sharing his vast experience and knowledge with others, particularly children. He has completed the DNR Master Naturalist Course and continues to volunteer and speak at various gatherings around the state. He especially enjoyed his work with Marlinton Middle School students in 2018. They not only learned about forest farming, but were also given seeds to plant ginseng, black cohosh, ramps, and goldenseal on their school property and at their homes. Teaching young people to “plant the seed” is Ed’s mission and calling.

American ginseng, *panax quinquefolius*, can be found in all 55 West Virginia counties. It is one of the many gifts of our native forests and like many of our natural resources, has been exploited for short term gain. Our state is fortunate to have men such as Ed Daniels who preserve our cultural tradition of earning a living from the land as well as preserve that land and knowledge for future generations.

For more information about Shady Grove Botanicals see: <https://www.shadygrovebotanicals.com/>

Volunteer Opportunity at the 2019 Fall Conference!

Volunteering is its own reward, but free gifts are nice too. At our Fall Conference this year we are offering volunteers a free T-shirt or apron AND a half price discount for admission. This will be available to the first eight people who respond. We will need help with registration, evaluations, sale items, raffle or silent auction, and various other duties. If you are interested in working at least two hours during the Conference, please contact one of the Board members listed in this newsletter and let them know what you would most like to do. We will need a firm commitment to attend. Any cancellation must be received by September 1, so there will be time to find a replacement. This offer is available for those with current WVHA membership.

Thank you to all our volunteers!

Teas, Tisanes, Infusions, Decoctions *By Kara Vaneck*

Technically, the word “tea” refers to a specific plant known as *Camellia sinensis*, but colloquially, tea can refer to any herb steeped in water, although “tisane” is more accurate.

Herbal infusions differ from teas in that they are steeped longer and generally used to draw out the nutritive properties of herbs, as popularized by Susun Weed who recommends nettle infusion for energy, which can be made by infusing one ounce of nettles in one quart of water for a minimum of 20 minutes and allow to cool before straining and drinking.

INFUSION: Infusions are typically used when preparing herbal flowers, leaves, fruits or seeds, the delicate, higher surface area parts of the plant. Chop fresh herbs or coarsely grind dried herbs first. Then place herbs in a mason jar or other container with a lid. Cover with boiling water according to the standard ratios below:

Medicinal Standard Ratio: 1 tsp dried herb to 1 cup water

2 Tbsp fresh herb to 1 cup water

Nutritive Infusion: 1 oz dried or fresh herb to 1 quart water. Strain and use.

Herbal decoctions are used to prepare the denser herbal parts like roots, barks and nuts, with the exception of valerian and goldenseal roots, which are typically infused.

DECOCTION: Bring cold water and herbs to a boil. Gently simmer over low-medium heat, covered for 15-20 minutes. Strain.

Whether you’re preparing teas, tisanes, infusions or decoctions, always try to avoid using tin, iron, aluminum or metallic pans for tea brewing. Glass or ceramic are best. For medicinal herbal blends, the standard dosages, based on 150 lb body weight, are, for chronic issues or as a preventative measure, take one cup of tea three times per day, or for acute disorders, take ¼- ½ cup every 1-2 hours for several days or until symptoms subside.

Basics of harvesting, drying, and preparing herbs for storage

Always harvest on a dry day after the dew has evaporated. To preserve the freshest, most vibrant, colorful herbs, dry herbs quickly and in the dark. It’s simple to make your own drying room by placing a dehumidifier in a closet or small room. Lay herbs out on newspaper, parchment paper, cardboard or whatever you have around. Herbs can also be hung in bundles. It’s important that herbs be used fresh or when they are thoroughly dried, since toxic chemicals are sometimes produced during the drying process.

Herbs should be stored in whole parts if space allows until they are ready for use. They can be stored in the freezer and then allowed to thaw before using. Leaves should be stripped from stems and used whole or run through a quarter inch mesh stainless

steel screen to break up into manageable pieces. Herbs can then be combined and blended using a food grade bucket, a Tupperware container with a lid, a ziplock bag or a brown paper bag.

Elder Blossom Blend: 8 parts elderflowers, 4 parts alfalfa, 1 part orange peel, ½ part anise seed whole, ½ part cloves

Lemon Lavender Tea: 4 parts lavender flowers, 2 parts ,mints, 2 parts lemon balm, 2 parts rosemary

References

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BOOK REVIEW



Reviewed by Barbara Volk

This book will change the way that you consider your health and well being and the way that you approach your health care options. This book is; a clear, easy to read road map of discovery about the variety of choices available to us, from initiating and continuing a healthy way of life, to negotiating the often overwhelming world of dominant culture scientific medicine. This book is for everyone: Those who are new to The Wise Woman Tradition, Those who already live a healthy lifestyle and make conscious health care choices, and seasoned Herbalists who offer help to other people.

“This book supports a revolution. A patient centered, client empowered, nature-loving medical revolution.” I encourage you to empower yourself with “Abundantly well”; create your own health and health care revolution. It is beautifully written and a pleasure to read.

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