

Herbal Seasons

Sharing Knowledge about Growing and Using Herbs to Inspire Fellow Herb Lovers

Fall Conference Issue 2011

Over the Garden Gate

Hi there,

Fall is coming and so quickly is our own Herb Festival and the International Master Gardener's Conference in which we are involved.

So much to do, so little time. Email me at: nyeann@ma.rr.com or leave a message at 304-842-6385 to volunteer. The more you get involved, the more fun you will have. Call Dot-304-269-6416 if you have a question that needs an immediate answer.

Doug Elliot will be with us for all three days with his music, stories, and weed walks. There will be classes, workshops, and make it-take its every day with a nice mix of growing, medicinal, crafting , decorating, and cooking with our favorite garden plants-herbs and weeds!

Be thinking of where you can get involved. With travel costs high, we would like to encourage more local events in each region as we used to do. Also, next year is our 20th anniversary year. Marion Harless is doing a history of WVHA. If you have a story of some special time, person, or event that stuck with you-please pass it on to her at: RTE 1, Box 3 Kerens, WV 26276 or to me @: Ann Nye 263 Ridgeway Dr., Bridgeport, WV 26330.

A word of caution when looking at the schedule on the website or in the following pages. Please don't think it's set in stone and you can arrive just before your favorite speaker. We may need to move speakers from one slot to another due to circumstances that come up such as travel problems. Please come as early as you can and check the schedule as soon as you arrive.

The theme this year is Heirloom Herbs. And Dot Montgillion came up with this little tidbit for those of us with a few gray hairs: Heirloom Herbies-Older than Dirt. I hope to see plenty of heirlooms and even more young potential heirlooms of the future!

See you soon,
Herbally yours,
Ann Nye
WVHA President

Welcome to the West Virginia Herb Association. We hope to see you at the coming year's work-shops, field trips, and conferences. If you are new to our group we want to give you an herbal welcome and explain a little bit about how the organization works. Our dues are assessed annually and are renewed in January. To be included in the annual Directory, published in February, you must be a current member as of Jan. 31st. If you are renewing your membership, we thank you for your support.

Lynn Lassiter is our newsletter editor. The newsletters are published quarterly approximately on Jan.1st, April 1st, Jul. 1st, and Oct. 1st. Articles must be submitted 30 days before each publication date. You can receive the newsletters by email or P.O. Please keep us informed of address changes for either so you won't miss an issue.

This Association belongs to you, its members. It is as vital as each one of you make it. We're all busy but to keep an organization thriving each member must make an effort to contribute in whatever way you can-even if only by attending events and showing your support for the efforts of our tireless volunteers. Even little efforts contribute to a living, growing organization.

We welcome you and we're glad you've joined us. Our Board members are here to listen to your ideas, thoughts, and feelings. Let us know how the Association can serve you.

From your WVHA Board Members,

President: Ann Nye nyeann@ma.rr.com

Vice-President: Melissa Dennison gardentreasures@hotmail.com

Treasurer: Kathy Flewelling kaflew@wildblue.net

Secretary: Andrea Lay hiddenhollowfarm@hughes.net

Newsletter: Lynn Lassiter puprunarm@yahoo.com

Members-at-Large:

Lis Caudill caudillcove@wildblue.net , Anne Romance anneromance@gmail.com , Janice Sumpter mssumpter@yahoo.com , Jerry Wing 304-927-2707

Website: www.wvherb.org **Webmaster:** Ann Schenk webmaster@wvherb.org

Need Member Assistance? Please contact:

Kathy Flewelling kaflew@wildblue.net

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HERB QUIZ

Find an herb to match each description.

1. Fresh roots have an earthy smell, the characteristic violet odor develops during drying and may take 2 years.
2. Knitbone, boneset. Leaves make a garden fertilizer.
3. Means "little dragon". A classic vinegar.
4. A succulent with spiny teeth. Juice soothes minor burns.
5. Associated with the Virgin Mary. Latin name 'calandae' means little weather glass. An ointment for cuts.
6. Latin name from 'salvare' – to save, long life for users.
7. Protection from evil. Named for St. Michael the Archangel. Young stalks are candied.
8. Disinfectant, antiseptic, used as a wound dressing during WWI. When a bulb of it is rubbed on the feet, its odor is exhaled by the lungs.
9. Antiseptic for sore throats and colds. An aromatic garden seat – be careful as bees love it.
10. Scent resembles the Bergamot Orange. After the Boston Tea Party drunk as a protest to the tax on Indian tea.
11. Remembrance. Upright or prostrate. A hair rinse and conditioner.
12. A leaf left under a pot will turn into a scorpion? In pesto and tomato dishes.
13. A member of the mint family. Used to sweeten water on long sea voyage. An insecticide.
14. Magical – keeps witches away and makes music, the berries make wine, and the flowers make 'champagne'.
15. Annual is Matricaria, the perennial is Anthemis. A hair rinse for blondes. A scented lawn and a relaxing tea.

BIOGRAPHIES OF WVHA'S FALL HERB FESTIVAL PRESENTERS

Doug Elliott: Doug Elliott is an herbalist, naturalist, basket maker and author. He has spent a great deal of time with traditional country folk and indigenous people, learning their stories, folklore and traditional ways of relating to plants. For many years he made his living gathering and selling herbs. In recent years he has performed and taught from Canada to the Caribbean. He has been a featured storyteller at the National Storytelling Festival in Jonesborough, TN and has conducted workshops and programs at the American Museum of Natural History in New York, the Royal Ontario Museum in Toronto, and the Smithsonian Institution. He has taught regularly at the Gala Herb Symposium, the Green Nations Gathering and Omega Institute. He has trained rangers for the National Park Service and guided people on wilderness experiences from Down-east Maine to the Florida Everglades. He was named harmonica champion at Fiddler's Grove Festival in Union Grove, N.C. He regularly writes articles for regional and national magazines. He has authored five books and produced a number of award winning recordings of stories and songs. His first book, WILD ROOTS, An Underground Botany and Forager's Guide, has been around for thirty years and is considered an "underground" classic. In 1995 it was given a new cover and re-released by Healing Arts Press.

Linda Christen: Linda is a certified polarity therapist and practicing herbalist, with 38 years of experience. Since 1996 up to the present, her focus has been on the spiritual and energetic aspects of healing. In partnership with Nature and Spirit, she is learning about the Great Love that flows through the plants, to all who gratefully accept their help.

Lynn Degen: A brewer for many years, Lynn Degen of Chioe, WV, makes all kinds of herbal beers and meads. She is also a member of the Kitchen Band playing on Saturday in the WV Building.

Sue Cosgrove: An organic enthusiast for more than 40 years, and an adherent to the philosophy-"Let food be Your Preventive Medicine", Sue continues to study the web of life both above and under the soil.

Bonnie Buchman RN, ND, and PhD: is a natural health care practitioner and educator. Her approaches to healing include nutritional counseling; therapeutic and healing touch; reflexology; acupressure with light massage; herbology and homeopathy.

Marion Harless: is a founding member of the WVHA, a naturalist, wildlife biologist, and a teacher at the Augusta Heritage series at D & E College in the summer. She uses wild and cultivated herbs in many aspects of her life including spinning, weaving, and papermaking.

Carol McCarthy: is currently the greenhouse manager for the Biology department of Eberly College at WVU. She runs an herbal business called Little Miss Grow It All in her spare time.

Anne Romance: is another founding member of WVHA and now runs an herb business called Green Heron Gardens which includes garden tours, gardening classes, culinary and body care products, and plant sales.

David Hawkins: is the owner of Mother Earth Foods, the oldest natural food store in WV and is a practicing herbalist for over 35 years. He and his wife Bonnie opened Integrative Holistic Health services, a multi-faceted holistic health center in Parkersburg.

Andrea Lay: secretary of the WVHA, Andrea's focus is on her children and furthering her herbal studies and her herbal education center. She offers classes on a wide variety of herbal subjects and considers plants and the land she lives on to be her greatest teachers.

Myra Bonhage Hale: was the first president of WVHA and an herbalist with an environmentally friendly product line who transformed a run-down homestead into a certified organic farm.

Hassan Amjad, MD, FACP, FLS: is a naturalist, medical botanist, and author. He holds many degrees in medicine with special interest in Nutritional Anthropology and Evolutionary Biology. He's especially interested in America's only native tea plant, the *Franklinia aliamaha* which has the same health benefits as regular tea, but without the caffeine.

Sue Myers has been the WVU Plant and Soil Science Greenhouse Manager since 1993. She has also been an instructor for MG courses on vegetables and flowers, annuals, and bulbs.

REGISTRATION FOR FALL FESTIVAL-FRIDAY ONLY

NAME _____
ADDRESS _____
CITY _____ ST. _____ ZIP _____ CO. _____
PHONE _____
EMAIL _____
MEMBERSHIP (check one) New _____ Renewal _____
Fee \$20(single) _____ \$30(family) _____ \$ _____

TUFA WORKSHOP FEE _____ \$5

DINNER @ \$10 X _____ = \$ _____
TOTAL \$ _____

REGISTRATION FOR FALL FESTIVAL-SUNDAY ONLY

NAME _____
ADDRESS _____
CITY _____ ST. _____ ZIP _____ CO. _____
PHONE _____
EMAIL _____
MEMBERSHIP (check one) New _____ Renewal _____
Fee \$20(single) _____ \$30(family) _____ \$ _____
TOTAL \$ _____

REGISTRATION FOR FALL FESTIVAL

(Use this form for Saturday, or comb. of Sat with Fri, Sat. with Sun, or all 3 days)

NAME _____

ADDRESS _____

CITY _____ ST. _____ ZIP _____ CO. _____

PHONE _____

EMAIL _____

MEMBERSHIP (Check one) New _____ Renewal _____

REGULAR REGISTRATION FEE \$40 _____ TOTAL
(Lunch and 2012 membership included) \$ _____

VENDOR REGISTRATION FEE \$45 _____
(Lunch and 2012 membership included) \$ _____

LODGING:

LODGE @ \$65 _____ Sharing with _____
(Includes 2 full size beds)

CABIN @ \$44 _____ Sharing with _____
(Includes 2 twin beds)

MEALS:

FRIDAY DINNER @ \$ 10 _____ X _____

SATURDAY BREAKFAST @ \$6 _____ X _____

SATURDAY DINNER @ \$10 _____ X _____

SUNDAY BREAKFAST @ \$6 _____ X _____

TUFA WORKSHOP FEE @ \$5 _____ X _____

WVHA FALL HERB FESTIVAL SCHEDULE

Friday, Sept. 30th

12-5 Registration in the Administration Building

12:30 Hypertufa workshop with Sue Myers. Bring some containers for forms if you know what you'd like yours to be (not too large or they won't set up). There is a \$5 fee for supplies for the workshop.

Work on Raffle baskets, signs, post schedules, etc. - anyone who wants to help

Make it - Take it

1:30 Tour of Historical gardens and grist mill
Winery Tour perhaps

3:00 Weed Walk with Doug Elliot-Weeds Woodlore and Useful Wild Plants

4:30 Perennial Vegetables - Lis Caudill

Dyeing with Plants from your Backyard and Forest - Enrica McMillon

6:00 Dinner

7:00 Numen film and discussion with Anne Romance, moderator

Saturday, October 1st

7:00 Breakfast

8:00 Registration in Administration Building

9:00 Mushrooms - Sue Cosgrove-Mushroom walk to follow

10:30 Mushroom Walk - Sue Cosgrove

Horseradish-The Herb of the Year - Janice Sumpter

Native Pollinators - Emily Grafton

Herbal Beers - Lynn Deagan

12:00 Lunch and Annual Meeting

1:30 Business Regulations Update and Starting a Website - Maureen Rogers

Old Native Herbs - Dave Hawkins

Love and Consciousness: The essence of Plants - Linda Christian - What do mysticism, the unified field theory, living plants and humans have in common? How can we connect with that commonality and utilize it for healing?

3:00 Title not set - Bonnie Buchman

Native American Medicines - Dr. H. Amjad - He will also update us on plans to continue the Spring Conference in Beckley.

Secrets of Holiday Practices - Eva Rist

4:30 Appetizer Contest and Party

6:00 Dinner

7:00 Keynote with Doug Elliot - Weeds for your Needs--Stories, Songs, and Lore Celebrating the Useful Plants

There will be music throughout the day in the WV Building with the Kitchen Band. Weed walks will be offered when enough people gather for them in front of the WV Building. Ellie Cronlund will have her message chair available throughout the day. There will workshops for children and young adults (or young at heart). Doug Elliot will be doing weed walks on Friday and Sunday, as will David Ahrend on Saturday. There will also be drawings for the raffle items throughout the day on Saturday.

Sunday, October 2nd

7:00 Breakfast

8:00 Weed Walk with Doug Elliot

9:00 Herbs for Winter Health - Andrea Lay

Herbal Antioxidants - Eve Von Deck

Title not set - Carol Mc Carthy

10:30 Weed Walk on Invasive Weeds in WV - Deanna English

Title not set - Deanna Crowe

12:00 Closing Ceremony in EEC building

Tour on the way home: Dale Hawkins and Dot Montgillon will hold their farms open for quick tours on your way home. Directions will be provided.

WEEDS FOR YOUR NEEDS - Doug Elliot
Celebrating The Healing Wild Plants -- Their Stories, Songs, and Lore

Whether he's pointing out poison ivy, pontificating on poke sallet, crooning about crazy greens, jiving about ginseng, or extolling the virtues of dandelions, herbalist, author and storyteller, Doug Elliot is known for his lively presentations as well as his broad, practical, scientific and cultural knowledge of the area's many useful wild plants.

He will be presenting a lively, informative program of traditional and contemporary plant lore, and scientific information, as well as stories, songs, and outrageous personal narratives celebrating some of America's favorite, edible, medicinal, and otherwise useful wild plants. He flavors his program with regional dialects, lively harmonica riffs, and more than a few belly laughs.

THE HERBAL ANSWERS

Herb Quiz

1. Orris
2. Comfrey
3. Tarragon
4. Aloe vera
5. Marigold
6. Sage
7. Angelica
8. Garlic
9. Thyme
10. Bergamot
11. Rosemary
12. Basil
13. Pennyroyal
14. Elder
15. chamomile

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October: WVHA Fall Conference at Jackson's Mill on Friday, Sept. 30th through Sunday, Oct. 2nd
MG International Conference in Charleston on Oct. 6-9th

Updates will be sent out as they are available.

OF INTEREST:

Registration for the 2011 WVHA Fall Festival may seem complicated but simply stated-there is no registration fee for Friday or Sunday, only Saturday. There is a fee for the Tufa workshop for supplies on Friday. Meals and lodging are available, if needed, and should be prepaid. Regular fees for dues(single- \$ 20 or family-30) for 2012 can be paid at registration on Friday or Sunday. If you are coming for the whole conference or just Saturday, they are included in the registration or vendor fee. If you still have questions, please contact Dot Montgillion at 304-269-6416 or smokecamp@hughes.net.

WVHA'S FALL HERB FESTIVAL 2011 VENDOR REGISTRATION FORM

This form is for those wanting to have a table in the WV building on Saturday, Oct. 1st, 2011 at the Fall Herb Festival at Jackson's Mill, WV. There is room for approximately 20-25 tables(30" x 8'). Business tables are \$45. This fee includes a free membership in the WVHA for 2012, free registration for the Fall Herb Festival, and lunch for one person. Additional lunches are available for \$10. Vending on Fri. and Sun. is included in the Sat. price. If vending only on Fri. or Sun., the fee is \$10.

If you want to do an educational display only, those are free, as usual. To attend classes as well, you must pay the \$40 registration fee which would include your 2012 membership in WVHA and lunch on Saturday. Please return this form with your fee, if any, as soon as possible to:

Kathy Flewelling RR 2 Box 71 E Proctor, WV 26055

Make check to: West Virginia Herb Association (WVHA)

Check one: educational or business table.

Name _____

Address _____

Name of Institution or Business _____

Do you need electricity? Yes _____ No _____

We look forward to seeing you at the Festival. If you want brochures to hand out, we will send them to you. Brochures needed _____.

Herbally yours,
Ann Nye WVHA Pres.

