



# Herbal Seasons

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

Fall 2005

Welcome to our Fall Newsletter! Many things are going across the state this year, check them out on our website; [www.wvherb.org](http://www.wvherb.org).

**Note to Members:** For the folks that don't have an email address we will still be sending you a hardcopy of the newsletter. For those that have an email address we will send you the link to the newsletter online. Please make sure that we have your current email address listed. The newsletter will be available in Adobe Acrobat format. If you do not have acrobat it is a free download from [www.adobe.com](http://www.adobe.com) or you can download a copy from our website. If you wish to be put on the list to receive the newsletter online send an email to [bchurchwv@lycos.com](mailto:bchurchwv@lycos.com) and put in the header 'Seasons PDF' and make sure that we have your current email address.

## From The President

Dot Montgillion

The tour of Justin Wizard's Farm on July 16 must have been in the stars because it rained all around there but only about 5 drops fell on us. It rained on the way down and back, but not there.

We had a very informative day with good company (aren't all WVHA members good company?) and good food too. There were just 4 so we got individual attention with plenty of time for questions and explanations of some of his innovative techniques involved both in growing plants and simplifying everyday living. Justin is world-traveled and seems to have done just about everything, judging from his wide scope of interests. He operated a printing business for many years in California, is an author of several books, as well as a speaker at the WVHA Conference on Oct. 22 at Jackson's Mills. His organic methods of growing veggies and herbs are practical, requiring minimum maintenance with maximum production – a winning combination.

Hope this has been a good growing season so far, and not too frustrating with these almost constant showers. At least it isn't snow! Due to all the rain, the harvest is plentiful so far, even though it's a little late this year.

We are getting the conference plans finalized and hopefully getting out the word. We had considered limiting the conference to 100 due to the fact that it will be held in one building instead of three. It was decided instead, that if we had more registrations we would rent another building!

What a problem to have – being over-registered!

I can't emphasize too much to check out our website at [www.wvherg.org](http://www.wvherg.org) to keep up to date on events now that our website is being updated almost daily. If you have an item of interest be sure to send it to our webmaster Bill Church at [bchurch@cherokeehawk.com](mailto:bchurch@cherokeehawk.com)

DOT

## From The Editors

**Attention Regional Coordinators!** Send or e-mail us your regional newsletters, and we will pull out articles, calendar items, and news of interest to Association members.

Below are departments we are planning for upcoming issues. If you have anything to contribute in any category, please see the information on the right for how to submit. If you can think of a Department we missed or would like to see, please let us know.

Thanks to everyone who submitted articles and calendar events for this issue! – Bill Church

### Departments

From The President  
Member Highlights  
Herbal First Aid  
Herbal Tips  
Ancient Herbalism  
Herb Gardening  
Herbal Cookbook  
Association News  
Regional News  
Organic News  
Congratulations  
Questions & Answers  
Book Reviews  
Internet Resources  
Letters to the Editor  
Events of Interest  
Calendar of Herbal Events  
Growing Medicinal Plants

### Advertising Rates

**Members** may list calendar events for free, 30 word limit each event. Business card size ads are \$5 for members. Double size ads are \$10 and so on.

**Non-members** may list one calendar event free and any additional events for \$5 (30 word limit each event). For non-members, business card size ads are \$10, double size ads \$20 and so on.

If we have to do any scanning of photo, etc. there will be an additional \$5 charge.

Free calendar events can be e-mailed to: [bchurch@cherokeehawk.com](mailto:bchurch@cherokeehawk.com)

Mail ads/events with check payable to WVHA, to newsletter editor, Bill Church, 1517 Lower Cedar Creek Rd, Glenville, WV 26351. Be sure to have it to me by the deadline schedule outlined at the right. Make checks payable to WVHA.

## Herbal Seasons

Quarterly Newsletter for Members of the West  
Virginia Herb Association

We would love to have your contributions to this publication. Articles you would like to see, questions you need answered, recipes to share, letters to the editor, etc. Herbal Seasons Newsletter is a forum for all members of the WVHA to use and enjoy – let's make it the best we can be! Did your product win an award? We will announce it in the News section of Herbal Seasons. Format for submitting to the Calendar of Events is: Date/Time/Event/Name/Place(City/State)/Cost/Description/Contact. Limit – 30 words.

The schedule for submitting all items is:

**Spring Issue – Deadline is January 2<sup>nd</sup>**

**Summer Issue – Deadline is April 2<sup>nd</sup>**

**Fall Issue – Deadline is July 2<sup>nd</sup>**

**Winter Issue – Deadline is October 2<sup>nd</sup>**

Submit by e-mail to [bchurch@cherokeehawk.com](mailto:bchurch@cherokeehawk.com), put WVHA Newsletter in the subject, and your ad or article in the body of the e-mail if possible. **Or mail to:** Bill Church, 1517 Lower Cedar Creek Rd, Glenville, WV 26351

Articles over 250 words may be edited. We reserve the right to decide what is appropriate for the newsletter. We apologize in advance for any typos, mistakes, and omissions – let us know where we goofed and we will make a correction next time!

Artistic credits:

WVHA Board of Directors: (all 304 prefix)

**President**, Dot Montgillion, [smokecamp@lolinc.net](mailto:smokecamp@lolinc.net), 269-6416

**Vice President**, Sarah White-Cresap, [rtclrherbs@aol.com](mailto:rtclrherbs@aol.com) 743-0699

**Past-Pres**, David Hawkins, [herbdoc@wvdsi.net](mailto:herbdoc@wvdsi.net) 482-5406

**Treasurer**, Donna Straly, [DnRil2@aol.com](mailto:DnRil2@aol.com) 745-4906

**Secretary**, Laura Yokochi, [lyokochi@aol.com](mailto:lyokochi@aol.com), 782-3190

**Members-at-Large:**

Tammy Perine, [rusticclass@rtol.net](mailto:rusticclass@rtol.net), 452-8689

Ieda Darnell, [member2@wvherb.org](mailto:member2@wvherb.org) 379-6706

Bill Church, [bchurch@cherokeehawk.com](mailto:bchurch@cherokeehawk.com), 462-5835

**Website:** [www.wvherb.org](http://www.wvherb.org)

**Webmaster:** Bill Church, [bchurch@cherokeehawk.com](mailto:bchurch@cherokeehawk.com)

Need Member assistance? Contact Dot Montgillion, 1289 Smoke Camp Road, Weston, WV 26452 (304) 269-6416, [smokecamp@lolinc.net](mailto:smokecamp@lolinc.net)

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**West Virginia Herb Association's Fall Herb Festival**  
**Saturday, October 22, 2005**  
**Jackson's Mill, Weston, WV**

**Schedule**

- 8:00 – 9:00** - Registration at EEC building.  
**9:00 – 10:00** - 1st Workshops  
**10:15 – 11:15** – 2<sup>nd</sup> Workshops  
**11:30 – 12:15** – Business Meeting for WVHA Members  
**(Vendors Tables Open)**  
**12:15 – 1: 00** – Lunch  
**1:00 – 2:00 pm** - 3<sup>rd</sup> Workshops  
**2:15 – 3:15** – 4<sup>th</sup> Workshops  
**3:30 – 4:30** – 5<sup>th</sup> Workshops  
**4:45** - Closing Ceremony

**Tracks Available for each Time Slot**

**Grower**

- 1) Russ Richardson “All about Ginseng”
- 2) Justin Wizard “Sustainable Techniques”
- 3) Scott Snyder “Chinese Medicinal Botanicals”
- 4) Dr. Mario Morales “Woods grown Non-Timber Opportunities”
- 5) Dean Myles “Environmental Issues of Herbal Production”

**Culinary**

- 1) Carol Schweiker “Herb Folkways”
- 2) Deonna Crowe “Wild Edibles”
- 3) Marion Harless “Kitchen Herbs”
- 4) Annette Gall – Possible Discussino on herbs and the new food pyramid
- 5) Herbs Around the House

**Medicinal**

- 1) Anne Romance “Women’s Health Issues”
- 2) Dr. Joan Wandell – Possible topic is “Herb Industry Regulations”
- 3) Dave Hawkins, MH “Cancer Therapies”
- 4) Eve Drennan “Alternative Therapies for Menopause”
- 5) TO BE ANNOUNCED

**Crafts**

- 1) Sue Myers “Hypertufa Demonstration and Techniques”
- 2) Sue Myers “Making Tussie Mussies”
- 3) Karla Waldron “Herbal Papers”
- 4) Tammy Perine “Cane or Basket Weaving”
- 5) Ann Nye” Herbal Holiday Decorations”

**\*Note:** At press time we didn't have Bio's for everyone. Please check our webpage for updates on these.

**WV HERB Association Fall Herb Festival Registration form:**

**To Register:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

County: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

**Check all that apply:**

\_\_\_ Registration Fee \_\_\_\_\_ \$50 per person

(Includes Lunch and snacks)

\_\_\_ Vendor Table Fee \_\_\_\_\_ \$10

**For Lodging: Please contact Jackson's Mill, Weston, WV at: 304-269-5100**

**Mail this form with a check (payable to WV Herb Association) to: Donna Riley, Rt. 1, Box 198, Lost Creek, WV 26385 or register online at [www.wvherb.org](http://www.wvherb.org).**

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**Fourth Annual Medicinal Plant Symposium, 16-17 Sep 05**

The Mountain State University Medicinal Botanicals Program and the USDA/ARS Appalachian Farming Systems Research Center will hold their Fourth Annual Symposium on Medicinal Plants at Mountain State University, Beckley, WV, on 16-17 September 2005 (please notice the date change from previous announcements) with the theme 'Producing, Using, and Marketing Herbs and Non-timber Forest Products'.

**Program**

The Program covers one and a half days of intensive educational activities, which include lecture sessions on production, utilization and marketing of herbs and non-timber forest products, workshops, a tour, herb walks, and an exhibitor/trade session. Plan to attend and learn from the experts how to produce, add value, and market herbs and non-timber forest products. Learn about the potency of medicinal herbs, how to grow and process them, and how to prepare herbal remedies. Enjoy the taste of different teas at our tea tasting workshop.

Mark your calendars and be ready to attend one of the main educational conferences in southern West Virginia.

**Registration**

General public: \$80; students: \$30

**Trade Show**

This is a great opportunity for exhibitors/vendors to promote their trade and create links to open new market opportunities. We will have a Trade Show Room with a limited number of booths, so we encourage you to register as early as possible. Tables are \$10 ea. if you register before Sep 1<sup>st</sup> and \$15 ea. if you do it on or after this date.

**Contact**

Dean Myles 304-929-1630/1687

Look at [www.mountainstate.edu/usda](http://www.mountainstate.edu/usda) or check the July 05 issue of our newsletter, The Herbal Dispatch, for further information about the symposium

## **Association News**

Our fall Conference will be Saturday, October 22, 2005 at Jacksons Mill. Watch for more information on our website. <http://www.wvherb.org>.

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## **Regional News**

### **Region 3**

**\*NOTE:** The August 6 Culinary Workshop has been cancelled due to lack of response.

**September?** – Anne Romance suggested that we visit Paul Straus, Rutland, Ohio. Paul has extensive plantings of endangered medicinals as part of the United Plant Savers organization. More information in a later newsletter as Paul is now out of the country on an island somewhere!

Thanks for all the great suggestions – I hope everyone can attend at least one or two of the outings.

Joy, Myra Bonhage-Hale, Coordinator, Region 3 WVHA. Please visit me on the web at <http://lapaixharbfarmproducts.com>.

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## **Events of Interest**

**Workshop Series** – The Medicinal Botanicals Program at Mountain State University would like to start offering workshops on the propagation, cultivation, processing, utilization and marketing of aromatic and medicinal plants in the spring of 2005.

The workshops will be offered only by request to groups from institutions and organizations such as schools, colleges, gardening clubs, churches, women associations, senior citizen groups, and any other organization interested in learning about aromatic and medicinal plants.

Workshops will be organized according to the interests and level of knowledge of the group; they will require a minimum of 10 participants.

If you belong to an institution or association which would be interested in attending a workshop, please contact our Program at 929-1630 to organize contents and schedule dates and times.

**United Plant Savers Conference** - *A Conference on the Cultivation & Preservation of Native Medicinal Plants, Saturday October 1st, 2005. Registration begins at 8:30 am - Conference ends at 5:30pm. Bracketts Farm, Gordonsville, VA - 20 min east of Charlottesville, VA*

*United Plant Savers' mission is to preserve, conserve, & restore native medicinal plants and their habitats in the United States & Canada, while ensuring their abundant, renewable supply for future generations.*

**Presenters Include Renowned Herbalists and Herb Growers:**

- 🌿 *James Snow*
- 🌿 *Kathleen Maier*
- 🌿 *Jeff McCormack*
- 🌿 *Claudia Wingo*
- 🌿 *Robert Eidus*
- 🌿 *Teresa Boardwine*
- 🌿 *Lisa Bedner*
- 🌿 *Peter Heus*
- 🌿 *Robert Wooding*
- 🌿 *Betzy Bancroft*
- 🌿 *and others!*

**Workshops Will Focus On**

- 🌿 Herb walks (spiritual, ecologically focused, and plant identification)
- 🌿 The Role of the Clinical Educator and Practitioner in Conservation
- 🌿 Seed Harvesting, Processing and Storage
- 🌿 Restoring Ginseng to the Forest Floor
- 🌿 Goldenseal Cultivation
- 🌿 Herbal Medicine Making
- 🌿 The Village Herbalist
- 🌿 Landscaping with Native Plants
- 🌿 Clinical Uses of Common Invasive Plants
- 🌿 Propagation Techniques for Everyone

**COST:** \$60 by September 1st, 2005 (\$70 after September 1st) *\$10 discount for UpS Members*

**SEED SPONSOR:** Gaia Herbs

All Proceeds From This Event Go To United Plant Savers.

Work Exchange is Available. Please call the UpS office at (802) 479-9825.

Lunch will be offered for \$10.00

For local information after September 1st, contact Kathleen at Sacred Plant Traditions by phone 434-295-3820 or email [info@sacredplanttraditions.com](mailto:info@sacredplanttraditions.com)

All Proceeds From This Event Go To United Plant Savers

**PLANTING THE FUTURE REGISTRATION INFORMATION**

To register before September 1<sup>st</sup>, please fill out the form on our website:

<http://www.unitedplantsavers.org/modules.php?op=modload&name=News&file=article&sid=70&n>

To register after September 1st, please call or email the UpS office

## Calendar of Herbal Events

### September

Herbal Medicine Making, Sat. Oct 1st, 10am-4pm (Raindate, Sunday, Oct. 2) - A hands-on class covering all the steps of preparing your own herbal medicine: from start-digging roots and gathering herbs-to finish-making teas, tinctures and salves. Bring your lunch.\$40 pre-registration required.Green Heron Gardens, Salem WV 304-783-5271 email: [anmari@mailstation.com](mailto:anmari@mailstation.com)

New Moon Pizza Fair: Saturday, **September 3<sup>rd</sup>**, 9:30 a.m. to 5:30 p.m. Gourmet Food, Tomato Tasting Contest, Pizza Contest, Walt & Talk on Garlic, Oregano and much more. La Paix Herb Farm, Alum Bridge, WV. Admission \$5. per person, \$10. per family.

<http://www.lapaixherbfarmproducts.com/New/Moon/Pizza/Fair.htm>

### October

**October 1** - Herbal medicine Making. 10 a.m. – 4 p.m. (raindate Sunday, Oct. 2). A hands-on class covering all the steps of preparing your own herbal medicine – from start (digging the root and gathering berries) to finish (making teas, tinctures, and salves.) Bring your own lunch. \$40 pre-registration required. Green Heron Gardens, Salem, WV 304-783-5271, email: [anmari@mailstation.com](mailto:anmari@mailstation.com)

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**Mountain State University Survey** – MSU asked WVHA to put a survey on our website to determine if there is an interest in folks taking classes to obtain a certificate/associate/bachelor degree in herbal sciences, if the group meets for classes at Weston, Charleston, Summerville, Beckley or any place in between, on Fridays and Saturdays.

Dr. Morales states that “Our idea is to open weekend classes for students in Central West Virginia (Weston, Buckhannon, Clarksburg, Flatwoods). We would start by offering the courses 'Plant Propagation' and 'Aromatic and Medicinal Plants' on Saturdays. We would need at least 10 students for the activity to be economically feasible. “

We have had around ten people to answer the survey. Dr. Morales has added a few questions to the survey and asks that everyone who filled it out before to please fill it out again. To do the survey please go to: <http://www.wvherb.org/MSSurvey.htm>.

## **Ephedra No Longer Banned** from *The Herb Quarterly*

This past April, a federal judge in Salt Lake City struck down the Food and Drug Administration's ban on supplements containing Chinese Ephedra (*Ephedra sinica*). In 2004, the agency had banned the herb, one of the world's oldest medicines, in response to an estimated dozen deaths caused by thrill-seekers overdosing to achieve an amphetamine-like high. Many in the herb world objected to the FDA's decision, saying that it made as much sense as banning aspirin – also fatal in huge doses.

The judge ruled in favor of a Utah-based supplement company, Nutraceutical, which quite rightly claimed that herbalists in China have used the herb safely to treat colds, flu, and asthma for more than 1,000 years. The company also pointed out that the estimated 12 million Americans who relied on ephedra for help with these conditions (plus weight loss) shouldn't be punished for the actions of a small, irresponsible minority.

The ruling officially lifts the ban on ephedra only in Utah. But supplement industry observers say that the FDA may allow the herb to return soon to pharmacies and health food stores in those states that have enacted their own bans, such as California, New York, and Illinois.

Ephedra is a decongestant similar to pseudoephedrine, the most popular decongestant in drug store cold formulas. But like pseudoephedrine, ephedra is a stimulant that increases heart rate and constricts blood vessels, raising blood pressure. In huge doses, dozens of times the therapeutic treatment amount, the herb can cause potentially fatal heart problems. Some high-dose ephedra products were marketed as "legal speed," only raising the health risk to users.

Unlike the FDA, the Utah judge clearly distinguished the low-dose ephedra products used for respiratory complaints and appetite suppression from the dangerous high-dose products. The FDA can petition the federal courts to reconsider this latest ruling, but it seems unlikely. Changes are we'll see this herb back on the shelves in most parts of the US in the near future.

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## From The West Virginia Herb Growers Guide – Compiled by Scott Snyder

### Milk Thistle (*silybum marianum*)

**Description:** Grows to 4 ft. in height and spreads to 2 ft. A thistle relative, the large leaves are spiny and thorny with milky-white, variegated veins. The purple flowers are up to 2 in. across and are followed by large black seeds with white hairs resembling Dandelion. Native to the Mediterranean, Milk Thistle is now naturalized on the west coast of the United States.



**Propagation:** Direct seeding in beds is the preferred method but it can be grown in flats, buried about one-half inch deep. Seeds will germinate in 10-14 days and are ready for transplanting at 10-12 weeks.

**Planting:** Seeds can be sown outdoors in early spring or early fall. Seedlings should be planted as soon as the ground thaws. Direct seeding in the garden should be spaced 4-6 in. apart and thinned to 18-24 in. Milk Thistle is grown as an annual in this region and can stand the worst of soils and the most dry of conditions. Even with this in mind, a little compost makes for larger, healthier plants. Needs to be kept well weeded when young but will later smother out any competition. No pest or disease problems reported.

**Harvesting:** The seeds of the plant are what is used and are somewhat difficult to harvest due to uneven flowering of the plants in the field. Flowers are harvested by cutting the heads off when they have just dried up and are starting to develop the white dandelion-like tufts. You will have to harvest every couple of days for a few weeks. The spines on Milk Thistle are very sharp, so dress accordingly – thick leather gloves, long sleeve shirt and pants, boots. Yields will average about one-quarter lb. of seed per plant which will give you about 2000 lbs. per acre. Allow 5-7 days drying time.

## Membership Form / Change of Address Form

Yes, I would love to join the West Virginia Herb Association **WVHA**! I am very interested in:  Growing Herbs,  Cooking with herbs,  Continuing Education,  Improving my Health with Herbs,  Creating Herbal Art. **Note:** CEU's available.

Volunteering sounds like fun!  Have my Regional Coordinator contact me.

There is a change in my contact info.  This is a renewal of my dues.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ County: \_\_\_\_\_

Phone/Fax: \_\_\_\_\_

Email/Website: \_\_\_\_\_

Business Name: \_\_\_\_\_

### Member Dues

- Individual \$20  Family \$30
- Professional \$50
- Corporate \$100

Please return your completed membership Form and check or money order to:

**WVHA** c/o Donna Straly

Rt. 1 Box 198

Lost Creek, WV 26385

Or visit [www.wvherb.org](http://www.wvherb.org) (paypal)



### Herbal Seasons

1289 Smoke Camp Road

Weston, WV 26452

**Moving?** Please return your Mailing label along with your new address. Thank you!

[www.wvherb.org](http://www.wvherb.org)

The mission of the West Virginia Herb Association is to promote the ethical and environmentally sound propagation, cultivation, harvest, and use of herbs in West Virginia.