



Herbal Seasons

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

Fall 2006

Welcome to our Fall Newsletter! There have been changes to the Newsletter; starting this January the newsletter will be published on January 1, March 1, June 1 and September 1 of 2006. All articles are to be submitted to Bill Church by the second day of the month before (December 2005; February 2006; May 2006 and August 2006.

From The President

Hello again!

They say that time goes faster the older we get. If true then I'm approaching 500+ years! This year has flown by. Gardens were planted late due to the unseasonably cold, rainy spring, so ours is just coming in full speed. In this warm, dry summer the Mediterranean herbs are flourishing. Late summer crops of tomatoes, beans, and the reliable squash are promising, too.

The WV Herb Assn and MSU are busy getting ready for our joint fall conference on Sept 15 & 16 in Martinsburg. (See details elsewhere in the newsletter). As I write this the Stonewall Jackson Jubilee is fast approaching. The new school year has begun, leaves are beginning to fall, but the frost is still a ways off!

Seems that everyone has been so busy this year that not many regional activities occurred this spring and summer. Several members have been involved in the Farmers to Chefs project to supply area chefs (approx 100 statewide) with fresh produce and herbs.

Several also toured the WV Botanic Gardens near Morgantown. Later this year, another one-day tour of Dr. Amjad's apothecary is planned. Last tour was a roaring success! Dean Myles, MSU is making the arrangements for this fall. The tour consists of extensive lectures & demos, an Asian lunch provided by our host & his staff with a lengthy visit to his apothecary, all housed in his office building. The only cost is for gasoline, which we minimized by car-pooling. As the fall conference approaches, please begin considering possible candidates for our annual election. My two-year term will be up, and a member-at-large as well.

I hope this year has been a prosperous one for everyone and look forward to seeing you at the fall conference.

At a tour of region 3 coordinator's (Justin Wizard) last summer, I was impressed with the method he used to grow pole beans and decided to try it for my self this year. Following the instructions Justin gave me, Bob & I erected our "bean archway" and planted Fatman beans, a local favorite which many people favor over half-runner beans. Using a 16 foot panel of cattle fencing for the arch gives the beans plenty of room to climb and offers light and air not available in the teepee structure. I am now picking beans halfway up the fence that are easily seen and reached. Since seeds are planted on both sides of each end of the panel for a total of 16 feet, it is very space-saving. Cucumbers would also be a natural for this method, too. Next year I will expand my bean archway to 8 feet and add another 4 feet arch for cucumbers! Check out Justin's website at www.ACEGURU.COM.

Dot.....

From The Editor

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

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:

January Issue – Deadline is December 2nd

March Issue – Deadline is February 2nd

June Issue – Deadline is May 2nd

September Issue – Deadline is August 2nd

Submit by e-mail to 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)

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Need Member assistance? Contact Dot Montgillion:

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2006 Fall Conference Schedule*

Discovering the Fascinating World of Herbs

Organized by Mountain State University and the West Virginia Herb Association

Mountain State University Campus, University Center, Martinsburg, WV 25401

Friday–September 15, 2006 Time	Saturday–September 16, 2006 Time
Activity	Activity
8:00-9:00 Registration	8:00 - 9:30 A) Creating a Marketing Strategy to
9:00 Departure from MSU campus to Green Farmacy Garden, Fulton, MD.	Build Profits Christina Lundberg, CTC Shepherd
11:00- 12:00 Tour Dr. James Duke’s Green Farmacy Garden	B) Pending
12:00 - 1:00 Box Lunch available for purchase 1:00 - 3:00	9:30 - 11:00 A) 2006 Herb Market Dean Myles, MSU, Beckley, WV
Medicinal Herbs	B) History of Herbs Jimmy Foltz, Peace in the Valley Herbs
1:00 – 3:00 Dr. Duke will discuss the virtues of healing herbs	11:00 - 11:15 Break
3:00 - 5:00 Travel back to Charles Town, WV, for an evening at the Peter Burr Farm	11:15 - 12:30 A) Basil Essential Oil Production Dr. Mario Morales, MSU, Beckley, WV
5:00 - 5:30 Break	B) Sharing our Knowledge by Teaching Mary Beth Bennett, Extension Agent, Berkeley, WV
6:00 - 6:30 Welcome	12:30 -1:30 Lunch (Not Included)
Dot Montgillion, WVHA Dr. Mario Morales, MSU	1:30 - 3:30 A) Medicine Making Tina Pirrone, Sage Moon Herb Shop
6:30- 7:30 Frontier Style Dinner included in registration fee	B) Soup Making Judy Roylance, WVHA
7:00 - 9:00 Panel Discussion: What Would the Grannies Do?	3:30 - 3:45 Break
Dot Montgillion and Maggie Keller will discuss the historical and modern use of plants as medicine	3:45 - 5:30 A) Herbal Soap Making Melissa Dennison, WVHA
* Schedule subject to changes	B) Herbal Wreaths Jimmy Foltz
	5:30 - 5:45 Conference Closing

Discovering The Fascinating World of Herbs
 West Virginia Herb Association Fall Conference September 15 & 16, 2006
Registration Form

Please fill out and return with check or money order in the appropriate amount. If you have questions about how to figure your costs, contact Dot Montgillion at 304-269-6416.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ FAX: _____

County: _____ Business Name: _____

Email: _____ Website: _____

Vegetarian (Circle One) Yes No

Children attending? _____ Names/Ages: _____

CONFERENCE FEES:

There is no conference fee for children under age 18, only meals and lodging for children over 3

1 Day Conference Fee: Friday only (also includes Dinner on Friday)\$30x _____ = _____

1 Day Conference Fee: Saturday only (also includes Snacks on Saturday)\$30x _____ = _____

2 Day Conference Fee: Friday & Saturday\$60x _____ = _____

(Includes Dinner on Friday & Snacks on Saturday)

Subtotal= _____

A brown bag lunch will be available for purchase

MEALS:

*Meal Preference for Friday Dinner: Vegetarian – adult # _____, child # _____ or Non-Vegetarian – adult # _____, child # _____

Conference Fee Total: = \$ _____

TOTAL: = \$ _____

Make check or money order payable to WVHA and mail with this form to: WVHA
 Judy Roylance
 PO Box 102
 Wyatt, WV 25463

Bios for Fall Conference

Dot Montgillion

What Would the Grannies Do?

Dot Montgillion is a West Virginian by choice, having moved to Lewis county in the '70's from Maryland after receiving a BS from U of Md and working at USDA Beltsville Research Center for many years. Dot and husband Bob grow many native medicinal and culinary herbs on their Smoke Camp farm. She is currently the president of the West Virginia Herb Association. She is also a Master Gardener and often speaks at WVU functions. Her book, "Modern Uses of Traditional Herbs" is sold in several gift shops in WV, as are her jams, jellies, herbal teas and culinary blends.

Mary Beth Bennett

Sharing our Knowledge by Teaching

Mary Beth is the Extension Agent for Berkeley County and a Master Gardener Coordinator for Berkeley and Jefferson Counties and teaches AG in the classroom quite frequently..

Tina Pirrone

Medicine Making

Tina Pirrone is owner of Sage Moon Herb Shop in Berkeley Springs, WV. She started her lifelong journey of "remembering" the ways of Herbs in 1980 when she discovered Smile Herb Shop in College Park, MD. Her informal training began there and she worked at Smile for about 9 years, studying with Tom Wolfe and Claudia Wingo. She has also trained with Teresa Boardwine, Stephan Buhner, Matthew Wood and has just completed David Winston's 2 year Herbal Therapeutics program. In addition, she is a nationally certified Massage Therapist and has practiced since 1989.

Jimmy Foltz

History of Herbs & Herbal Wreaths

Melissa Dennison

Herbal Soap Making

Melissa Dennison of Clem, WV in Braxton Co. owns & operates a business called Garden Treasures. Operates 2 greenhouses, and makes Bath and Body products their our gardens. Grows alot of different kinds of lavender and other herbs that they use in everything. Member of WV herb Assoc. WV Master gardeners, WV 4-H leader, WV Garden Club. Sells products in Gift shops all around the state, and attends many Art&craft shows & Festivals. They also have Catalog & Mail order is available.

Christina Lundberg

Creating a Marketing Strategy to Build Profits

Christina Lundberg has been the Center Manager of the Small Business Development Center (SBDC) of Blue Ridge CTC, Martinsburg since 1999. The Martinsburg SBDC is celebrating 20 years of providing professional consulting services and quality training in the Eastern Panhandle. The Martinsburg SBDC was the first in West Virginia to offer the nationally recognized ag-entrepreneurship training program "Tilling the Soil of Opportunity". Based on her experiences working with a variety of businesses, she will be modifying the "Creating A Marketing Strategy to Build Profits" workshop for this conference. Profits come from fulfilling customer's needs, creating a positive image in the minds of customers and communicating effectively with customers.

Dean Myles

2006 Herb Market

Dean Myles is a 39- year-old native of Southern West Virginia. He graduated *Magna Cum Laude* from Mountain State University with a B.S. in ecology in 2004. As an intern with the Appalachian Farming Systems Research Center, Dean began to research environmental factors that may influence the alkaloid concentration in goldenseal, working under the direction of Dr. Joyce Foster. During a second internship with the program, he initiated the Conservation of Appalachian Medicinal Plants (CAMP) project to rescue

plants of medicinal and aesthetic value from industrial activities. The effort produced over 4000 acres to search for indigenous plants that may be destroyed. During his third internship, he turned a trash-filled lot into the Medicinal Garden and Walking Trail. In July 2004, he was employed as the Program's Coordinator and given responsibility for maintaining the greenhouse and expanding the research, rescue, garden, and trail activities.

Mario Morales

Basil Oil Production

Dr. Mario Morales obtained a B.S. degree in agronomy and horticulture in his native country, Guatemala. He earned M.S. and Ph.D. degrees in agronomy from Purdue University, West Lafayette, Indiana, specializing in genetics and plant breeding. He worked two years breeding field and vegetable crops, and then spent a significant part of his career studying herbs and aromatic and medicinal plants for the development of new cultivars, and techniques for essential oil extraction and biomass production increase. Dr. Morales has been twice the recipient of the distinguished All-America Selection award, in 1998, for the release of the lemon basil cultivar "Sweet Dani" and in 2002 for the release of the basil cultivar "Magical Michael". Dr. Morales routinely publishes articles in plant science and agriculture journals. He speaks regularly at congresses, symposia and seminars. Currently, he is the Director of the Medicinal Botanicals Program at Mountain State University, Beckley, West Virginia, in charge of developing curriculum for a B.S. degree in herbal sciences; organize educational programs for local, regional, state and national audiences; engage with the community by advising on technological aspects of producing, processing, and marketing medicinal and aromatic plants; and performing research on genetic improvement and production of medicinal and aromatic plants.

Judy Roylance

Soup Making

Reginah Hartwell

Environmental Protection – How to Help Yourself Stay Healthy with Herbs

Calendar of Herbal Events

September

Workshop: Creating Crafts with Lavender

Saturday, September 9th, 2006

10 a.m. to 4 p.m.

Myra Bonhage-Hale, the steward of La Paix will conduct this all day workshop. The lavender is scheduled to be blooming here again and participants will harvest their own fresh lavender to make various crafts which they can take home. A tour of La Paix's gardens and woods with emphasis on growing lavender successfully in West Virginia will be followed by a demonstration by Chef Geof Kraus* (of Lavender Creme Brule fame) who will cater the gourmet luncheon. The afternoon will concentrate on making various crafts with the lavender collected. A distillation of lavender will also be conducted.

Menu

European Herb Salad
Chive Butter Bisque with Spatzel
Seared Fillet of Salmon with
Tarragon Mayonnaise on a Bed of
Roasted Roma Tomatoes and Steamed Green Beans
Caramelized Apple Tart with
Lavender Cream Custard

**\$ 100 per person. By reservation only: limited to eleven. Mail check to La Paix Herb Farm,
3052 Crooked Run Rd.,
Alum Bridge, W.V. 26321
or call (304) 269-7681 to reserve by credit card.**

\$100. per participant - limited to 11. Make your reservations now by mailing a check to La Paix Herb Farm, 3052 Crooked Run Rd., Alum Bridge, West Virginia 26321. Or call me at (304) 269-7681 to register by credit card.

*Geof has demonstrated his wonderful recipes at the last four Lavender Fairs and at the New Moon Pizza Fair.

Elderberry and BirdFlu

According to HerbalGram Standardized Elderberry Syrup Shortens the Severity and Duration of Influenza in Adults.



Issue: [63](#) Page: 16-17

Standardized Elderberry Syrup Shortens the Severity and Duration of Influenza in Adults

HerbalGram. 2004;63:16-17 © American Botanical Council ([Buy This Issue](#))

by Donald J. Brown, N.D.



Reviewed: Zakay-Rones Z, Thom E, Wollan T, et al. Randomized study of the efficacy and safety of oral elderberry extract in the treatment of influenza A and B virus infections. *J International Med Res*. 2004;32:132–140.

Summary: In a randomized, double-blind, placebo controlled trial, 60 male and female patients (18-54 years old; mean 30 years old) were recruited from four primary care sites in Norway to study the efficacy of a standardized elderberry syrup for the treatment of influenza. Patients were screened for participation between December and February, when influenza infection is most prevalent. All volunteers selected for the study had a fever $\geq 38.0^{\circ}\text{C}$ (100.4°F) and at least one respiratory influenza symptom. Influenza type A virus was isolated from 54 patients and influenza type B from 6 patients. Patients were randomized to receive either a standardized black elder (*Sambucus nigra* L., Caprifoliaceae) berry syrup preparation (containing 38% elderberry extract plus small amounts of raspberry extract, glucose, citric acid, and honey; Sambucol[®], Razei Bar, Jerusalem, Israel) or a placebo syrup (same as above but with no elderberry). Patients were instructed to take 15 ml of elderberry or placebo 4 times per day. Study medication was started within 48 hours (mean 27.2 hours) of the onset of the influenza-like symptoms and continued for 5 days. Patients were also allowed to take a “rescue medication” (oral paracetamol and/or a dose-metered nasal spray [Otrivin[®], Novartis, Basel, Switzerland]) if necessary during the study. The primary study outcomes included visual analogue scores (VAS) for aches and pains, frequency of coughing, quality of sleep, mucus discharge in the respiratory tract, and nasal congestion. The VAS used a 10-point rating scale with 0 = no improvement and 10 = pronounced improvement. A self-evaluation score measuring overall personal well-being was also completed. Patients scored their symptoms on diary cards at baseline, four times a day during treatment, and twice daily for 5 days after the treatment had finished. Baseline VAS scores did not differ significantly between the elderberry and placebo groups. There was a significant difference ($p < 0.001$) between the two groups in the development of mean VAS scores. By days 3-4 of treatment, most of the VAS scores in the elderberry group were close to 10 (pronounced improvement), while the placebo group reached this level after 7-8 days. A significant difference ($p < 0.001$) in the global evaluation scores for the two groups was noted after a mean of 3.1 ± 1.3 days, while a similar score was obtained after 7.1 ± 2.5 days in the placebo group. Mean VAS scores for aches and pains, quality of sleep, mucus discharge in the respiratory tract, and nasal congestion were all greater than 9.0 by day 4 in the elderberry group and were ≤ 1.0 in the placebo group. The mean VAS score for aches and pains was 10.0 at day 5 in the elderberry group and at day 8 in the placebo group. Taking rescue medication was significantly less ($p < 0.001$) in the elderberry group (7 used paracetamol and 5 the nasal spray) versus the placebo group (26 and 21, respectively). Patients from both groups were fully recovered after 8 days. None of the patients reported any adverse events during the study.

Comments/Opinions: Sponsored by the makers of Sambucol, this trial demonstrates the safety and efficacy of the standardized elderberry syrup for the treatment of influenza A in otherwise healthy adults. A previous Israeli trial with both adults and children showed similar efficacy in the treatment of influenza B/Panama.¹ In that trial, 27 subjects were randomized to receive Sambucol for 3 days at the onset of flu symptoms. Adults were instructed to take 4 tablespoons per day and children (under 12 years; the youngest was 5 years old) 2 tablespoons per day. A significant improvement of symptoms, including fever, was seen in 93.3% of the elderberry group within 2 days, compared to 91.7% of the placebo group not showing improvement until day 6 (p <0.001). Complete resolution (“cure”) was achieved within 2 to 3 days in approximately 90% of the elderberry group and within 6 days in the placebo group (p < 0.001).

While the active constituents in this extract have not been clearly disclosed, it is thought that anthocyanins such as cyanidin 3-glucoside and cyanidin 3-sambuboside may be the key constituents in the extract.² Both are detectable in the plasma after oral ingestion of the extract.³ Possible mechanisms of action suggested for the extract include immunomodulatory actions as well as possible inhibition of viral adhesion to cell receptors. One ex vivo study found that incubation of human monocytes with Sambucol increased cytokine production—most notably tumor necrosis factor alpha (TNF-a) but also various interleukins (IL-1?, IL-6, IL-8).⁴ An in vitro study found Sambucol inhibited the replication of common human and animal influenza A and B strains as well as prevention of viral adhesion to cell receptors.¹

Practice Implications: The results of this clinical trial support the use of a standardized elderberry syrup extract for the treatment of symptoms associated with influenza in otherwise healthy adults. Although based on small clinical trials, the data suggests a 50% reduction in both the severity and duration of symptoms in persons (adults and children) using the extract for 3 to 5 days. Based on the cost effectiveness of elderberry extract, future trials should focus on its potential value in preventing influenza and also its safety and efficacy in high risk populations such as immunocompromised patients, young children and infants, as well as the elderly.

References:

1. Zakay-Rones Z, Varsano N, Zlotnik M, et al. Inhibition of several strains of influenza virus in vitro and reduction of symptoms by an elderberry extract (*Sambucus nigra* L.) during an outbreak of influenza B Panama. *J Altern Complement Med.* 1995;1(4):361—369.
2. Abuja PM, Murkovic M, Pfannhauser W. Antioxidant and prooxidant activities of elderberry (*Sambucus nigra*) extract in low density lipoprotein oxidation. *J Agric Food Chem.* 1998;46:4091—4096.
3. Cao G, Prior RL. Anthocyanins are detected in human plasma after oral administration of an elderberry extract. *Clin Chem.* 1999;45(4):574—576.
4. Barak V, Halperin T, Kalickman I. The effect of Sambucol, a black elderberry-based, natural product, on the production of human cytokines: I. Inflammatory cytokines. *Eur Cytokine Netw.* 2001;12(2):290—296.



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

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.

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	
<input type="checkbox"/> Individual \$20	<input type="checkbox"/> Family \$30
<input type="checkbox"/> Professional \$50	
<input type="checkbox"/> Corporate \$100	

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

WVHA c/o Judy Roylance
P.O. Box 102
Wyatt, WV 25463