



# Herbal Seasons

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

**December/Holidays 2009**

## Over the Garden Gate

Saturday, Oct. 10th MSU-WVHA held their Celebration of Herbs at the historic site of Jackson's Mill in Lewis County. Vendors participating were: MSU, WVHA, UpS, MG of Charleston, Dr. Amjad, Janice Sumpter, Eve von Deck - books, Dot Montgillion - jams and herbal products, Ann Nye - cordials, Kathy Flewelling - salves and creams, Lis Caudill - perennials, Honeysuckle Hill Gardens - plants and shrubs, Windbeam Nursery - plants and shrubs, Judy Roylance - minerals for gardens, Anne Romance - herbal products, Susan Patterson - photography, Andrea Lay - herbal products, Paul Goland - mushroom logs, Lynn Degen - clothing, Myra Bonhage-Hale - herbal products, Eva Ristl - herbal products, Carol McCarthy - plants and clothes, and Ellie Cronlund - chair massage.

The day began with weed walks led by Sue Cosgrove and David Ahrend; a Paper-Folded Christmas Ornaments for Potpourri class led by Carol Schweiker; and a Seed Saving class with Carol McCarthy. Next came presentations by Annie Seay - Value adding; Jon Seay - Building a Workshop with Straw Bales; Melissa Dennison - Making Bath Salts; and Andrea Lay - Herbal Infused Oils and Salves.

At noon forester, Russ Richarson, spoke on Stilt Grass, Ginseng, and Forestry Surveys for Farms. Throughout the day there were raffles of items donated by our vendors and members of WVHA.

The afternoon began with Annette Gall - When It's Important to Buy Organic; a slide show of-"At Risk" Native Medicinal Plants by UpS; Anne Romance - Making Tinctures from Roots; Dot Montgillion - Making Tea Mixes; and Eva Ristl - Herbs for Hair, Homemade Hair Rinses and Other Tips for Beautiful Hair.

Midafternoon began with Myra Bonhage Hale-Cooking with Herbs; Becky Nesbit - Dyeing with Plants; and Dawn Conner - Felting with Wool. And the afternoon classes finished with a trio of classes by Dr. Hassam Amjad-the Language of Flowers and their Medicinal and Health Benefits, Fibromyalgia, and Tea-the Elixir of Life.

The dessert contest was won by Carol Schweiker for her Berry Sorbet. The day of learning and fun ended with a Tea Party and "Roast" of our own Dot Montgillion, widely known jam maker, herbalist, and teacher of all things herbal. Family and friends contributed pictures and stories for a "This is Your Life" presentation. Keeping this secret for months resulted in a truly surprised Miss Dot.

MSU and WVHA are so grateful for the the help and support given by Myra Bonhage-Hale for her great publicity; Dr. Morales; Dean Myles; The Board of WVHA; all our wonderful vendors; Sue Cosgrove - also a big help with publicity; David Ahrend, Ellie Conlund, registrar Susan Patterson, the Patterson girls - Hope, Taylor, and Samantha; Shannon McGill and Greg Monette - who, along with Hope Patterson, made the raffles so much fun; Rich Wolf; Gerald Wing; Lynn Lassiter - for all her last minute printing and many contributions to our success; Lis Caudill; and especially Melissa Dennison - she outdid even herself with her work on the raffle, the dessert contest, and the party for Dot. Thanks each and everyone of you. It was a most special day.

Herbally yours,  
Ann Nye, WVHA President

### **Herbal Seasons**

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.

### **Departments**

Over the Garden Gate  
Herbal Spotlight  
Herbal Tips  
Herb Gardening  
Herbal Cookbook  
Association News  
Congratulations  
Internet Resources  
Letters to the Editor  
Of Interest  
Calendar of Herbal Events

### **From The Editor**

Send or e-mail us your articles, calendar items, and news of interest to Association members. If you have anything to contribute in any of the departments, please see the following information 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! – Lynn

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!

Items for the Calendar of Events need: Date, Time, Event, Name, Place (City, State), Cost, and Description, Contact. Limit – 30 words

The deadlines for submitting all items are:

February Issue – January 2<sup>nd</sup>  
April Issue – March 2<sup>nd</sup>  
June Issue – May 2<sup>nd</sup>  
August Issue – July 2<sup>nd</sup>  
October Issue – September 2<sup>nd</sup>  
December Issue – November 2<sup>nd</sup>

Submit by e-mail to [lynnlassiter@hughes.net](mailto:lynnlassiter@hughes.net), put WVHA Newsletter in the subject, and your ad or article in the body of the e-mail if possible. **Or mail to:** Lynn Lassiter, HC 50 Box 198, Arnoldsburg, WV, 25234.

### **WVHA Board of Directors:**

**President:** Ann Nye, [nyeann@ma.rr.com](mailto:nyeann@ma.rr.com)

**Vice President:** Melissa Dennison, [gardentreasures@hotmail.com](mailto:gardentreasures@hotmail.com)

**Treasurer:** Susan Patterson, [susanb@inbox.com](mailto:susanb@inbox.com)

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**Membership Chairman:** Kathy Flewelling, [kaflew@wildblue.net](mailto:kaflew@wildblue.net)

**Conference Co-Chairs:** Dot Montgillion, [smokecamp@hughes.net](mailto:smokecamp@hughes.net) and Priscilla Vance, [yellowbear@suddenlink.net](mailto:yellowbear@suddenlink.net)

### **Members-at-Large:**

Michele McCune, [skybriarwood@aol.com](mailto:skybriarwood@aol.com)

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

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Need Member assistance? Contact Kathrine Flewelling, RR2, Box 71E, Proctor, WV 26055, [kaflew@wildblue.net](mailto:kaflew@wildblue.net)

### **Advertising Rates**

**Members** may list calendar events for **free**, 30 words 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: [lynnlassiter@hughes.net](mailto:lynnlassiter@hughes.net)

Mail ads, events with check payable to WVHA, c/o Ann Nye, 263 Ridgeway Dr., Bridgeport, WV 26330

## Random notes on the 2009 WVHA Fall Conference:

submitted by Kathy Flewelling

Cranesbill macrorizome, Geranium Bevens. Bluestone catalog. Buy 3 of a plant and plant in 3 different places to learn where it is happy to grow.

For pain: Valerian root, slippery elm bark, willow bark and feverfew.

For migraine: feverfew tincture also butterburr. Hormone regulator: vitex. Tree flower essence?

For Migraine, short hairstyle. Rinse whole head and hair in water morning and evening.

For Migraine: blue violet flowers. Pansy also.

Herb 'tea' rinses remineralize hair. Stress takes minerals from the body and hair. Replenish with plantain, nettles. Plantain lemon apple cider vinegar rinse. Burdock root decoction hair rinse. Lemon balm sun tea hair rinse. Rosemary. Chinese medicine links scalp and uterus. Coconut oil for hair. Grapeseed oil infused with burdock root.

Holy basil (tulsi) and cinnamon bark tea. Wonderful. Melissa tincture. Ginseng.

Relax and Unwind tea: lemon balm chamomile, skullcap, linden spearmint, rose petals. Beautiful and effective.

Lemon balm: #1 sleep inducer and helper in Alzheimers

Cardamom tea: 3 pods with black tea honey and milk: to help relax and sleep.

For muscle cramps, particularly at night: Take quinine in the form of tonic water before sleep.

Dried poke berries for arthritis. 2 in the summer, 4 in-between, and 6 on the damp cold days.

Bee balm, Monarda, is better than echinacea for infections. Use leaf and flower.

Horseradish and lemon for sinusitis. Add honey and cloves for sore throat.

Woman is more biologically strong than man.

Do not use sugar substitutes, particularly if one has chronic fatigue or fibromyalgia. Stevia is OK. Put stevia on the tongue, and for the next 3 minutes, everything you eat will taste sweet.

Drink, or eat the leaves of, Gunpowder tea. No processed food. Less sugar.

For memory: goto kola centella asiatica.

Dates: high in potassium and phosphorous.

Flowers: there is a life after death: a message of hope.

Cough. Vinegar and honey. Goldenrod is good for UTI.

Gentle asthma treatment: Cardamom, tea, and honey.

Thieves blend: Lemon Clove Cinnamon Eucalyptus and Rosemary Essential oils.

Comfrey, Symphytum recemosus is effective against MRSA. Etc Etc.

Fluorite crystal. Alkanet root in salve.

Lively music Calhoun Kitchen Band.

Herby Fragrance.

PLANTS to add to the garden!

Fun flower magnets, hydrosols. Basil.

Warm greetings. Families together. The Mill is a good leaf-crunchy autumn place to be.

Did more sharing than selling. Recognized that my entrepreneurial skills are not a natural strength.

Bath salts: 2 c sea salt, 2 c epsom salt, ½ c oatmeal, ½ c milk powder, dried herbs and/or essential oils. Food processor. Package in plastic, then sheer fabric tie bag with label in the bag.

Lavender EO stops pain. Chickweed will also stop pain. Oil of Oregano for fungus. Tea Tree oil for fungus.

Lavender has to have air circulating around them. Trim back in spring. Plant in black plastic. Lime in April. Cover with straw in winter. Chicken wire over to deter deer if needed. Vera, Munstead, and augustifolia are the only true lavenders. Provence is larger. Grosso is best for wands.

Epsom salt on plants. Turns the yellow to green.

Drying room: 'closet' or smaller room. Dehumidifier. Racks with screen. Newspaper lined if needed. Stainless steel sink and utensils. Wooden spoon. Baskets and books.

Soaps and salves.

Tinctures and teas.

Raffles and raffia.

Organizers and onlookers.

Green and ground.

Food, friends and fun.

Where did the hydrangea go? So beautiful.

Calendar with art-herb photos.

Artist quatro-view of Dot/Doc.

Angelica cards.

Prostate formula.

Elderberry jam and elixir.

Quince.

JOY.



**Winners from the Dessert Contest**  
**Kathy Flewelling, Patsy Tanzey and Carol Schweiker**

## Recipes from the Dessert Contest

### **First place - Berry Sorbet from Carol Schweiker**

This sorbet can be made without an ice-cream machine, but if you have one, do not hesitate to use it, If you use frozen fruit, put it straight in the hot syrup. The fruit will thaw and the syrup cool at the same time. This recipe can also be used to make strawberry, black or red raspberry sorbet. I used red raspberries. Using the same amount of berries called for, mash them with a fork so that the pulp is mushy but not pureed.

4 cups fresh berries  
1 cup sugar  
5 to 6 unsprayed scented geranium leaves(optional)  
1/2 to 1 Tbs. fresh lemon juice  
2 large egg whites are room temperature

1. Puree or mash the berries in a food processor and force or mash them through a sieve into a bowl, pressing the pulp to remove the seeds. This will take work. Reserve the fruit puree.
2. Combine the sugar with 1 cup of water and the optional geranium leaves and bring to a boil in a heavy saucepan. Boil for two minutes, or until a candy thermometer registers 220 degrees. Let syrup cool, then stir it into the reserved fruit puree with the lemon juice (the mixture may seem quite sweet, except raspberries seemed a bit tart) before it is frozen.
3. Pour the fruit mixture into a shallow metal bowl or dish and freeze until almost set. I used a 9 X 9 metal cake pan, Beat the egg whites until stiff peaks just form. Since I used raspberries and the mixture seemed tart, I added 2 tablespoons of sugar to the egg whites when I beat them.
4. Transfer puree to a bowl and with an electric mixer beat the nearly frozen fruit mixture to a slush, then beat in the egg whites. Transfer the sorbet to the metal dish and freeze for several hours, or until nearly solid. Scoop or spoon the sorbet into stemmed glassed or dessert dishes. Best served the day it is made. If frozen overnight, set in refrigerator several hours before serving.

Yields 6 servings.

### **Second Place - Pumpkin Cranberry Bread from Peggy Tanzey**

1 C. butter  
3 C. sugar  
3 eggs  
3 C. flour  
1 T baking powder  
1 ½ teas. baking soda  
2 teas ground cinnamon  
1 ½ teas. ground cloves  
1 ½ teas. grated nutmeg  
14 oz can of pumpkin or 2 cups  
2 c. cranberries roughly chopped

Cream sugar and butter add eggs and beat well. Mix in the pumpkin. Combine all dry ingredients in a bowl, then slowly add and stir into pumpkin mixture until moist. Then fold in cranberries; DON'T OVERMIX. Fill 2 bread pans lightly greased - Bake at 350\* for 50 – 60 minutes. Freezes well.

### **Third Place - Healthy Whole Wheat Nut Bread from Kathy Flewelling**

16 Cups White Whole Wheat Flour  
5 T. aluminum free baking powder  
4 teas. sea salt  
4 cups unrefined sugar  
4 eggs  
8 cups buttermilk

Cinnamon  
Nutmeg  
6 cups walnuts

Mix sugar, eggs and buttermilk. Add dry ingredients spices and nuts. Bake at 325\* for 1 hour and 10 minutes. Makes several loaves of bread.

### **Raspberry Trifle from Carol Schweiker**

1 yellow Cake mix, substitute "imitation" eggs for real eggs, substitute applesauce for oil.

1. Add 1 Tsp. cardamon to the mix. Bake on a sheet pan.
2. Make up 2 pkg. fat-free vanilla pudding mix with fat free skim milk. Add 1 tsp. cardamon to pudding (or 1 tsp. cinnamon)
3. Fruits: raspberries, kiwi, or any fruit of choice that you like. Ann's is Lavender peach jelly combined with red raspberry jam. Raspberry wine or Zinfandel - your choice of amount. Slivered almonds and dark chocolate curls for garnish.
4. Layer in a large bowl:
  1. Cake ( cut to fit the bottom of bowl – cut more cake to fit more layers)
  2. Add wine or brandy (I like to use a liberal amount)
  3. Cover with layer jam
  4. Add pudding
  5. Raspberries or other fruit
  6. Repeat layering.
  7. Add kiwi fruit under last layer of pudding
  8. Top with kiwi and raspberries with curls of dark chocolate and slivered almonds

### **Lavender fudge from Janice Sumpter**

2 – 8 oz. cream cheese  
2 lbs -- 2 + cups confectionary Sugar sifted  
2 sticks butter  
1 Tbs. Lemon juice  
4 Tbs. Lavender Liqueur

1. Melt butter and cream cheese in a double boiler. Mix well with mixer Gradually add sifted confectionary sugar.
2. Remove 2 cups of fudge and add lavender liqueur and Red and Blue food coloring and alittle more powder sugar ¼ cup set aside.
3. Add lemon juice to original fudge mixture pour ½ into paper lined pan. Add lavender flavored fudge next and then remaining lemon fudge to top.
4. Score with knife to mix and make swirl in the purple lavender part. Let cool. Cut and serve.

### **Fruitlicious Dessert from Myra Bonhage-Hale**

8 bananas  
pint organic strawberries  
1 organically grown sweet baby watermelon  
Two ripe peaches  
One apple  
One cantelope  
1 package coconut shredded  
Pineapple sage leaves and flowers  
Peppermint,  
Chocolate mint  
Pineapple mint leaves  
Nasturtium flowers  
1 pint triple distilled vodka

¼ cup triple sec liqueur

1. Preparation Day before serving: peel chop or melon ball all fruit. Put ½ pint vodka in large bowl suitable for serving. Place chopped pineapple sage leaves throughout dish beginning at the bottom of the bowl. Place chopped and balled fruit in bowl as they are prepared. Stir with wooden spoon with each addition. Sprinkle coconut throughout.
2. When all fruit has been added to bowl, add remaining Vodka and the triple sec to the top, sprinkle more coconut on top, garnish with mint leaves and pineapple sage leaves and flowers. Adorn with nasturtium flowers, Cover and Refrigerate until serving the next day. May be served same day but waiting a day will let the fruit marinate with all the other ingredients, Please drink any remaining liquid from individual servings.

Pennsylvania Pumpkin cookies from Melissa Dennison

2 C. whole wheat flour

½ tsp salt

1 tsp baking powder

1 tsp baking soda

1 tsp cinnamon

½ c. butter

½ c. applesauce

1 C. brown sugar

1 C. pumpkin

1 egg unbeaten

1 tsp vanilla

½ C chopped dates

½ C. chopped pecans or any other nut

Put flour salt baking powder and b.soda cinnamon set aside. Cream butter sugar applesauce egg pumpkin beat until fluffy. Add flour mixture a little at a time add in vanilla, nuts, dates. Bake at 350\* for 12 minute or until lightly brown and soft. When cool make frosting.

Mild Carmel Frosting

3 Tbsp butter

¼ C. milk

½ C. Brown sugar

1 C plus 2 tbsp sifted confectionary Sugar

1 T vanilla

Put brown sugar, milk and butter. Bring to a boil, slowly - about 2 minutes - stir constantly. Let cool, then stir in confectionary sugar. Beat until consistently to spread. Frost cookies and let dry. Put waxed paper between layers of cookies.

### **Banana Cranberry Nut Bread from Ann Nye**

½ c. applesauce

1 c. sugar – less if bananas are very ripe

2 eggs

3 bananas

2 c. flour

1 tsp. baking soda

½ tsp. baking powder

½ tsp. salt

3 T. milk

½ tsp. vanilla

½ c. nuts

1 c. whole cranberries

Combine applesauce, sugar, eggs and bananas. Beat well. Add flour, soda, baking powder, and salt. Again beat well. Stir in remaining ingredients, mix well. Pour into greased loaf pan. Bake at 350° F. for 50-60 minutes.

## **Ten Commandments of Gardening**

submitted by Melissa Dennison

- I. Thou shalt be patient 'til it's thyme to garden
- II. Thou shalt be outstanding in thy field.
- III. Thou shalt lovingly care for the earth
- IV. Thou shalt weed thy garden diligently
- V. Thou shalt take time to smell the flowers
- VI. Thou shalt keep a fresh-from-the-garden attitude
- VII. Thou shalt give freely of the bounty of thy harvest
- VIII. Thou shalt not covet thy neighbor's soil
- IX. Thou shalt listen to your Gardening Angels
- X. Thou shalt bloom where you are planted and grow strong under God's tender care.

### **Food for Forage**

The following listings are from about.com's "Frugal Living" newsletter and listed by month:

November: Chestnuts, Crab Apples, Ginkgo nuts, Hen of the Woods mushrooms, Pecans, Persimmons and Sheep Sorrel

December: Chestnuts

For a year-long guide see: [http://frugalliving.about.com/od/eatforfree/tp/Monthly\\_Foraging\\_Guide.htm](http://frugalliving.about.com/od/eatforfree/tp/Monthly_Foraging_Guide.htm)

### **Dot Montgillion, Founding Member of West Virginia Herb Association Honored at Celebration of Herbs Conference**

by Myra Bonhage-Hale

Dot Montgillion, owner of Smoke Camp Crafts, Lewis County, WV was honored for her long time devotion to the WV Herb Association, her wisdom and her wit at the Celebration of Herbs Conference in Jackson's Mill on Saturday, Oct. 10<sup>th</sup>, 2009. Taken by surprise at the Tea Party ending the Conference by Melissa Dennison of Garden Treasures, Vice President of the Organization and Ann Nye, President, Dot was escorted to the Photo Montages assembled which illustrated her life, her friends, her relatives and her many many contributions to the herb group. Dot is a founder, a former President and Vice President of the Association, and has been a working and dedicated contributor to all aspects of the Herb group for all nineteen years of its growth. She is a founding member of the Mountain State Organic Grower and Buyers Association. Anne Romance, of Green Heron Gardens contributed to the many compliments and expressions of love garnered by Dot, saying, "Dot has always centered the group, through its ups and downs – she has been the steadying force." Many of the contributions were funny in nature, and Dot laughed and obviously enjoyed it all. She was joined by her grandson, Steve, home from Iraq, his wife and her son.

Famous for her jams and jellies (her Road Kill jam is nationally known) – as well as her business smarts and sense of humor, Dot was remembered with respect and pleasure by the many attending. It was a fitting tribute to a remarkable woman.

### **And some sage advice from Dot on bedding down this year's gardens:**

Due to the erratic weather during the past growing season, plants were susceptible to conditions that they readily overcome in a normal growing season.

We grew several varieties of cucumbers, beans, squash, etc. with some strange results that we had never seen in all the

years of gardening!

Pollination was minimal, even for the self-pollinating crops. Cucumbers looked more like clubs, being small on the stem end. Production was way off, but at least we got enough to can and save seed for beans and tomatoes. For the first time, we were wiped out by tomato late blight. Where this occurs you must pull up the plants and make sure to carefully collect all the fallen tomatoes and BURN. DO NOT COMPOST! Next year be sure to rotate your crop-a three year rotation is recommended. WV Extension has some pamphlets on tomato diseases.

A cover crop is recommended to protect the are from erosion and to enrich the soil.

Hope you have taken cuttings of the tender herbs - rosemary, lemon verbena, and pineapple sage and rooted them for next year. The basil was fantastic this year, and of course, the oregano always is!

It's time to hunker down with gardening books and magazines and play in the greenhouse (if you're lucky enough to have one) until spring!

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#### INTERESTING WEB SITES

[www.wvherb.org](http://www.wvherb.org) – West Virginia Herb Association

<http://groups.yahoo.com/group/wvherb> - WVHA e-group forum for sharing ideas, information, calendar events (monthly calendar can be printed out), files, photos, etc. Newsletters and events will be posted there. This group is restricted to WVHA members and select resource people.

[http://frugalliving.about.com/od/eatforfree/tp/Edible\\_Weeds.htm?p=1](http://frugalliving.about.com/od/eatforfree/tp/Edible_Weeds.htm?p=1) – Nice for those of us not so familiar with the edible “weeds”. Good pictures and links to recipes. Even has link for Japanese Knotweed!



**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.

**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 Ann Nye  
263 Ridgeway Dr.  
Bridgeport, WV 26330