



# Herbal Seasons

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

Winter 2007

Welcome to our first Newsletter of 2007! The next newsletters will be published on March 1, June 1 and September 1 of 2007. All articles are to be submitted to Ann Schenk by the second day of the month before (February 2007; May 2007 and August 2007).

**Note to Members: For the folks that don't have an email address we will still be sending you a hard copy of the newsletter. For those that have an email address we will send you a 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 [webmaster@wvherb.org](mailto:webmaster@wvherb.org) and put in the header 'Seasons PDF' and make sure that we have your current email address.**

## From The President

Greetings from your new President. I have what could be described as an impossible task – taking over from Dot. I'm very thankful and grateful for everything Dot has done and appreciative of the fact that she's staying on and helping us. Welcome to our winter newsletter. The Fall Conference is over and what an enjoyable event. The trip to Dr. Duke's Green Farmacy Garden was my first and like everyone I was so very happy that I finally got to visit and that I had the privilege of listening to Dr. Duke. The whole conference was a wonderful experience – the time in the garden; the evening at the Peter Burr Farm and a day full of wonderful herbal education. The Eastern Panhandle of WV has been blessed with so many sharing herbalists like Jimmy Foltz, Kat Braun and Tina Pirrone and it was wonderful to hear and learn from them. We also appreciate the folks from "mainland" WV that came and shared with us. If you missed the Fall Conference, we have both a Spring and a Fall Conference scheduled for 2007, so please plan on joining us for one or both of them and if you would like to be a presenter, please let us know. Check our website, [www.wvherb.org](http://www.wvherb.org), for more details on our conferences and activities. We are happy to announce that we have joined the Plant Conservation Alliance. Their mission is to protect native plants by ensuring that native plant communities and their populations are maintained, enhanced and restored. Please visit their website, [www.Nps.gov/plants](http://www.Nps.gov/plants), for more information. The weather has turned decidedly colder over the last few days and I know that winter is here because Dot was passing out extra seed catalogs and explaining how she keeps track of what she ordered from where and uses that info to jog her memory when she is looking over the new catalogs! This is an exciting time in my life; I'm looking forward to learning more about the members of our group and hopefully getting to meet many of you in the future. Please let us hear from you with your thoughts and ideas about our organization – where you think we are and where you would like to see go over the next 5 to 10 years.

Green blessings,

Kathryn

## 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! – Ann Schenk

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### Departments

From The President  
Member Highlights  
Herbal Tips  
Herb Gardening  
Herbal Cookbook  
Association News  
Regional News  
Congratulations  
Questions & Answers  
Internet Resources  
Letters to the Editor  
Events of Interest  
Calendar of Herbal Events

### 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:  
webmaster@wvha.org.

Mail ads, events with check payable to WVHA, to newsletter editor, Ann Schenk, 703 S. Dean St, Baltimore, Md, 21224. Be sure to have it to me by the deadline. Make checks payable to WVHA.

## 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 .

Items for the Calendar of Events need: 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 2<sup>nd</sup>**

**March Issue – Deadline is February 2<sup>nd</sup>**

**June Issue – Deadline is May 2<sup>nd</sup>**

**September Issue – Deadline is August 2<sup>nd</sup>**

Submit by e-mail to webmaster@wvha.org, put WVHA Newsletter in the subject, and your ad or article in the body of the e-mail if possible. **Or mail to:** Ann Schenk, 703 S. Dean St., Baltimore, MD, 21224.

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!

**WVHA Board of Directors:** (304 Area Code)

**President:** Kathryn Hare, khare@citolink.net, 676-9231

**Vice President:** Ann Nye, Inye@ma.rr.com, 842-6385

**Treasurer:** Judy McConnell, jtmc4@earthlink.net, 273-3562

**Secretary:** Andrea K. Lay, solarmountain@wvdsi.net, 504-336-3997

**Members-at-Large:**

Judy Roylance, jroylance@aol.com, 592-3323

Ann and Michael Schenk, schenk2001@mac.com, 410-732-0383

Carol McCarthy, carol.mccarthy@mail.wvu.edu 296-6766

**Website:** www.wvherb.org

**Webmaster:** Ann Schenk, webmaster@wvherb.org

Need Member assistance? Contact Judy McConnell, 605 Sand St., Ravenswood, WV 26164 304 273-3562, jtmc4@earthlink.net

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## **From The Past President**

Hello again,

Looks like winter is here with a temperature of 15°Fahrenheit. Looking back on the last two years as president, it was an interesting experience for me and made me very much aware of the inner workings of our diverse group of growers, crafters, culinary wizards, professional health care providers and "plant people".

I have enjoyed increasing my knowledge through workshops and conferences, and just by paling around with other members. Cooperative efforts with Mountain State University, Beckley, has been rewarding and has brought new depth to WVHA by the input of the MSU faculty Dr. Mario Morales & Dean Myles. A long-term project of donating our greenhouse (no longer being used) and the prototype portable dryer to MSU has been finally achieved. MSU will be able to conduct herb research which will be available to our members.

Several WVHA members have been in a grant "Farmers to Chefs" through a grant underwritten by Farmers, Artisans Resources, Inc. (FAR) which connected small growers to chefs statewide. FAR was incorporated in WV with the mission to make a positive impact on the economy of the community, fostering healthy people through economic and social development..... (you get the idea.)

The president, vice president, treasurer and sec'y of FAR are all WVHA members. An on-going project is one to encourage WVHA members to check our website regularly for news, events, and the many interesting links.

Lastly, I want to welcome our new officers, and encourage members to actively support them in the coming year. Until you've been there, you can't appreciate the work involved in the day to day operation of our organization. One way everyone can help is to become active in your region. In the past, several regions have hosted one day workshops, tours, etc. We all have busy lives, but can still usually find time for something we really want to do.

Looking forward to sitting back and enjoying the efforts of Kathryn Hare, Ann Nye, Judy McConnell and Andrea Lay as well as the members-at-large and regional coordinators-welcome all! Dot.....

## **Fall 2006 Conference**

The WVHA Fall Conference was held at MSU's Martinsburg, WV facility on September 15th and 16th, 2006, with 49 registered attendees. Dr. James Duke was the keynote speaker. On Friday, conference attendees car-pooled from Martinsburg to Dr. Duke's "Green Farmacy" garden near Laurel, MD. There was a short talk and an introduction to his garden and gardeners before lunch. He gave a lecturing tour of his multi-level, tiered garden after lunch. The garden is laid out according to maladies and uses, from aphrodisiacs (garlic !?) to insecticides (pennyroyal and hoary mountain mints). The garden had many plants familiar to West Virginians: ginseng, black cohosh, stinging nettle, Joe Pye weed, elderberry, Jimson weed, fennels, wild yam, pokeberry, sweet annie, greenbrier, teazel... .

Dr. Duke did mention that the person who helped lay out his garden works for the Maryland Department of Natural Resources, and she is continually threatening to kill off his kudzu (phyto-estrogens, and the source of most 'arrowroot' starch sold in Chinese stores) and Japanese knotweed (resveritrol, a flavonoid used for heart related diseases). He has plants from around the world in his garden. If you missed the tour, you missed a lot!

The day ended with a home-cooked dinner, frontier style, at the Peter Burr Farm in Charles Town. The business meeting was held after dinner. New board members were elected at the meeting.

Saturday's breakout sessions at the Martinsburg MSU campus were just as informative. There was a little bit of everything, from making soup, to the nuts-and-bolts of making a market for your products.

**The Spring conference, hosted by MSU, will be March 10th in Beckley. Our Fall 2007 conference will be October 19,20,21 at Jackson Mill. Mark your calendars now!**

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## **Welcome New Members**

Four new members signed up at the Fall Conference. Welcome to:

**Kathy Hoover**

**Robin Nichols**

**Ralph Scorza**

**Mark Wirt**

## **In Memorium**

Harvey "Chef Harv" Christie, host of "West Virginia Cooks" on PBS, owner of Gourmet Central, and WVHA member, was killed Friday morning, December 1, after his van ran off W.Va. 28. He was 42. He was always promoting West Virginia. He was always for the farmer, always for the small orchard. Harvey is survived by his wife Cristy, his son Gabe, daughter Katie and all of his friends and family that will miss him tremendously.

**Chef Dale Hawkins, executive chef at Stonewall Resort in Roanoke, said Christie's wife asked that people make donations to two funds in lieu of flowers. The first is a special fund set up for his son, Gabriel Christie, c/o First National Bank, P.O. Box 1037, Romney, WV 26757. The second fund is the Beni Kedem Shrine Transportation Fund, 100 Quarrier St., Charleston, WV 25329.**

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### **Announcement From Cristy Christie**

We will be having a Celebration of Chef Harv on the following dates:

**January 13, 2007 1-4pm**

Bottling Works (Route 50) - Romney, WV

**The weekend of February 24, 2007**

Stonewall Resort - Roanoke, WV

As more details become available, they will be posted to our website, [www.chefharv.com](http://www.chefharv.com).

I hope that you will join us at one of the celebrations!

Cristy Christie

*Christy also sent a pdf file of a letter to all who knew Chef Harv and a copy of the article in the local newspaper, "The Hampshire Review". The 3-page, 711 KB pdf file is linked on our website,*

about a 4 minute download at dial-up speeds. It is not copied here because the newspaper images do not photocopy well. If you cannot get the file from the website, let me know and I will get a copy to you. - Ann Schenk

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## **Herbal Recipes**

Compiled by Maggie Keeler

### **BAKED PUMPKIN** (Adapted from a Better Home & Gardens recipe)

¼ cup dark brown sugar, packed or brown sugar Splenda  
¾ tsp. cinnamon  
1/8 tsp. nutmeg  
1/8 tsp. ginger  
½ tsp. sea salt  
3 lb. baking pumpkin, peeled, and seeded  
2 Tbsp. favorite vegetable oil  
½ cup finely chopped walnuts

Cut the pumpkin into 2 ½ to 3-inch pieces that are about ¼-inch thick; set aside. Combine the brown sugar or substitute, spices, and sea salt in a small bowl; set aside. Toss the pumpkin pieces gently with the oil until well-coated; put in a 3-quart baking dish, and sprinkle the spice blend over top, then the nuts. Bake, covered, in a preheated 325° oven for about 40 minutes. Stir pumpkin, then bake, uncovered, until pumpkin is tender, about 15 more minutes.

~ Makes 10 servings

~ ~ This may be served as a side dish for a healthier alternative to that marshmallow laden or caramel-pecan topped sweet potato casserole or even as a healthy dessert. Speaking of sweet potatoes, a new favorite way to serve them is to bake until tender, halve them, sprinkle lightly with brown sugar Splenda or brown sugar, then heartily with cinnamon, and put them back into the oven just until the brown sugar melts....

(Scrub sweet potatoes, cut in half lengthwise, sprinkle with brown sugar and pumpkin pie spice, put the halves together and roll in foil to cook on the grill instead of regular potatoes for a special summer treat too!— the editor)

### **CHICKEN 'McINTOSH'**

~ ~ I grew up in apple country in the beautiful Hudson Valley of NY and remember fondly excursions to nearby orchards every fall, sometimes to pick our own baskets of apples and sometimes to buy from the selection at the fruit stand.. There was at least a bushel of drops for the tawny jars of applesauce mama usually put by. Macs were a part of her preferred mixture of varieties for sauce and we also ate these juicy apples out of hand.. I was inspired by the NY Apple Country website recipe to adapt this dish to my taste. It is a great way to use leftovers.

1 cup chopped cold roasted chicken  
2 cups leftover chicken gravy  
½ cup apple/ white wine, or apple juice  
1/2 tsp. dried thyme  
3 cups hot brown rice

¾ cup slivered almonds  
½ tsp. dried rosemary needles, crushed  
1 large 'McIntosh' apple, unpeeled, cored, and cubed

Combine the chicken, gravy, wine or apple juice, thyme in a sauté pan until thickened. Meanwhile, combine the rice, nuts, and rosemary; keep warm. When chicken in gravy is thoroughly heated, stir in the apple, spoon it over the rice, and serve immediately.

~ Makes 4 servings

Variation:

~~ Another time, add curry powder [to taste] to the chicken and gravy mixture for an Indian flavor and substitute peanuts for the almonds. Also cook Basmati rice instead of the brown rice.

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## Herb of the Year – Lemon Balm (*Melissa officinalis* L.)



Lemon Balm is cultivated worldwide, having originated in southern Europe and northern Africa over 2000 years ago. The scientific name *Melissa* refers to the affinity that honey bees have for this aromatic herb, and comes from the Greek word for honey bee. The leaves were rubbed onto beehives to prevent swarming and to encourage the bees to return to the hives. Other common names for this plant are: Balm mint, bee herb, Sweet balm, Garden balm, Honey plant, and *Melissa*.

Lemon balm is a plant that prefers rich moist soil and partial shade. It can tolerate direct sunlight but plants grown in shade tend to be larger and more succulent. It is related to mint in appearance, but it is not as invasive and easier to control. A clump-forming herbaceous perennial with heart shaped, deeply veined leaves that are covered with stiff hairs, it grows up to 1-2 feet high. Bluish-white or yellow flowers bloom from May to October. After pollination, long oval brown seeds appear. The leaves should be harvested before the flowering for optimum flavor and fragrance. The plant should be cut back in the fall.

Lemon balm has a wide culinary potential. Fresh leaves are an attractive garnish, and can be used to add zest to sweet or tangy dishes. It combines well with allspice, bay leaves, mint, pepper, rosemary and thyme. Fresh herbs with essential oils should be added at the end of cooking. A wonderful addition to fruit salads, green salads, herb butters, fruit drinks, sorbets. It can also be used in egg dishes, custards, soups and casseroles. It works well in stuffings for poultry, lamb or pork. Its subtle flavor is a perfect for sauces and marinades for fish. Lemon balm and chervil are also good combination.

The Arabs introduced it as medicinal herb, a tea that was taken for anxiety and depression. Today the tea is taken to treat colds and flu, lower blood pressure and for insomnia and indigestion. Lemon balm preparations are made from the leaves of the plant. Essential oils made from lemon balm leaves contain plant chemicals called terpenes, which play at least some role in the herb's relaxing and antiviral effects. Lemon balm also contains substances called tannins, which are thought to cause many of the herb's antiviral effects. Lemon balm also contains eugenol, which calms muscle spasms, numbs tissues, and kills bacteria.

It may be used effectively in conditions of migraine that are associated with tension, neuralgia, anxiety induced palpitations, and/or insomnia. Lemon balm has a tonic effect on the heart and circulatory system causing mild vasodilation of the peripheral vessels, thus lowering blood pressure. It can be used in feverish conditions such as influenza. Hot water extracts have anti-viral properties, possibly due in part to rosmarinic acid and other polyphenolics constituents. Lemon balm is generally considered safe for human consumption as a spice/natural flavoring and a plant/oil extract (21 CFR section 182.10, 182.20 [1982]).

(Sources listed in Internet Resources Section)

## **Milk Thistle** (*Silybum marianum*)

Judy T. McConnell

Milk thistle is one of the most researched plants in herbal medicine. Milk thistle preparations have been used for the treatment of liver ailments since antiquity, with the first documented use by Pliny the Elder (AD 23-79). It has been much studied in modern times with intensive research occurring over the last thirty years. The efficacy of the main constituents of milk thistle has been confirmed by extensive laboratory, histological and clinical data<sup>1</sup>.



Milk thistle is a member of the Aster family and derives its name from its appearance. It is a weedy thistle native to the Mediterranean that grows wild in Europe and has been naturalized to North America, South America and Australia. Milk thistle has a thick stout stem that reaches a height of 4 to 10 feet with wide thorny leaves that have white veins. It has large purple-red flowers and small, hard-skinned fruit that is brown, spotted, and shiny. Milk thistle is easy to grow and matures in less than a year. It grows in sunny, dry areas and is annual or biannual.

The primary part of the plant used in herbal medicine is the seed, although the leaf and stem are edible as well (remove the thistles first!).

Other common names are Mary thistle, Marian thistle, Lady's thistle, Holy thistle and wild artichoke.

Milk Thistle's primary use today is to support and detoxify the liver. It also has historical uses as an antidote to mushroom poisoning (amanita or death cap) and as a galactagogue (milk enhancing and enriching) for lactating mothers. We will concentrate here on the benefits for the liver.

The liver is the largest organ in the body and is involved in many metabolic processes. One of the most important is the neutralization and disposal of toxic substances and cellular waste. It is located on the right side in the abdomen and is protected by the lower right rib cage.

If the liver is sluggish or damaged, toxic wastes (both internal cell debris and external ingested - such as alcohol, chemicals, drugs) build up and cause liver cell damage. When the liver cannot process waste products brought to it by the blood, they reenter the blood stream and circulate. This in turn stimulates the immune system and the process becomes circular with the net effect that all the cells in the entire body receive waste. As you can see, the liver is a most important organ. Milk thistle is one of the best herbs for protecting, cleansing, and aiding regeneration the liver<sup>1</sup>.

Research suggests that the hepatoprotective (liver protecting) effect of milk thistle is mostly due to a

group of flavonoids found in the seeds commonly known collectively as silymarin<sup>2</sup>. Because of this, most companies use a standardized extract of milk thistle seed, usually standardized to 70-80% silymarin.

Silymarin acts to benefit the liver in many ways. It inhibits liver damage by stabilizing the structure of the liver cell's outer membrane in such a way that certain toxins cannot enter the cell<sup>3</sup>. Silymarin penetrates the outer layer (hydrophilic zone) of the cell and binds with the lower phospholipid layer, reinforcing and stabilizing the entire outer membrane.

Silymarin stimulates the regeneration of the liver by stimulating RNA polymerase A - enhancing ribosome protein synthesis<sup>4</sup>. This stimulation activates the regenerative capacity of the liver through new cell development.

Silymarin enhances the detoxification process by acting as a powerful antioxidant<sup>1</sup>. Certain toxins act as free radicals, highly reactive molecules that can damage other molecules, including those in cells. Silymarin prevents free radical damage by acting as an antioxidant, and it is at least ten times more potent in antioxidant activity than Vitamin E<sup>1</sup>.

Silymarin also increases the glutathione (GSH) content of the liver. GSH is responsible for detoxifying a wide range of hormones, drugs and chemicals. It inhibits leukotriene formation and inflammation that constricts bile flow<sup>1</sup>.

### **Dosage:**

Recommended dosage of Milk Thistle is 350 Mg three times per day. This may be increased depending on the severity of the liver damage. Milk thistle is not toxic, although with high doses some looseness of stools may occur. It is safe for long term use.

**BODY SYSTEM:** Digestive - LIVER

**Complementary NSP products:** Liv C

**ACTION:** Liver Detoxifier, Restorer, Blood Purifier, Bile Stimulator

**TOXICITY:** None. **Safe for long term use.**

**COMPLAINTS:** Fatigue, weight gain, exposure to toxic chemicals (seek medical help), hepatitis (seek medical help), cirrhosis (seek medical help), jaundice (seek medical help), alcoholism.

### **References:**

1. Murray, Michael T., N.D. The Healing Power of Herbs (Rocklin, CA:Prima Press 1995) 243-252.
  2. Hikino H, et al.: Antehepatotoxic actions of flavonolignans from Silybum marianum fruits. Plant Medica 50, 248-250, 1984.
  3. Cell Biochemical and Function Journal, April 1984 Vol II (II - 85-88).
  4. Bisset, N.G. [ED], Herbal Drugs and Phytopharmaceuticals. (Stuttgart: Medpharm Scientific Publishers, 1994), 121
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## **Calendar of Events**

March 10<sup>th</sup>, Beckley: Spring conference.

## **Internet Resources:**

<http://www.ars-grin.gov/duke/>

<http://www.umm.edu/altmed/index.html>

<http://www.umm.edu/altmed/ConsHerbs/LemonBalmch.html>

<http://www.theepicentre.com/Spices/lemonbalm.html>

[http://www.hort.purdue.edu/newcrop/med-aro/factsheets/LEMON\\_BALM.html](http://www.hort.purdue.edu/newcrop/med-aro/factsheets/LEMON_BALM.html)

<http://www.ces.ncsu.edu/depts/hort/hil/hil-126.html>

[http://www.uni-graz.at/~katzner/engl/Meli\\_off.html](http://www.uni-graz.at/~katzner/engl/Meli_off.html)

### **Photo credits:**

[http://xroads.virginia.edu/~ma97/danforth/soapnuts/399/lemon\\_balm2.jpg](http://xroads.virginia.edu/~ma97/danforth/soapnuts/399/lemon_balm2.jpg)

<http://www.uapress.arizona.edu/onlinebks/weeds/graphics/fig152.gif>

## **Reminder**

### **Dues for 2007 are due this month!**

Don't miss out on information and articles you can use.

#### 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 Judy McConnell  
605 Sand St.  
Ravenswood, WV 26164



## 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 Judy McConnell  
605 Sand St.  
Ravenswood, WV 26164