



# Herbal Seasons

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

Spring 2007

Spring -- Yea! The next newsletters will be published on 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

I'm sure that on more than one occasion you have decided that whatever you just did was the absolute last time you are ever going to volunteer again. They didn't appreciate what you did, they wanted you to change how you did whatever it was you did, and then they didn't even say "Thank You". We all go through this and yet we all seem to give volunteering another try. That's what I'm hoping you will do after you read this wonderful newsletter put together by our volunteer editor, Ann Schenk. The Herb Association needs at least 1 and really would be best if we had at least 2 volunteers to take on the role of Training Coordinator(s). We desperately need someone for the role of Continuing Education Coordinator - that's the person who takes charge and makes sure we are able to offer Continuing Education Units at our conferences. I'm told that normally this is "an RN thing" but we won't be choosy - we'll just be thankful to have someone in that position. We also need a Training/Education Coordinator. This person will work with all of us to ensure we have a well rounded program - the person to suggest just the class we need to tie everything together at a conference or the person to suggest a program that we can all benefit from. Does either of those roles sound like something you would like to try? Are you interested but skeptical that you can do this? Give it a try. We all appreciate volunteers! And speaking of appreciating volunteers, now is the time to think about the Fall Conference. The conference will be held on 12-14 Oct 2007 at Jackson's Mill. Doug Elliott is our keynote speaker. Would you like to be a presenter during the conference? Do you have some topic you'd like covered during the conference? My new email is [mizhare@comcast.net](mailto:mizhare@comcast.net) and I'd love to hear from you. And just in case no one has said it, Thanks for volunteering!

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

### Departments

From The President  
Herbal Spotlight  
Herbal Tips  
Herb Gardening  
Herbal Cookbook  
Association News  
Regional News  
Congratulations

Internet Resources  
Letters to the Editor  
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, mizhare@comcast.net, 676-9231

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

**Past Preident:** Dot Montgillion, smokecamp@iolinc.net, 269-6416

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**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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## **Fifth Appalachian Opportunities Symposium Plants and Plant Systems for Small Farm Product Diversification**

**Tamarack Conference Center, Beckley, West Virginia, March 10, 2007**

The Mountain State University Medicinal Botanicals Program, the USDA/ARS Appalachian Farming Systems Research Center, the West Virginia Department of Agriculture, and the West Virginia Herb Association will co-sponsor the Fifth Appalachian Opportunities Symposium at the Tamarack Conference Center in Beckley, West Virginia, on March 10, 2007. The theme of the event is 'Plants and Plant Systems for Small Farm Product Diversification'.

**Schedule.** The schedule covers one day of intensive educational activities with the following sessions: plants for small ruminant nutrition and health, utilization of plant resources, medicinal plants, culinary connections, and business approaches and economics. We have selected speakers from the research, education and business communities, all of them with several years of experience. We encourage you take advantage of this opportunity to learn technologies and ideas that you can incorporate in your business or farm operation. We have made an effort to reduce the price of registration to \$50, which includes a lunch, drinks at break times, and appetizers for the social hour. We hope you join us and enjoy your time learning new techniques and making new connections.

**Keynote Speaker.** Gus R. Douglass, West Virginia Commissioner of Agriculture will talk about 'Agricultural Opportunities in West Virginia' during the symposium luncheon.

Gus Douglass began his illustrious career with the West Virginia Department of Agriculture in 1957. He was first elected Commissioner of Agriculture in 1964 and has been elected to nine four-year terms. In addition to his years of service to West Virginia, Douglass has also served as president of both the Southern Association of State Departments of Agriculture and the National Association of State Departments of Agriculture (NASDA) and currently serves on three NASDA committees. He has served on - and often chaired - more than 25 boards, commissions and committees.

**Registration.** Fee: \$50, plus \$25 for each additional family member

**Trade Show.** This is a great opportunity for exhibitors/vendors to promote their trade and create links for new market opportunities. We will have a Trade Show Room with a limited number of tables, so we encourage you to register as early as possible. Tables reserved before March 3 are \$10 each; after March 3, the table reservation fee will be \$15 per table.

**Lodging.** There are several hotels at the intersection of Harper Road and I-64/I-77 in Beckley, near Tamarack. Here is information of four of them: Microtel Inn, 2130 Harper Rd, 304.256.2000; Holiday Inn, 114 Dry Hill Rd, 304.252.2250 (a new hotel, will start operating on February 28, 2007, accepting reservations now); Super 8 Motel, 2014 Harper Rd, 304.253.0802; Quality Inn, 1924 Harper Rd, 304.255.1511

We have reserved a block of rooms at the Microtel Inn. The conference rate is \$60.00 plus tax. Request the Mountain State University Block when contacting the Microtel for a reservation. Blocked rooms not reserved by March 2 will be released for the general public.

**Directions to Tamarack (GPS Coordinates: 37° 48.103' N, 81° 13.000' W); see map on last page**

**From I-64W/I-77N (Princeton and Lewisburg):** Take exit 44. At the traffic light, turn left onto Harper Road, proceed through the first traffic light on Harper Road, then at the next traffic light, turn right onto Dry Hill Road. Travel approximately ½ block, then turn right onto Vankirk Drive. Tamarack, with its red, peaked roof, is located on the left. Turn left at the main entrance. Parking is available in front of the building. The Conference Center is located to the right of the visitor/craft center entrance.

**From I-64E/I-77S (Charleston):** Take exit 44. At the traffic light, turn right onto Harper Road, proceed through the first traffic light on Harper Road, then at the next traffic light, turn right onto Dry Hill Road. Travel approximately ½ block, then turn right onto Vankirk Drive. Tamarack, with its red, peaked roof, is located on the left. Turn left at the main entrance. Parking is available in front of the building. The Conference Center is located to the right of the visitor/craft center entrance.

To reach hotels on Harper Park Drive, turn left after the first traffic light on Harper Road. The Microtel is on the right between the first and second lights on Harper Road.

**Contact:** Dean Myles 304-929-1630/1687

**Fifth Appalachian Opportunities Symposium**  
**Plants and Plant Systems for Small Farm Product Diversification**  
Tamarack Conference Center, Beckley, West Virginia, March 10, 2007

Mountain State University Medicinal Botanicals Program USDA-ARS Appalachian Farming Systems Research Center  
West Virginia Department of Agriculture West Virginia Herb Association

Time	Activity		
7:00 - 8:00	Registration and exhibits set up		
Session I	A	B	C
8:00 - 12:15	Plants for Small Ruminant Nutrition and Health	Herbs and Medicinal Plants	Business Approaches and Economics
8:00 - 8:05	Welcome and Opening Remarks Dr. Dale Ritchey, Session Chair	Welcome and Opening Remarks Dr. David Bligh, Session Chair	Welcome and Opening Remarks Dr. Joyce Foster, Session Chair
8:05 - 8:50	Alternative Forages for Small Ruminants Dr. Kim Cassida	Black Cohosh Dr. Joe-Ann McCoy	Marketing for Success Ms. Kathy Lewis-Payne
8:50 - 9:35	Herbals for Good Ruminant Health Dr. Ken Turner	Adrenal Gland Adaptogens Ms. Teresa Boardwine, AHG	Secrets for Small Farm Success Mr. Jack Gurley
9:35-9:50	Break (coffee, herbal tea, water)		
9:50 - 12:15	Parasitology Workshop: Performing Fecal Egg Counts Dr. Anne Zajac	Medicinal Plants Workshop: Food as Medicine Ms. Teresa Boardwine, AHG	Agribusiness Workshop: Budget Development for Adding a Nontraditional Farm Enterprise Dr. Alex White
12:25 - 1:35	Lunch and Keynote Address, Dr. David Belesky, master of ceremonies Dr. Joe Starcher, State Veterinarian, West Virginia Department of Agriculture Mr. Gus Douglas, West Virginia Commissioner of Agriculture, Agricultural Opportunities in West Virginia		
Session II	A	B	C
1:45 - 6:00	Utilization of Plant Resources Dr. Ken Turner, Session Chair	Herbs and Medicinal Plants Dr. Jorge Ferreira, Session Chair	Appalachian Food Products Mr. Jared Robertson, Session Chair
1:45 - 2:25	Silvopastures Dr. Jim Neel	Medicinal Plants of the Native Americans Dr. Lisa Holland	Cultivation Practices for Strawberry Production and Opportunities for Out-of-Season Production Dr. Fumiomi Takeda
2:25 - 3:05	Mixed species grazing Dr. David Ditsch	Native Medicinal Plants of Southern Appalachia Ms. Patricia Howell	Cultivation Practices for Blackberries and Opportunities for Extending the Harvest Period Dr. Fumiomi Takeda
3:05 - 3:45	Plant Materials for Specialty Applications Mr. John Vandevender		Purslane: Food and Forage Use Dr. Mario Morales
3:45 - 4:00	Break (coffee, herbal tea, water)		
4:00 - 5:00	Ramps for Profit and Fun Mr. Glen Facemire Jr.	Medicinal Plants Workshop: Medicine Making with Native Medicinal Plants Ms. Patricia Howell	Culinary Workshop: Herbs for Health Chef Leonard Bailey
5:00 - 6:00	Seed Savers - Medicinal Plant Germplasm Dr. Joe-Ann McCoy		
6:00 - 7:00	Networking (beverages and appetizers)		

4:00 - 6:00 **TOUR:** *High Tunnels for Herb, Vegetable and Fruit Production*, Mountain State University campus, Dr. Mario Morales & Dr. Fumiomi Takeda, Departs from Conference Center entrance at 4:00 pm

## Welcome New Members !

Check our website, [www.wvherb.org](http://www.wvherb.org), for news and information that comes too late for this newsletter, and will be old and gone for the next newsletter.

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### Better Beans Brace

Dot Montgillion

In the spring of '06 I observed a method of growing vining plants at Justin Wizard's farm that seemed to be worth trying. I had previously grown pole beans on fences, poles, corn stalks and bamboo teepees, but all were inadequate to accommodate the vines, resulting in dense vegetation which made for difficult harvesting and less air circulation which increased chance of disease.

This method is simplicity itself! In essence it is an archway (usually reserved for climbing roses or clematis). Due to the weight of the vegetation, a heavy grade fencing is required such as "cattle fencing".

I got one 16 foot long, 4 foot high panel at our local Tractor Supply store. Build 2 four foot raised beds opposite each other and no more than 6-12 inches high with a 3 foot walkway between them. Insert one end of the cattle fencing in the center of a bed ( seeds can be sowed on both sides of the fencing), bend it over and insert the other end in the other bed. Now you are ready to plant seeds, hop roots, passion flower starts, or whatever!

Last year I planted pole beans and had a bumper crop in an unfavorable growing season. By planting on both sides in both beds it is equivalent to 16 feet. Since the plants are able to get abundant air & sunshine they produce well. Everyone scoffed at this plan initially until later in the season when one could easily see the clusters of beans hanging down from the top of the arch just waiting to be picked! It made believers out of everyone who saw it! This year, we are going to triple of footage and also include the long, burp-less varieties of cucumbers which we had previously grown on trellises.

To make this method completely maintenance-free, use a weed-control fabric on the surface of the raised beds. By building the raised beds, one can readily keep the pathway between mowed.



Editor's note: The Spring conference expands on this topic in their tour: *High Tunnels for Herb, Vegetable and Fruit Production*.

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## Events

**Sunday, April 22:** Region 3 (and anyone else) **Annual WVU Greenhouse tour for WVHA members.** Meet at greenhouse at 11 AM. Pot-luck lunch. Tour led by Sue Myers, greenhouse director & WVHA member. Call or email Dot for more info at 269-6416 or [smokecamp@iolinc.net](mailto:smokecamp@iolinc.net)

**Saturday, April 28:** The annual **Spring Clinic** sponsored by the **Harrison County Master Gardeners** will be held from 9 AM to 4 PM in the newly built Harrison County Recreational Complex and 4-H Center located on Rt 19 across from Sunny Croft Country Club. For more information contact Larry Campbell, Harrison County Extension Agent at 634-8650 or Linda Hogue, Clinic Chairman at 624-7017.

**Saturday, May 19,** Rain date Sunday, May 20: Dot Montgillion's Smoke Camp Crafts annual tour/open house/woods walk will be held, 10 to 4. Bring brown bag lunch, drink will be furnished. RSVP 269-6416 or smokecamp@iolinc.net

**Friday through Sunday, 1-3 June 2007:** The 2007 WV Master Gardener Conference will be held. Contact your local extension office for more details.

**Saturday, June 30<sup>th</sup>:** **The Fifth Annual Lavender Fair & More: Creative Living** will take place. The place: La Paix Herb Farm in Alum Bridge, WestbyGodVirginia. [http://www.lapaixherbfarmproducts.com/lavender\\_fair\\_2007.htm](http://www.lapaixherbfarmproducts.com/lavender_fair_2007.htm) Email Myra at: lapaix@westvirginia.net  
La Paix will be featured in the Wild Wonderful West Virginia magazine for June.

**Friday through Sunday, 12-14 October: WVHA Fall Conference** at Jackson Mill with Doug Elliott as the keynote. Members, if you would like to hear a talk on a topic, or see a demonstration you are interested in, contact one of the board members by phone or e-mail. The old saying says you can't please everyone, but it doesn't say you can't try!

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## Of Interest

This group (WVNPS) is a lively one with lots of interesting stuff going on in state. I was especially interested in their source list of area nurseries where local, native plants are available. Bill & Emily Grafton are botanical wonders! Bill has led "wood walks" for our conference and/or been a speaker. Dot.....

### West Virginia Native Plant Society (WVNPS)

The mission of the West Virginia Native Plant Society (WVNPS) is to further the appreciation and conservation of the state's native flora through education and voluntary action.

WVNPS supports a variety of programs, including:

- Field trips to learn about plants in their natural habitats.
- Activities to promote preservation and enhancement of West Virginia's wild plant communities.
- Programs to educate the public about native plants and their threats.
- Documentation of native flora, especially rare and endangered species.
- A periodic newsletter. You may also download Native Notes at [www.wvnps.org](http://www.wvnps.org).

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### The real meaning of plant catalog terminology:

"A favorite of birds" means to avoid planting near cars, sidewalks, or clotheslines.

"Moisture-loving" plants are ideal for landscaping all your bogs and swamps.

"Vigorous" is code for "has a Napoleonic compulsion to take over the world."

"Grandma's Favorite" -- until she discovered free-flowering, disease-resistant hybrids.

## The Playful Dandelion

Judy T. McConnell



In springtime, my heart rejoices when I see a golden field of blooming dandelions. The bright, sunny-yellow flowers are a herald of the coming of summer's warmth. They are delightful and refreshing to behold.

The common name, dandelion, comes from the French, dent de lion, which means "lion's teeth." The original Latin (*Dens leonis*) and Greek (*Leontodon*) names for this plant bear the same meaning. These all refer to the familiar toothed appearance of the leaves.

The modern Latin or scientific name, *Taraxacum officinale*, has reference to the plant's use as a healing herb. The genus name comes from the Greek *taraxos* — a disorder — and *akos* — a remedy. The species name, *officinale*, means it is the official species for use in medicine.

As widespread as this yellow-flowered "weed" is, it's hard to believe it is not native to North America. It was introduced from Europe, where it has actually been cultivated as a vegetable. Like several other medicinal herbs, it has followed the progress of the white man in settling this continent.



### Liver and Digestive Tonic

Dandelions assist us with some pretty common ailments. Dandelion helps the stomach, liver, and kidneys (in that order).

This bitter, salty tasting herb has a digestive tonic effect, meaning it stimulates the production of digestive secretions. It has been historically used to relieve indigestion characterized by lack of appetite with a bloated, gassy feeling. David Winston recommends it as part of a basic digestive tonic he calls DOPA — Dandelion, Orange Peel and Angelica. These three herbs, along with other bitters and aromatics (like gentian, ginger, horseradish, cardamon, peppermint, etc.) can be taken in liquid form about 15-20 minutes prior to meals to stimulate secretions and tone-up digestive function.

Dandelion, especially the root, has a powerful affinity for the liver. The yellow color of the plant (found both in the flower and the root) is a traditional signature for the liver and gall bladder. Research confirms the hepatic benefits of this herb. An alcohol extract of the root was shown to increase the flow of bile in rats by 40%. The plant stimulates the liver to cleanse itself and aids in the digestion of fats by stimulating bile function. Because it increases bile output, it is contraindicated where the bile ducts are obstructed.

The leaves have the strongest effect on the kidneys. They are a very mild, but effective, diuretic. Because they are high in potassium, they do not have the side effects of many diuretic drugs (which flush potassium from the body). Hence, dandelion is often included in formulas that aid urinary function.

Because dandelion gently assists the body in removing toxins through the liver and kidneys, it has a blood purifying effect. This may partially explain its traditional use in rheumatism, which is often

accompanied by a buildup of waste acids in the blood. Dandelion may also be useful with hypoglycemia.

### **Other Uses**

Although a different species is used (*Taraxacum mongolicum*), Chinese medicine agrees with Western tradition about the healing qualities of dandelion. It has a bitter, sweet flavor with a cold (or cooling) energy. It affects the stomach and liver meridians and removes toxic heat, disperses accumulations (cleanses the body), and promotes urination. It has been used for excess spleen and stomach fire (symptoms of heat in the digestive tract), acute mastitis, scrofula, and urinary disturbances due to damp heat. The Chinese plant is also used to promote lactation.

Dandelion has been used homeopathically. Homeopathic evidence suggest that the remedy is useful for headaches associated with indigestion, gas and bloating (“bilious attacks”), jaundiced (yellow) skin, and even cancer of the bladder. Other indications for dandelion homeopathic are: a sensation of great heat on the top of the head; a bitter taste in the mouth and a loss of appetite; restless limbs; neuralgia of the knee (which feels better with pressure); cold finger tips; and profuse night sweats. Remember that these indications are for the homeopathic dandelion, although they would also apply to small doses of the herb itself.

### **Flower Essence**

As a flower essence, dandelion is indicated for hyper-achievers. These busy people have a zest and love for life, but they tend to strive too hard to achieve things and often over plan their lives. As a result they are often tense and stressed. Dandelion flower essence helps these people relax and go with the flow of life, instead of struggling to go faster than life.

Yet, with all its sunny playfulness, the dandelion is a very hardy plant. Year after year people get out the poisons and the digging tools to try to get rid of these prolific plants. In spite of all our efforts, they pop up their yellow heads each spring as if to say, “We’re still here!” The difficulty we have in killing them shows their ability to resist chemical poisoning, which matches their blood purifying or detoxifying qualities. Their playful flowers and seed-heads tell us we don’t have to struggle so hard to survive. We can go with the flow (as their seeds are carried on the wind) and still survive.

### **Dandelion Profile**

This brings us to the profile of the person who really needs dandelion.

This is a stressed and uptight individual because of an overly regimented life. He/She doesn’t set aside enough time to relax and contemplate. This inner tension and drive leads to muscle stiffness, digestive upset, and perhaps some water retention. He/She may even need to let go of some bitterness (bile) in her life. Dandelion can help the liver clear itself, the kidneys function properly, and the digestion relax and work properly. In short, it helps one go with the flow rather than struggle so much.

### **Eat Up!**

By the way, dandelion is a good food herb, too. The leaves contain more vitamin A per gram than carrots (14,000 IU per 100 grams of dandelion compared to 11,000 IU per 100 grams of carrots).

When they are young and tender, the leaves may be harvested for salad greens. As they get older they become more bitter, but they can still be boiled in water to remove the bitterness and eaten. The roots have been used to make an herbal coffee and the flowers for making wine.

Next time you see the cheerful dandelion popping its head up, take its medicine to heart — slow down, relax, and go with the flow.

This information is for educational purposes only. Consult with a qualified health practitioner for all serious or persistent illness.

**Image credits:**

<http://ecltech.co.uk/b3ta/dandelion.jpg.html>

<http://www.yourdictionary.com/images/ahd/jpg/A4dandel.jpg>

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## **Herbal Recipes**

What better way to go about Spring Cleaning than with these recipes from Ann Nye in Herbal Recipes for Everyday Living (Volume 3)?

### **Rosemary Disinfectant**

Simmer some needles and small stems for 30 minutes in a small amount of water. Strain and use to clean sinks and bathrooms and give a fresh scent.

### **Sweet Cicely Polish**

Pound aromatic fresh young sweet cicely seeds to a pulp. Pick up on a cloth and rub on wood as a polish.

And from Herbal Gifts From the Kitchen (Volume5), revenge on weeds!

### **Wild Herb and Weed Salad** Oraina Jones, NZ

young dandelion leaves  
Shepherd's purse  
chickweed  
lemon balm  
multiflora rose petals

calendulas  
purslane  
wild onion and garlic  
daylily bulbs or flowers  
violets, violas, nasturtium leaves and flowers

Spend a few minutes walking in your yard and see what else you can find. Use only the ones that have NOT been sprayed. Throw in some Romaine, if you must, and toss with a small amount of your favorite herb dressing. Garnish with more flowers.

For an even sweeter revenge on dandelions, check out the Dandelion Fritter Recipe by Kimberly Gallagher: [http://www.learningherbs.com/dandelion\\_recipes.html](http://www.learningherbs.com/dandelion_recipes.html)

*Knowledge is knowing a tomato is a fruit;  
Wisdom is not putting it in a fruit salad*



## 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