



# Herbal Seasons

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

October 2009

## Over the Garden Gate

With summer over before it hardly started, it's time to start thinking of harvesting and using the herbs, fruits, and vegetables you've grown or purchased throughout the coming months. Plan on joining the WVHA and MSU's Celebration of National Herb Day, Saturday October 10th at historic Jackson's Mill for tips on using herbs and herbal products all winter long.

There will be demonstrations, weed walks, music, fun, a dessert contest and tea party, raffles, make-it and take-it workshops, and videos on value-adding, straw bale buildings, and United Plant Savers' "At Risk" Native Medicinal Plants. Annie Seay of the Collaborative for the 21st Century Appalachia will be available to register participants for the *wvfarm2U* web site, if interested. Some workshops and demonstrations planned are: Making Tinctures from Roots, Container Gardening and Seed Saving, Herbal Holiday Ornaments, Herbal Infused Oils and Salves, Dyeing with Plants, Making Tea Mixes and Bath Salts, Herbal Hair Rinses, and Cooking with Herbs.

Herbal products, plants, and books will be available for purchase as well as free information on a wide array of gardening subjects. Dr. Hassam Amjad will be speaking on The Language of Flowers and their Medicinal and Health Benefits, Fibromyalgia and Chronic Fatigue, and Tea - the Elixir of Life. Annette Gall will tell you When It's Important to Buy Organic.

Details on how to register for this event and a tentative schedule are elsewhere in this newsletter. Just remember to come as early as you can for speakers may have to be moved from one time to another as travel plans unfold. Some demonstrations are short and will be repeated. Check times for each one that you are interested in when you register.

I look forward to this event every year as the best chance to meet and mingle with like-minded old and new friends to have fun, taste something new, and hopefully learn new things to make my life easier or healthier or just more interesting. Hope to see you all there!

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)

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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 Susan Patterson, 160 Jackson's Mill Rd., Weston, WV 26452

## Corrections to Ann Nye's Recipes

### Hummingbird Syrup

Dissolve  $\frac{1}{4}$  c . sugar in 1 c. boiling water. Let cool. Fill feeder. Refrigerate any leftovers. This will keep the hummingbirds coming back all season! PS – Boiling water is important to kill bacteria.

Ann Nye's Soft Lavender Sugar Cookies – these won 1<sup>st</sup> Prize at the Lavender Fair this year! Thanks for sharing them with us, Ann.

Mix together in a small bowl:

2c. flour

$\frac{1}{2}$  t. baking powder

$\frac{1}{4}$  t. salt

Beat together for 3 min. at medium speed:

2 sticks (1 c.) softened butter – save the wrap

1 c. sugar

1 T. light brown sugar, packed

Beat in dry ingredient and then add, one at a time, and beat 30 more seconds, scaping down the sides of the bowl as you turn:

1 large egg

$\frac{1}{2}$  t. almond extract

1 t. lavender liqueur (NOTE: use  $1\frac{1}{2}$  t. almond extract, if you don't have the liqueur)

You can add 2T. of lavender flowers to the dough now or you can press them on later - your choice.

Fill a bowl with cold water and a flat dish with  $\frac{1}{2}$ c. Sugar. Wet your hands, shake off. Place a heaping tablespoon of dough in your hand and roll into a  $1\frac{1}{2}$  inch ball. Place on parchment lined baking sheet 2 inches apart. Do not crowd!

Use the butter wrappings to lightly coat a flat-bottomed glass and dip the glass in the sugar. Press the ball down by half to  $\frac{3}{4}$  inch thick. Press on 8-10 lavender flowers if you didn't add them to the dough. Bake at 375 degrees for 5 minutes and reverse the tray then bake 6 minutes more till the outer edges are lightly golden and the middles are light and puffed up slightly. Cool for 3 minutes before removing to racks so they can harden up some and not break apart. Cool completely before sampling(this is hard to do!).

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**Ann Schenk sent this information for us to check out:**

See the Mother Earth News article:

**Milestone Herbicide Creates Killer Compost**

**<http://www.motherearthnews.com/Grow-It/Milestone-Herbicide-Contamination-Creates-Dangerous-Toxic-Compost.aspx>**

Stuff persists for **\*\*years\*\*** in compost treated with the stuff! It is affecting gardeners world-wide.

**Suggestions for Flu & Cold Relief** from Lynn Lassiter's collection

1. This is very soothing. Put an overloaded tablespoon of honey in a coffee mug, squeeze the juice of one-quarter of a lemon and one-quarter of a lime into the mug. Fill it up with hot water and stir well (otherwise the honey stays on the bottom of the mug). You might want to tinker with the quantities of each ingredient; you can vary all of them to taste. The beauty of this drink is this: The citrus strips the gunk out of your throat while the honey soothes it. Plus there's all that vitamin C. This drink plus lots of sleep helps to kick a cold.

2. Ginger tea: 5 inches (13cm) fresh ginger root, unpeeled, sliced thinly. Put in a pan with 1 quart water and bring to a boil. Cover, reduce heat and simmer 20 minutes. Strain and serve hot or warm. Fresh ginger root kills a lot of germs! If the kids need, sweeten with as little honey as possible. Avoid white or brown sugar.

3. Eat fresh garlic; it kills a lot of germs. For kids, make a very garlicky pasta sauce using extra virgin olive oil, several cloves finely minced garlic and plenty of grated cheese. Serve with spaghetti or whatever. Or stir into chicken broth and skip the cheese. Eating the garlic raw will cure you the fastest, but some folks can't take it, so then you can cook it slightly, but do not let the garlic even begin to brown.

4. Breathe eucalyptus steam. Get eucalyptus branches that have not been sprayed with anything from the florist. Break up into pieces a couple of inches long and put in a pot of boiling water to make steam.

5. Drink green tea, preferably unsweetened but if the kids won't, use organic honey, and NO sugar. Remember no honey for children under 2!

6. Sweat it out. Take a very hot shower or bath and stay warm. Get in bed in nice, warm, jammies and cover up well so as to stay very warm and sweat, sweat, sweat! Drink lots of hot beverages.

7. French hot orange cure: Squeeze 3-4 oranges and one lemon into a saucepan. Heat but DO NOT BOIL!!! Boiling will kill the vitamin C. Stir in 1 T. (15ml) organic honey and a shot of brandy (or whiskey). Drink as hot as you can and stay in bed to sweat it out.

8. Heat minced garlic in some olive oil and rub on chest or throat; cover well to keep heat in. Lie in bed, well covered, and sweat it out.

## Good Herbal Bug Repellants

Many insecticides are toxic and very harmful for you and the environment. Here is a list of a few that are less harmful and are organically used.

**Insecticidal Soaps** - are formulated solutions of fatty acids that kill insect pests like: aphids, mites and whiteflies. This soap is a contact insecticide that paralyzes the insect and then causes them to die of starvation. Spray plant every 2-3 days for about two weeks. These need to be reapplied after a rain as they will wash off. Soaps can damage plants if applied too strongly. If using on fruits and vegetables, be sure to wash them thoroughly before eating.

**Insecticidal Oils** – Petroleum and plant oils have long been used to kill eggs and immature stages of insects by blocking the insect's supply of oxygen. Oils may also poison or repel some insects. They break down quickly and are more toxic to pests than to beneficial insects. Dormant oils are heavy petroleum oils that can be sprayed on dormant orchard trees and ornamental plants to control overwintering stages of mites, scales, aphids, and aphids and other insects. Use 1-3 ounces of oil mixed into water when the air temperature is above 40 degrees. There are also summer oils or supreme oils that are lighter and contain fewer of the impurities that make dormant oils toxic to plants. Spray up to a 2 percent (1 Tbsp.) mixture with water and spray evenly on fully leafed out plants while the temperature is below 85 degrees. This will help to control aphids, spider mites, scales, mealy bugs, and caterpillars. The use of vegetable oil has shown similar control capabilities and is less toxic. Mix 1 cup of cooking oil with 1 tablespoon of liquid dish soap to a gallon of water. Spray on leafed out plants. If you only need a small amount use 2 ½ teaspoons of oil per cup of water and add a few drops of dish soap before spraying plants.

**Pyrethrin** - is derived from the flowers of pyrethrum daisies *Chrysanthemum cineraria folium* and *coccineum*. The dried flowers are ground to make an insecticidal dust. Pyrethrins attack an insect's central nervous system, providing the rapid knockdown that gives many gardeners a satisfying feeling of revenge.

**Neem Oil** - is extracted from the neem tree, *Azadirachta indica*, native to India. The oil is extracted from seed kernels, leaves, bark, and flowers. Neem oil is a broad spectrum insect poison, repellent and deterrent. It stops or stunts insect growth and can also sterilize some species. \*Research is ongoing but neem oil appears to be easy on beneficial and is very low toxicity to mammals." Neem oil solutions can be used as sprays to control many insects and as soil drenches to control the soil stages of pests. Spray when the leaves will remain wet for as long as possible.

**BT bacillus thuringiensis** – This bacteria produces crystals and spores that paralyze the digestive tract of certain insect larvae. BT products are non-toxic to mammals are specific to the target pest, do not harm beneficial insects and may be used right up to harvest. There are several BT varieties: BTK *B.t. var. kurstaki* controls cabbage looper, cabbage worm, tomato horn worm, fruit worms, European corn borer, and similar larvae; *BTSD var. san diego* controls small larvae of the Colorado potato beetle; *BTI var. israelensis* controls mosquitoes, black flies and fungus gnats.

**Diatomaceous Earth** – or DE is a nontoxic mineral product mined from fossilized shell remains of an algae known as Diatoms. Seen under the microscope, the pieces have sharp edges that pierce soft bodied insects and cause them to dehydrate. Apply DE as a dust; this is best after a light rain to help it to stick better. Or to spray DE mixed 1 ounce with  $\frac{1}{4}$  teaspoon liquid soap to 1 gallon of water. To protect trees and shrubs from caterpillar attack, paint a thicker mix on their trunks.

### **For Personal Use Only:**

Household ammonia dabbed on bug bites and poison ivy, oak or sumac helps to stop the itching or stinging.

Baking soda and water made into a paste helps with bee stings. Be sure that you remove the stinger from the area before apply the paste. Note: the edge of a credit card is good at removing the stinger when brushed firmly across the skin.

The comfrey plant is a wonderful healer. Just crush the leaves and use them on the bite or sting area to help with the pain and swelling. The comfrey plant is traditionally used to relieve swelling of sprains and also bruising.

My friend uses this spray when she set out in the evening to keep away misquitoses: Add  $\frac{1}{4}$  cup of Listerine (the brown stuff) in a quart of water put in a spray bottle and spray it around. It seems to repel misquitoses.

Many of my gardening friends take extra vitamin B to keep away bugs like gnats and sweat bees.

References: Rodale's Encyclopedia of Organic Gardening and Rodale's Pest and Disease Problem Solver - a Chemical-free Guide to Keeping Your Garden Healthy

Thank you for the opportunity to write something for the WV Herb Associatio Newsletter. I hope that this helps someone or answers a question for someone about the use of one of oils, or herbs above. I like playing in the dirt and I hope you do to – enjoy!

**Happy Gardening and Keep those hands dirty - Melissa Dennison**

**PASSINGS:**

**William “Bill” Grafton**, 70, of West Virginia Ave., Morgantown, passed away unexpectedly while at work at WVU on Friday, September 11, 2009.

William was born in Lookout, WV on November 20, 1938, the son of the late Albert and Esta Nutter Grafton.

He served in the U.S. Army from 1961-1963.

He graduated from West Virginia University with his Bachelor of Science in Wildlife in 1961 and his Master of Science in Forestry in 1965.

William was an avid environmentalist and considered an expert on the botany of the Appalachian region. He taught at WVU for 43 years during which time he impacted the lives of many throughout the state and in the College of Agriculture and Forestry. William made major contributions to the state’s botanical archives and helped found the WV Master Naturalist program. He was a constant presence at the National 4-H Forestry Contests, WV Forest Industries Camp, Conservation Camp and a key part of the WV State Atlas project. He was active in the WV Native Plant Society, Wildlife Society, Forestry Alumni, American Forestry Association and Nature Conservancy. He was inducted into the WV Agriculture and Forestry Hall of Fame and an honorary member of WVFFA.

In his personal life, William was a loving husband, father, brother, uncle, and friend. He was known for a wry sense of humor, joyful disposition, and steadfast dependability in all aspects. A highly intelligent person, William traveled on five continents during his life and was exploring the world to the end. Known for orchid hunting, he was happiest surrounded by nature and friends.

He is survived by his wife, Emily Williams Grafton, in a marriage of 29 years, and a son Daniel Grafton. He is also survived by his brothers Edwin, James, Allen, Charles, Thomas, and Donald, and a sister Margarete.

In addition to his parents, he was preceded in death by two sisters Marie and Neola “Bet,” and a brother Michael.

Friends will be received at the Erickson Alumni Center in Morgantown, WV on Sunday, September 27 beginning at 1:00 in the afternoon.

In lieu of flowers, donations for a scholarship fund may be sent to the West Virginia Forestry Association (WVFA), in care of Dick Waybright, PO Box 718, Ripley, WV 25271.

## OCTOBER EVENTS

**October 10<sup>TH</sup>: CELEBRATION OF HERBS 2009** – Jackson's Mill 4-H Grounds. WV building from 9 AM to 5 PM. Regular and vegetarian box lunches will be available for \$10. We have several great speakers throughout the Celebration this year! Demos and workshops throughout day. Plenty of vendors. Cost is \$30 which includes FREE year's membership! For more information contact Dot Montgillion at [smokecamp@iolinc.net](mailto:smokecamp@iolinc.net)

**October 24<sup>th</sup>: Herbs for Winter Health and a Healthy Immune System** - Hidden Hollow Farm in Keyser, WV. 10:00 AM-4:00 PM. Enhance your health this winter by using herbs and foods specifically for building the immune system. Learn what herbs are useful for easing common cold and flu symptoms. Make some remedies for the herbal medicine chest to take home using common kitchen ingredients and herbs. Recipes for healthy immune-building soups and stews will be shared. If time allows, we will take an herb walk to finish up the day. Fee is \$50 (\$40 for members of the WVHA) which includes all materials, supplies and handouts. Herbal tea and snacks are provided, participants should bring their own lunch. Preregistration is required. For more information, see the website [www.hiddenhollowfarmwv.com](http://www.hiddenhollowfarmwv.com) or email [hiddenhollowfarmwv@hughes.net](mailto:hiddenhollowfarmwv@hughes.net)

## 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.

[www.hobbyfarms.com](http://www.hobbyfarms.com) - Nice site for small farmers; lots of good information. Free e-newsletter. Register for free and build a web site about your farm/ette. Easy to use templates included.

[www.WVfarm2U.org](http://www.WVfarm2U.org) - the website for local farmers/growers to contact for sales, information about local farmer/tailgate markets in WV. Great information for prospective customers.

[www.onlineplantguide.com](http://www.onlineplantguide.com) – national plant guide developed by Thomas E. Pope. PhD and Neil Odenwald, PhD. Includes digital photos of plants across the entire United States.

[www.veggietrader.com](http://www.veggietrader.com) - place to swap, buy or sell your produce. Free membership. Find swaps, etc. by zip code.

<http://davidessigbeatty.weebly.com> – Member David Essig-Beatty's website. Nice pictures of herbs and recipes for natural health care. Some good reads there too.

[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!

[http://frugalliving.about.com/od/recipesbyingredient/tp/Cucumber\\_Recipes.htm?p=1](http://frugalliving.about.com/od/recipesbyingredient/tp/Cucumber_Recipes.htm?p=1) – Wondering what to do with all those extra cucumbers? Check this out.

[www.hiddenhollowfarmwv.com](http://www.hiddenhollowfarmwv.com) – Member Andrea Lay's website. A really nice site. Listing of events and retreats. Great photos.

[www.LongCreekHerbs.com/visit.shtml](http://www.LongCreekHerbs.com/visit.shtml) – Take an online tour of Jim Long's garden!

## Schedule for the Celebration of Herbs Saturday, October 10th, 2009

8AM - 9AM: Vendor Setup and Registration

9AM - 10AM: Weed Walks; Making Paper Folded Ornaments for holding Potpourri with Carol Schweiker; Container Gardening and Saving Seed with Carol McCarthy

10:30AM - 12 Noon: Value Adding and wvfarm2U with Annie Seay; Building Straw Bale Workshop video with John Seay; Making Bath Salts with Melissa Dennison; Herbal Infused Oils and Salves with Andrea Lay

12 Noon – 1PM: Lunch; **Raffles ongoing throughout the day!**

1PM – 2PM: When It's Important to Buy Organic with Annette Gall; "At Risk" Native Medicinal Plants a United Plant Savers' video; Tinctures from Roots with Eve Von Deck; Making Tea Mixes with Dot Montgillion; Herbs for Your Hair - Homemade Hair Rinses and Other Tips for Beautiful Hair with Eva Ristl

2PM – 4PM: The Language of Flowers and their Medicinal and Health Benefits, Fibromyalgia and Chronic Fatigue, and Tea - The Elixir of Life with Dr. H. Amjad; Cooking with Herbs with Myra Bonhage-Hale; Dyeing with Plants with Becky Nesbit; Felting wool with Dawn Conner

4PM – 5PM: Dessert Contest and Tea Party; Closing Remarks

To enter the Dessert Contest, please bring a healthy herbal dessert with it's recipe (so the judges can see it's healthy content) and leave at the registration desk with your name on bottom of plate and back of recipe card. Please note if it needs refrigeration. First prize is \$50, second - \$25, and third - \$15.

### To Register for the Celebration:

Send the following information with your check or money order made out to WVHA to: Susan Patterson, 160 Jackson's Mill Rd., Weston WV, 26452

Name \_\_\_\_\_

Address \_\_\_\_\_

County \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Registration Fee is \$30 per person (which includes a 2010 membership in WVHA)

Vendor Fee for businesses is \$35 per person (which also includes a 2010 membership in WVHA and registration for the event)

Box Lunches are available @ \$10 each if purchased by Sept. 30th.

Vegetarian \_\_\_\_\_

Regular \_\_\_\_\_



**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 Susan Patterson  
160 Jackson's Mill Rd.  
Weston, WV 26542