



# Herbal Seasons

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

Spring 2005

Welcome to our Spring Newsletter! This is my first time at producing the WVHA newsletter and I would like to take this opportunity to thank Lynn Degen for her help in the newsletter changeover.

**Note to Members:** Everyone will receive a copy of the newsletter by mail this time. Plus we will send you the link to the newsletter online if you have an email address. Please make sure the 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 [bchurchwv@lycos.com](mailto:bchurchwv@lycos.com) and put in the header 'Seasons PDF' and make sure that we have your current email address.

## From The President

Dot Montgillion

I attended a workshop on February 10,, 2005 for small business management practices, etc. I have always felt that we "herbies" as well as other relatively free spirits need to take a reality check every now and then, and this is a goodie! These workshops are offered around the state (and the country) by the Small Business Development Corp. (SBDC).

The instructor noted that in the next few months they will be offering workshops on Quicken computer program, so if you are interested, check with your local officials.

In region 3 area SBDC will offer small business tax workshops for sole proprietors to LLC, with special emphasis on schedule C. Probably as important is the focus on good management and record-keeping. It's been my observation that most small businesses need all the help that they can get, so check out the SBDC programs they offer. Only cost is \$5 to cover the cost of the hand-outs.

A special program being offered for the first time in our area is the one "Hospitality" with Penny Walk, (never heard of her, but am assured that she is well known), in Lewis County at the Stonewall Resort, March 16 from 9 a.m. till 12 noon.

Our instructor highly recommended this presentation to anyone involved with the public, whether at shows, in a store front, or any business venture. The SBDC is sponsoring this program. If interested, contact your local office.

About WVHA, we are preparing for the board retreat, which will be a done deal when you read this newsletter. Exciting things are happening in West Virginia! Mountain State University, located in Beckley partnering with the USDA research center at Beaver is offering a 4 year degree program in Herbal Science. If they could teach an old dog new tricks, I'd enroll! The program administrator attended our conference at Lake View and was excited to learn about our association. We need to strike while the iron is hot, so we will be working with MSU on some events this year. Stay tuned in.

MSU offers their monthly newsletter FREE online. Contact Dr. Morales at [mmorales@mountainstate.edu](mailto:mmorales@mountainstate.edu).

Talk to you next time. Hunker down and dream over the seed catalogs.

DOT

## From The Editors

**Attention Regional Coordinators!** Send or e-mail us your regional newsletters, and we will pull out articles, calendar items, and news of interest to Association members.

Below are departments we are planning for upcoming issues. If you have anything to contribute in any category, please see the information on the right for how to submit. If you can think of a Department we missed or would like to see, please let us know.

Thanks to everyone who submitted articles and calendar events for this issue! – Bill Church

### Departments

From The President  
Member Highlights  
Herbal First Aid  
Herbal Tips  
Ancient Herbalism  
Herb Gardening  
Herbal Cookbook  
Association News  
Regional News  
Organic News  
Congratulations  
Questions & Answers  
Book Reviews  
Internet Resources  
Letters to the Editor  
Events of Interest  
Calendar of Herbal Events  
Growing Medicinal Plants

### Advertising Rates

**Members** may list calendar events for free, 30 word limit each event. Business card size ads are \$5 for members. Double size ads are \$10 and so on.

**Non-members** may list one calendar event free and any additional events for \$5 (30 word limit each event). For non-members, business card size ads are \$10, double size ads \$20 and so on.

If we have to do any scanning of photo, etc. there will be an additional \$5 charge.

Free calendar events can be e-mailed to: [bchurchwv@lycos.com](mailto:bchurchwv@lycos.com)

Mail ads/events with check payable to WVHA, to newsletter editor, Bill Church, Rt 1 Box G, Glenville, WV 26351. Be sure to have it to me by the deadline schedule outlined at the right. Make checks payable to WVHA.

## Herbal Seasons

Quarterly Newsletter for Members of the West  
Virginia Herb Association

We would love to have your contributions to this publication. Articles you would like to see, questions you need answered, recipes to share, letters to the editor, etc. Herbal Seasons Newsletter is a forum for all members of the WVHA to use and enjoy – let's make it the best we can be! Did your product win an award? We will announce it in the News section of Herbal Seasons. Format for submitting to the Calendar of Events is: Date/Time/Event/Name/Place(City/State)/Cost/Description/Contact. Limit – 30 words.

The schedule for submitting all items is:

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

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

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

**Winter Issue – Deadline is November 2<sup>nd</sup>**

Submit by e-mail to [bchurchwv@lycos.com](mailto:bchurchwv@lycos.com), put WVHA Newsletter in the subject, and your ad or article in the body of the e-mail if possible. **Or mail to:** Bill Church, Rt 1 Box G, Glenville, WV 26351

Articles over 250 words may be edited. We reserve the right to decide what is appropriate for the newsletter. We apologize in advance for any typos, mistakes, and omissions – let us know where we goofed and we will make a correction next time!

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Need Member assistance? Contact Dot Montgillion, 1289 Smoke Camp Road, Weston, WV 26452 (304) 269-6416, [smokecamp@lolinc.net](mailto:smokecamp@lolinc.net)

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# A Gem of Appalachia

By  
Dot Montgillion

*Xanthorhiza simplicissima* Marsh.. is the botanical name for one of the most overlooked native Appalachian plants which is also called shrubby yellow root. It is described thus: a perennial shrub that grows to 1 ½ feet in height, with bright yellow wood. It bears a cluster of compound leaves, each with 5 lanceolate to broadly ovate, toothed, incised, or parted leaflets. It produces small brown-purple flowers on thin spikes.

As well as being versatile and adaptable, it has many other attributes which are quickly learned by early settlers.

A deciduous shrub which spreads slowly by underground rhizomes, it is most often found in moist, forested areas, although it seems to be equally at home in sandy loam soils in sunny locations. Height doesn't usually exceed 4 feet, making it a candidate for a low hedge requiring minimal maintenance. Its compound leaves turn a clear lemon yellow before dropping, making the shrub self-mulching. It has no known insect pests or diseases. It is propagated easily from stem and root cuttings.

For all these attributes, *Xanthorhiza* deserves a prominent place in landscaping in its native range. In addition to its other attributes, it has significant medicinal applications. The bright yellow cambium layer indicates the presence of the alkaloid berberine, and active ingredient in goldenseal, *Hydrastis Canadensis*, also a native Appalachian herb which has become endangered due to over-harvesting. Berberine is also found in barberry (*Berberis vulgaris*). Oregon grape (*Mahonia aquifolium*) and Amur cork tree (*Phellodendron amurense*), making the roots and bark of each of these plants so bitter that even the cicadas avoid them! Berberine is useful as an antibiotic, and antiseptic and as a hemostatic. Berberine is found in all these species in sufficient quantities to replace the endangered goldenseal.

## Questions and Answers

If you have a question about how to process, grow or where to get an herb or about our organization send an email to **Questions and Answers** at [bchurchwv@lycos.com](mailto:bchurchwv@lycos.com) or by mail to Bill Church, Rt 1 Box G, Glenville, WV....

## Herbal Tips

### St. John's Wort (*Hypericum perforatum*)



Remember that St. John's Wort flowers do not dry well and should be used fresh. To make St. John's Wort oil pick the flowers and place in a jar with just enough Olive Oil to cover to within 1 inch of the top of the jar and leave in full sunlight for at least 2 weeks until it is a deep, deep red color. The sunlight brings out the medicinal properties of the flowers. Extra Virgin Olive Oil is the best to use.

## Member Highlights

### Myra Bonhage-Hale to receive “Green Entrepreneur of the Year” award

Myra Bonhage-Hale, Steward, La Paix Herb Farm, was surprised and delighted to find that she has been selected by the West Virginia Environmental Council as “Green Entrepreneur of the Year”. Denise Poole, the President of WVEC said, “We are recognizing recipients at E Day at the Legislature in the Capitol Building in Charleston on March 30<sup>th</sup>. We will honor them and present the awards the same evening during an evening reception dinner.”

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## Internet Resources:

Medicinal Herb Online Home Page

<http://www.egregore.com/>

Richter’s Herbs - Medicinal, Culinary, Aromatic -  
Plants & Seeds

<http://www.richters.com/>

PLANTS National Database Home Page (USDA)

<http://plants.usda.gov/plantproj/plants/index.html>

Botanical.com Home Page –Has a copy of – A  
Modern Herbal online.

<http://www.botanical.com/>

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## Book Review

### *Culpeper’s Color Herbal*

Edited By David Potterton

ISBN # 0-8069-7647-0

Stern Publishing Co., Inc.

New York

For over 350 years, this historic and definitive guide to herbal remedies written by physician Nicholas Culpeper has been the book to turn to for anyone interested in using herbs.

This beautifully illustrated edition combines the charm, elegance, and information of his original 17<sup>th</sup>-century text with up-to-date, modern, practical usage. It includes details about where each herb can be found, its flowering time, astrology, and medicinal benefits.

## Association News

Hello fellow members of the WVHA. It ‘s that time again, dues t support our organization were due at the beginning of the year. New members who joined after July 1<sup>st</sup> are covered for 2005 as are present members who paid at the conference or after. For the rest of us they need to be in ASAP so that you will be included in the new directory coming out by the end of Feb. – middle of March. I am also making up new member packets so that when new members join they will have some idea of the kind of events we hold each year. Included will be the Directory, a copy of the newsletter and a schedule of upcoming events, both in their region and across the state. We hope this will help new members get involved as quickly as possible. Any suggestions to improve the membership packet will be appreciated but must be quick as I want to get this all done and out before the events begin.

Members if you know of someone who’s joined but not received any info as yet, please email me with their address – [LNYE@ma.rr.com](mailto:LNYE@ma.rr.com). It’s hard to see in small letters and there has been some misreading of it so here it is in caps:

[LNYE@MA.RR.COM](mailto:LNYE@MA.RR.COM).

Ann Nye Membership Chairman

263 Ridgeway Drive

Bridgeport, WV 26330

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## Regional News

### Region 3

Region 3 members have contacted me and given suggestions for events for 2005. Here’s the scheduled events so far. Of course, all members are welcome to attend our events. If you have a recipe to bring for the Culinary Event on August 6<sup>th</sup>,

please let me know by emailing me at [lapaix@westvirginia.net](mailto:lapaix@westvirginia.net) or phoning me at (304)269-7681. It looks like Spring today will surely come – keep listening for the peeper’s song. Joy. Myra Bonhage-Hale, Coordinator, Region 3 WVHA.

I just heard from member Cindy Parker who gives this information about Paul Strause’s United Plant Savers operation and offers to host a Region 3 event in that area:

“I don’t know of anything happening there right now in the way of workshops or events but there are trails, a yurt, and acres of land. I am about ¼ mile down the road from Equinox and Paul’s home. UPS is at the end of our road and to the left (about 3 miles from here) and the Rural Action Center is on a road between my house and Paul’s about 3 miles as well. There are lots of plants there as well, they put on the land owners conference near Logan in June which is an event your members would be interested in. The English’s attended last year and I hope to see them again this year. I will be teaching there again as well and have a booth. I will assist you anyway possible for a trip to the area. Depending upon what you have in mind, I offer lodging here as does Rural Action. In addition to things in the neighborhood, companion plants and glass house works are other popular plant places and peter (companion plants) is good to work with – I always took my herb school students there and he gives a nice tour with interesting tidbits of plant lore. They’re located outside of Athens. Keep in touch. Cindy

Please let me know if enough members are interested to make a weekend trip sometime in September.

**Saturday, April 16<sup>th</sup>:** 9 a.m. until 4 p.m. The Fraternal Order of the Eagles Parking Lot, Rt. 33, Weston, WV (From I 79 take Exit 99 toward Weston. Eagles Parking Lot is on the Left, right after Kentucky Fried Chicken carry out.) Bring your plants for sale, well labeled and your knowledge about them – Melissa Dennison is furnishing a Plant Sale sign which you will be able to see from Rt. 33. Great Location – other Flea Market tables will be there so expect a lot of traffic. 20 % of your sales will be used for buying the space (\$6. per table) and refurbishing the languishing Region 3 treasury. No

plants for sale, well, please come buy some from your WVHA members! Contact [lapaix@westvirginia.net](mailto:lapaix@westvirginia.net) for further information.

**Saturday, May 14<sup>th</sup>,** 10 a.m. till 4 p.m. (Sunday, May 15<sup>th</sup> rain date). The annual tour of fields, woods, greenhouse and workshop on the Lewis county farm of Dot & Bob Montgillion. Brown bag lunch since we are in the boonies, drinks supplied. Walking shoes required. Plant identification is made on site, operation of greenhouse, drying room, and procedures involved in product production are all explained. Since this is a fund-raiser (\$5. per person, \$7.50 per couple) for WVHA region 3, there is a \$15 fee for single person, \$20 for couple. Will appreciate an RSVP at 269-6416 or [smokecamp@ioliinc.net](mailto:smokecamp@ioliinc.net).

**Saturday, June 25<sup>th</sup>,** 9:30 a.m. – 5:30 p.m. The Lavender Fair and More 2005 – A Wild and Wonderful Heb Fair. La Paix Herb Farm, Alum Bridge, WV., (From I 79 take Exit 99 toward Weston, continue our Rt. 33 to Alum Bridge (about 15 miles). Turn left at Crooked Run Road and follow the signs. \$1 of each \$5 entry fee from WVHA members will go to Region 3’s treasury. Be sure and tell people at registration that you are a WVHA member. Gourmet luncheon catered by Executive Chef Dale Hawkins of Stonewall Resort, Melissa Dennison will give workshops on Making Lavender Wands and Making Lavender Soap, Dot Montgillion will give a Medicinal Herb Walk and Talk, Deaonna Crowe will give a Wild Edible Walk, Myra will distill lavender essential oil and hydrosols in the distillery, Paul Goland will give a Wild Edible Mushroom Walk and a workshop on Making Shitake Logs, Denise Poole will give a Yoga workshop and Walk the Silver Labyrinth, two chef demonstrations, chair massage, wine making, music, dowsing, and auction. Bring your Lavender Cookies and the recipe to enter the Lavender Cookie Contest and win a prize of \$25. See if you can better Deaonna Crowe’s price entry of 2004. Her recipe and more information on the website at [www.lapaixherbfarm.com](http://www.lapaixherbfarm.com). Click on Lavender Fair 2005 link.

**Saturday, July 16<sup>th</sup>:** Meet at Wal Mart Parking Lot in Weston at 9 a.m. to visit Justin Wizard’s farm in Chloe, WV. Bring a pot luck for lunch. Call Myra at (304)269-7681 to let me know you are coming or

email at [lapaix@westvirginia.net](mailto:lapaix@westvirginia.net). This promises to be a very interesting day. Justin is living the sustainable life in every way – with his raised beds of vegetables and herbs, solar energy, composting and more. Come join us for a beautiful day in the country. For more about Justin’s dream in the country come true see, THE INNOVATIVE TECHNOLOGY RESEARCH CENTER, HC88 Box 216a, Walker Creek Road, Chloe, WV 25235, [www.aceguru.com](http://www.aceguru.com). Let me know if you need directions.

**Saturday, August 6<sup>th</sup>:** 10 a.m. – 4 p.m. Culinary Workshop. Bring your best herb recipe and your dish. Fee \$10, each (in order to pay costs of fully equipped kitchen and air conditioned hall). Please call Myra at (304)269-7681 to confirm your registration or email me at [lapaix@westvirginia.net](mailto:lapaix@westvirginia.net). Conference Center next to 911. Weston, WV (take the back road to the old Weston Hospital – turn left off Rt. 33. This is Dot Montgillion’s idea so let’s have a wonderful day of fantastic food and recipes and inspiration!

**September?** – Anne Romance suggested that we visit Paul Straus, Rutland, Ohio. Paul has extensive plantings of endangered medicinals as part of the United Plant Savers organization. More information in a later newsletter as Paul is now out of the country on an island somewhere!

Thanks for all the great suggestions – I hope everyone can attend at least one or two of the outings.

Joy, Myra Bonhage-Hale, Coordinator, Region 3 WVHA. Please visit me on the web at <http://lapaixharbfarmproducts.com>.

## Aromatherapy & Essential Oils

Aromatherapy is a relatively new term, although the practice of using scents to heal is centuries old and crosses many cultural lines. Ancient Egyptians used scents (incense burners have been found in ancient tombs), as did the early Chinese, who employed scents in civil and religious ceremonies. During times of plague, Europeans carried pomanders made of oranges and cloves to mask odors and fend off diseases. It wasn’t until the twentieth century, however that the term aromatherapy actually came about. It refers to a specific form of holistic healing that involves carefully inhaling or applying herbal essential oils, which are volatile, aromatic plant compounds.

Aromatic liquid substances known as “essential oils” which are extracted from certain species of flowers, grasses, fruits, leaves, roots, and trees are used in Aromatherapy. These concentrated liquids are indispensable to medicine, and to the food and cosmetic industries. There are at present about 300 essential oils, which constitute an extremely effective medical system. Many of these are the active ingredient in drugs prescribed by the orthodox Western system of medicine, or the inspiration for chemical copies. In food and drink essential oils are used to give natural flavor and aroma, and as preservatives. Manufacturers of cosmetics appreciate their cell-rejuvenating and beautifying properties, while the fragrance industry is more concerned with their delightful aroma and their mood and emotion-enhancing capacities.

Each single oil is used for many diverse purposes. For example, Peppermint oil is an anti-inflammatory, used to treat rheumatism and arthritis; and it is prescribed by doctors for the relief of discomfort in the digestive system, under the trade name of “Colperin.” It is well known that Peppermint is used by confectioners; and less well known that it is also an ingredient in aftershave lotions. It is also used for things such from a headache cure to clearing an ant’s nest or deterring mice from spending the winter in your roof.

Essential oils are concentrated oils from the plants and are extracted by distilling the plant materials using steam. Plants as Rosemary, Lavender, Lemon Balm, Peppermint, and Jasmine give effects such as: stimulating, calming, and sleep aids.

## **Aromatherapy & Essential Oils - cont.**

Another way of using scents is what some call “environmental aromatherapy.” It refers to diffusing essential oils into the air to enhance living space. The aim of this practice isn’t to mask foul smells but to cleanse the air. Drops of essential oil are added to the water in ceramic or glass diffusers and heated by a candle or electricity to release volatile essential oil molecules into the air.

Not all scents are natural essential oils. Some are synthesized in the laboratory. If an oil is labeled “fragrance,” it’s probably synthetic. A good essential oil will come from a named botanical species and, when appropriate, a named carrier oil. Its aroma will be vigorous and lively, rather than simply strong. Occasionally, essential oils are “extended” by adding alcohol or cheaper vegetable oils, rather than a preferred carrier oil such as jojoba or almond oil. Look for both the botanical name

and the carrier oil on the ingredients list of the essential oil bottle or accompanying information.

Essential oils are most commonly used in preparations to relieve aches and pains, encourage relaxation, ease stress, and care for hair and skin. Some, such as the antifungal Tea Tree oil, can be used to fight minor injuries and irritations; others, such as the essential oil of Eucalyptus, can be added to steam to help clear a stuffy head. Finally, take the sniff test. If you’re a healthy individual who doesn’t have a history of sensitivity by wonder whether a particular essential oil is right for you, put a small drop of the oil onto a cotton ball and sniff to make sure that you find the scent appealing. Don’t inhale right from the bottle ---- essential oils possess strong aromas and can cause a reaction when sniffed in this way.



### **Custom Made Bluebird Nesting Boxes**

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## Ancient Herbalism

Native Americans contributed greatly to what we now know about herbal medicine. But, we need to remember that they did not have books to help them learn about medicinal plants as we do. So, how did they learn what they knew?

Native Americans were very attuned to nature and what she had to offer and teach. They believed that every creature, plant, rock and the very earth itself had a soul and was connected with God. They believed that everything was put here to be learned from; not just to be used and discarded or controlled by man; and that if we look at what nature can do (earthquakes, hurricanes, tornadoes and etc.) we will realize that we have no control over it. They believed that plants have intelligence, energy and a spirit, and that if they choose could accelerate healing, relieve pain and cure disease. Before the white man came here they had a cure for every ailment known here.

Before Native Americans would pick a plant, he would make sure that there were at least 4 of if there. One for seed, one for the person coming after you that might need it, one to be with the first one so they could reproduce, and one to use. They would then offer some tobacco or cornmeal to the plant in thanks for its help and for sacrificing it's life, and then they would only pick the part of the plant that was needed.

They believe that we have a responsibility toward flowers and plants to not pick them randomly or unnecessarily. They are not here primarily for our enjoyment, but for the enjoyment of all creatures. We should enjoy plants in their natural environment and only pick them when necessary for food or healing. Once the flower or plant has been plucked and removed from its surroundings; neither it nor God can be understood.

In order to find out about a plant they would ask permission to approach the plant, and if they felt that the permission was granted, (if not they would try another plant or another day), sit next to it and close their eyes and ask it what its relationship to mother earth and man was and what its uses were.

Joe-pye-weed (*Eupatorium purpureum*) was named after a Native American named Joe Pye who cured a grateful New Englander of typhus. He used this plant to induce profuse sweating, which broke the fever.

They felt that generally a plants healing power must be awakened and invited, through ceremonial actions, such as prayers and offerings. Native Americans believed that 'everything on the earth has a purpose, every disease an herb to cure it, and every person a mission'.

A lot of information about North American plants was lost when they were forced onto reservations and they were acclimated to the white man's ways. One of their prayers was:

O' Great Spirit, who's voice I hear in the winds, and whose  
Breath gives life, life to all the world, hear me!  
I am small and weak, I need your strength and wisdom.  
Let me walk in beauty and make my eyes ever behold the red and purple sunset.  
Make my hands respect the things you have made and my ears sharp to hear your voice.  
Make me wise so that I may understand the things you have taught my people.  
Let me learn the lessons you have hidden in every rock and leaf.  
I seek strength, not to be greater than my brother, but to fight my greatest enemy, myself.  
Make me always ready to come to you with clean hands and straight eyes.  
So, when life fades as the falling sunset, my spirit may come to you without shame.  
--- Author Unknown ---

## Events of Interest

**Workshop Series** – The Medicinal Botanicals Program at Mountain State University would like to start offering workshops on the propagation, cultivation, processing, utilization and marketing of aromatic and medicinal plants in the spring of 2005.

The workshops will be offered only by request to groups from institutions and organizations such as schools, colleges, gardening clubs, churches, women associations, senior citizen groups, and any other organization interested in learning about aromatic and medicinal plants.

Workshops will be organized according to the interests and level of knowledge of the group; they will require a minimum of 10 participants.

If you belong to an institution or association which would be interested in attending a workshop, please contact our Program at 929-1630 to organize contents and schedule dates and times.

**Volunteers Needed** for Lavender Fair 2005:

Hi, would love to have some more WVHA folks volunteer to help at the Lavender Fair and More on Saturday, June 25<sup>th</sup>. Tasks include registration, helping with food service (need health card), helping people put up booths, putting up signs on Rt1. 33 and Crooked Run. For 3 hours of help you can receive free admission, a lovely gourmet luncheon created by Dale Hawkins, Executive Chef, Stonewall resort and a free table to sell your products (if any). (net worth \$55). Just email me at [lapaix@westvirginia.net](mailto:lapaix@westvirginia.net) or phone me at (304)269-7681. It'll be a great day – so come and enjoy!

**Rural Action Appalachian Forest Resource Center** will be hosting the 7<sup>th</sup> *annual Landowners Conference* on **June 3-5, 2005** in the Hocking Hills. This one-of-a-kind conference is the largest gathering in southeastern Ohio of landowners who are seeking to learn more about innovative income opportunities and approaches to land management. This three-day event draws 250 landowners and other interested individuals from the region and beyond. Contact Andrew Cook at (740)767-2090 or [cook@ruralaction.org](mailto:cook@ruralaction.org).

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## Calendar of Herbal Events

### April

**April 15** – Great Spirit Herbs, Open House Weekend, New Greenhouse open to the public.

**April 16** – Great Spirit Herbs, Making Herbal Medicines Workshop, plant I.D. walk and tour with Eve Von Deck-Drennan. Organic lunch included 12 pm. to 4 p.m. - \$50. State Rt. 119, Volga, WV. For information and registration call 304-457-5733.

### June

**June 4** – Great Spirit Herbs. Medicine Wheel Workshop with Lakota Shaman's Apprentice Dan Sullivan. Organic Lunch included, 12 p.m. – 4 p.m. \$50. State Rt. 119, Volga. WV. For information and registration call 304-457-5733

Lavender Fair & More 2005: A Wild and Wonderful Fair. **Saturday, June 25<sup>th</sup>, 2005** 9:30 a.m. to 5:30 p.m. Gourmet Food, Walk & Talk on Wild Edible Mushrooms, Wild Edible Plants, Lavender Distillation and Growing, Crafts, Lavender Cookie Contest and much more. La Paix Herb Farm, Alum Bridge, WV. Admission \$5, per person, \$10 family.

[http://www.lapaixherbfarmproducts.com/lavender\\_fair\\_more\\_2005.htm](http://www.lapaixherbfarmproducts.com/lavender_fair_more_2005.htm)

### September

New Moon Pizza Fair: Saturday, **September 3<sup>rd</sup>**, 9:30 a.m. to 5:30 p.m. Gourmet Food, Tomato Tasting Contest, Pizza Contest, Walt & Talk on Garlic, Oregano and much more. La Paix Herb Farm, Alum Bridge, WV. Admission \$5. per person, \$10. per family.

<http://www.lapaixherbfarmproducts.com/New/Moon/Pizza/Fair.htm>

## 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 Donna Straly

Rt. 1 Box 198

Lost Creek, WV 26385

Or visit [www.wvherb.org](http://www.wvherb.org) (paypal)



### 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.