



Herbal Seasons

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

Spring 2010

Over the Garden Gate

Spring is my favorite time of year. It can be cold and wet and very messy but it's still the best. It's been fun to see that my snowdrops were blooming when the foot of snow melted off them. And peepers are back! Can it be that spring is actually here? Don't know about you, but even yard chores seem mighty appealing after being snowbound for three months. Housekeeping indoors is not my favorite; but outdoors - it's very appealing. Once those plants start growing, I want them to look their best in a tidy environment. So I've begun composting the leaves that are still falling off our oaks with all the dead branches that came down in the strong winds we had. And I'm also adding those cute little chickweed rosettes that will be blooming and setting seed any moment if I don't get them rounded up and buried in the pile.

And I'm trimming back my lavender and the other herbs and perennials that need a spring haircut. Many small trees and shrubs have bent into weird shapes from too much snow laying on them. I'm cutting out what broke off back to a main stem and they'll need some staking to resume their normal growth.

And that's the best part. Hibernation is over. Growth has begun! Time to get those garden plans you've been working on ready to go. Got a new set of garden gloves, tools are ready, seeds purchased, plants are..... plants are..... NOT ready to go in that soggy soil yet! We should wait a few more weeks. For the second year in a row. Unless you live on a hill that drains really well. Which I do. But, even so, I'm going to wait awhile longer.

For inspiration when that time does come, check out our list of upcoming events both near and far. And happy planting - when the right time does come along.

Go green and healthy-with herbs!
Ann Nye, WVHA President

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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 2nd

April Issue – March 2nd

June Issue – May 2nd

August Issue – July 2nd

October Issue – September 2nd

December Issue – November 2nd

Submit by e-mail to 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:

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Need Member assistance? Contact Kathrine Flewelling, RR2, Box 71E, Proctor, WV 26055,
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

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

Schedule–2010 Spring Conference*

Herbs for Children’s Health and Cultivation of Native Plants

1 May 2010

O’Dell Hall, Mountain State University, 512 S. Kanawha Street, Beckley, WV 25801

07:30–09:30	Registration; Vendor Set-up, Room 103	
A.M.	Medicinal Applications (Room 101)	Native Plant Cultivation (Room 102)
08:00–08:55	How Adults Can Teach Children to Grow and Utilize Tea Herbs for Their Health <i>Dr. Linda Geronilla</i>	Potato Bean: A Nutritious and Medicinal Native Plant <i>Dr. Mario Morales, MBP Director</i>
09:00–09:55		Propagation and Cultivation of Virginia Snakeroot and Fairywand <i>David Carman, Herb Grower, Collector</i>
10:00–10:30	Break; Vendor Session, Room 103	
10:30–11:25	A Holistic Approach to Natural Health Care <i>Fred Siciliano, OMD, LAC, MH</i>	American Ginseng Culture <i>A WV Public Broadcasting Documentary (30 minutes)</i>
11:30–12:25		Site selection of Native Woodland Medicinal Plants <i>Russ Richardson, Forester</i>
P.M.		
12:30–01:30	Lunch Break, Room 103	
01:30–02:25	Natural Approach to Unlocking Autism <i>Dr. Janet Lintala, DC</i>	Burdock and Other Wound-Healing Plants <i>Dr. John Cardina, Ohio State University</i>
02:30–03:25		Cultivation of Edible and Medicinal Mushrooms in Appalachia <i>Lawrence Beckerle, Forester</i>
03:30–04:00	Break; Vendor Session, Room 103	
04:00–04:55	Herbs for Autism <i>Dr. Bonnie Buchman</i>	Native Plants and Pollinators of the Appalachian Plant Materials Center <i>John Vandevender, PMC Director</i>
05:00-05:55**		WVHA Herbs for Kids Project <i>Melissa Dennison, Herb Grower</i>
06:00–06:30	Discussion and Conference Closing	

* Schedule subject to change

** Weather permitting participants may also tour the MSU Medicinal Plants Garden

2010 Spring Conference: Herbs for Children's Health (Cont'd)

forms should be mailed to:	University campus.	campus.	Southern West Virginia Convention & Visitors Bureau www.visitwv.com or 800- VISIT-WV
Mountain State University Medicinal Botanicals Program PO Box 9003 Beckley, WV 25802-9003	Budget Inn 223 S Herber St. 304-253- 8318	Holiday Inn 114 Dry Hill Rd. 304-252-2250	
Lodging	Microtel Inn and Suite 200 Woodlawn Ave. 304-255- 2200	Super 8 Motel 2014 Harper Rd. 304-253- 0802	For conference information contact:
There are several affordable hotels within walking distance to the Mountain State	There are several hotels near I-77 within a short drive to the	For other hotels and accommodations for the Beckley area visit the	Dean Myles 304 929-1687 Or dmyles@mountainstate.edu

Registration Forms—2010 Spring Conference

REGISTRATION FORM FOR PARTICIPANTS—2010
Name: _____
Company: _____
Address: _____
City: _____
State: _____ Zip code: _____
Telephone: _____
Email: _____
Registration Fee: \$50
Box lunch (optional): \$ 10 (sandwich, chips, dessert, drink)
_____ Ham _____ Turkey _____ Vegetarian

REGISTRATION FORM FOR VENDORS—2010 Before April 15: \$10/table; after April 15: \$15/table
Name: _____
Affiliation: _____
Address: _____
City: _____
State: _____ Zip code: _____
Telephone: _____
Email: _____
Number of 4 x 8 tables: _____
Special requirements (power, cold storage, etc.): _____

Cordyceps Mushroom is an Effective Cancer Treatment, Says New Research

Mike Adams
NaturalNews, 19 March 2010

Researchers from the University of Nottingham have found that a rare, wild mushroom called *cordyceps* is an effective treatment for cancer. Commonly used in Chinese medicine, the cordyceps fungus inhibits the growth, division, and proliferation of cancer cells in the body.

Cordyceps was originally formulated into a cancer drug called cordycepin back in the 1950s. Though the drug

version was ultimately found to be ineffective because of rapid degradation inside the body once it was administered, the active components from the mushroom continue to be effective cancer fighters.

Depending upon dosage levels, cordyceps mushroom extracts directly impact the process of cell protein development, impeding the production of the mRNA molecules that create them. At high doses, cordyceps inhibits protein development directly,

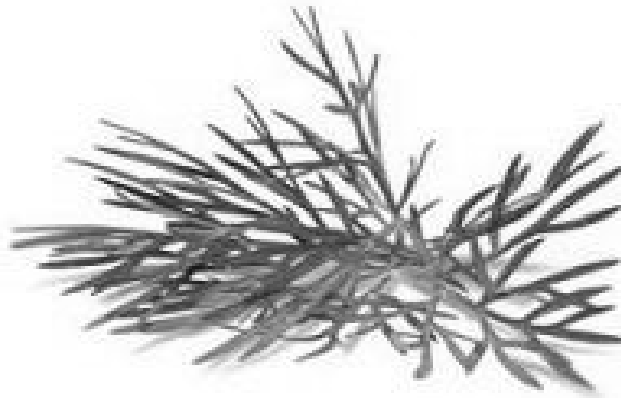
essentially eliminating the ability of cancer cells to function and survive.

Since the study focused on the pharmaceutical drug formulation derived from cordyceps called cordycepin, lead scientist Dr. Cornelia de Moor and her team specifically sought ways to improve the effectiveness of that particular drug. Their only solution was to suggest giving another drug alongside cordycepin in order to prevent it from degrading in the body. The team warned that the

other drug causes serious side effects which may discourage its use.

Though the research focused primarily on cordycepin, it ultimately revealed the powerful effects of cordyceps in preventing and treating cancer. The study is set to be published in the *Journal of Biological Chemistry* and its authors hope that the findings will spark further research into the potential uses for cordyceps as a cancer treatment.

DILL by Deonna Crowe



This herb is one of the most famous and popular herb in many countries together with its use as a medicine especially for children. Its common name is dill seed, dill fruit or just dill. Its name is probably derived from the Saxon word “dilla” or “dillan”, the translation being “to lull”. This name would refer to the properties that dill possesses in terms of being able to pacify and calm babies with colic or flatulence. Botanically known as *Anethum graveolens*, dill is a member of the parsley family. It dates back in writing to about 3000 B.C., where it is mentioned in Egyptian medical texts as a main ingredient in a pain killing mixture.

Dill can be grown either outside or on the windowsill and its leaves are feathery and threadlike in appearance with yellow flowers. The seeds are a pale taupe color with a brown stripe down their length and make an attractive addition to soaps. Dried dill foliage is commonly called dill weed. This is a delicately flavored herb with lots of culinary and medicinal uses. In the Middle Ages, magicians used dill in magic spells and people grew the herb in their gardens to ward off witchcraft and enchantments.

Dill is another herb containing aromatic volatile oils. Its main constituent is an oil obtained from the fruit which is almost identical to oil of caraway, both containing limonene and carvone. The essential oils from leaves (0.35%) and fruits (2 to 4 %) differ slightly in composition. In the fruit oil, the main components are carvone (40 to 60%) and limonene (40%). In the leaf oil, the aroma is determined by carvone (30 to 40%), limonene (30 to 40%), phellandrene (10 to 20%) and other monoterpenes; dill ether (a monoterpene ether) is characteristic of dill leaf oil.

Uses:

The leaves and seeds of the Dill plant are extensively used in the preparation of a wide range of meals. Dill seeds are used whole or ground as a condiment for flavoring meats, sauces, stews, breads, vinegars, pastries and vegetables. Dried and fresh leaves are used in sauces, salads, soups, stews and vinegars. The seeds are used in pickling, particularly cucumbers, and can also improve the taste of roasts, stews and vegetables. Ground seeds are used as a salt substitute. Some dill oil is used in cosmetics and perfumes.

The taste of dill leaves resemble that of caraway, while the seeds are pungent and aromatic. Freshly cut, chopped leaves enhance the flavor of dips, herb butter, soups, salads, and fish dishes. The characteristically subtle flavor of dill complements most fish dishes, particularly salmon. Dill is also invaluable for as a flavoring for salads, potato dishes and sauces. Care must be taken to add dill at the last moment in the cooking process as the flavor of dill vanishes if it is overcooked. The leaves can also be added into cottage cheese to add a something special. They can also be added to bean soups for flavor and to aid in preventing flatulence.

A very famous dish in the Arabic world is “mahashi” which is equivalent to stuffed vegetables. All types of vegetables are used as courgettes, tomatoes, eggplants, green pepper and more. The dill leaves are the main ingredient used for the stuffing together with rice, parsley, onions and chopped tomatoes.

Like the dill seeds and leaves, the oil possesses similar properties and has considerable medicinal uses. Most common is its use in the preparation of dill water, used in treating children suffering from flatulence, and in other children's medicines. It is also used for perfuming soap.

Share your favorite dill recipes with WVHA by sending them to me at lynnlassiter@hughes.net and I'll include them in future issues.

Projects for Kids- by Deaonna Crowe

These are a couple of projects for kids:

Few things are more captivating than peering into a jar of pond water alive with a whole zoo of wiggling, swimming beasties – or watching larger types of pond life such as tadpoles and diving beetles going about their daily business. The educational potential of the average garden pond is enormous – so how can you make the most of this latent resource?

Pond Dipping

Pond dipping is a great way to start educating children about pond life, not least because you never quite know what you're going to find. All you really need to get going is a very modest amount of equipment.

Pond Dipping Kit

- **Net** - This needn't be an expensive item, but try to get one with holes that are small enough to catch your mini-beasts, but not so small that you end up with a net full of silt. The typical seaside “shrimping net” will do, but the stronger sort available from pet shops and garden centers for fish keepers are generally a better bet.
- **Magnifying Glass** - It's a good idea to get a few cheap plastic ones for the children to use and a good quality glass one to be used under supervision for making really detailed observations.
- **Spoons** - A few plastic spoons can be very useful for moving the animals around from tray to container, or container back to the pond.
- **Trays** - A water-tight tray is a good place to empty the net into before transferring the beasts into separate containers.
- **Pots and Containers** - A range of sizes can be really useful for holding the catch. Toy shops sell

small purpose made transparent pots with magnifying tops and margarine tubs can be used too – the white plastic making the animals much easier to see.

- **Guide Book** - A good guide book can be really useful to help identify the catch and even if you know perfectly well what you're looking at yourself, it's a great way to teach children this essential skill. The best sort to go for are ones which have actual pictures or very clear illustrations and give an indication of the size of the animal, making it far less likely you'll be fooled by what you see.

Frogs And Tadpoles

Frogs and tadpoles have a special place in most people's hearts and they're great examples of how wildlife has adapted to the changing world. With around 70 per cent of Britain's natural lakes and wetlands having been lost over the last century, frogs have been remarkably successful using our ornamental ponds as breeding sites.

At a time when amphibian populations around the globe are under severe threat, the common frog (*Rana temporaria*) has shown a wonderfully opportunist streak in ensuring its own survival in back gardens. Aside of providing a remarkably clear lesson in practical conservation, frogs in the pond also offer a great chance to observe their fascinating life cycle – and the ideal opportunity for educating youngsters about their metamorphosis from fish-like larvae to air-breathing adults.

Where appropriate, spawning can be used as a very effective introduction to the idea of sexual reproduction for children of a suitable age or understanding.

Safety

Safety around the pond is obviously something which needs to be taken into account if you're thinking of teaching kids about pond life – especially for the very young. Drowning is the third most common cause of accidental death at home amongst pre-school children, so alert parenting is essential.

Establishing a few simple ground rules should go a long way towards ensuring that the education session runs smoothly. Something along the lines of “stay out of the pond, be careful around the edges and keep things that have been in the water out of your mouth” should suffice – and keep everyone safe and happy.

Water has an age-old attraction for youngsters. Add to this the amazing array of creatures teeming in the depths of even the smallest pond and you have the most wonderful natural laboratory quite literally on your doorstep. Best of all, educating children about pond life ends up being great fun – for everyone concerned!

And Another One: Caring for Plants

Caring for plants and watching them grow leaves kids with a sense of pride and accomplishment. There are many ways to teach kids how to care for plants. Most often this is achieved by using a variety of fun-filled activities throughout the growing season, which is a great way for kids to learn about plant growth. As kids participate with these activities, encourage them to share in the care of plants through routine watering and other necessary maintenance.

Mini Greenhouse

Take some small paper cups and fill with soil. Have the kids put a few seeds in each cup and then thoroughly mist the soil with water. Cover the top with a piece of cling film and place the cups on a sunny windowsill. There's no need for watering until the sprouts begin to appear as the plastic wrap acts

similar to a greenhouse, creating condensation and moisture for the seeds. Once the seeds have begun to sprout, remove the plastic wrap and let the kids water them daily or as needed.

As the seedlings grow, play guessing games with the kids. Ask questions about them and let the kids predict the outcome. For instance, how high will the plants grow? What will they look like? Will the plants produce flowers and if so, what color? Have the kids record their predictions and see who is closest to being right once the plants have fully matured. This is a great way to spark enthusiasm in the kids as they wait and watch the plants develop.

Growth Chart Journal

Encourage the kids to keep track of plant growth in the garden (or classroom) by creating a growth chart in a diary. Tell them to record the plants at various stages of development and have the kids make predictions. Ask questions about their plants and have them write down the answers. For example, what will the seed do once planted? How long do you think it will take the seeds to germinate?

Have them illustrate their growth chart diary. A good way to teach observation skills is by having the kids draw a picture of their plants as they sprout. Let them label the plant parts as they develop and have them add details to their picture as the plants grow. For instance, add new leaves as they appear. Lengthen the stem as it gets taller. Draw flower buds as they form and so on.

Upcoming Events:

April 24th: Saturday, 10:00 AM – Noon: SPRING HERB WALK & PLANT IDENTIFICATION.

Cost \$20. Herb walks are a great way to meet the plants up close and personal, and learn about growing, harvesting and using them. We'll see what early spring plants are growing and emerging, and identify edible and medicinal wild plants. Herbal tea and snacks will follow the walk. Hidden Hollow Farm near Keyser, WV (Mineral County). Pre-registration is required for all classes and walks. Fee includes all instruction, materials, handouts, herbal tea and snacks. More information can be found at www.hiddenhollowfarmwv.com or email hiddenhollowfarmwv@hughes.net or call 540-336-3997.

April 24th: Saturday, 10am-3pm: PLANT SPIRIT HEALING: AWAKEN OUR DEEP

RELATIONSHIP WITH PLANTS. In working with the vibration and essence of plants, we are guided in a life aligned with our soul's purpose....personal healing of heart, soul and spirit. Cost: \$60 each or \$200 for all 4 sessions. Future dates are 6/19; 10/2; 12/4. Please pre-register with a phone call to 304-783-5271, or write Green Heron Gardens, Rt. 5 Box 1130, Salem, WV 26426

April 25th: Sunday, 1pm – 4pm: NATURE CONNECTIONS: PLANTING SEEDS OF

INTENTION. Come celebrate the exuberance of spring !! With the Medicine Wheel as our template, we begin the annual cycle of a life harmonious with the movements of nature. Cost: \$40 each or \$130 for series of 4. Future dates: 6/20; 10/3; 12/5 Please pre-register with a phone call to 304-783-5271, or write Green Heron Gardens, Rt. 5 Box 1130, Salem, WV 26426

May 1: MSU/WVHA SPRING CONFERENCE – Beckley. Focusing on herbs for children's health and herb gardening with children. See information in newsletter.

May 15th: Saturday, 2:00 – 6:00 PM: BACKYARD HERBALISM. Cost \$35. Find medicine in your own backyard! Learn to identify local, common medicinal plants and make a few herbal preparations the "wise woman" way. Participants will take home samples of a tea, tincture, and salve. Hidden

Hollow Farm near Keyser, WV (Mineral County). Pre-registration is required for all classes and walks. Fee includes all instruction, materials, handouts, herbal tea and snacks. More information can be found at www.hiddenhollowfarmwv.com or email hiddenhollowfarmwv@hughes.net or call 540-336-3997.

June 12th: Saturday, 10am-3pm: Our ever popular WILD HERB WALK. Mark your calendars for a fun and informative exploration of field and woods for medicinal plants. Cost: \$35 Please pre-register with a phone call to 304-783-5271, or write Green Heron Gardens, Rt. 5 Box 1130, Salem, WV 26426
Rain date: June 13th

June 26th: Saturday, 10:00 AM – 4:00 PM: The FINE ART of MAKING PLANT MEDICINES
Cost \$50. This hands-on workshop will cover a variety of herbal preparations and will expand upon the methods taught in the Backyard Herbalism class. Learn to make infusions, decoctions, oils, salves, poultices, compresses, tinctures, and more. Participants will take home herbal products that will be made in class. Class will include an herb walk as we identify and harvest plants for making our medicines. Hidden Hollow Farm near Keyser, WV (Mineral County). Pre-registration is required for all classes and walks. Fee includes all instruction, materials, handouts, herbal tea and snacks. More information can be found at www.hiddenhollowfarmwv.com or email hiddenhollowfarmwv@hughes.net or call 540-336-3997.

July 10th: Saturday, THE LAVENDER FAIR. Cost \$50/person; \$185/car of 4. A Day at La Paix Herb Farm celebrating lavender, herbs, wild things and the people who tell you about them. Limited to no more than 100 participants who must pre-register by July 3rd, 2010 in order to attend. Please be aware that these workshops and tours take place on an historic homestead in Wild Wonderful West Virginia. This is an outside environment event. The grass paths and grounds are hilly and uneven. The wood walks are on rustic paths, with steep climbs and sometimes participants stray off the paths. Register at <http://www.lapaixherbfarmproducts.com/shop/?itemid=69LavenderDayatLaPaix>

INTERESTING WEB SITES

www.wvherb.org – West Virginia Herb Association

www.rareseeds.com - home of Baker seeds, who carries a wide variety of heirloom and open-pollinated seeds. websites.

www.heirloomseeds.com - located in PA. Source for heirloom and open-pollinated seeds. Untreated seed only.

www.eatwellguide.org - enter your zip code and the food products you are looking for. You can then do a search on specific products and local good food supplier.

www.localharvest.org – another site for finding local produce.



Herbal Seasons
co/ Kathy Flewelling
RR2, Box 71E
Proctor, WV 26055

Moving? Please return your Mailing label along with your new address. Thank you!

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.

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 Kathy Flewelling
RR2, Box 71E
Proctor, WV 26055