



Herbal Seasons

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

Spring 2006

Welcome to our Spring Newsletter! There have been changes to the Newsletter; starting this January the newsletter will be published on January 1, March 1, June 1 and September 1 of 2006. All articles are to be submitted to Bill Church by the second day of the month before (December 2005; February 2006; May 2006 and August 2006.

Note to Members: For the folks that don't have an email address we will still be sending you a hardcopy 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 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 and put in the header 'Seasons PDF' and make sure that we have your current email address.

From The President

Dot Montgillion

Here we go again. What a roller coaster winter this has been! One night it's 3 degrees F, the next it's 25 degrees. One day snow, the next 55 degrees. Go figure. Guess it's true that the only things you can count on are death and taxes; but I would add spring to that list!

The seeds have arrived, the greenhouse is filling up and I'm looking forward to the promise of another growing season. As they say, hope springs eternal! The joint spring conference has been finalized and brochures are available from your regional coordinator or at the website WVHERB.ORG. I can't emphasize enough to check the website for ongoing events, news, and links for everything herbal. The webmaster is updating the web in a very timely manner. We now have all regions represented with a coordinator except region 5, and we're working on that. Check the website for regional coordinator and contact info. Get involved, if you know of a farm, garden, educational site (arboretum, public garden, etc) that would be an interesting tour for members, let Bill (webmaster), any officer, or coordinator know. We have found some interesting places this way. MSU is having a monthly all-day workshop which is posted on the website, free and open to the public. Check it out Again let me emphasize some upcoming events: Vandalia Garden Festival on April 22 in Charleston and the Harrison County Master Gardeners Spring Clinic April 29 in Clarksburg. Both events are free and open to the public. Both events, however, aren't free if you're a gardening fool (like me) and must have more plants!! Both events have gardening workshops throughout the day. It's a great way to welcome spring!! The March Board meeting will be combined with the WVU greenhouse tour on Sunday, March 12. Everyone will meet at the greenhouse at 11 AM. We will have a pot-luck lunch there and a BRIEF meeting with the greenhouse tour to follow. All members are invited to the board meeting since they are open and we invite suggestions and new ideas. It's also a good time to become acquainted with some of the new coordinators, officers, and members. Greenhouse director and WVHA member Sue Myers will conduct the tour. Although this is a region 3 event, any member is welcome to attend. The WVU greenhouse tour is one of our most popular events. Hope to see you there, or at some other of the several events this spring. Less than a month to the official start of spring!!!

Dot.....

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! – 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: bchurch@cherokeehawk.com

Mail ads/events with check payable to WVHA, to newsletter editor, Bill Church, 1517 Lower Cedar Creek Rd., 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:

January Issue – Deadline is December 2nd

March Issue – Deadline is February 2nd

June Issue – Deadline is May 2nd

September Issue – Deadline is August 2nd

Submit by e-mail to bchurch@cherokeehawk.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, 1517 Lower Cedar Creek Rd., 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!

Artistic credits:

WVHA Board of Directors: (all 304 prefix)

President: Dot Montgillion, smokecamp@iolinc.net, 269-6416

Vice President: Ann Nye, Lnye@MA.RR.com, 842-6385

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

Secretary: Kathryn Hare, khare@citlink.net, 676-9231

Members-at-Large:

Judy Roylance, jroylance@aol.com 592-3323

David Hawkins, herbdoc@wvdsi.net, 482-5406

Bill Church, bchurch@cherokeehawk.com, 462-5835

Website: www.wvherb.org

Webmaster: Bill Church, bchurch@cherokeehawk.com

Need Member assistance? Contact Dot Montgillion:

1289 Smoke Camp Road, Weston, WV 26452

(304) 269-6416, smokecamp@iolinc.net

©2006 All rights reserved; contact the editors for reprint permission. Information intended to be general and non-prescriptive; please consult your health practitioner regarding the use of any herbs. Mention herein does not constitute endorsement by WVHA, the Board, or the Editors, or any person, product, company, publication, or activity. Neither the Editors nor WVHA necessarily agree with, nor are we responsible for, the opinions of authors.

Spring 2006 Conference
2006 Spring Conference: Marketing and Producing Fresh Herbs and Vegetables

Cost \$80.00 per person includes lunch, dinner and lab supplies

Cost for One Day is \$50.00

Mountain State University, PO Box 9003, Beckley, WV 25802-9003

You can get more information and forms at: www.mountainstate.edu/usda or www.wvherb.org

Friday, May 5, 2006			
<u>Time</u>	<u>Building</u>	<u>Activity</u>	<u>Moderator</u>
9:30 - 10:30	Carter Hall	Registration	
10:30 - 6:00	Carter Hall	Registration and exhibits open	
12:00 - 2:00	Carter Hall	Herb walk focusing on herb and wild food identification at Grandview National Park.	Dean Myles
12:00 - 2:00	MBP Garden	Visit the MSU Medicinal Plant Garden.	Dr. Mario Morales
2:00 - 4:00	Grandview, WV	Herb walk focusing on herb and wild food identification.	Dean Myles
2:00 - 4:00	Carter Hall Rm 314	Photography for Business and Pleasure	Ann Nye, WVHA
4:00 - 5:00	Carter Hall	Visit the exhibitors' room	
5:00 - 6:30	JEC Coffee House	Bar drinks and buffet dinner	
7:00 - 7:30	JEC Coffee House	Welcome Dr. Mario Morales, Director, Medicinal Botanicals Program, MSU	Dr. Mario Morales
7:30 - 9:30		Music, drinks, conversation	
Saturday, May 6, 2006			
Time	Workshops A: Moderator: Dean Myles, MSU		Workshops B: Moderator: Ann Nye, WVHA
8:00 - 10:00	Market potential of fresh herbs and vegetables. - Carter Hall - Room 314 - Dr. Arnold, WV Magazine Food Editor, Charleston, WV		Website Design - Carter Hall, Room 311 - Dr Susan Qian, MSU, Beckley, WV
10:00 - 10:15	Break		Break
10:15 - 12:15	Garden Insect and Disease - Carter Hall - Room 314 - David Richmond, WV Extension Agent, Beckley, WV		Medicinal Foods - Carter Hall - Room 308 - David Hawkins, WVHA, Parkersburg, WV
12:15 - 1:15	Lunch - Conference will provide lunch boxes JEC Coffee House -(Visit the exhibitors room)		
Time	Workshops A: Moderator: Dr. Mario Morales, MSU		Workshops B: Moderator: Dot Montgillion, WVHA
1:15 - 3:15	Organic Gardening - Carter Hall- Room 314 - MSU Garden - Marion Harless, WVHA, Kerns WV		Adding value to WV Products - Carter Hall - Room 308 - Marilyn Harrell, Center for Economic Options, Charleston, WV
3:15 - 3:30	Break		Break
3:30 - 5:30	Plant Propagation - Carter Hall - Room 314 - MSU Greenhouse - Wade Snyder, USDA, ARS, AFSRC, Beaver, WV		Living Wreath - Carter Hall - Room 308 - Melissa Dennison, Garden Treasures, WVHA, Clem, WV - workshop requires an extra \$12.00 fee for supplies
5:30 - 6:00	Closing - Carter Hall Auditorium		

CONFERENCE REGISTRATION FORM

2006 Spring Herb and Vegetable Conference
May 5-6, 2006

Name: _____
Company: _____
Address: _____
City: _____
State: _____ Zip code: _____
Telephone: _____
Email: _____
I plan to do the living wreath workshop Yes (Add \$12) No
I plan to go on herb walk Yes No
Registration Fees: General Public-\$80;
One Day Registration is \$50

EXHIBITOR REGISTRATION FORM

2006 Spring Herb and Vegetable Conference
May 5-6, 2006

Before Apr 1: \$10/table; after April 1: \$15/table

Name: _____
Affiliation: _____
Address: _____
City: _____
State: _____ Zip code: _____
Telephone: _____
Email: _____
Number of 4 x 8 tables: _____
Special requirements (power, cold storage, etc.): _____

Please make check or money order payable to **Mountain State University** and mail it with form to:

MountainState University
Medicinal Botanicals Program
P.O. Box 9003
Beckley, WV 25802-9003
Registration fees are not refundable

Member Highlights

Marion Harless -

Marion's mother, Hane Hoag Harless, of Irish and English descent, moved to Weirton, Hancock County, from nearby Carnegie, Pennsylvania as a seven-year-old. Marion's father, Everett, with German, English, French and Cherokee ancestry, grew up in Logan County and moved to Weirton as a young man.

With her brother and sister, Marion grew up steeped in the plant and animal lore learned from their family. As youngsters and teenagers, they explored the woods, fields and streams from miles around the family's ten acres.

Marion was active in 4-H, completing many nature and conservation projects, and also, as a teenager, in the Audubon club and Oglebay Park's nature camps. At 17, she served as the Nature Counselor for the Chicago YWCA summer camp. For the eight years she was in Morgantown as a WVU undergraduate, graduate student and instructor, she spent the summers directing nature museums at Bear Mountain for the New York-New Jersey Conservation Commission. At WVU she was a founding member of the Outing Club, then devoted to hiking, caving, and skiing, and later served as a faculty advisor for the group.

She had her own garden since the year she turned three and enjoys sharing gardening and landscaping ideas with others. She began leading nature, plant and wild edibles walks at age 15 and has done so in several states. She began teaching Organic Gardening classes and Herb classes formally at the Wichita Falls (Texas) Art Museum and Science Center in 1970.

By academic training, she is a comparative psychologist and wildlife biologist and has taught in several universities, received NSF grants, presented many scientific papers, and has numerous popular and scientific publications, including a research book on turtles (senior co-editor, *Turtles: Perspectives and Research*, Wiley Interscience).

Since returning to West Virginia, Marion has taught a variety of herb-related workshops and classes including organic gardening, edible landscaping, herb gardening, herbal crafts, wreath making, Appalachian traditional medicines, “weed” walks, natural dyeing and others for the Augusta Heritage Center’s summer,, Christmas and community programs, Randolph County Board of Education Community Education, the Mountain Weavers Guild, and Davis and Elkins College’s Informal Skills Sessions.

She is founding member of the West Virginia Herb Association and the Mountain State Organic Growers Association and served as editor of *The Organic Harvester* for several years. (No, she’s not a “Master Gardener” – but some of her best friends are! She had already been teaching organic gardening classes for four years when the MG program was born).

In recent months she has spoken at the First Ever Ethnobotany Symposium at Frostburg State University, the WVHA fall conference at Jackson’s Mill, Multicultural Day at Alderson Broaddus College, and the Art of Eating winter term class at Davis and Elkins College. She is on the planning Committee for a joint project of West Virginia University, Frostburg State University and the University of Maryland Biotechnology Institute, the Appalachian Center for Ethnobotanic Studies, proposed for Garrett County, Maryland.

Events of Interest

Apprenticeship in Herbal Studies Program

Green Heron Gardens offers "Nature Connections", a seven month apprenticeship of herbal studies, self renewal, and nature experiences. Beginning on Earth Day, April 22, 2006 and continuing every third Saturday thereafter through October 2006, from 10am to 5pm.

Dates: Apr. 22, May 20, June 17, July 15, Aug. 19, Sept. 16, Oct. 21

The Nature Connections Apprenticeship is designed to deepen your understanding of and connection to the natural world in general and to herbs in particular. In so doing, we also discover our own true nature and the desire to nourish ourselves. The outdoors will be our classroom and our work together will flow with the seasons and the plants.

Your apprenticeship will be a blend of practical information, heartfelt experiences, and hands on learning. It will include:

- * Organic practices of growing and harvesting herbs
- * Plant identification and wildcrafting
- * Making herbal medicines
- * Using herbs for physical health
- * Flower essences
- * Working with plant allies for emotional healing and spiritual renewal
- * Wild food foraging
- * Herbal formulations
- * Movement, song and celebration to honor the seasons
- * Teachings of the Medicine Wheel
- * Nature awareness skills and practices
- * Vision quest

Green Heron Gardens will provide all instruction, materials, tools and supplies, herbal tea and snacks. Apprentices are asked to bring their own lunch. There will be homework and some time involved outside of class for projects and studies. The fee for the Nature Connection Apprenticeship is \$600. You may hold a space by sending \$150 deposit. Full payment is due on the first apprentice day unless other arrangements have been made.

Teachers: Anne Romance has been studying and practicing community herbalism since 1990. As caretaker of Green Heron Gardens, she has grown in knowledge and sensitivity of the healing plants and nature around her.

Chuck Lothes holds an associate degree in landscape development and a B.S. degree in horticulture. He has been instructor of Landscape Management at M-TEC in Morgantown for 27 years.

Chuck and Anne have been stewards of the land and organic growers at Green Heron Gardens for 18 years. It is with passion and healing intent that they offer the Nature Connection Apprenticeship.

For more information or to register contact:

Green Heron Gardens

Rt. 5 Box 1130

Salem, WV 26426

304-783-5271

anmari@mailstation.com

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.

THE SPIRIT OF HERBAL MEDICINE 2006

A comprehensive **apprentice program** established in 1999. The program **begins on May 20th & 21st** and meets one weekend per month (Saturday and Sunday), from May through November.

Classes will meet at Magic Mountain, home of the Skills For Life School and David and Linda Christen. Located in the Cheat Lake area outside Morgantown, WV, there are beautiful gardens, forest and meadow, in which we will get to know the plants. Indoor lab work will take place, as well. We address herbal medicine from both scientific and spiritual / intuitive approaches.

Traditional herbal healing begins with a loving relationship between the person and the plant kingdom. We begin this program by making respectful relationship with plants, on a profound level. And, then, we continue with the study of their many therapeutic gifts.

SHM is designed to offer personal enrichment, expansion of heart and awareness and dependable skills for herbal home health care or professional use. Now in its eight year, SHM has been privileged to accommodate both non-Professional herb enthusiasts and medical health care providers, alike. SHM is for anyone who wishes to deepen his or her knowledge and experience of healing plants.

This space does not permit a full description of everything the apprentice program entails. Please request our **SHM 2006 Brochure**, for complete information about the program and the instructors. Here is an abbreviated summary of what will be included: Meditation – Organic Gardening – Plant Identification – Basic Botany – Body Systems/Corresponding Herbs – Making Medicines – Flower Essences – Plant Spirit Journeys – Developing Formulas –Aromatherapy – Wild Food Gathering – Diagnostic Techniques – Optional Sweat Lodge – and more.

SHM also includes a ten lesson home study course authored by Rosemary Gladstar. **Tuition includes** all instruction, class materials, home study course, daily vegetarian lunch, review of homework and Certificate of Completion for those who complete the apprenticeship, including homework and projects.

Tuition for SHM is \$1250 (choose payment plan or pay in full by first class weekend), A non-refundable \$200 registration deposit is required to hold your place. For complete information, please contact Linda Christen, at the Skills For Life School. (see above address, phone number and email.)

SKILLS FOR LIFE SCHOOL AND NATURE SANCTUARY

Located at Cheat Lake, near Morgantown, WV. For instructor biographies, complete class details or to register, please contact us at PO Box 18097, Cheat Lake WV 26507 -- phone 304 594 2494 or email linda_dave@earthlink.net (Put "classes" in the subject box.)

Weekend Intensives – Preregistration Required

May 6~7 Intermediate Aromatherapy There's more to an essential oil than its lovely fragrance. This class will include selection of essential oils & carrier oils, creating formulas, psychology of fragrance, hydrosols, cosmetology, working with synergies, dilution ratios, essential oil safety, specific massage techniques, subtle energy effects, treating specific imbalances. Participants will experience over 50 different oils and carrier oils. Incorporates lecture with hands-on experience. Basic knowledge of aromatherapy is recommended, as a pre-requisite for this class. Includes all instruction and materials. Cost \$180 / \$50 Deposit

June 9~10~11 LoveMedicine: Working With The Energies And Consciousness of Nature (Part 1) Throughout the ages, the great mystics have taught that all life forms are conscious beings, sharing the same divine life force. After working with the conscious healing power that flows through the plants to all who need it, instructor Linda Christen began calling it LoveMedicine. This program is for those who have a desire to explore the nature of Reality and the deeper aspect of healing that goes beyond the physical. In a respectful way we will use meditation, shamanic plant spirit journeys and communing with plants in the wild, to rediscover our soul to soul connection with nature. Having done so, we will learn to bring LoveMedicine to those who need it – ourselves and others. Supporting topics will include human energy anatomy, Ayurvedic five elements, principles of involution and evolution and current scientific findings that support the teachings of the great mystics. Includes instruction, materials, daily vegetarian lunch. Cost \$230 / \$50 deposit

Lavender Fair & More 2006: Livin' Easy Saturday, June 24th, 2006

Where: La Paix Herb Farm, Alum Bridge, West Virginia (Lewis County)

Contact: Myra at (304) 269-7681 or email: lapaix@westvirginia.net

The Fourth Annual Lavender Fair & More: Livin' Easy is planned for Saturday, June 24th at La Paix Herb Farm in Alum Bridge, West Virginia (Lewis County). A gourmet luncheon menu will feature scrumptious food prepared by Stonewall's Executive Chef Dale Hawkins. Demonstrations include Culinary how-to's, Distilling Lavender, Conflict Resolution, Dowsing, Straw Bale Housing, Solar Energy, Fuel Cell Energy, Hybrid Cars and more. Workshops include Making Lavender Wands and Soap, Growing Lavender, Medicinal Herbs, Chinese Tea Ceremony and Teas, Living Better on Less - Sustainably, Organic Gardening, and a 4-grant project: Local Farmers Grow for Local Chefs. Educational exhibits include supporters West Virginia Environmental Council and Ohio Valley Environmental Coalition. Over nineteen booths are already booked featuring a variety of educational displays and exhibits, crafts, plants and skin care products. Traditional Celtic music and light baroque classical compositions on Harp and flute will add to the day of Easy Livin' ambiance at La Paix. Tours of the many display gardens and woods will brighten the spirits and titilate the minds of those attending.

"I believe that a sustainable society involves not only growing organic herbs and vegetables, but living with the land in a way which sustains life for the coming generations. This includes utilizing sustainable techniques in

everyday living like solar energy and hybrid cars. I believe our economy would improve greatly if we began thinking about how to preserve our good earth instead of exploiting it. That is why the Fourth Annual Fair emphasizes how we can learn to live together in peaceful harmony with the earth and one another." says Myra Bonhage-Hale, steward of La Paix Herb Farm, the host for the Fair. Keep posted on current plans by visiting the website at <http://www.lapaixherbfarm.com>. Registration for the full gourmet lunch may be made on the web site or mail \$25. per luncheon to La Paix Herb Farm, 3052 Crooked Run Rd., Alum Bridge, West Virginia., 26321. Credit Cards can also be accepted by calling (304) 269-7681. Please visit me on the web at <http://www.lapaixherbfarmproducts.com>

WV Vegetable/Flower Variety Trials

This is the sixth year for WV Master Gardeners to have the opportunity to test vegetable and flower varieties in their own gardens throughout the state as part of our statewide trial. The results from previous years are available on the Horticulture website <http://www.wvu.edu/~agexten/hortcult/index.html>

The 2006 trials will begin this spring with three vegetables & one flower and their varieties:

Pickling cucumbers--(Varieties) Calypso, Cool Breeze, County fair, H19 Little Leaf and Homemade.

Multi-branching sunflowers--(Varieties) Velvet Queen, Soraya, Razzmatazz, Autumn Beauty and Ring of Fire

Snap beans--(Varieties) Blue Lake, Tenderette, Volunteer Half Runner, Mountaineer Half Runner and Benchmark

Acorn squash--(Varieties) Harlequin, Heart of Gold, Cream of the Crop, Carnival and Table Ace

We will test five varieties in each trial. Gardeners choosing to grow pickling cucumbers, for example, must grow all five varieties and compare them to each other. We will send approximately 7 seeds of each variety.

Each gardener who participates will select one vegetable or flower. You agree to devote a minimum of twenty-four (24) row-feet for the test. You will receive seeds, labels, growing instructions and forms on which to record yield, flavor, color, disease resistance, etc., for the vegetable or flower being tested. These record-keeping forms are easy to complete, but must be returned on time to be eligible to participate in future trials.

Gardeners are encouraged to grow the vegetables and flowers as they normally would. Any gardener (not just MG) are welcome to participate in the variety trials. All gardeners agree to protect the plants from their local deer population as much as possible.

If you are interested in participating in the 2006 trials, call or email Leanne Moorman -

LKMoorman@mail.wvu.edu or 1-877-564-3805 by April 1 or sooner (We are doing 10 trials of each one and when those seeds are gone, there won't be more ordered).

We need the following information: Name, Address, Email address, Phone, County, MG Program and vegetable/flower you would like. The seeds and data packets will be mailed directly to your home as soon as we receive the seeds.

Leanne K. Moorman
Hancock County Extension Office
West Virginia University Associate Professor
P.O. Box 457
New Cumberland WV 26047-0457
304.564.3805 fax 304.564.5047
Lmoorman@wvu.edu

Landscape Design School Course I, Series IX will be held May 31-June 1-2, 2006 at West Virginia University in Morgantown. The school is open to both members and non-members. Text for the course is Stewards of the Land. The course is free to Garden Club members who are not seeking credit and \$40.00 for those sitting for the exam. The cost for non-members is \$50.00, with the one day course costing \$30.00. If you have never attended, this is the time to take advantage of Landscape Design School. This opportunity to expand your knowledge of public and private landscapes is extended to all Garden Club members and non-members. Classes meet Wednesday and Thursday from 9am-5pm with the exam at 9am on Friday. For more information and/or to register for the course contact: Donna Davis, Landscape Design School Chairman, Rt. 2 Box 374, St. Marys, WV 26170. The topics and registration information is online at: <http://www.wvu.edu/~agexten/hortcult/Landscapesclreg.pdf>

John W. Jett, Ph.D
2088 Ag. Sciences Bldg.
P.O. Box 6108
Morgantown WV 26506-6108
304/293-6131 ext. 4224
Fax: 304/293-6954
<http://www.wvu.edu/~agexten/hortcult/index.html>

Calendar of Herbal Events

March

March 18, 2006 – Introduction to Aromatherapy Workshop from 11:30 a.m. – 3:00 p.m., at Mountain State University Campus, Beckley, WV. The workshop will guide participants through an introduction to aromatherapy. Participants will learn about pure essences of plants, flowers, and their healthy effects. Experience natural aromatic ways to ease stress, create skin care products, home products and how to create your own aromatherapy garden. Each participant will take home a sample and recipe to make your own aromatic formulas and garden plan. To register visit our webpage at: www.wvherb.org and download the form or for more information contact Dean Myles at 304-929-1687 or dmyles@mountainstate.edu.

May

May 5 – May 6 - The Mountain State University Medicinal Botanicals Program and the West Virginia Herb Association will have a conference May 5-6. These workshops are approved for Master Gardener education hours. The brochure and registration can be found at the web site listed below.

May 6 – May 13 – Green Heron Gardens Annual Spring Herb Plant Sale. 10:00 a.m. – 5:00 p.m. weekends, 12:00 noon – 7:00 p.m. weekdays. Featuring culinary, medicinal, and fragrant herbs, as well as perennial flowers. Healthy plants are dug from the gardens or potted. Green Heron Gardens herbal products will also be available.

May 20, Saturday, 10 a.m. – 4 p.m. – Annual tour of Smoke Camp Garden, workshop, greenhouse, fields and woods. Bring a brown bag lunch. You may browse extensive library instead of tramping thru the field and woods. \$10 person/ \$15 couple. Rain date will be Sunday May 21. RSVP please. smokecamp@iolinc.net or 269-6416



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

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	
<input type="checkbox"/> Individual \$20	<input type="checkbox"/> Family \$30
<input type="checkbox"/> Professional \$50	
<input type="checkbox"/> Corporate \$100	

Please return your completed membership
Form and check or money order to:

WVHA c/o Judy Roylance
P.O. Box 102
Wyatt, WV 25463