



Herbal Seasons

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

Summer 2005

Welcome to our Summer Newsletter! Many things are going across the state this year, check them out on our website: <http://www.wvherb.org>, as this is updated as we get information.

From The President

Dot Montgillion

The snowdrops have been blooming for a couple of months now, often in snow, but today really seemed like spring when the peeper frogs began their welcoming song. There will be early morning frosts, but the peepers have spoken, along with a few hardy robins. Seed orders have begun arriving and the greenhouse beckons. Here we go again!!!!!!!!!!!!!!

As spring approaches, things seem to liven up with hope and plans for the coming year, including the WV Herb Assoc. Check out our website www.wvherb.org. It is being updated in a timely manner, but only if members forward information to our editor, Bill Church at bchurch@cherokeehawk.com. There are several regional activities throughout the coming year. Members may attend any regional events they wish to and are encouraged to do so. Region 3 will have a Lavender Fair, in addition to a plant sale and several tours. Region 7 will have an open house and other activities. Southern regions are making plans, too.

This year the annual state Master Gardener Conference will be held in Berkeley Springs at Cacapon State Park May 12-15. WVHA has quite a few Master Gardener members in that area. If you are interested in attending, contact your local extension agent for more information.

The conference committee has been busy planning this year's conference. It is scheduled for Saturday, Oct 22 at Jacksons' Mill. Although it is just one day this year, there will be something for everyone. There will be four separate tracks, medicinal, culinary, grower, and crafts. CEUs will be available again this year. There will be five workshops in each track.

Exciting things are happening at Mountain State University in Beckley. In the fall, a four year degree course will be offered in Herbal Science. Some of the courses will be offered on Saturdays. They also have a monthly newsletter via email or snail mail for free. They are listed as a link on WVHA website. Some of their faculty will offer workshops at our conference and we will participate in their conference in September. The USDA research facility in nearby Beaver partners with MSU, and herb-growing research is ongoing there.

Between WVHA growers group and MSU there is an active medicinal herb -growing project developing. Between the organic farm at WVU and the medicinal herb-growing at MSU and WVHA participation in the five-state Chinese Medicinal Botanical (CMB) group, things are popping all over! This promises to be an interesting year!

Herb of the year is oregano, so go have a pizza to celebrate! 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: 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:

Spring Issue – Deadline is January 2nd

Summer Issue – Deadline is April 2nd

Fall Issue – Deadline is July 2nd

Winter Issue – Deadline is October 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:

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

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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 bchurch@CherokeeHawk.com or by mail to Bill Church, 1517 Lower Cedar Creek Rd., Glenville, WV 26351....

Question: How do you control Powdery Mildew?

Answer: Airborne fungi attack the aboveground parts of the plant. To help control this type of fungus, prune off the affected plant parts carefully and spray the plant with a fungicide treatment. If the plant is badly affected, you may need to sacrifice the entire plant to a hot compost pile or discard it with your rubbish.

Powdery mildew is a common airborne fungal disease. This treatment can be helpful in controlling powdery mildew. Castile soap and the Ivory brand are good choices for the dishwashing liquid, but almost any kind will work providing it is unscented and doesn't contain degreasing agents. You'll get 2 or 3 treatments from this recipe:

- 1 teaspoon baking soda
- 1 quart warm water
- 1 teaspoon dishwashing liquid

Dissolve the baking soda in warm water. Add dishwashing liquid. Mix well and pour into a spray bottle. To use, spray the plant thoroughly, especially the undersides of the leaves. Space treatments 3 – 5 days apart.

Herbal Recipes

Hot & Spicy Chicken Soup

- 1 small onion, chopped
- 1 garlic clove, crushed
- 1 tsp. Oil
- Green Chilies, drained
- 1 tsp. Worcestershire sauce
- 1 tsp. Cumin
- Chili Powder to taste
- 1 –3 C. low fat cheese, shredded
- 1 can each – Beef broth, Chicken broth, Cream of Chicken soup, - all undiluted
- 1 ½ cup water
- 6 oz. Cooked Chicken, cut in small pieces or 1 – 6 ¾ oz can chicken

Sauté onion and garlic in oil, add Cream of Chicken soup and water slowly, stirring until smooth. Add Chilies, spices, broths and Chicken, and bring to a boil. Cover and simmer 1 hour. Add cheese, simmer uncovered 10 minutes. Can serve with tortilla chips on top.

*From the World of Herbs Cookbook, WV Herb Association cookbook #1

Crunchy Casserole Topping

2 C. uncooked oatmeal
1/3 C. wheat germ
1/3 C. Parmesan cheese
1/2 tsp. garlic salt
1/4 tsp. garlic powder
1/2 C. butter, melted

Combine all but butter. Drizzle butter over and stir to coat. Spread on baking sheet. Bake at 350 degrees F. for 15 minutes. Cool. Store airtight in refrigerator or freezer. Use over salads or casseroles, makes about 2 ½ cups.

*From Herbal Recipes for Everyday Living, WV Herb Association cookbook #3

Savory Cheese Biscotti

2 C. flour
2 T. cornmeal
1 tsp. baking powder
1 tsp. salt
1/2 tsp. basil
1/2 C. nonfat milk powder
2 T. melted butter
3 egg whites
1/2 C. grated smoked cheddar cheese

Process flour, meal, powders, salt and basil till blended. Beat eggs and butter together. Stir in dry ingredients. Blend well. Stir in cheese. Shape into 2 logs, 12 inches long. Bake on pam-sprayed cookie sheet at 350 degrees F for 30 minutes. Cool. Using a serrated knife, cut each log carefully into 12 slices crosswise. Place back on cookie sheets and bake at 325 degrees F for 10 minutes. Turn over, bake 10 minutes more. Cool on wire racks. 2 doz.

* From Herbs: A Recipe for Life Cookbook, WV Herb Association cookbook #2



Region 3 Plant Sale: Dot Montgillion, President of WVHA describes plants for sale to Bill Church, newsletter and website editor and his wife Tena at Region 3's Plant Sale on Saturday April 16th. Also attending and selling were Kay Basham, Moondreamer and Jody Skaggs of Allegheny Hand Crafts as well as Myra Bonhage-Hale, La Paix Herb Farm, Region 3 coordinator.

Growing Medicinal Herbs

In order not to deplete our wild herbal resources we can grow our own plants. We will try to give you information on a new plant with each newsletter.

Wild Ginger

Asarum caudatum

Wild Ginger is completely unrelated to grocery store gingerroot, but it smells nearly identical. The slightest disturbance of wild ginger foliage brings a burst of gingerlike scent guaranteed to delight. Wild Ginger is a perennial herb that reproduces mainly from its extensive rhizomes, a characteristic leading to dense colonies of the plants carpeting the forest floor. The 2 to 5 inch wide dark green, somewhat hairy leaves are broadly heart-shaped (nearly circular) and form long (up to 8 inch) petioles that extend directly from the rootstock. The brownish purple, 1 – 3 inch wide flowers are well described as “odd”, with three lobes tapering and curling away from the rest of the flower like insect feelers. Each solitary flower forms the leaf axils, at ground level, making them almost invisible beneath the plant’s large leaves. *A. caudatum* is the most widespread species. All the *Asarums* share a similar appearance, but species in the west are more aromatic than their eastern relatives.



Habitat and Range: Wild Ginger can survive in disturbed areas, but it won’t do well there. It is a plant of the dark forest, requiring thick compost and deep shade to flourish. It typically grows in old growth forests, where it is important in aerating easily compressed soils. In the West, wild ginger inhabits mountains and rain forests from British Columbia south through similar habitats in Washington, Oregon, northern California, and the Idaho Panhandle. A variation of the same species grows from the eastern Canada provinces south to North Carolina. It can be found in abundance in the hardwood hollows of central and northern Appalachia. Other, less common species of *Asarum* grow sporadically in their eastern and western regions.

Propagation and Growth Characteristics: Wild ginger, a perennial, requires deep shade and consistently moist, acidic soil rich in forest compost. If you replicate that habitat as accurately as possible, you can cultivate wild ginger from carefully handled rhizome cuttings.

Wild ginger typically grows in dense patches that carpet the forest floor. What looks like several individual plants may be offshoots from a single rhizome. The rhizomes require a deep accumulation of forest debris, and the plant does not tolerate a full day of sun. Wild ginger’s extensive, horizontal root system forms an integral life-support structure for subterranean organisms beneath the forest floor. Wild ginger’s neighborhood usually comprises thick, acidic forest floor debris that composts slowly and gradually compresses under its own weight. This thick mat can become totally impervious to water, microorganisms, heat and even air. Add to this the minimal sunlight typical in old-growth forests, which results in very little photosynthesis, and you have a habitat of specially adapted organisms. Wild ginger is a key element in the forest floor biocommunities, maintaining the delicate balance between life and sterility.

Association News

Our fall Conference will be **Saturday, October 22, 2005** at Jacksons Mill. Watch for more information here and on our website.

Regional News

Region 3

Saturday, May 14th, 10 a.m. till 4 p.m. (Sunday, May 15th 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 fundraiser (\$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.

Saturday, June 25th, 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 prize entry of 2004. Her recipe and more information on the website at www.lapaixherbfarm.com. Click on Lavender Fair 2005 link.

Saturday, July 16th: 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. 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. Let me know if you need directions.

Saturday, August 6th: 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. 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!

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 25th**. 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 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 7th *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.

Calendar of Herbal Events

April

April 30 – May 7 – Annual Herb Plant Sale at Green Heron Gardens. Weekends 10:00 a.m. – 5:00 p.m. Weekdays noon – 7 p.m. Offering vigorous herb plants for cooking, and medicine; also hardy perennial flowers dug from the gardens. Back by popular demand is our friend Peg Cherre of Second Wind Jewelry. She will be with us during the plant sale to exhibit her wonderful creations. (304) 783-5271

May

May 21 – An afternoon of Herb Gardening, at Green Heron Gardens, 1-5 p.m. (rain date Sunday, May 22). This hands-on class will cover organic methods of soil preparation, planting, tending and harvesting your herbs. \$25 pre-registration required. (304) 783-5271

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 25th, 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

July

July 9 – Herb walk, at Green Heron Gardens. 10 a.m. – 2 p.m. (rain date Sunday, July 10). We will venture through the fields and woods to identify and discuss the healing herbs that grow wild. Bring your own lunch – we'll provide the herbal tea. (304) 783-5271

September

New Moon Pizza Fair: Saturday, **September 3rd**, 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>

October

October 1 - Herbal medicine Making at Green Heron Gardens. 10 a.m. – 4 p.m. (rain date Sunday, Oct. 2). A hands-on class covering all the steps of preparing your own herbal medicine – from start (digging the root and gathering berries) to finish (making teas, tinctures, and salves.) Bring your own lunch. \$40 pre-registration required. (304) 783-5271

Note to Members: The newsletter is available online 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 bchurch@cherokeehawk.com and put in the header 'Seasons PDF' and make sure that we have your current email address. Those that have an email address listed with us will receive their newsletter via email link.

7th Annual International Herb Symposium



7th Annual International Herb Symposium on Modern and Traditional Uses of Herbal Medicine is being held on **June 24-26, 2005** at Wheaton College (35 miles south of Boston). The Symposium is one of the largest and most comprehensive events of its kind and features an extraordinary selection of over 30 of the world's most highly respected Herbalists, representing ten countries. Over 100 different workshops are offered on topics ranging from the traditional and folkloric to the clinical and scientific uses of medicinal plants. This is an incredible opportunity for both beginning and advanced students to further their knowledge of botanical medicine through lectures, demonstrations, and wild plant identification walks. Also included in the weekend's activities are: Earth-based ceremonies, evening entertainment including the "Herbalist's Ball", and the Herbal Marketplace containing a wide range of herbal products and books (many written by herbalists present).

More than just an educational event, this symposium is an opportunity to join together in a global celebration of the Earth and her healing plants.

For further information write to: International Herb Symposium: P.O. Box 420 E. Barre, Vt 05649. Telephone (802)479-9825 Fax: (802)476-3822 or go to:

<http://www.sagemountain.com/2005/index.php?name=News&file=article&sid=52> and register online.

An interesting item in current issue of Avant Gardener:

Most everyone knows about putting aspirin in the vase of flowers for prolonging the freshness of the flowers, but now it has been found that aspirin dissolved in water and sprayed on vegetable and flower plants every 3-4 weeks improves their growth. Plants manufacture salicylic acid (aspirin) to activate their natural defenses against bacteria, viruses and fungi.

Dissolve 3 aspirin in 4 gallons of water and spray plant and soil. Now research has shown that aspirin water aids the germination of seeds, too. At a university in Turkey, experiments showed that sweet pepper seeds, which often germinate slowly and poorly, when soaked in aspirin water germinated faster and better. Pepper seeds soaked for one or more days had a germination rate of 91% compared to 44% for non-soaked seed. Germination time was also reduced over 50%. This procedure also works for other seeds, such as tomato and beans. The technical explanation is: "Salicylic acid and certain other substances of ubiquitous occurrence in the plant kingdom....are known to induce genes encoding proteinase inhibitors, enzymes involved in bioflavonoid synthesis and lipoxygenase, all of which are involved in plant responses to stressful conditions and plant defense mechanisms"

Bet you feel smarter already!

Designing Healing Gardens

There is a new appreciation of the role of gardens as places of healing. Health care facilities are recognizing the power of plants to counter the sterile environment of their institutions, to calm and cheer their patients. Certain principles of design are important, whether creating a healing garden for a hospital, a nursing home, or an individual garden. A great variety of plants, from tiny to tall, wide range of forms and colors, is essential. Walks and open spaces are necessary in maintaining or restoring mobility. Seating areas in both sun and shade should be provided. Raised beds, accessible by wheelchair, make it possible for the patient to help with planting and maintaining, whether flowers or a favorite vegetable or herbs.

Locally, several Master Gardeners took part in establishing wheelchair accessible raised beds for a nursing home.

Patients had their choice of seeds / plants. Cherry tomatoes were very popular, as well as many favorite flowers they had enjoyed growing earlier. The upswing in morale was noticeable. They delighted in tending the "gardens" and harvesting their bounty, even if it was only a pint of cherry tomatoes!

Therapeutic Landscapes Database website is: www.healinglandscapes.org for more information.

(subscription to Avant Gardener \$24/year P O Box 489 New York, NY 10028)

CALLING ALL MEMBERS

Do you have an herbal remedy that has been passed down in your family? A favorite one that you use?

If so, could you please mail it to joyquest9@yahoo.com

We will compile them as the basis for a medicinal "Back to Basics" medicinal workshop for the Oct 22 conference. No email? Mail to WVHerb Assoc., 1289 Smoke Camp Rd., Weston, WV 26452

Membership Notice: Due to the high cost of mailings, if membership dues are not paid by July 1st then you will be dropped from the mailing list and the Herbal Directory.

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. This is a new membership.

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 (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

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.