



Herbal Seasons

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

Winter 2008

The longest dark days of winter are past, but not the coldest! May all our members find warmth as the days grow ever so slowly longer and warmer. Planting season will be here before you know it.

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

From The President

We're all inspired by the learning from our Fall Conference and Herb Day Celebration. The second Saturday in October is the officially (not sure who the officials are/were) designated National Herb Day - we celebrated *Melissa officinalis* aka Lemon Balm with a cooking contest and our first and second place winner was Ann Nye with some really wonderful Lemon Balm Shooters!

The Conference was such a learning experience; Doug Elliott is such a talented naturalist and herbalist and he has such a fun way of sharing his knowledge. We also heard from Ms. Helen Hardman of the West Virginia Farm Bureau on the Mobile Agriculture Lab the Farm Bureau is organizing. We'll have more info on the web about this project - it is truly something the WV Herb Association should embrace as a way to introduce the children of West Virginia to the wonderful world of herbs. The other speakers were very informative. On the business side, we'd like to say Thank You to Judy Roylance and Carol McCarthy for their service to the Board of Directors and welcome Michelle McCune and Linda Robinette to the Board. I'd also like to thank Ann Nye for continuing on as Vice President - she works many hours supporting this group - everyone should send her a "thank you" email! The conference would not have been a success without the efforts of Dot Montgillion; Judy McConnell and Ann Nye - they took care of the details and everything ran smoothly.

We are looking ahead to 2008: *Calendula* is the Herb of the Year; the Spring Conference will be on March 8, 2008 in Beckley and the Fall Conference will be Oct. 31st and Nov. 1st and 2nd at Flawoods. David Winston will be the keynote speaker for the Fall Conference. While you're getting those seed catalogs stacked up and ready to be dog-eared, start planning to attend our conferences.

I've also heard that the Vandalia Garden Show is scheduled again for 2008 - watch our website for more info. Thank you all for a great year and I look forward to our future.

Green blessings,

Kathryn

From The Editor:

There was no Fall 2007 issue. Several articles were promised at the Fall Conference, so I waited for them. And waited, and waited... until it was far too late and the Holidays were upon us. Thanks to the Members who submitted articles and calendar events for this issue! – Ann Schenk

Departments

From The President
Welcome
Member News
Association News
Herb Gardening
Herbal Recipes
Herbal Spotlight
Internet Resources
Of Interest
Calendar of Herbal Events

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:
webmaster@wvha.org.

Mail ads, events with check payable to WVHA, to newsletter editor, Ann Schenk, 703 S. Dean St, Baltimore, Md, 21224. Be sure to have it to me by the deadline. Make checks payable to WVHA.

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 .

Items for the Calendar of Events need: Date, Time, Event, Name, Place (City, State), Cost, Description, Contact. Limit – 30 words

The schedule for submitting all items is:

Winter Issue – Deadline is December 22nd

Spring Issue – Deadline is March 22nd

Summer Issue – Deadline is May 22nd

Fall Issue – Deadline is August 22nd

Submit by e-mail to webmaster@wvha.org, put WVHA Newsletter in the subject, and your ad or article in the body of the e-mail if possible. **Or mail to:** Ann Schenk, 703 S. Dean St., Baltimore, MD, 21224.

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!

WVHA Board of Directors: (304 Area Code)

President: Kathryn Hare, mizhare@comcast.net, 676-9231

Vice President: Ann Nye, lnye@ma.rr.com, 842-6385

Treasurer: Judy McConnell, jtmc4@earthlink.net, 273-3562

Secretary: Andrea K. Lay, solarmountain@wvdsi.net, 504-336-3997

Members-at-Large:

Michelle McCune,
Linda Robinette. cell phone 301-616-4729
Ann and Michael Schenk, schenk2001@mac.com , 410-732-0383

Website: www.wvherb.org

Webmaster: Ann Schenk, webmaster@wvherb.org

Need Member assistance? Contact Judy McConnell, 605 Sand St., Ravenswood, WV 26164, 304 273-3562, jtmc4@earthlink.net

©2006-2008 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.

Welcome New Members !

Check our website, www.wvherb.org, for news and information that comes too late for this newsletter, and will be old and gone for the next newsletter.

Association News

Spring 2008 Symposium:

Saturday, March 8th, 2008

Tamarack Conference Center

Beckley, WV

Contact: Dean Myles, 304-929-1687, or dmyles@mountainstate.edu

Appalachian Opportunities: Using, Producing, and Adding Value to Medicinal Plants

A complete draft schedule, directions, lodging information and registration forms are found in the January, 2008 issue of "***The Herbal Dispatch***", available online at <http://www.mountainstate.edu/usda/newsletters/PDF/01-2008.pdf>.

Conference registration is \$50

Vendor tables are \$10 each if registered before March 3rd, \$15/table after March 3rd.

This 6th Appalachian Opportunities symposium is a collaborative effort of the Mountain State University, the West Virginia Herb Association and the Collaborative for the 21st Century.

Registration and vendor setup run from 7 a.m. to 8 a.m. The two tracks, Medicinal Plants and Value Addition and Herb Culture, start at 8 a.m. and continue until 6 p.m., with a one hour break at lunch time.

Speakers include Susan Patterson, Hassan Amjad, MD, David Hawkins, Bonnie Buchman, Eve VonDeck, Michelle McCune, and Elaine Ferry in the Medicinal Plants track. The Value Addition and Herb Culture track speakers are Brian Kelly, Marilyn Harrell, Tom Clark, Melissa Dennison, Teresa Halloran, Randi Pokladnik, Mario Morales, and David C. Carman.

Fall 2008 Conference

Conference info for Days Inn, Flatwoods

1 Large meeting room (keynote & vendors), 4 "breakout rooms" for workshops.

Cost of lodging at Days Inn: Single \$71, Double \$79, Triple \$84, 4 per room \$88.

There is a restaurant in the Days Inn, plus several in the Flatwoods complex: Shoney, McDonalds, Chinese, etc.

Schedule - Sixth Symposium:

Appalachian Opportunities: Using, Producing and Adding Value to Medicinal Plants

**Schedule subject to changes*

Time	Activity	
7:00 - 8:00	Registration and exhibits set up	
Session I	Room B	Room C
8:00 - 12:15	Medicinal Plants	Value Addition and Herb Culture
8:00 - 8:05	Welcome and Opening Remarks Session Chair: Ann Nye	Welcome and Opening Remarks Session Chair: Allen Arnold
8:05 - 8:55	The Use for Herbs for Improving Health and Stamina Susan Patterson, Nutritionist	SARE Grant Funding to Build Value-Added Agriculture in Appalachia Brian Kelly, Penn State Extension Educator, Blair County, Pennsylvania
9:00 - 9:55	Workshop: Preparation and Medicinal Uses of Herbal Teas Hassan Amjad, MD	Potential of Adding Value to Green Business Marilyn Harrell, Director Center for Economic Options
10:00 - 10:30	Coffee/tea break, visit vendors	
10:30 - 11:25	The Use of Medicinal Plants for Cancer Treatment Hassan Amjad, MD	Direct Marketing for Small-Farm Development Tom Clark, Horticultural Marketing Specialist, West Virginia Department of Agriculture
11:30 - 12:25	An Herbalist Approach To Allergies, Hay fever And Sinus Conditions David Hawkins, Master Herbalist	Value Added Workshop: Preparing Herbal Salves and Lotions Melissa Dennison, Small Business Owner
12:30 - 1:30	Lunch (on your own), Visit vendors	
Session II	Room B	Room C
1:30 - 2:25	Session Chair: Kathy Hare Understanding Herbal Homeopathy, Learn How This Modality Uses Our Common Herbs. Bonnie Buchman, RN, ND, PhD	Session Chair: Mario Morales Adding Value to Agricultural Products Teresa Halloran, Agricultural Marketing Specialist, West Virginia Department of Agriculture
2:30 - 3:25	Herbal Detox Eve VonDeck	Stakeholder Perspectives Surrounding Ginseng Poaching Randi Pokladnik, PhD
3:30 - 4:00	Coffee/tea break, visit vendors	
4:00 - 4:55	Healing from Mother Earth Michelle McCune, ND	Production of Aromatic Plants in Vietnam Using Agro-forestry systems Mario Morales, PhD
5:00 - 5:55	Herbs for Health and Well Being Elaine Ferry RN	Growing Virginia Snakeroot and Fairy Wand for Profit David C. Carman, Grower/Collector

Sixth Symposium—Registration Forms

CONFERENCE REGISTRATION FORM	
Sixth Appalachian Opportunities Symposium 8 March 2008	
Name:	_____
Address:	_____
City:	_____
State:	_____ Zip code: _____
Telephone:	_____
Email:	_____
Activity:	farmer _____, business owner _____, professional _____
Registration Fee:	\$50
Fees are not refundable	
Make check or money order payable to Mountain State University	
and mail to:	Medicinal Botanicals Program Mountain State University 410 Neville St. Beckley, WV 25801-4511

EXHIBITOR REGISTRATION FORM	
Sixth Medicinal and Aromatic Plants Symposium 8 March 2008	
Name :	_____
Type of business:	_____
Address:	_____
City:	_____
State:	_____ Zip code: _____
Telephone:	_____
Email:	_____
Number of 4 x 8 tables:	_____
Fees: before Mar 3: \$10/table; after March 3: \$15/table Fees are not refundable	
Make check or money order payable to Mountain State University	
and mail to:	Medicinal Botanicals Program Mountain State University 410 Neville St. Beckley, WV 25801-4511

Notes from the WV Herb Association Annual Meeting, October 13, 2007, Jackson's Mill, Weston, WV.

Meeting was called to order by President Kathryn Hare. Secretary Andrea Lay gave brief report of the annual meeting from 2006. Judy McConnell gave treasurer's report.

New Business - Kathryn spoke about a fundraiser through Herb Quarterly magazine. Subscriptions are \$19.97 and we would receive half of that for each subscription sold. We need for someone to help with grant writing.

Ballots for election of officers were distributed. The term of the president did not expire, need a president-elect to take over fall of 2008 to spend the next year shadowing the current president. Vice-president and members-at-large terms have expired. Kathryn Hare was elected for another term as president. Ann Nye was elected for another term as Vice-President. Linda Robinette and Michele McCune were elected as members-at-large.

The Spring Conference will be held March 8th, 2008 in Beckley. Speakers are being lined up for the medicinal tract - let Ann Nye know if anyone wants to be a presenter.

The next Fall Conference will be held October 31-November 2, 2008 at Cacapon State Park. **(Editor's Note: Location has since been changed to Flatwoods.)** A field trip to Jim Foltz's Peace in the Valley Farm is being planned. Let Kathy know if you want to volunteer for anything for the conference. Yoga, Tai Chi and Chi Gong classes are being lined up as well. Kathy stated that we need a chair and co-chair for the conference and someone to help with publicity. We want to start publicity early for the Fall conference. Kathryn Hare and Michele McCune will co-chair, Judy McConnell will be responsible for registration and badges, Gene Rowh and Andrea Lay will work on publicity.

Submitted by Andrea Koutras Lay, Secretary (edited for newsletter)

Herb Gardening

I've been emailing this guy as a result of trying to find more info and/or a source for an heirloom bean seed. Bill Best has an interesting background which is on his website www.heirlooms.org.
Dot.....

(Editor's Note: This is just the tip of the iceberg. There are many people and organizations who use and preserve "heirloom" seeds. We will expand this for the Spring newsletter. Send along any information you might have on this topic to share with all!)

Herbal Recipes

Unusual uses for tea

1-Utilize the tannins in tea to tenderize inexpensive cuts of meat. Use when marinating, or cook the meat in tea combined with beef stock.

2-Let chamomile tea steep, then place in a facial steamer. Your skin will appreciate it.

3-Use strong tea to clean your mirrors. Let the tea cool and pour into a spray bottle, then use a soft cloth to buff the mirrors.

4-Fill a small gift bag with lavender tea and place under your car seat for a great air freshener. It also has a calming effect.

5-Place used tea bags in the bottom of a potted plant-on top of the drainage material. The tea bags will hold moisture in and also feed the plant nutrients.

6-Place tea leaves in a smoker box when grilling to give your foods a unique flavor.

7-Freeze leftover tea in an ice cube tray. Use these tea ice cubes the next time you need to cool iced tea.

Herbal Spotlight

Herb of the Year: Calendula

The plant *calendula officinalis* is better known by its common name of marigold, English marigold or pot marigold. It is colorful and easily grown, often one of the first plants grown by children.

It is native to the Mediterranean area of southern Europe, and has been used to add a golden color to everything from cheese and margarine to Purdue™ brand chickens.

Calendula flowers have been used in infusions for many maladies. The Egyptians used the petals to heal wounds. In the Middle Ages, calendula was used for indigestion and healing bruises and burns.

It has anti-inflammatory, astringent and antimicrobial properties, and it can be used to help heal wounds, cuts, scrapes, rashes, bee stings, burns and bruises. The plant contains large amounts of iodine and manganese, as well as carotene, an anti-oxidant. These attributes help the regeneration of skin cells.

Calendula extract or tincture is used as a gargle for sores in the mouth and inflammations of the mouth, throat and nose; toothpaste with the extract is now being marketed. Calendula is mild enough that it can be used in salves and ointments for diaper rash on babies.

As always, there are individuals who are susceptible to an allergic reaction, so if you have allergies to ragweed or any daisy-like blooms, proceed with caution and consult your health practitioner before using the herb. In early animal studies, high doses of calendula were reported to cause drowsiness. It is not clear if use of calendula on the skin of humans has this effect. In theory, use of calendula in combination with sedative drugs may lead to increased drowsiness. Other possible interactions include increases in the activity of hypoglycemic (diabetic) medications or insulin, or agents that decrease lipids and triglycerides (cholesterol-lowering drugs.)



Web References:

http://www.floridata.com/ref/C/cale_off.cfm

<http://www.herbmed.org/Herbs/Herb29.htm>

<http://plants.usda.gov/java/profile?symbol=CAOF>

<http://www.ars-grin.gov/cgi-bin/npgs/html/taxon.pl?8457>

http://www.ces.ncsu.edu/depts/hort/consumer/factsheets/annuals/calendula_officinialis.html

<http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-calendula.html>

<http://www.herbsforhealth.com/index.php?page=article&do=view&id=calendula>

Calendar of Herbal Events

Mondays Feb 4th through March 3rd

Using Herbs for Healing

Clarksburg

The Harrison county YWCA will offer classes in its newly renovated Clarksburg facility beginning in February, including an herbal class. Beginning Feb 4, Anne Romance, owner of Green Heron Gardens and WVHA member, will instruct a five-week course on using herbs for healing. The focus of the two-hour Monday night classes will be creating an herbal winter medicine chest. Emphasis will be on the respiratory and digestive systems. "The first half of the class will be anatomy-how the systems work and the problems that affect those systems. During the second hour, we'll be in the kitchen making teas, vapor rubs and all sorts of different things" she said. For more information on classes, including fees, schedules and registration, call the YWCA at 304-624-6881.

Mushroom Growing Workshop

New River Community and Technical College, Summersville

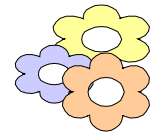
This workshop will teach you every thing you need to know to start growing you own gourmet shitake mushrooms. Call 872-4520 for more information and to register. Class size is limited and pre-registration is required.

April 4-6

WVMGA Conference

Charleston

The 2008 WVMGA Conference Committee needs a count of how many local MG groups will need display space at the conference, April 4-6, in Charleston. Due to space considerations, local groups are limited to half a 6-foot table. If your group wants a space, you must contact Jennifer Soule by January 31 to reserve a spot. Call 304 744-6561 (days) or email at souleja@scpl.wvnet.edu. She will confirm your space by February 4. Please do not delay, as display space is limited.



Registration forms and information can be found on web page:

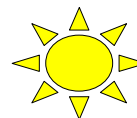
<http://kanawhamastergardeners.homestead.com/>

***** Please note that "our own" Melissa Dennison is speaking! *****

April 18th, 19th and 20th, 2008

The West Virginia Sustainable Fair 2008 "Green Makes \$en\$e"

Davis & Elkins College in Elkins West Virginia



If you are interested in having a booth, please email Denise Poole, Booth Chair at deniseap@earthlink.net. If you are interested in making reservations for the gourmet dinner on Saturday night, email Jan Myers, Treasurer, Budget Chair at denjan@juno.com. For more

information on keynote speaker, Deborah Koons Garcia, see our website at <http://www.lapaixherbfarmproducts.com/SustainableLivingforWestVirginia.htm>
For complete Gourmet Dinner menu hosted by Dale Hawkins, Executive Chef, Stonewall Resort, see the website above - preliminary list of booths for Fair is also on the site.
Peace Joy Myra Bonhage-Hale, Co-Director W.V. Sustainable Fair 2008 "Green Makes \$en\$e".

Internet Resources

Migraine information

http://healing.about.com/od/homeopathy/a/homeo_headache.htm?nl=1

Found this today and I'm so amazed that they have the headaches down to the point of pain.
Kathryn L. Hare

Organic Produce

Jackson's Mill director's wife & Gene Rowh told me about this website that delivers organic produce at reasonable prices. Check it out: www.east.doortodoororganics.com
Although they don't list WV as in their delivery region, they do deliver.
Dot.....

For Your Gardening Pleasure

In case you haven't heard about this one-here it is-a wealth of gardening info!
www.davesgarden.com
Dot.....

Of Interest

Emerald ash borer detected in West Virginia

USDA-APHIS confirmed the detection of 1 emerald ash borer (EAB) (*Agrilus planipennis*) larva from a detection tree in Fayette County, W.Va., the first confirmed EAB detection in the state. The affected tree was removed and its bark was stripped, revealing 7 additional EAB larvae. This detection was about 180 miles south of the nearest EAB detection in the area of Pittsburgh. The movement of EAB-infested firewood is believed to be how the insect found its way to Fayette County. EAB was initially detected in the U.S. in southeastern Michigan. Since then, the insect has been responsible for the death and decline of more than 25 million ash trees.

Keep your eyes open!

The Best Way to Eat Peanuts

If you like them roasted - dry or with oil - this may not appeal to you, but Alabama researchers say that if you really want to get the most out of peanuts, you should boil them, the way they do in the South. According to a new study, boiling is the best way to release the antioxidants in peanuts - you get four times the disease fighting phytochemicals (isoflavones) peanuts contain when you eat them boiled rather than roasted. Investigators at Alabama A&M say that water and heat penetrate peanuts during boiling to release their isoflavones - natural compounds capable of protecting cells against the risk of heart disease, diabetes and cancer. You don't have to be a southerner to appreciate boiled peanuts - the trick is to buy peanuts raw and boil them at home. But don't overcook them: if they get too mushy, say the Alabama researchers, they'll lose their health benefits. The study was published in the October 31, 2007 issue of the Journal of Agricultural and Food Chemistry.

Arthritis

Judy McConnell

Well it is winter and the cold weather is surely letting you know if you have any arthritis. There are so many options to improve the condition and most people can find a combination of natural methods that is effective and agreeable to them. People are getting arthritis at younger and younger ages. There are many drugs on the market for this illness. Judging from this and the search for the cure, it appears pretty dismal.

Conventional medicine feels that arthritis is caused by inflammation in the joints and the body's immune system attacking itself. The Chinese feel it is caused by fire in the joints. In other words, something is in the joints that does not belong. This theory is the basis of an alternative therapy for arthritis.

The first step is to drink distilled water to flush the impurities out of the joints. The daily dose of distilled water is 1/2 gallon per 200 pounds body weight. ORGANIC foods need to be your baseline for eating – try to avoid any chemical, additives, and extra processing. Raw vegetables work best. These can be pureed, chopped, eaten whole and mixed with olive oil, apple cider vinegar, flax oil and herbs. Organic vegetables can also be put through a juicer. You may drink at least 1/2 gallon per day of vegetable juice. It should be a blend of 6 carrots, 3 stalks of celery and 1 beet; in that ratio. Enhance it with raw garlic, raw ginger, or nutritional yeast in any combination. Do this to the best of your ability. Nobody is perfect.

Results can be hastened or improved by supplements. Vitamin C stops the damage to your joints. Glucosamine with chondroitin helps your body rebuild itself. Most people get satisfactory results using either one. Good nutrition should be maintained by taking an antioxidant pill with vitamins A, C, E and Selenium. Minerals in the form of colloidal minerals (2 TBS/day) or liberal amounts of molasses are also very helpful. B vitamins are also important and should be taken daily in the form of B-complex 50, 2 a day and/or black strap molasses or nutritional yeast.

Foods that PROMOTE arthritis are non-organic foods, meats, sweets, and for some people, dairy products and wheat. These should be avoided. Whole grains such as brown rice, quinoa or millet should be consumed instead of wheat, and in small quantities.

In addition to the basic chemical-free whole food diet above, there are many simple things one can do. One is to use asafoetida. This is a spice used mostly in India. It originally came to America with the slaves and was a common remedy used in the slave quarters. Dab a small amount on the tip of the tongue as needed and it lessens or resolves the pain of arthritis. This costs about 50 cents a month. The major side effect is the smell. It is similar to garlic and those who live with you may complain when you open the container. It also settles the stomach.

A lot can be done with external methods. Soaking in a tub with 1 cup of each or any of the following is helpful: apple cider vinegar, baking soda, Epsom salts, or sea salt. It is important to soak for 30 minutes. The water should be quite warm but not hot enough to scald. At the 15 minute mark add more hot water as the water tends to cool. If you scrub your skin with a cloth or loofah sponge while you are in the tub, the bath will remove pain-causing chemicals more effectively. Once you have stayed in the tub for 30 minutes, rinse off with cool water. This stops the cleansing process and makes it easier to rest.

It is important to understand that arthritis does not have to be a permanent condition any more than the common cold. The vast majority of people can resolve their arthritis. The rare failures that I have observed have been due to failure to stick to a healthy diet, or continuing to smoke cigarettes. Such persons are putting chemicals into their body faster than their body could remove them.

So, get rid of those toxins and your joints will love you. Wishing you the best of health and joy.



Herbal Seasons

1289 Smoke Camp Road
Weston, WV 26452

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

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: _____

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 Judy McConnell
605 Sand St.
Ravenswood, WV 26164

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.