

# The CHA Herbal Thymes

**Connecticut Herb Association** 

www.ctherb.org Autumn 2022

# **CHA Upcoming Events**

September 18, 2022 1:00 pm Crystal Ridge Vineyard, S. Glastonbury CT

October 9 th 2022 1:00 pm Echo Hill Vineyard Monson MA

October 23, 2022 11:30 pm Harvest Potluck Luncheon, Michele Maclure, Willimantic CT

November 4, 2022 5:00pm Annual CHA Meeting Wethersfield Community Center 30 Greenfield St, Wethersfield,CT Light snacks will be provided

December 11, 2022 Holiday Party Jeanie Wild, Suffield CT

More events will be planed. See Gayle or Terri for more info or further details. Events will be Posted on website, Facebook and Email.

### **CHA** is Going Electronic

This newsletter is being distributed by E-Mail. Printing cost and Postage rates keep rising and we work with a limited budget. Also, electronically you get see the enhanced version and more vivid graphics. If you still prefer a mailed copy please let me know I will be happy to mail one to you.

#### \*IMPORTANT INFORMATION\*

Disclaimer: The articles in this newsletter are for informational purposes only. It does not provide medical advice and is not intended to be a substitute for professional medical judgment, diagnosis advice, or treatment. You should always seek the advice of your physician or other qualified health provider with any questions or concerns you may have regarding your health.



# Healthy Life - Eat An Apple

Apples are an incredibly nutritious fruit offering multiple health benefits. They show a connection to lowering the risk of some chronic conditions, promote weight loss, improve gut, and brain health.



1. Nutritious: Apples provide a lot of nutrients per serving. Dietary guidelines for americans recommend two cups daily for a 2,000-calorie diet, emphasizing whole fruits, like apples. One medium 7-oz apple offers the following nutrients: Calories: 104, Carbs: 28 grams, Fiber: 5 grams, Vitamin C: 10% of the Daily Value (DV), Copper: 6% of the DV, Potassium: 5% of the DV, Vitamin K: 4% of the DV. Apples also, provide 2–5% of the DV for vitamins: E, B1(known as thiamine) and B6. Apples are a reliable source of fiber and vitamin C, a rich source of polyphenols, an important group of antioxidants. Antioxidants are compounds that protect your cells from free radicals that contribute to the development of chronic conditions, like heart disease and cancer.

While nutrition labels do not list these plant compounds, they are likely responsible for many of apples' health benefits. Leave the skin on, it contains half of the fiber and most of the polyphenols

- 2. May support weight loss: Apples are high in fiber and water, two qualities that make them help you feel full for up to 4 hours longer than consuming equal amounts of apple purée or juice because whole apples reduce gastric emptying. Apple intake may significantly reduce Body Mass Index (BMI), a weight-related risk factor for heart disease.
- 3. Could be good for your heart: Apples have been linked to a lower risk of heart disease. One reason may be that they contain soluble fiber that can help lower your blood cholesterol levels. Polyphenols, the flavonoid epicatechin, may lower blood pressure. High intakes of flavonoids show a lower risk of stroke. Flavonoids can help prevent heart disease by lowering blood pressure, reduce LDL cholesterol oxidation, and reduce atherosclerosis. For every 1/5 cup (25 grams) of apple slices consumed per day, the risk of stroke decreased by 9%. 4. Linked to a lower risk of diabetes: Eating apples may reduce your risk of type 2 diabetes. Studies found that eating apples and pears was associated with an 18% reduction in type 2 diabetes risk. One serving per week may reduce the risk by 3% due to their high content of the antioxidant quercetin and phloridzin could explain this beneficial effect. Quercetin's anti-inflammatory effects may reduce insulin resistance, a significant risk factor for the onset of diabetes. Phlorizin may reduce sugar uptake in the intestines, contributing to a reduced blood sugar load and thereby reduced diabetes risk.
- 5. May promote gut health: Apples contain pectin, a type of fiber that acts as a prebiotic that feeds your gut microbiota, which is the beneficial bacteria in your gut. Your gut microbiota plays an essential role in your overall well-being. A healthy gut is often key for better health. Pectin reaches your colon intact, promoting the growth of beneficial bacteria. It improves the ratio

of *Bacteroidetes* to *Firmicutes*, the two main types of bacteria in your gut. Altering your gut microbiota, may help protect against chronic diseases like obesity, type 2 diabetes, heart disease, and cancer.

6. Might help prevent cancer: Antioxidants in apples offer beneficial effects against certain types of cancers, including lung, breast, and digestive tract cancers. Studies found that apple pectin fiber may inhibit the growth of cancer cells and even trigger their death.

7. Could help fight asthma: Antioxidant-rich apples may help protect your lungs from oxidative damage. Excess of

help protect your lungs from oxidative damage. Excess of harmful molecules called free radicals can cause oxidative damage. This may lead to inflammatory and allergenic responses in your body. Apple skins are very rich in the antioxidant quercetin, which help regulate your immune system and reduce inflammation. This helps make apples effective against phases of bronchial asthma responses. Studies suggest quercetin may be a suitable treatment for allergic inflammatory diseases like asthma and sinusitis. Compounds found in apples, include proanthocyanins, that may help reduce or prevent allergic asthma airway inflammation.

**8.** May help protect your brain: Quercetin in apples may help protect your brain from damage caused by oxidative stress. Research shows that quercetin's antioxidant effects may help protect the brain and the nerves from oxidative damage that can result in degenerative brain diseases, like Alzheimer's disease or dementia. In addition, quercetin may prevent stress-associated nerve damage by regulating oxidative and inflammatory stress markers.

More research is still needed to better understand how apples affect human health.

This article was adapted from www.healthline.com; 8 Impressive Health Benefits of Apples

# **Tincture: Alcohol Versus Apple Cider Vinegar**

There are several reasons to substitute the traditional alcohol-based tincture with apple cider vinegar (ACV) Alcohol can disrupt the absorption of thiamine (vitamin B1) and minerals such as zinc, so if you are targeting this vitamin or mineral, use ACV instead of alcohol. Certain compounds dissolve better in the water while others such as mucilage, minerals, and polysaccharides don't dissolve at all in alcohol. ACV will have a shorter shelf-life due to the higher water content of ACV. It is approximately 94% water whereas 40% alcohol has roughly 60% water. This water oxidizes vitamins and minerals, so the higher the water content, the more oxidation that occurs which will reduce the potency over time. Any vinegar-based tincture will last 1 – 2 years, stored in the refrigerator, whereas an alcohol-based one will last 2 years or without refrigeration

"Surely the apple is the noblest of fruits." – Henry David Thoreau



"The Book Collector" Pamela Brooke, Madison CT

The Delectable Apple by Kathleen Desmond Stang 9/1/94

This month I found this adorable 5x5 book on Apples. After reading Gayle's article on apples let's step up to the plate and start munching away. The recipes inside look yummy! This little book has 34 enticing, easy-to-



follow recipes for breakfast breads, salads, soups, entrees, accompaniments, and desserts. *The Delectable Apple* presents a cornucopia of delicious dishes based on a wide variety of sweet and tart apples. Illustrated with lively watercolors, this cookbook provides complete information on choosing apples by season and type of dish.

For Herbalist, You should go for the Apple Chutney, ingredients are right up your alley, But for me, the Warm Caramel Sauce over vanilla ice cream looks more inviting!

If all else fails it is an adorable book for your shelf!
Abe Books (used) for \$4.75. Amazon hardcover \$10.78.

Happy Cooking!

"The Book Collector"

Apple Leaf Tea provides many health benefits. The compounds in apple leaf tea include tannins, antioxidants, flavonoids, and catechins. They have been linked to anti-aging, anti-obesity, and anti-diabetic, digestion aid, blood sugar reduction, blood pressure reductions, and in reducing inflammation. To get more out of your diet and live a healthy life, add Apple

Leaf Tea with it's very mild flavor.

*Ingredients:* Mix a handful of leaves from chemical free apple trees, strawberry plant and blackberry bush with 1/2 cinnamon stick.

*Directions:* Infuse all ingredients in 6-8 cups of boiled water for about 8 minutes. Longer steeping time allows the very delicate flavors of these leaves to fully develop.



#### **Apple Cider Vinegar**

(ACV) comes from fermented juice from crushed apples. The main constituents of ACV are: Acetic acid and Citric acid. The nutritional components of ACV include: Pectin, Vit B1, Vit B2, Vit B6, Biotin, Folic acid,



Niacin, Pantothenic acid, Vit C, Potassium, Calcium, Polyphenol, and Amino acids.

ACV helps in controlling the blood sugar level, helps in the reduction of blood pressure, helps reduces the high cholesterol level, and improves cardiovascular health. It may aid in weight loss by changing the way the gut bacteria process the fats. ACV is also anti-bacterial and prevents infection, helps in regulating body PH, and to help in the detoxification of the body.

ACV helps to treat dyspepsia or indigestion, removes parasite infection, subsides leg cramps, and diminishes the process of aging. Other uses help to soothe the affected area of acne, calms insect bites when applied to the affected area, relieves sunburn when applied to the affected area, helps in getting a clear skin, helps in increasing hair shine, and treats dandruff.

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# Gl Ing

# Gluten Free Apple Pie Bars Recipe

*Ingredients base*:1+3/4 cups almond flour, 1/3 cup sugar, 1+1/2 tsp baking powder, 1 tsp cinnamon, 1/8 tsp nutmeg, 1/8 tsp

Salt, 2 Tbs canola oil, 1 Tbs apple juice, 1/2 tsp vanilla. Cinnamon apples: 1+1/2 cups apples, peeled, cored, and diced, 3 Tbs sugar, 1 tsp cinnamon.

Directions 1. Preheat the oven to 350° and line a 9" x 9" pan with parchment paper or spray it with cooking spray. 2. In a large bowl mix together all the base ingredients, divide and set aside. 3. In a medium bowl, mix the apples, sugar, and cinnamon. 4. Lightly pat the half dough onto the bottom of the loaf pan. 5. Sprinkle half of the apples over the dough. 6. Add the remaining dough and then the remaining apples. Lightly press down on the dough.

7. Bake for 36 - 40 minutes or until lightly browned. 8. Remove from the oven and let the bars cool completely in the pan. 9. Cut into bars, cover, store in the refrigerator for up to 5 days. They can be kept at room temperature; they just fall apart easier.

# From the kitchen of Michelle Maclure

# Cranberry Apple Bar Squares

8 Tbs softened butter, 3/4 cup sugar, 1/2 tsp vanilla, 1+1/2 cups flour, 1 tsp baking powder, 1 tsp crumbled dried



Rosemary, 2 eggs beaten, 1 cup chopped walnuts, 1+1/2 cup fresh or frozen cranberries, 1/2 cup chopped apples. Cream butter and sugar. Add eggs and blend together. Add the dry ingredients, cranberries and nuts. Blende all ingredients. Preheat oven to 350°Spoon into greased 9 x 13 pan, bake for 30 minutes. Cool, cut into bars, refrigerate left overs.



**Tribute to Thea Katherine A Pastore** Thea passed peacefully on May 31, 2022. Most of us remember Thea from the many years she attended the CHA Herbfest.

Her many interests include her beautifully made jewelry, gardening, and caring for heirloom plants passed down through the family over the years. Over the course of her life, she was a generous donor for the CHA scholarship and for both animal and human rights.

We will be honoring her memory at the November 4th meeting and to rename our scholarship fund.

**CHA Annual Meeting** November 4, 2022 Weathersfield Community Center 30 Greenfield St, Wethersfield, CT **Guest Speaker Tony(a) Lemos** 



Tony(a) Lemos is the director of Blazing Star Herbal School. She studied Natural Therapy at Raworth College of Natural Therapies in England and has apprenticed in the wise woman tradition of healing with Susun Weed, as well as with several other prominent teachers in North America. As well as teaching at Blazing Star Herbal School, she maintains an herbal practice specializing in herbal pediatrics. Blazing Star Herbal School is dedicated to teaching traditional western herbal medicine in a way that supports a more sustainable future for all members of the green world and shows respect for the integrity of nature. Join us for a very informative evening.



Jeanie Wild, of Blessed Creek

has a great product for your pets. She is featuring

"Paw Balm". It's helpful for your dogs paws and noses.

Paw Balm has a very clean light scent of Chamomile and Rosemary, both safe for pups, and it's lickable. Only \$9

Blessed Creek is a Earth Friendly Skincare Soaps and Salves company in Suffield CT www.blessedcreek.com

**HERBAL PET CARE** By: Maureen Ericson, M. H. Flora Paws Holistic Pet Care, Go to Maureen's website to read her many blogs as well as all the great things she does for animal care. www.florapaws.com

#### **Featured Business**



Red Phoenix Healing Arts, LLC CHA member, Robin Henrie, has started a new business. Red Phoenix Healing Arts, LLC. is still in its infancy, but it will be up

Pet Care Corner

and running soon. Robin will be teaching tai chi and qigong (chi kung), as well as selling jewelry and other crafts that she has made. For more questions or for

redphoenixhealingartsllc@gmail.com or call 860-985-9276. Her website is under construction but should be up and running soon.

further information, please contact Robin by email at

More info to come in the December CHA newsletter.



# Spotlight on an Herbalist

The Connecticut Herb Association has many members who are hidden gems. One of them is Deborah Hultgren, who has studied

herbalism for over 25 years. She is currently a happily retired professional development instructor for the public school system and the proprietor of an 8-acre farm, **Acorn Herbals**, located in Stores CT. She maintains a large apothecary and provides people with a large variety of herbs. Debra also teaches

intimate herbal-based community classes, is a writer, and sees clients.

Debra studied with some accomplished herbalists like Rosemary Gladstar, Michael and Leslie Tierra, Kate Gilday, and Mathew Wood to name a few.

Her introduction to healing plants came about in the 90's when she was introduced to the trials and inconveniences of menopause. She realized this was part of her future as a woman and the subject became intriguing. She attended a class on menopause given by Janice Dinsdale, complete with drumming, hand holding, and ceremony, and a new world was opened to her. She was driven to find an alternative solutions to the nagging issues of menopause and soon became an apprentice for 2 years to Rosemary Gladstar is 96-97. She went to the first Woman's Herbal and never stopped learning.

I asked her what is her favorite plant is, she appropriately answered "it depends on the day". That day it was goldenrod, and I suspect it will be until the golden is gone to seed. She is intrigued with 'invasives', plants, and backyard plants, and is curious as to why they are so prolific.

Debra is in the process of researching and gathering information for a new book, which I am quite sure will be right up my alley. She has her fire cider recipe in the book Fire Cider! by Rosemary Gladstar and friends (Storey Publishing) which is readily available to purchase.

Her advice to people new to herbalism is to keep it simple and start your journey with well-known herbalist and wellresearched books. Also, work with plants you can grow and get to know intimately. Touch them, smell them, and become familiar with all of their parts. Take the time to learn and find a really good teacher. Cook with herbs every day. Health begins with food, water, and nourishment.

Currently, she works with interns and holds small classes in the community and her plans are to teach and write. Her current passion is studying and using wild plants and what some may call invasives and discovering their medicinal and physical benefits. Debra does not advertise, and clients and future students may find her DebraHultgren@gmail.com. She takes on interns by personal arrangement. She has very informative videos on YouTube, Debora Hultgren. I suggest you subscribe. Interviewed by Jeanie wild

## Making a Cider Base

1. Choose apples. The apples you choose can change the flavor of your finished vinegar so choose the best quality apples available and try using a combination of different apples. Instead of using whole apples, save scraps from apples used in other dishes to make your apple cider vinegar. One whole apple is equivalent to the scraps of two apples. Keep the peel, core, and other scraps in your freezer until you're ready to use them to make vinegar.



- 2. Wash your apples in cold water. Give your apples a thorough rinse and scrub with cold water to clean away anything you don't want in your vinegar. Try using 3 apples for your first batch. This will give you a good amount of vinegar but won't put too much at risk if something goes wrong. If you're using apple scraps, make sure to wash the before separating the scraps from the rest of the apples.
- **3.** Cut the apples into small cubes. The more surface area of the apple you expose, the more quickly the vinegar will ferment. Cut your apples into 1-inch cubes, keeping the peel and the core as well. Never use stainless steel to ferment your vinegar the acidity of the vinegar can impart a metallic taste into your vinegar that might change its flavor.
- **4.** Cover the apples with water. Make sure the apples are completely covered with water, as any exposed apple will begin to rot rather than ferment into vinegar. Use filtered or mineral water. For a quart jar with three apples, you'll need around 27 oz of water. If you add too much, your apple cider vinegar might be a little weaker or take longer to ferment. If you don't add enough water, some apples will be exposed and might begin to rot and ruin your vinegar entirely.
- **5.** Add 1 teaspoon of raw sugar for each apple. Stir the mixture well. The sugar will ferment and turn into alcohol, making the apple cider that will eventually become apple cider vinegar. Raw sugar works best for this, but you can use honey or any other sugar if you'd prefer.
- **6.** Cover the jar with a cheesecloth. As the apples ferment into cider and eventually vinegar. The mixture needs to. Use a piece of cheesecloth held in place around the mouth of the jar with a rubber band. This will keep everything out of the jar, but still let the gases release during the fermentation process. Option is to use a fermenting air lock.

# Part 2 Fermenting Your Vinegar

- 1. Keep the jar in a warm, dark place. Find somewhere that you can leave the vinegar to ferment for a long time, where and won't be exposed to direct sunlight.
- 2. Stir the mixture once or twice a day. Give the cider a stir with a wooden a spoon once or twice a day for the first week or two. If you notice the apples are rising out of the water, use a fermentation stone or something else to weigh them down slightly and make sure they're submerged.
- **3. Wait for the apples to sink to the bottom of the jar.** Watch for bubbles indicating the fermentation process. After a week or two, the apples will fully sink to the bottom of the jar. This indicates that the apples have fermented and are no longer needed to make the vinegar.
- **4. Strain the apples from the cider and pour the cider back into the jar.** Strain the apples out of the cider avoiding using metal. Pour the cider back into the jar, cover with a cheesecloth secured with a rubber band, and put it back in the same warm, dark place.
- **5.** Leave the cider to ferment for 3 to 6 weeks, stirring every few days. Stir the jar every 3 to 4 days, just to move the vinegar around a little as it ferments. The sweet cider scent should start developing a slightly tangier aroma. This is a sign that the fermentation is working, and the cider is becoming vinegar.
- The longer you give the vinegar to ferment, the stronger the taste and tang will be. About 3 weeks of fermentation, start tasting the vinegar every few days until you reach the taste and acidity you want.
- **6. Transfer the fermented vinegar to a lidded glass jar and store.** Use a clean, sterilized glass jar with a tight lid to halt the fermentation process and keep the vinegar fresh. Store the vinegar in your refrigerator and it should never go bad. Keeping the vinegar in the fridge should stop the fermentation process. If the vinegar gets too strong, add a little bit of water to dilute it back down to the acidity you want. If a gelatinous blob forms on the surface of your vinegar, this is cause for celebration. This is known as the vinegar "mother" and can be used to jumpstart future batches of apple cider vinegar. Add the mother at the same time as the apples to speed up the fermentation process.



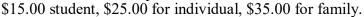








Don't miss out on all the great events we have planned for the year. Renew and get a friend to join, the more the merrier! Lets see if we can double membership in 2022.





We always appreciate a little extra to add to our scholarship fund. CHA members have the advantage of utilizing the CHA SCHOLARSHIP FUND to help offset the cost of taking herbal related classes, workshops, herb symposium, or herbal conference. To apply for Scholarship contact any of the board members for an application.

# <u>Please up-date your membership of any changes</u> <u>email, address, phone numbers and bio's so the member directory and mailing list can be updated.</u>

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#### **CHA Medical Herbalism Study Group**

If you are interested in joining the group contact Terri Cusson 860-870-1681, terricusson@gmail.com