



The Connecticut Herbal Thymes

Connecticut Herb Association www.ctherb.org Summer 2021

As summer comes to a close we are still dealing with a world in crisis.

What can we do? We can light a candle and pray.

Pray for resilience and comfort for the communities in the USA and around the world who have experienced an increase and severity of storms leading to flooding, loss of crops, fires, loss of homes and lives and loss of the infrastructure. Pray for our military during these difficult times and for the people of Afghanistan.

Pray that communities find ways of adapting to these challenges, but most of all bring comfort, security, and hope to all who have been devastated by a changing climate.

Pray for all people dealing with Covid 19 and the Delta variance. Lastly pray for peace and healing for Mother Earth

CHA Upcoming Events 2021

**All events will follow
Covid Protocol**

September 11, 1:00 pm
Crystal Ridge Vineyard,
257 Belltown Rd Glastonbury CT

October 11th 1:00 pm
Echo Hill Vineyard
101 Wilbraham Rd Monson MA

Halloween Harvest Potluck
October 23, 2021 2:00 pm
Michele Maclure, Willimantic CT
Please RSVP to Michele, Gayle, or Terri

November
TBA Annual CHA Meeting

TBA December Holiday Party

More to come, check website and Facebook events. Any questions contact Robin, Terri or Gayle

Welcome to the Summer Edition of the CHA Newsletter

Aromatherapy Essential Oils

Juniper Essential Oil *Juniperus communis*

Safety Note: Non-toxic, though it may cause skin irritation or sensitization if oxidized. Use in low dilution when applying to the skin, such as in bath or massage oils.

Some sources claim juniper is contraindicated in pregnancy and kidney disease.

The claims against *Juniperus communis* are not supported by research, nor are they suggested by the specific oil's chemistry.

Profile: Monoterpene rich

Therapeutic Properties: Analgesic • Anti-inflammatory • Antifungal • Antioxidant • Antimicrobial • Antirheumatic • Antispasmodic • Astringent • Helpful to regulate menstrual cycles and ease painful cramps • Widely used for edema, lymph congestion, bloating, varicose veins, and fluid retention • Used in massage oils and baths, especially after extensive physical activity • Emotionally, juniper essential oil is often chosen to cleanse and protect the mind and spirit. It can provide emotional fortitude when overwhelmed or worried. It brings peace and comfort during difficult times.

Monoterpenes: 82.02% **Sesquiterpenes** 10.72%

Country of Origin: Bosnia

Botanical Family: Cupressaceae

Part of Plant: Fruit

Aroma: Balsamic, Piney, Woody, Radian

A-PINENE

Aroma: pine

Effects: anti-bacterial, anti-inflammatory, anti-microbial, bronchodilator, improves memory retention

When a species of Juniper essential oil is rich in a-pinene especially when paired with phytochemicals sabinene and l-limonene it can be very effective for wound healing

Essential Oils rich in A-PINENE

Kanuka essential oil *Kunzea ericoides* 63%

Frankincense essential oil *Boswellia carterii* 63%

Cypress essential oil *Cupressus sempervirens* 48%

Juniper essential oil *Juniperus communis* 43%

Scotch Pine essential oil *Pinus sylvestris* 40%

Eucalyptus globulus essential oil *Eucalyptus globulus* 16%

Wound Healing and Cleansing Spray

25% Eucalyptus globulus essential oil *Eucalyptus globulus*

25% Frankincense essential oil *Boswellia carterii*

25% Juniper essential oil *Juniperus communis*

25% Scotch Pine essential oil *Pinus sylvestris*

SAFETY NOTE Both recipes should be used at a 2% concentration for adults and 1% for children and elderly. Please note that the recipes should be used with children 5-12 years of age and avoid use with infants and babies.

6-18 drops of essential oil + 1 ounce of water = 1-3% dilution for a wound cleansing spray. Adjust as necessary.

HERBAL PET CARE By: Maureen Ericson, M. H.,
Flora Paws Holistic Pet Care, This is an excerpt from Flora Paws Blog. Please go to Maureen's fantastic website for the complete piece, and to see many other blogs she has, as well as all the great things she does for animal care. <https://www.florapaws.com/post/spring-herbs-for-animals>

DO YOU HAVE A THUNDER DOG OR CAT?

Storms, fireworks, loud noises and gun shots can traumatize an animal beyond control leaving them shivering, shuddering, panicking and bolting to find a safe place to hide from the terrible noises they are experiencing.

Animals can experience excessive stress during the summer from storms. Storm stress can be triggered by rain, loud noises or wind, thunder and lightning, changes in the barometric pressure, and dark foreboding skies. Other stressors can be fireworks and other loud noises such as lawn mowers and leaf blowers.

They may experience separation anxiety from being left alone or not want to be crated or enclosed in a pen due to feeling trapped and not being able to run to safety. We may see those symptoms reappear often when the animal experiences a noise trigger that creates fear that becomes a traumatic experience. The animal may try to run and hide looking for safety. They may shiver, shake, or bark and pant excessively or become extremely clingy or jump at you.

Try to reassure them that they are safe and that you will be there for them. Create a safe place for your pet during the triggers. Many pets are lost during frightful times as they dash out the open door when you are coming or going. Plan by providing a safe place for them. That safe place can be their crate with a yummy safe chew treat or in the bedroom in their favorite hiding spot. If possible, stay with your pet during their stress so they don't feel abandoned when they need you the most. Play some nice music or put on the TV to help distract them from the noises outside. Hopefully the triggers will pass quickly, and your pet can relax and the stress fades.

Stress and trauma in animals can be supported with Animal Flower Essences Sprays to help release that stress. Animal Flower Essences can help support an animal's emotional and mental well-being.

Two of the Animal Flower Essence Sprays I use for my animal clients are:

Flora Paws' Thunder Dogs and ***Trauma Relief Flower Sprays***.

I recommend using ***Thunder Dogs*** throughout storm season in their water to strengthen their energy fields to cope with the stress of storms and loud noises. During storms, fireworks, or other loud noises and use ***Thunder Dogs and Trauma Relief Flower Sprays*** every hour until the stress has passed. These sprays help the animal to recover quickly from the traumatic experience.

If there is to be peace in the world, there must be peace in the nations.

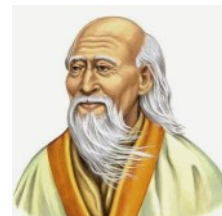
If there is to be peace in the nations, there must be peace in the cities.


If there is to be peace in the cities, there must be peace between neighbors.

If there is to be peace between neighbors, there must be peace in the home.

If there is to be peace in the home, there must be peace in the heart.

Lao Tzu



Tea Time

Raspberry Rose "Ice Tea"

Ingredients

- 1-2 teaspoons dried red raspberry leaf
- 1/2 – 1 teaspoon dried rose petals
- 1 cup boiling water

Directions

- Pour boiling water over herbs in a heat-proof container or mug. Let steep for 10 minutes. Sweeten to taste with honey.

Herb Society of America Herb of the Month



Summer Savory, *Satureja hortensis*

Summer savory is primarily a culinary herb, but it is also known to be an attractive addition to the landscape and has a history of medicinal use.

For more than 2,000 years, this herb has been used for flavoring many dishes.

Summer savory is member of the mint family, and has a peppery taste, often compared to a blend of marjoram and thyme.

Ancient Egyptians seasoned their food with summer savory. Sauces and vinegar were often flavored by the Romans. People in southern Italy used it with grilled fish and lamb. Medieval folks even added summer savory to sweet cakes and pies.

Historically, summer savory was used for several ailments, including stomach issues, joint pain and other general complaints. It is high in vitamins A, C, the B-complex group, as well an excellent source of the mineral's calcium, iron, manganese, magnesium, potassium, selenium, and zinc.

Summer savory is known as "the bean herb" and is added dishes with beans to ease diner's gas pains after eating, and to aid digestion.

It blends well with other herbs like parsley, marjoram, oregano, basil, rosemary, and thyme.

Add to herb blends such as the French fines herbes, herbes de Provence and bouquet garni. This herb compliments fish, meat, poultry, and eggs, it goes especially well with beans, cabbage, corn, citrus, apples, tomatoes, and potatoes.

Early cultures used savory as an aphrodisiac, and it became an essential ingredient in love potions.

Summer savory is best added towards the end of cooking. Winter savory is a stronger flavor than summer savory and can tolerate long cooking times in soups and stews. The flavor will be preserved when stored dried or frozen for about six months. Can also be preserve it in herb butters, marinades and vinegar.

Summer savory is a full sun annual that grows in well-drained fertile soil and has pink or white flowers in late summer to early fall.

It is the policy of The Herb Society of America, Inc. not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment. Please consult a health care provider before pursuing any herbal treatments

Savory Vinegar

Ingredients: Summer savory, garlic, (optional) whole cloves, white wine or apple cider vinegar.

Directions: fill jar $\frac{3}{4}$ full of summer savory plant material, (For winter savory vinegar, fill jar to $\frac{1}{2}$ full of plant material because winter savory is stronger in flavor). Add a clove or two of garlic if you wish. Fill jar with white wine vinegar or apple cider vinegar. If using a metal lid, place at least two layers of plastic wrap or parchment between jar and lid to prevent corrosion of the metal. Place in dark place for 10 days to 2 weeks, shaking occasionally. Taste frequently until desired flavor is obtained. *By Sara Holland, HSA Hill Country Unit*

Mustard Marinade with Summer Savory

2 tablespoon Dijon mustard, 1 tablespoon red wine vinegar, $\frac{1}{4}$ cup olive oil, 1 tablespoon dried summer savory, crumbled, or 3 tablespoon fresh summer savory, chopped fine, 1 tablespoon water.

In a bowl whisk together mustard, vinegar, oil, summer savory, water, and salt and pepper to taste. In a baking dish large enough to hold your meat of choice in one layer, coat meat with marinade and let stand, covered, at room temperature 15 minutes, or store in refrigerator until ready to use. Cook on a prepared grill until done. Great on meats such as pork ribs, pork chops, beef steaks, or stronger-flavored fish.

Adapted from a recipe at www.epicurious.com

Herb Butter with Savory

1 pound butter, softened, 4 teaspoon lemon juice, 1 garlic clove, minced, 1 teaspoon each: fresh oregano, chives, thyme, rosemary, tarragon and summer savory. Mix all ingredients together. Allow at least $\frac{1}{2}$ hour for the flavors to blend. This may be frozen. *Gloria Hartung, Grove City, OH*

Savory & Lemon : Slice and Bake Cookies

$\frac{2}{3}$ cup granulated sugar, 4 tablespoons packed light brown sugar, $\frac{1}{2}$ teaspoon salt, 3 tablespoons fresh summer savory leaves or $1\frac{1}{2}$ to 2 tablespoons fresh winter savory, zest of 2 lemons, 3 sticks unsalted butter, cut into pieces & softened, 2 teaspoon vanilla extract, 2 large egg yolks, 3 cup all-purpose flour. Process the two sugars, salt, savory, and lemon zest in a food processor until no lumps of brown sugar remain, about one minute. Add butter, vanilla, and egg yolks and process until smooth, about 30 seconds. Scrape down the sides of the processor bowl, add the flour, and pulse until dough forms. Turn dough out onto a lightly floured surface, divide it into three equal parts, and roll into 3 10-inch logs. Wrap tightly in waxed paper or plastic wrap and refrigerate until firm, at least 2 hours or up to 3 days. It can also be kept frozen for many months if also wrapped in aluminum foil and placed in a large freezer bag - thaw a bit before slicing and baking or it may be brittle. Heat oven to 350°F. Lightly butter baking sheets or cover with parchment paper. Slice dough into $\frac{1}{4}$ inch thick discs and place 1 inch apart on baking sheets. Bake until edges are just golden brown - about 15 minutes. Let cool on sheets for 10 minutes and transfer to cooling racks to cool completely. Repeat with remaining dough. Serve and enjoy!
Henry Flowers, HSA Pioneer Unit



Connecticut Herb Association
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Stamp



For the Love of Herbs



April is Membership/Renewal Time!

Some people may have forgotten to renew their membership, if you are one of them, please send it to stay connected, we miss you!

Membership brings you: Friendship and comradery with other herbalists and herb-lovers
 Access to fun and educational activities, Our monthly newsletter, Discounts at member-owned businesses
 CHA Scholarship Fund (see below)

Don't miss out on all the great events we are planning for the year!

Renew and get a friend to join, the more the merrier! \$15.00 student, \$25.00 for individual, \$35.00 for family.

Please up-date your membership of any changes, email, address, phone numbers and bio, so the member directory and mailing list can be updated. The 2021 membership form can be found at the following link: <https://docs.google.com/document/d/1ojW4rIxeHVSElapqjGrWrQJpvJXanoOZtksUCmBsUas/edit?usp=sharing>

Make checks payable to **CT Herb Association**
 Send to Gayle Nogas / CHA 35 Dale Road Enfield CT 06082



The CHA Medical Herbalism Study Group

Our study group meets the first Tuesday of the Month at 6:00 pm. It is open to all members. We meet in

Vernon CT and by Zoom. If you are interested in joining the group please contact Terri Cusson
 860-870-1681

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 " If anyone has a good book that
 " they read and would like to put a
 " review in the CHA newsletter
 " please forward it to me,
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Sagewand2@aol.com
 Thanks Gayle