



# The CHA Herbal Thymes

Connecticut Herb Association [www.ctherb.org](http://www.ctherb.org) Winter 2022

## CHA Upcoming Events

December 11, 2022  
Holiday Party  
Jeanie Wild, Suffield CT

January 8, 2023  
Trip to the NY  
Botanical Gardens

February 2023  
Conifer walk thru a woodland forest

April 22, 2023 Earthday  
Festival & Craft Fair  
The main focus will be on  
Environmental Awareness

June 2023 Garden Party  
Details TBA

For all events more details to come on  
website or event notices on facebook

The Nutmeg state has some fun and festive things to do during the Christmas season.



Winter weather can get pretty cold. If your looking for something to do this month to beat the cold weather blues or enjoy some holiday festivities look no further than the Goodspeed Opera house in East Haddam CT.

Their theatrical performance of "*Christmas in Connecticut*" is a musical play not to be missed. Its a charming romantic comedy set in New York City at the end of World War II and is bound to hit your funny bone. It is about a happy single big city sophisticated young woman trying to make her mark in the world. As a feminist magazine writer during an era where it was unthinkable that a woman could be independent or have a mind of her own. You will fall in love with the character Liz Lane pretending to be a housewife

## The Wonderful World of Conifers



**As soon as the word conifers is mentioned you immediately visualize this genus of a stately fir tree or a pine tree in the winter. For most of us, conifers start and stop at the fir trees. However, the term conifer means a large, medium, and small cone producing plants. These include the Cedars, Pines, Larches, Junipers, Cypress's, Spruce and the Silver Firs**

and mother when she is sent to a working farm in Connecticut by her publisher to write a story about a war hero. Here is where the challenges begin and the comedic antics begin. The big band era music, lyrics and dialog are smashing. "*Christmas in Connecticut*" is timeless comedy bound to please.

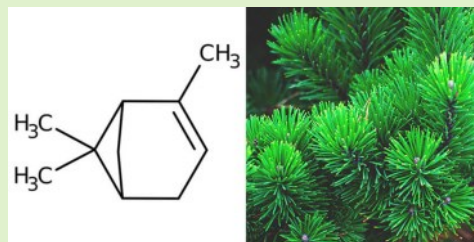
*Submitted by Catherine Sherwood*

Goodspeed's beginnings date back to 1963 when they opened their doors as a professional musical theatre in an historic building on the banks of the Connecticut River in East Haddam. Goodspeed transformed from a struggling entity into a non-profit arts organization. Goodspeed's commitment was to discover rarely produced musicals reworking them and bringing them to life. In their history, they have produced over 250 musicals, including over 70 world premieres.

## Terpene in Conifers

### Submitted by Terri Cusson

Pinenes are terpenes found not only in pine trees, but also in rosemary, frankincense, cannabis and cypress trees and many others as well. They fill the room with that refreshing pine scent when we put up a Christmas tree. The terpenes in pine essential oil have anti-inflammatory effects, easing skin conditions like eczema, and inflammatory pain caused by arthritis. Recent research suggests that pinene benefits oral health, immune and respiratory systems.



Terpenes are molecules produced predominantly by plants in response to environmental pressures or for metabolic functions. In the case of conifers, it's predominately in the resins (sap). Pinene terpenes create the pleasant smell you experience when you are up close to a tree. They might be used by the plant for protection against predations by insect or herbivores. Some terpenes even protect against sunlight and others attract pollinators. Some terpenes can alleviate depression, but it makes sense that a brisk walk in a pine forest inhaling fresh tree-filtered air, can in-itself, make us feel better. Terpenes are used to produce essential oils and fragrances in body care products. In the case of pinene there is a long list of industrial uses as well from paint to household cleaners and pharmaceuticals. It's likely you use these terpenes on a regular basis in some of the common products found in our homes not to mention in the structure of our homes as well. So you can see Conifers are an integral part of everyday modern life.

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## Simple Natural Options for Green Cleaning

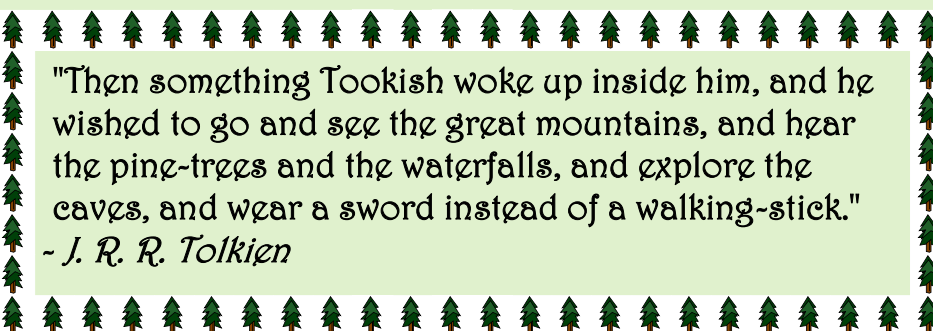
### Submitted by Catherine Sherwood

It seems like every time one turns around another superbug or virus appears to be spreading across the globe. Cold and flu season is quickly coming upon us the general public has become more aware of the importance of cleanliness and keeping themselves and their significant others healthy. As herbalists the interest in utilizing natural ingredients and products far outshine usage of the commercial products that continue to contain harmful chemicals. The risk of developing long term illness from exposure to these cleaning products are reason to go green. Green products pose less of a threat for illness and are less hazardous to the environment too.

Natural cleaners are easily made at home. The ingredients are cheaper and just as effective as commercially bought products. Most of the ingredients are already in most people's home. Vinegar, baking soda, Castile soap, lemon, tea tree oil and cornstarch are readily available. Below you will find several easy to make recipes that make great cleaning products for the home.

- **All-purpose cleaner.** Combine equal parts of white vinegar and water in a spray bottle to create a cleaner for counter tops and hard surfaces. It is a natural disinfectant and eliminates unpleasant odors.
- **Disinfectant.** Mix 2 cups water, 1 tablespoon liquid Castile soap, 1 tsp tea tree oil in a spray bottle for a multi-purpose disinfectant to remove germs off surfaces.
- **Drain Cleaner.** Pour 3/4 cup baking soda into drain followed by 1 cup of vinegar or lemon juice and let sit in drain for 15 to 30 minutes. Then pour boiling water down the drain. It helps clean the drain and gets rid of unpleasant odors coming from the pipe.
- **Toilet bowl spray.** This recipe is made with tinctures. Lavender 6 drops, Lemongrass 6 drops, Borax 3 tsps., White Vinegar 1 cup. Shake well to dissolve borax completely. Spray around bowl and let sit for 30 minutes.
- **Wood furniture /cabinets cleaner.** 1/2 cup white vinegar, 1/2 cup olive oil, lemon 4 drops, and orange 4 drops. Apply lightly wipe dry with a soft cloth.

There are many recipes online to clean almost anything in your home. Green cleaning is typically safer however with any cleaning product take precautions when using and storing homemade solutions properly.



"Then something Tookish woke up inside him, and he wished to go and see the great mountains, and hear the pine-trees and the waterfalls, and explore the caves, and wear a sword instead of a walking-stick."  
- J. R. R. Tolkien

### 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 to 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.

## History of Conifers

The earliest conifers appear in the fossil record over 300 million years ago. All living conifers are woody plants, and most are trees, the majority having a single, straight trunk with side branches. Many conifers have distinctly scented resin, secreted to protect the tree against insect infestation and fungal infection of wounds. The size of mature conifers varies from less than one meter to over 100 meters.

The world's tallest, thickest, largest, and oldest living trees are all conifers. The tallest is a Coast Redwood (*Sequoia sempervirens*). The thickest, meaning the tree with the greatest trunk diameter, is a Montezuma Cypress (*Taxodium mucronatum*), 11.42 meters in diameter. The largest tree by three-dimensional volume is a Giant Sequoia (*Sequoiadendron giganteum*), with a volume 1486.9 cubic meters.

The smallest is the pygmy pine (*Lepidothamnus laxifolius*) of New Zealand, which is seldom taller than 30 cm when mature. The oldest is a Great Basin Bristlecone Pine (*Pinus longaeva*), 4,700 years old.

Since most conifers are evergreens, the leaves of many are long, thin and have a needle-like appearance, but others, including most of the cypress and some of the Podocarpaceae, have flat, triangular scale-like leaves.

Some, have broad, flat strap-shaped leaves.

Others have leaves that are awl shaped. Most conifers, the leaves are arranged spirally, exceptions being most of cypress and one genus in Podocarpaceae, where they are arranged in opposite pairs or whorls of 3 (-4).

In many species with spirally arranged leaves, the leaf bases are twisted to present the leaves in a very flat plane for maximum light capture. Leaf size varies from 2 mm in many scale-leaved species, up to 400 mm long in the needles of some pines (e.g., Apache Pine.)

The stomata are in lines or patches on the leaves and can be closed when it is very dry or cold. The leaves are often dark green in color, which may help absorb a maximum of energy from weak sunshine at high latitudes or under forest canopy shade.

Conifers from hotter areas with high sunlight levels (e.g. Turkish Pine) often have yellow-green leaves, while others (e.g. blue spruce,) may develop blue or silvery leaves to reflect ultraviolet light.

In the great majority the leaves are evergreen, usually remaining on the plant for several (2-40) years before falling, but five genera (*Larix*, *Pseudolarix*, *Glyptostrobus*, *Metasequoia* and *Taxodium*) are deciduous, shedding their leaves in autumn.

The seedlings of many conifers, including most of the cypress, and *Pinus* in Pinaceae, have a distinct juvenile foliage period where the leaves are different, often markedly so, from the typical adult leaves.

*From Wikipedia, the free encyclopedia*

## Resins

As we go about our daily lives, how often do we notice the abundant pine tree or spruce along the road or in the hills? Do you have any idea what these majestic trees offer to share with us? The results, like many plants and trees, are nothing less than amazing. Members of the Pinacea family are a symbol of wisdom and longevity, offer spiritual, mental, and physical protection, and are easy to locate as most of them keep their green leaves year-round. There are many parts of the tree that contain medicine for humans and other animals that the tree readily shares. I will speak of Resin or more appropriately, sap in this article. Resins technically are thick and sturdy, while the sap is more watery, sugary, and sticky.

Sap is created on the conifer as a defense mechanism to the tree as a result of injury from wind, insects, animals, and humans. It creates a liquid substance that eventually hardens and protects itself from bacteria and further damage. The sap is easy to harvest, but it is important to leave enough for the tree to keep it protected. Never take from the wound itself but collect from around and most often below where it has dripped. Make an offering of tobacco, hair, or a song and wish of health and your medicine will be more energetically powerful. Use a dull knife to scrape the sap off and store it in an airtight container or plastic bag to keep it from drying out. The knife will be sticky, and some say to use alcohol to clean your hands and knife, but as the sap is oil soluble, I use oil. I use the alcohol to clean the knife before use. One time at a family picnic I couldn't resist a huge patch of pine oozing an abundant amount of sap. I harvested some and washed my hands with salad dressing and it worked amazingly. Water will not clean it, trust me.

Sap has so many uses it's amazing. The pine sap, made into tar water by grinding the sap tears and simmering into the water to be consumed, has been used internally by the colonials for chronic cough, along with, rheumatism, bladder, and kidney issues. It won't melt, but some of the properties will release into the water. You can also make a tincture out of it using strong alcohol.

I work with oils and am experienced in making topicals, so that is what I will concentrate on. Pine sap is an antioxidant, anti-inflammatory (due to its topical circulation stimulation), and anti-microbial. Pine sap ointment, plasters, salves, balms, lotions, and butters all are extremely helpful for skin issues. They have been proven to help with the relief and healing of eczema, burns, and sores, boost cell immunity, pull splinters, pain relief, and are used in a chest rub. Pine tar is used in soaps and for healing animals. I'm sure there are a few more I am forgetting but that's all I have experience in.

I gather the pine sap (white is better than red), melt it gently in oil in a hot water bath, strain out the bits and pieces of debris (and insects), and use in salves. So, ¼ cup of resin to ½ cup of oil (olive, or any exotic oil) strained to ½ oz of beeswax is a good ratio when making a salve. You can make a nice steam for asthma and bronchitis using needles and resin to help clear sinuses.

Continue to page 4



Continued from page 3

Have you ever noticed something special when spending time in a pine forest? If not, you need to take a walk. Pine is nourishing to the nervous system. It helps relieve anxiety, stress, and nervous tension, and promotes concentration and clarity. It helps promote self-confidence and self-awareness. Try it.

You might find some sap in your Christmas tree. Feel free to harvest it if you know the trees have not been sprayed. It is rare to have a sensitivity to pine, but it can happen so keep that in mind.

A couple of last things, be sure what trees you are harvesting from. The lookalike Yew is poisonous and not to be used.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

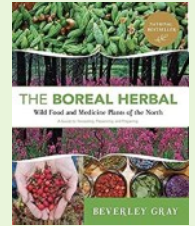
*by Jeanie Wild*



### Review by Terri Cusson

On our trip to Newfoundland this year I picked up an award-winning book, "The Boreal Herbal" by Beverley Gray. Beverley is a well-known Canadian

herbalist from Whitehorse, Yukon. The book is beautifully photographed and profiles dozens of plants. It's full of recipes and techniques using the plant of, you guessed, it the Boreal Forrest. Thankfully most of those plants can be found here in CT. The book covers habitat, harvesting, preserving and preparing for each plant. This book is a reference book, a field guide, a how-to manual, and cookbook for anyone interested in the northern forest plants.



### White Pine & Ginger Bath Salts

Put a 1-inch layer of sea salt or epsom salts on the bottom of a jar, then add an (approximately) 1 inch layer of snipped-up White Pine Needles + a spoonful of Ginger powder in the jar and cover with salt, then add another layer of the pine needles, then salt, and repeat. Finish it with a 1-inch layer of salt on the top. It will be ready in a few days but can stay in the jar indefinitely. You can strain the needles out when ready if you like, or simply add direct to the Bath and get a strainer cap for the drain of your tub. Use 1 - 2 cups for bath. It can also be easily made into a salt scrub by adding enough olive to give it a nice scoop-able consistency. Take a nice palm-sized amount and rub into your skin in the shower, moving towards your heart to support the lymph. *Ginger is optional.*



### Pine Incense

5 parts pine resin, 4 parts mistletoe, dried, 3 parts ground pine needles, 3 parts spruce resin, Add 5 ml pine essential oil, 5 ml musk oil per 8 oz. of dry mixture. Grind all together and burn on charcoal



### Tea Time

### Ginger Cinnamon Tea with Pine needles

Ingredients: 1/4 cup thinly sliced fresh ginger, 2 cinnamon sticks, 1 cup chopped white pine needles, 6 cups water. Simmer for 15 -20 minutes, strain, add honey to taste, drink warm.



### White Pine Cough Syrup

Ingredients: 1 cup White Pine needles and twigs (Pinus strobus), 1/2 cup Mullein leaf, 1/2 cup Wild Cherry bark 1/4 cup Anise Seed, 1/4 cup Rose Hips, Raw Honey. Other optional herbs: Anise Hyssop, Lemon Verbena, and Thyme

Directions: Add your herbs to a pot. Cover the herbs with about 3 cups of water and simmer on low to make a decoction. Simmer for about an hour, until the water reduces to just covering the herbs. Remove from heat and let the herbs continue to steep until the decoction cools. Strain it and for every cup of the decoction add 1/2 cup raw honey warm it all gently to get the honey to mix. Put it in a mason jar and then cap it.

An adult dose of this could be 1 tbsp every hour until cough improves- for herbs to work in acute conditions you often have to use lots! For kids a tsp (mixed in elderberry syrup if they don't like the flavor) 3x/day will suffice. This will likely last 1-2 weeks but we always use it up before it goes bad. You could also freeze the decoction and thaw and add the honey as needed.

### Pignoli Cookies

### Cooks Corner

Ingredients: 8 ounces almond paste, 1/2 cup granulated sugar, 1/2 cup confectioners' sugar, 1/8 tsp salt, 1/4 cup flour, 2 egg whites, 1 cup pine nuts  
Directions: 1. Preheat oven to 300°. Line 2 baking sheets with parchment paper.

2. Break the almond paste into small pieces; place the pieces in a food processor. Add the 2 sugars, salt, and flour. Pulse until the mixture is finely ground. Begin to add the egg whites, a little at a time, just until the dough comes together. You may not need to add all the egg whites.

3. Scoop them out with a small cookie scoop. With slightly wet hands, roll the dough into 1-inch balls. Press the nuts to adhere on the tops of the cookies.  
4. Place the balls 2-inches apart on the baking sheet. Bake 15-20 minutes or until golden brown. Remove from the oven and allow cookies to cool completely on the baking sheets. Approx 12-15 cookies



## Connecticut Herb Association Annual Meeting

Wethersfield Senior Center

Date: November 4, 2022. Time 5:36pm.

Call to order: By Jeannie Wild

Officers present:

President. Jeannie Wild

Vice President. Terri Cusson

Treasurer: Gayle Nogas

Secretary: Michelle Maclure

Members: Pat Lavery, Ann Hartford, Lynn Murdock, Dori Garcia, Tim Garcia, Kim Elovirta, Robin Henrie, Kathy Mashiak, Catherine Sherwood, Pamela Brundage, Deb Hultgren, Joan Zakrzewski.  
Guests. Bob Cusson, Bob Maclure, George Hoffmann

### Agenda

Keynote Speaker: Tonya Lemos who spoke on her own Mediterranean Roots and will present the enormous possibilities for improved health and wellbeing that can be achieved when practitioners explore the full range of connections offered by the Hygeigian Approach to Health Care, Mediterranean Diet and Lifestyle and the Mediterranean Apothecary. It was a very informative evening.

Silent Auction and Raffle drawings thank you donors.

Business:

\*Reading of past minutes.

\*Gayle Nogas Reports: 2022 Treasurers Financial report, Tax exempt "Not for Profit" guidelines and IRS regulations discussed

\*Membership Report, new members, and revision of welcome letter was discussed

\*Newsletter update for online

\*Study group to resume

All reports approved

Scholarship fund was addressed. Motion was made to rename CHA Scholarship fund in memory of Thea Pastore to: The Thea K Pastore Scholarship Fund. Approved unanimously

Special thank you to: George Hoffman for generous donation to scholarship fund.

2023 new events discussion.

\*Garden Party

\*Earth Day event

\*Fund raising events

\*Annual Meeting 2023 back at Wethersfield Library. Dori Garcia to follow up and book for 2023.

\*Michelle Maclure stepped down as secretary.

Catherine Sherwood nominated to fill the vacancy.

\*Joan Zakrzewski volunteered to assist as event Co-ed person.

\*Possible guest speakers for 2023 addressed

\*Plants for sale at Ellington Farmers Market

Meeting adjourned. 7:54 pm

## CHA follow up from annual Meeting

### Minutes of meeting

Date. November 16, 2022. Time. 11:45 am.

Call to order: Members present: President Jeannie Wild, Vice President Terri Cusson, Treasurer Gayle Nogas, Secretary Catherine Sherwood, IT Specialist Bob Cusson, Michelle Maclure, Robert Maclure.

\*New Business IT Data Transmission update

\*New members and new welcome letter

\*New flyers/ brochure and membership cards

\*Internet password to be added to welcome letter.

\*Update list of member businesses, classes, workshops, recommended websites links, and reading lists to be added to CHA website and Quarterly newsletter.

\*CHA website content to include Herb of the Month or Season, product of the month

\*Zoom meetings vs in-house for future meetups.

\*Dates for and future venues and sites for events and quarterly meetings at various locations: Foster Hill Farm, Mondazzi Windsor CT, Wethersfield Library, and other locations through the state.

\*Have several Weed walks

\*Earth Day April 2023, more info to be discussed.

\*Study groups to continue first Tuesday of the month.

\*Botanical Gardens Field Trip to NYC, January 8, 2023

Adjourned 1:00 pm

Submitted: Catherine Sherwood, Secretary

### HERBAL PET CARE

By: Maureen Ericson, M. H.  
Flora Paws Holistic Pet Care,

#### Pet Care Corner

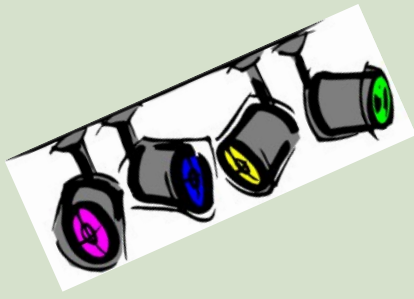
Temps continue to drop! Don't forget the winter coats and booties for your pets if needed. If you are going for longer walks consider using waterproof booties. The rule to follow during extreme temperatures is never leave your animals out in extreme temperatures or weather. Extreme cold can cause frost-bite for them just like us. Don't forget to towel off your pets when they come in from play. Use a cold weather protection rub salve onto their paws before they go outside for walks. The wax will give a barrier of protection and also moisturize the paws. It helps keep their pads from drying out, cracking. Wiping their paws after a walk takes away burning chemicals such as road salts and/or ice balls that are in between the pads.



#### Great winter activity for kids

Place bird seed in a shallow bowl, large enough for the pine cone to lay on its side. Cut a 12 inch piece of jute cord or ribbon and tie each end on the top of each pinecone. Use a spoon or small spatula to spread an even layer of peanut butter onto the pinecones in the areas you wish to cover with bird seed, cover entirely. Roll the pine cone in the bird seed until the peanut butter areas are adequately covered with seed. Tuck fresh or dried fruit into the prongs of the pine cone, pressing them in securely into the peanut butter. Hang outdoors for the birds to enjoy healthy treats.





## Spotlight on an Herbalist

**Lynn Murdock, EarthWindFireFarm.com**  
**email [herblady30@gmail.com](mailto:herblady30@gmail.com)**

In June, 36 years ago, Lynn and her husband attended a high tea and Caprilands in Coventry, CT. She heard Adelma Simmons speak, walked the grounds and right there, Lynn was hooked. She invested in Rosemary Gladstar's course and never looked back. She found Connecticut Herb Association many years ago and has been an active member ever since.

Lynn is amazing at formulating tinctures such as Elderberry, Dandelion, and ones specifically for calming. She is masterful at creating custom solutions for a person's specific needs. Not only is she adept at tinctures, but she also shines at her salve making. Her Comfrey root salves are a favorite among her special formulations.



She taught classes for many years in her adorable, cozy workshop along with giving plant walks and medicine making. When COVID came along, Lynn stopped classes and walks, and focused more on family. She is now active in making and selling products, mainly drying herbs and tinctures and salves.

When I asked what her favorite herb is, she said "That's a tough one I have so many favorites, but if I had to choose one, it would be Elderberry. It's great for prevention, it's gentle, kids can have it and it tastes good when prepared".

What advice would you give to those who are just beginning their herbal learning journey? "My advice is to grow the herbs and get to know them. Watch them, smell, and use them. Get 3-4 good herbal books, take classes like Rosemary's, go on herb walks, and join groups like the CHA".

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*Interviewed by Jeanie Wild*





If you are fortunate enough to be a member of the Connecticut Herb Association, and you were fortunate enough to make the choice to go to the NEHA retreat at the Blue Deer Retreat Center in Margaretville, NY, you were indeed favored. Eleven CHA members attended with NEHA members from around the northeast and spent time getting to know and sharing food with old friends and new. We were guided to clean rooms, shared kitchen duties, and were energized in the Yurt all well-kept by the amazing caretaker. We listened to and sang along with Robin Rose Bennett and learned how to make natural Besom brooms in the afternoon to use in an ancestral healing ceremony that evening, both hosted by Gayle Nogas. We watched a demonstration of hydrosol making from fresh Rosemary and received our own bottle to keep. An amazing participating class on healing with Jun Shin Jyustu from Hannelore Devlin that I, will continue to learn more about. There were welcome bags, containing lovely, donated items from guests, a sharing table. The walk to the river was peaceful and the river itself magically healing as I was gifted with an impromptu journey as I perched on a large rock at the edge. I await next year's invitation and look forward to new experiences.

Jeanie Wild



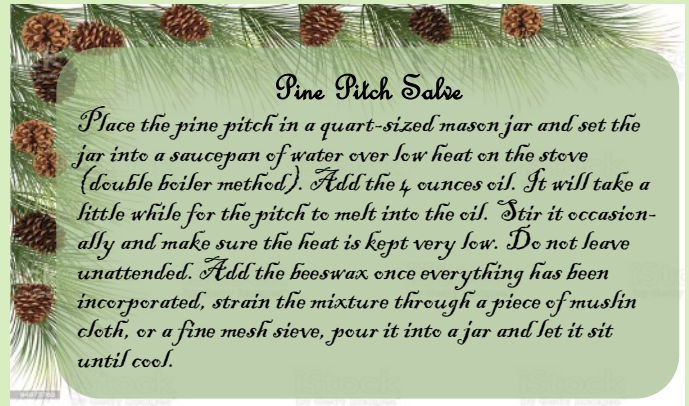


## Conifer Magic

Eastern White Pine *Pinus strobus*:

Eastern White Pine is what we have growing in our area which has 5 needles in each bunch & is the only species in Eastern North America with 5 needles.

**Medicinal benefits:** High in Vitamins C, & A, minerals, vitamins, antioxidants, immune booster, for respiratory issues, tissue repair, etc. It is antiseptic, astringent, expectorant and has anti-inflammatory & anti-microbial properties. It is used for people who have problems with breathing due to smoking. Pine has strong lung tonic support (lungs can hold grief & sorrow)



The new growth of the needles in late May/ June makes the most potent pine preparations. Harvest tiny cones early spring, put them in salads, oatmeal etc., they have a strong resin flavor which is the pollen. Pine pollen early June in Maine, look at the tips which should be bright green at the base & white/yellow clusters are the pollen cones. The pollen is said to be high in testosterone & good for energy. Harvest this before June or if after, shake the pollen into a container.

Spring brings a lemony sour taste which diminishes by fall time

Make a tincture from the needles by blending them with your menstruum or dry them, make a tea, make a glycerite, do a double extract, make an oxymel, etc.

You can make flour to use in baking. The bark is high in terpenes so boil/cook bark then dry & grind into flour. You can dry the inner bark & grind to chew for respiratory infections or use a bit of the flour in recipes, it has a resin taste so go easy.

Pine Pitch was used by Native Americans to seal up wounds & prevent infections, can make a salve from it. The Ojibwe used the bark along with wild cherry & wild plum to treat gangrene per Matthew Wood. In Asia, Shikimic acid, a main ingredient in Tamiflu is harvested from pine needles. Pine resin is a component of propolis, a mixture of tree saps collected by bees. Warm Pine poultice will draw out splinters & foreign matter from skin.

**White Pine Needle Tea:** 1/2 cup Pine needles, 1.5 pints water. Bring water to a boil, pouring it over needles & steep 20 minutes to overnight.

**Conifer Shrub Oxymel:** 1 part tree needles, such as Pine, 1 part orange peel, 1-part Elderberries. Cover the herbs well with a good honey, staying around the 1/3rd amount of your total unless you like it sweet. Fill the remainder of the way with warm apple cider vinegar. Cover & infuse 5-20 days.

**Nourishing Needle Vinegar:** Staves off colds, flus & congestion & can use as a meat/fish marinade or salad dressing. Fill jar 1/8-1/4 way full of needles. Add less if they are bitter, more if not. Fill to the top with warm apple cider vinegar & let infuse 3- 6 weeks using a plastic lid as metal will rust.

**Pine Needle Sake:** My friend Bun Lai owned Mia's sushi for many years & showed me how he makes his famous sake: Blend fresh pine needles in sake & let infuse several weeks. Fresh makes a much better flavor than boiled or steeped per Bun

By Lynn Murdock



### **\*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.*





Connecticut Herb Association  
 P.O. Box 310491  
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*For the Love of Herbs*

**April is Membership / Renewal Time**

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 2023.  
 \$15.00 student, \$25.00 for individual, \$35.00 for family.

We always appreciate a little extra to add to our scholarship fund. CHA members have the advantage of utilizing the Theas K Pastore 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.

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

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

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**Newsletter can be mailed if you prefer Email me [sagewand2@aol.com](mailto:sagewand2@aol.com)**



**CHA Medical Herbalism Study Group**  
 If you are interested in joining the group contact Terri Cusson 860-870-1681,  
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