



# The CHA Herbal Thymes

Connecticut Herb Association [www.ctherb.org](http://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.*



## Apple Harvesting Time

Apples for  
A Healthy  
Life







“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 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 reduce 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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**Apple Leaf Tea** provides many health benefits. The **Tea Time**

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 its 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.



**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.

  
**Potluck Luncheon**  
 Michele Maclure is hosting a CHA  
 Halloween/Autumn Potluck Luncheon  
 October 23, starting at 1:30am.  
 Bring a dish to share.  
 RSVP 860-456-1223 for directions

**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. Blend 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.



### Spotlight on an Herbalist

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 well-researched 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](mailto: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*



Jeanie Wild, of **Pet Care Corner**  
*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](http://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](http://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 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 further information, please contact Robin by email at [redphoenixhealingartsllc@gmail.com](mailto:redphoenixhealingartsllc@gmail.com) or call 860-985-9276. Her website is under construction but should be up and running soon.

More info to come in the December CHA newsletter.

## 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 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.

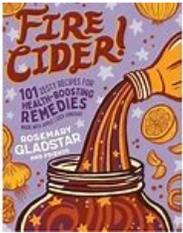
The longer you give the vinegar to ferment, the stronger the taste and tang will be. About 3 weeks of fermentation, start tasting the vinegar every few days until you reach the taste and acidity you want.

**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.



Connecticut Herb Association  
P.O. Box 310491  
Newington, CT 06131

Stamp



*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 2022.  
\$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 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.

**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**  
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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, [terricusson@gmail.com](mailto:terricusson@gmail.com)