



The Connecticut Herbal Thymes

Connecticut Herb Association www.ctherb.org Spring Equinox 2021

CHA Upcoming Events 2021

All events will follow Covid Protocol

April 24, 1:00 pm
Michele Maclure will host
Tea Time at her **“Bee Happy”**
Cottage backyard get together.
Brown bag lunch and a lawn
chair. RSVP for her
Willimantic CT address and di-
rections 860-456-1223

June 12, 12:30 pm
Elizabeth Park, Hartford CT
brown bag lunch, and a self
guided tour.

June 19, 1:00 pm
Garden Party, Potluck,
Lynn Murdock, Ashford CT
RSVP 860-382-5845 or
herbalady30@gmail.com for
address and directions

June 27, 12:00 – 4:00 pm
Connecticut Historic Garden Day
www.cthistoricgardens.org

July 10, 1:00 pm
Staehly Farm Winery
278 Town St, E Haddam CT

August 7, 1:00 pm
Heartstone Vineyard
468 Route 87, Colombia CT

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

TBA Harvest Potluck
Michele Maclure, Willimantic CT

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 Spring Edition of the CHA Newsletter

Well, Spring has arrived.

It has been a tough winter for many people. But we as people of the earth persevered. With spring hopefully there is light at the end of the tunnel. We should be able to slowly begin to reclaim our lives. Covid restriction, the vaccine and warmer weather will get us out of the house and be able to see family and socialize a little easier.

Please make sure to still flower covid safety measure. We all hope and pray that this shall come to an end soon.

But let's focus on mother earth and gardening. Spring should be our "Happy Time". It is when our seed packets arrived, and we are lovingly planting them in our little containers that will take up every space we have in the house. We watch with eagerness to see the little sprouts appear. In the meantime, we are outside cleaning up our gardens from the winter debris that has accumulated. Planning on what we will plant in our gardens and plant for future in our lives.

Raking up old leaves that was used help winter over some of our more tender plants and spreading compost to get ready for our new plantings and getting our hand dirty. Remember, as eager as we are don't plant too early. Watch out for that last frost.

April is Membership/Renewal Time!

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
- Access to the 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! Let's see if we can double membership in 2021.

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

We always appreciate a little extra to add to our scholarship fund. As a CHA member, you have the advantage of utilizing the CHA SCHOLARSHIP FUND to help offset the cost of taking herbal related classes, workshops, Herb Symposium, herbal conference or CHA events. To apply for a scholarship, contact any of the board members for an application. Board members and their email addresses are listed on every bulletin.

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/1ojW4rIxeHVSElapqjGrWrOJpvJXanoOZtksUCmBsUas/edit?usp=sharing>

Make checks payable to CT Herb Association

Send to

Gayle Nogas / CHA

35 Dale Road

Enfield CT 06082



Please up date you information when sending in your membership

.CHA Membership Application 2021

April is Membership Time

Date _____ New Renewal

Please print clearly

Name: _____

Business name: _____

Address: _____

City _____ State _____ Zip _____

Phone # (include area code)

Home: _____ Cell: _____ --- _____

Email: _____

Website: _____

CHA Member Directory (Available to all members) yes__ no__

CHA online password protected Member Directory yes__ no__

CHA online public access Business Listing yes__ no__

Business offering member to member (M2M) discount yes__ no__

For the CHA Directory of Members, please write a brief description (on back) to be included in the printed directory, including information about yourself, your relationship to herbs, your business and reason for joining (include your focus & intentions, credentials, education, practice, etc.) **Please print clearly** and keep to 70 words or less.

\$35.00 Family membership \$25.00 Adult membership \$15.00 Student membership

Please send this page, along with your annual dues and mail it to:

Make checks payable to CT Herb Association

Send to

Gayle Nogas / CHA

35 Dale Road

Enfield CT 06082

Please consider adding a little extra for the Scholarship Fund

I have included \$ _____ to my payment for donation to the CHA Scholarship Fund.

=====
 Cash Check # _____ Date Received _____



Book Review: by Terri Cusson

A Kid's Herb Book for children of all ages.

By Lesley Tierra L.Ac., AHG

To my great delight my 10yr old granddaughter Bella, has asked me to teach her about herbs. As she is in New Hampshire and I am in CT and we are living in the time of Covid, I decided to send her a book. I would get the same book for myself and we would work through it together.



I am so glad I chose "A Kid's Herb Book. This is an easy, pleasant read for adult as well as children since the author doesn't talk down to kids, the target reader. It is intelligently written and filled with information on the plant world and how you can use plants in your daily life.

Your guide to the herbs is a charming gnome named Mr. Greenleaf. The book is filled with stories, songs and recipes for gentil, safe herbal foods and preparations that are easily gotten and easy to prepare, with maybe a little adult help. It has bits of botany and nomenclature without being a text book. There are rituals and many ecological stories along with tips on growing herbs and gardening in general.

Bella read the entire book in one day, (she belongs to a family of readers) and has started on rereading it. I can't recommend this book enough.

For anyone who has a young budding herbalist on their gift list I have the perfect solution.

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,
Sagewand2@aol.com
Thanks Gayle

Violet Tea

Tea Time

Ingredients:

- 1 cup boiling water.
- 1 tsp. dried violet leaves
- 1 tsp. dried violet petals (chamomile and lemon balm can also be used)

Directions: Dry petals and leaves until all moisture is gone. Store in an air-tight container until ready to make tea. Bring water to a boil, add violet leaves and petals, and steep for 10 minutes.

Sweeten with violet syrup or with violet honey.



From the kitchen of Michelle MacLure

Violet Jam

- 1 cup Violet flowers, tightly packed,
- 1 1/2 cups water, divided, juice of 1 lemon (do not use bottled lemon juice),
- 1 3/4 cups sugar,
- 1 2 ounce package powdered pectin.



Add flowers, 3/4 cup of the water, and the lemon juice to an electric blender. Blend into a smooth paste. Slowly add the sugar and blend until dissolved. In a medium saucepan add the remaining 3/4 cup of water and stir in the pectin and bring to a boil. Boil hard for 1 minute. Pour the cooked pectin into the blender. Blend for about 1 minute, then spoon into jars and seal tightly. This jam keeps for about 3 weeks in the fridge. For longer storage use Ball freezer containers or any BPA free freezer containers. It had a light, fresh taste.



Floral Goat Cheese with Dill & Cracked Pepper

- 8 ounces goat cheese
- Edible flowers such as heartsease

Dill to taste, Freshly cracked pepper to taste
Pulse ingredients in a food processor for a few seconds, just enough to mix everything together. Shape cheese into a log. Press extra petals onto the outside of the cheese log if desired. Wrap in a plastic wrap and chill for a few hours. (Best if it sits for a day or two, the flower colors will bleed slightly though). Serve with crackers or baguette slices. Garnish with additional edible flowers if desired.

Candied Violas

Use to top cupcakes, cookies, and pastries, as well as to garnish beverages and other desserts.

Egg whites, superfine sugar, viola flowers, cleaned and dried.

Line a tray with wax or parchment paper. Beat egg whites until frothy. Using a pastry or artist's paintbrush, gently paint each viola flower or bud with the egg white.

Dust with sugar until it is completely coated.

Let dry on the paper for 8 hours to 36 hours or until completely dry. Flowers will be crisp.

Store in an airtight container until ready to use.

Use this method on violets, pansies, and other edible flowers.

Note: tweezers are useful when handling the delicate flowers.

Heartsease is named so due to its historical use in love potions and is native to Europe. Other historical names for this plant are Love-lies-bleeding and Love-in-idleness.

Heartsease, *Viola tricolor*, also called Johnny-jump-up, is The Herb Society of America's Herb of the Month for March. It is the perfect time to learn about this delicate little woodland herb that will be popping out of the warming earth very soon. There are dozens of names for it including wild pansy, hearts delight.

V. tricolor is in the violet family (Violaceae). The flowers can be purple, yellow, or white but are most commonly all three colors. The herb is native to Europe and Eurasia and was thought to be brought to the United States by colonists. It can be an annual, biennial, or a short-lived perennial. It will reseed itself and thrives in cooler weather. This unassuming little herb is rich in folklore. In both Greek and Roman mythology, *Viola tricolor* was associated with love. The Romans believed that Cupid, the god of desire, hit the flower of *Viola tricolor* with his arrow by mistake, causing the white flower to become tricolored and the juice to become a love potion. A Greek legend tells of the love that Eros had for the white flowers. Aphrodite, being jealous of his love for the flower, turned it into the three colors to stop his love. Early Christians thought that the three-colored flowers of heartsease symbolized the Holy Trinity.

Viola tricolor was Queen Elizabeth I's (1533-1603) favorite flower. She embroidered the flower on gifts to her family, and some of her elaborate dresses had the flower woven into the fabric.

Shakespeare (1564-1616) used the love potion legend of *V. tricolor* in *A Midsummer Night's Dream*, Act II, Scene 1, saying about heartsease that the "the juice of it, on sleeping eyelids laid, will make a man or woman madly dote upon the next live creature that it sees." *Viola tricolor* appears in Shakespeare's *Hamlet*, as well as in *Taming of the Shrew* Act 1, Scene 1.

An interesting and observable characteristic of heartsease was noted by Maud Grieve in her book *The Modern Herbal*: "The flower protects itself from rain and dew by drooping its head both at night and in wet weather, and thus the back of the flower and not its face receives moisture." *V. tricolor* is self-fertile and readily reseeds itself. Fritillary butterflies lay their eggs on the plant, and various bees, thrips, and flies visit it.

The flowers of *V. tricolor* are edible and are used in salads, butters, and in ice cubes to dress up a beverage. They make a colorful garnish. The leaves are mucilaginous and can be used to thicken soup. A tea is made from the leaves. *Viola tricolor* has a long history of use in traditional medicines. Its use is documented in the *Pharmacopoeia of Europe*. Its anti-inflammatory properties have made it a traditional medicinal remedy for skin diseases such as psoriasis, eczema, scabs, and itchy skin. It has also been used to treat inflammation and chest conditions such as bronchitis and asthma. Research shows that the cyclotides in *V. tricolor* may have promise in the treatment of cancers. However, more research still needs to be done.

Botanical Name: *Viola tricolor*, common name: heartsease

and pansy, **Family:** Violaceae

Main uses involve inflammation of the lungs and skin. Also historically used for nervous strain, tension and insomnia.

Parts Used: Aerial Parts, harvested while flowering.

Qualities: Moist pungent, cold & slightly bitter

Active Constituents:

Saponins, Salicylates, Alkaloids, Flavonoids, Volatile Oil, Tannins, Mucilage

Actions: Expectorant. Anti-inflammatory, Diuretic, Anti-rheumatic, Laxative, Immunosuppressive (Potential)

Indications: Skin disorders – nappy rash, varicose veins, mild seborrheic skin diseases, cough expectorant – due to saponins respiratory disorders – asthma & bronchitis, tonify and strengthen blood vessels, nervous tension, and insomnia, blood sugar regulation, inflammatory skin conditions – eczema & seborrheic dermatitis, oxidative stress, cradle cap

Summary: Used mostly in three areas, skin, lungs and urinary

Used in eczema, other skin cases where there is weeping. As an **anti-inflammatory expectorant** – used for whooping cough, acute bronchitis to soothe and heal. In urinary use, cystitis and **frequent & painful urination**.

Infusion: Chronic skin disorders & use as gentle circulatory and immune system stimulant

Tincture: Use for lung and digestive disorders, capillary fragility, and urinary problems

Poultice: Make a paste of powdered herb with water – and apply to skin sores and ulcer

Cream: Use for skin rashes and irritant eczema

Wash: Use infusion – nappy rash, cradle cap, weeping sores, insect bites

Cautions: Avoid large doses due to saponin content. No known toxicity appears safe in pregnancy— but should be monitored.

Dosage: Infusion: Pour a cup of boiling water onto 1-2 tsp of dried herb and leave to infuse 10-15 mins. Drink 3 times a day. Tried herb – 2-6 grams daily.

Tincture: 2-4ml TDS. 20-80 mL weekly 1:1

Drop Dose: 20 – 40 drops t.d.s

Combinations: Use the tea as skin treatment, and lung conditions – coltsfoot

Skin issues – red clover, Nettles & cleavers

Cystitis – couchgrass & buchu

Cream for skin – centella, heartsease & Oregon grape

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. If you are interested in joining the group please contact Terri Cusson 860-870-1681

or terricusson@gmail.com

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>



Our pet's health depends on us to provide the water that they need daily. Clean healthy water is essential to maintaining a healthy body for all living creatures. Without it their bodies cannot flush out poisonous toxins, build healthy blood cells, maintain healthy vital organs, or maintain proper hydration for all living cells. In other words, we can't survive without water!

Some animals consume more than others depending on their species and the food they eat. For some their water intake is provided in the foods they eat, especially those that live in the wild. It is in the grasses they forge on or in the animals that they eat. Raw meat provides large amounts of moisture to the carnivore animal helping to maintain the water balance in their bodies. Long ago dogs and cats were still hunting while they lived alongside of their human companions. Cats were able to roam the barnyard catching their prey and dogs were thrown scraps of meat and bones from the hunting trip, all providing moisture in their foods. These animals lived healthier lives due to the diet that they ate that was closer to their wild ancestral diets.

Unlike today most of our animals are fed dry baked food that is fast and easy to feed and lacking in any form of moisture, let alone proper nutrients. The water bowl is the animal’s only source of water for them. For many of them that bowl is the only bowl for more than one dog or cat in the house to use. Their source of water can be depleted easily from the group or simply not used by the cat because they don’t like standing water. So, if there is not enough water or moisture the animal’s health starts to decline due to dehydration leading to kidney, urinary and digestive issues for them. Now let’s add in the fact that their bodies need water to break down that dry kibble food, but have no additional water added to it. Their bodies now need to take all the excess water in their body to digest that food. They are already dehydrated, and their food just adds to the lack of water crisis.

I am a big advocate of adding water to the food bowl for all diets, raw or dry kibble food. This gives the additional water necessary to break down and digest the food properly. Each feeding gives more moisture to protect their vital organs giving them healthier lives. This is especially helpful for cats, which are not big water drinkers and are at higher risk for kidney, urinary and liver diseases that kill them. It may take a while to get the cat use to eating wet food so switch them to wet canned food and add more water to it. Starting animals young with wet food is the best way to raise them, but it is never too late to start adding water to their food.

The biggest question I always hear from my clients is how much water to add to their food? Here is my answer: If you feed raw cover the raw meat with water and give it to the pet. But if you feed dry kibble you must pour out the kibble about 10 minutes before serving and cover the food with water, then leave it on the counter for that time to absorb the water. You will be very surprised to see how much that food expands in the bowl as it absorbs the water. That is exactly what is happening in your pet’s stomach without the additional water added. That water is coming from their body and will take longer to digest let alone robbing valuable moisture from your pet’s body. After the 10 minutes is up cover the food again with more water that now adds the extra moisture that they need to digest the food. This is the bowl that you feed the animal with.

For cats I recommend switching them away from dry kibble to a raw or wet canned food diet with additional water added. Cats are obligate carnivores that need moist protein and essential enzymes that they get from the meat provided. I truly believe that kibble food can cause kidney and urinary damage in many cats. To help eliminate that risk I recommend switching their food immediately.

In summary Water is a crucial element to maintaining good healthy living for your animals.
So, don’t forget to fill the food and water bowl with Water!!

New Member with a New Business

Little Dove Botanicals LLC

Sarah Tracy from Torrington CT has joined CHA. She is a fairly new herbalist, having completed three levels of training at Twin Star Herbal school in New Milford CT. Just this past December she completed Rosemary Gladstar’s Science and Art of Herbalism course, and plans to complete a fourth level of herbal studies at Twin Star in their new Practicing Herbalist program in April 2021.

She grows medicinal herbs and vegetables. For the last five years she has worked on organic farms.

Welcome Sarah and Thank You for joining Connecticut Herb Association.

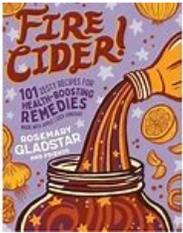


* William Bullein, an early English *
* physician, who said in 1562, *
* *
* *“Pray God give thee but one handful of *
* Heavenly Heartsease which passeth *
* all the pleasant flowers *
* that grow in this world.” *
* *



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 2020.
 \$15.00 student, \$25.00 for individual, \$35.00 for family.



We always appreciate a little extra to add to our scholarship fund. As a CHA member, you have the advantage of utilizing the CHA SCHOLARSHIP FUND to help offset the cost of taking herbal related classes, workshops, herb Symposium, herbal conference or CHA events. 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, so the member directory and mailing list can be updated.

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

Jeanie Wild, President & Web: jeanieber@gmail.com
 Terri Cusson, Vice President: terricusson@gmail.com
 Michele Maclure, Sec: michelemaclure@hotmail.com
 Gayle Nogas, Treasure/Membership/Newsletter:
sagewand2@aol.com

Newsletter can be emailed as a PDF or postal mail.