



The Connecticut

Connecticut Herb Association www.ctherb.org Summer Solstice 2020 June-Sept

CHA Upcoming Events

These are events planned but they will all be Covid19 affected. As the date comes near they will be subject to restrictions and social distancing.

Check with Gayle or Terri for more information or further details on events.

July 12, 1:00 pm Staehly Farm Winery E. Haddam CT

August 9, 1:00 pm Heartstone Vineyard, Colombia

September 13, 1:00 pm Crystal Ridge Vineyard, S. Glastonbury CT

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

October 24, 2020 2:00 pm Harvest Potluck, Michele Maclure, Willimantic CT

November TBA Annual CHA Meeting Wethersfield Library 12:30 pm

December 12, 2020 Holiday Party Jeanie Wild, Suffield CT

More events will be planned. Check website, Facebook and emails for details.

Welcome to the Summer Edition of the CHA Newsletter

Hi Everyone! It's time to stop and put the kettle on! Get yourself a cup of something and come back so we can catch up. As always and forever, home is what you make it. And that's true especially in this time of Pandemic! We're living through a very sad time for so many, our friends, and neighbors that we love. So let's put on a little music on and go out into your gardens, and sing along with nature and ask mother earth for all the healing, love and blessings she can give.

I want to thank the CHA friends that contributed articles to help keep this newsletter going. Please, anyone who has an article or event they would like to submit just send it to me.

I hope everyone's summer is going well. With the restrictions we have, it has given most of us plenty of time to garden. The unusual early warm weather also has helped get plants off to a great start. My garden doesn't even have a space for one more plant. I already harvested mother wort, lemon balm, hyssop, southernwood, rue and much more. My peppers and tomatoes are ready to pick. Looking forward for us to get together soon.

Green Blessing to all, Gayle

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Aster novae-angliae, reclassified to *Symphotrichum novaeangliae*

The delicate and prolific New England Aster is a composite flower with a yellow central disk and 40 or more purple/pink petals. It's a dainty little gem found commonly along roadsides and fields and is an important plant for fall pollinators and nectar.



This flowering plant is native to most of the northern United States and prefers moist, well drained soils and full sun. If you choose to grow her in your garden, be aware she self-seeds and pruning her back in June, she will reward you with extra bountiful flowers which you will readily crave once you have shared her healing virtues. Aster is fairly disease resistant but is susceptible to powdery mildew and can be bothered by Spider Mites and Lace bugs.

Her propensity to combat lung constriction and congestion would never be guessed if you did not peek further into her gifts. According to Jim McDonald, Native tribes were quite familiar with this aster. They would burn the leaves and flowers in sweat lodges or add it to tobacco smoking mixes to 'clear the head', relieve unconscious, help with mental illness, nose bleeds and constipation. It is commonly used in today's world as an expectorant, decongestant and nervine. She has been known to help relieve lung (and head) congestion as well as coughs from sources such as asthma and left over stubborn cold cough. The tincture appears to have a cumulative effect when used for asthma to reduce both frequency and strength of the attack

Though the root is a weak poultice and the leaves are slightly demulcent, the flowers are the star of the show and appear to give the best results nibbled off the stem. Aster's flower's aptness towards mellowing properties is a decided bonus. If you need relaxation without the harshness of say, Valerian, this is the plant you might choose to play with. If you cannot get fresh flowers, creating a tincture is the best way to preserve her powers.

Submitted by Jeanie Wild

"Herbal Friends Workshop Series"
TBA
info@sirotarosenthal.com

Living in the Time of Covid-19



The last time I wrote about this there were just 18 cases in the US and China was just beginning to come to grips with it's epidemic of a never before seen corona virus.

Now as I write, there are 2.3 Million cases in the US and over 120,000 deaths and there is still much we don't know about this disease.

For instance, we still don't know if you can become immune much less if we can achieve herd immunity (when so many people have antibodies to a disease that it has no vector to spread to those who don't have immunity). It appears that some people have either gotten it twice or the disease has come back after a remission.

We once thought children and young adults were mostly immune. Now we have frightening new types of symptoms showing up in children and young adults who seem to be the fastest group getting the virus. It also looks like the disease can have lasting health effects even after recovery.

On top of that, we have long overdue civil unrest in response to racism and an economic pain. Trying to get back to some semblance of normality is likely to increase the number of cases we will see in the near future. While the rest of the world is recovering for what is thought to be the first wave of this disease, here in the US we are still peaking and are the hotspot on the planet for new cases.

There is some good news. The rest of the world has shown that social/physical distancing and the wearing of masks, greater personal hygiene in washing of hands and cleaning of public spaces are working to control the spread of covid-19. We also have almost every lab on the planet working to find treatments and create a vaccine. The herbal community has really stepped up. Many have covid information pages and protocols posted. There have been lots of free webinars and online classes.

The North American Institute of Medical Herbalism has an excellent page on Covid-19. Stephen Buhner has a 19-pg. pdf on his protocols. Just google Stephen Buhner covid to find it.

The CDC has a dedicated page. Connecticut has a Covid-19 response information site.

Having said all that the way to avoid contracting this disease hasn't changed.

1. Stay home if your sick. Isolate yourself and family.
2. Wash your hands, try not to touch your face.
3. Herbal treatments are similar to other viral infections but the best thing you can do is support the immune system and create a healthy lifestyle.

4. Eat healthy, Get some exercise out in the sun and fresh air.
5. Vit D is vital to a healthy immune system.
6. Get plenty of rest, your body needs recovery time from day to day stress even when you're healthy.
7. The incubation period still appears to be around 14days.
8. If you have had contact with covid, quarantine yourself for 2 two weeks to avoid spreading it when asymptomatic.
9. Stay home if you can.
10. Wear a mask and keep a 6ft distance when you can't.

Stay well everyone. Submitted by: Terri Cusson



Book review: by Michele Maclure

Mini Meadows by Mike Lizotte, owner of **American Meadows** an online retailer for all gardening needs.

<https://www.americanmeadows.com>

I purchased this book last year as the idea of creating a meadow appealed to me. (I'm in the beginning stages). The author gives the reader a variety of ideas varied by regions of the U.S. which also include color photos, plant lists for annuals and perennials.

Plant lists include ideas for pollinator, hummingbird, butterflies and wildlife gardens. I personally recommend this informative and delightful book.



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



Adventures in making Ginger Beer: by Pam Brundage

In the last few years, I've been hearing a lot about the importance of maintaining healthy gut bacteria and started adding kombucha to my diet. Back in the 1980s it was all the rage with us health-food granola-eating, yogurt-making back-to-the earth types. I made it for a while, but lost interest as maintaining and finding homes for the saucer-shaped scobies that would reproduce like rabbits in my sweet tea growth medium, became tiresome. Hats off to you who persist!

Fast forward to 2016 or so, and kombucha made a comeback. I tried different types – some were a bit vinegary, others quite delightful; the Willimantic Food Coop started having it on tap, and I soon found I was spending quite a lot of money on it. Soooo I made another attempt in 2019, but killed my scobie by not waiting for the tea to cool sufficiently...

One day I found an article about making Ginger Beer – I watched several videos on YouTube and found someone nearby who makes it on a regular basis and had many tips and suggestions that were immensely helpful. First you make a “Ginger Bug” to form wild yeasts from the peel of the ginger and from yeasts in the air. It's a lot less maintenance to keep the ginger bug alive, and if it dies – or if you choose to use all of it and make two batches, you can just make a new Bug when you want more, though it does take a few days.

It tastes and has a fizziness like Kombucha, but I find it little lighter and very refreshing! Yesterday I made what was perhaps my 6th batch – rhubarb ginger beer! - and feel experienced enough to pass on the recipes!

The Bug

1 Tbs shredded organic ginger with skin on

1 Tbs sugar (regular white is fine)

2 Cups distilled or spring water (not chlorinated!)

Combine in a quart jar and cover with cheesecloth or plastic lid loosely. Leave at room temperature.

(Caution: ants love it)

Stir occasionally with a chopstick or wooden spoon (not metal) a few times a day

Daily, add another Tbs ginger and Tbs sugar stir.

In several days it will get tiny bubbles and will be ready. Strain off one cup to use for Ginger Beer recipe below.

To keep the bug going, add 1cup water, 1 Tbs ginger & 1 Tbs sugar weekly. Keep refrigerated.

Ginger Beer

You can leave in a big jar or pour into smaller sturdy bottles just to the bottom of their “shoulders” it's important to leave a lot of headroom!

1 Cup ginger bug, juice of 1 organic lemon, 1/2 to 1 cup sugar, (1/2 cup tasted perfect to me.) Adjust to taste. The yeast needs some sugar to turn into beer and produce the carbonation. Add room temperature water (tea or other juices, etc) to make 1/2 gallon.

Leave at room temperature and every day carefully "burp" each bottle/jar, then, gently shake/stir. Have one you can sample - a straw helps. When it fizzes and foams up to the top of the jar/bottle, refrigerate. It can vary from 1 to several days depending on how much yeast was captured in the bug. Most of mine were very foamy in less than 24 hours, but my latest with rhubarb is on its second day with only a little fizz...

Make sure your glass bottles/jars are thick glass or they might explode. I saved kombucha bottles to use...

Using the lemon juice and plain water by itself is delicious – sort of a lemony, gingery delightfully refreshing soda-like beverage. As days go by, it loses some of the sweetness.

I experimented with using various teas in place of some of the water. Strong Nettle broth was the first and had a nettle-y muskiness that is distinctive, but surely healthy. My next experiment was with a strong tea of fresh dandelion flowers, and it is my favorite so far – it has a slight bitterness. My latest attempt is rhubarb tea – which took a while to strain as it gets so thick – but it is a lovely shade of pink.

Other things you could try might include teas from herbs such as lemon balm, anise hyssop, hops, chamomile, mugwort; maybe some roots such as sassafras, yellow dock, burdock, turmeric. You could also try juices such as pomegranate, cranberry, apple cider, etc. for part of the water. You could also try substituting limes, grapefruit, oranges, etc. for the lemon.

Summertime, O Summertime

Poem by Valerie Dohren

*Beautiful the sunshine's glow
On a gentle summer `s day
Bringing glee to every heart
With all sadness chased away*

*All the birds across the land
Play in ever gay delight
Flutt `ring through the leafy trees
Singing sweet farewells to night*

*Flowers bloom in full display
O so beauteous to our eyes;
Verdant fields spread far and wide -
Cotton clouds in azure skies*

*Noon-time shadows softly fade
`Neath the sun so high above;
All earth `s creatures dance and play
Full embraced in nature `s love*

*Summertime, O summertime
Splendid be your aspect fair
Bearing gladness in your train -
Joy to all who linger there*

Valerie Dohren is a multi-talented and highly reputed poetess who writes beautiful and pleasant poems on nature, society, love, life, rain, birth and death and many more. Her way of presentation is very unique and she has very high poetic skill. Her each poem is a gem treasured in the world of literature.

* *Musings from* *
* *Bee Happy Cottage,* *
* Elderflower: As we walk, jog, or drive *
* in the country there will be elderflower *
* somewhere in your travels. It graces the *
* roadsides, in wetland gullies and old farms with its *
* creamy white delicate and lacey umbrella showing *
* off for all to see. I have a favorite picking spot in *
* town and as I ask permission to pick these blos- *
* soms, my mind is also thinking of how I am going *
* to use them. Using your favorite recipes try elder- *
* flower lemonade, a cordial and fritters. *
* Michele Maclure *



HERBAL PET CARE

By: Maureen Ericson, M. H.,
Flora Paws Holistic Pet Care,
Please go to Maureen's fantastic website
to see many other blogs she has, as well
as all the great things she does for ani-
mal care. [https://www.florapaws.com/
post/spring-herbs-for-animals](https://www.florapaws.com/post/spring-herbs-for-animals)



We all like to have snacks in between meals including our dogs. People spend lots of money on treats, cookies and snack food for their pets. These treats purchased are often filled with toxic chemicals, have large amounts of sugar and are not species appropriate treats for dogs. Store treats have the same problem as kibble, the processing depletes the food of nutrients. They lack good nutrition and are high in calories! Many times, creating unwanted health issues such as allergies or in some terrible cases death due to the chemicals in those treats. Please be ever vigilant in providing only healthy organic treats to protect your dog.

As pet parents we can create good healthy snacks for our dogs that are nutritious, low calories and fun to eat. We can bake our own cookies or give them raw uncooked treats.

Here are some healthy, nutritious and low calorie treats that are safe for your dog and many of these snacks may already be in your refrigerator.

1. **Blueberries-** A handful of fresh blueberries provide anti-oxidants to support the immune system, eyes and healthy brain chemistry. Add small handful (8-10) blueberries, for a special treat.
2. **Apple slices-** Many dogs like apples they are sweet, crunchy and taste so good. They provide fiber, vitamins A & C and other plant phyto-nutrients for good health. No seeds they are poisonous!!
3. **Carrots-** Carrots are great low caloric treats that add fiber and beta-carotenes to your dog's diet. A few small carrots taste sweet and add mental stimulation for your dog.
4. **Green Beans-** This is another food source of fiber along with the Vitamins C & K. They are crunchy raw or can be used as a frozen treat. They are a good treat for dogs that need low calorie treats.
5. **Sweet Potatoes-** Sweet potatoes are great sources of fiber, beta-carotenes, and manganese, along with vitamins B & C. Slice them up and dehydrate them in the oven to create great crunchy nutritious chewy snacks.
6. **Mozzarella String Cheese-** Small pieces of string cheese can be used as special treats during training sessions or rewards during walks. They provide small amounts of protein and calcium for bone and muscle support.
7. **Yogurt-** A tasty and nutritious treat with calcium and protein along with pro-biotics for good digestive health. Make sure it is organic, low in sugar (no artificial sugars) and live bacteria. Plain or vanilla flavors are best. Freeze yogurt in paper cups or ice cube trays for a treat.

Healthy snacks create good healthy dogs. Healthy dogs are happy dogs to live with!!!

Huron Indian myth says that in ancient times, when the land was barren and the people were starving, the Great Spirit sent forth a woman to save humanity. As she traveled over the world, everywhere her right hand touched the soil, there grew potatoes. Everywhere her left hand touched the soil grew corn. And when the world was rich and fertile, she sat down and rested. When she arose, there grew tobacco. The Native Americans use the dry plant, no chemical additives. The reason tobacco is considered so important is that it is thought to connect the worlds — the plant's roots go deep into the earth, and its smoke rises high into the heavens.

In Native-American tradition, the pipe is a link between earth and sky, and the pipe can be seen as prayer



in physical form. Smoke becomes words, touches everything, pervades all. The fire in the pipe is the same fire in the sun — the source of life.

Smoking tobacco with others is a way to seal bargains or agreements between leaders of different groups, and even to end hostilities. Usually smoked, tobacco can also be used as an offering to the earth or the spirits, a way to give thanks or ask for help or protection. It's also left at graves as an offering to the departed spirit.



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

Tea Time

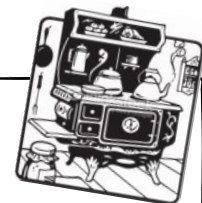


Summer Travel Tummy Tea

Peppermint *Mentha piperita*: 2 parts
Fennel *Foeniculum vulgare* seed: ½ part
Ginger *Zingiber officinale* root fresh or dried: ½ part.
 One cup of boiling water.

Blend all ingredients and steep one teaspoon of mix per cup for 5-10 minutes. Strain and cool. This recipe is perfect for soothing the belly before, during, or after travel. It's delicious in a water bottle while you're on the go, or make a batch of ice cubes (stored in an airtight container) add to your water bottle as needed. This tea is delicious served hot.

From the kitchen of Michelle MacLure



Nectarines & Plum Cake with Bergamot

3 medium sized ripe nectarines
 3 large ripe but firm plums
 ¼ cup sugar, 2-3 tbs lemon juice
 3 three-inch sprigs of bergamot or orange mint
 Peel the nectarines and plums, slice the nectarines into 12 pieces and plums into 8 pieces.
 In a shallow bowl, add the herb leaves, sugar and lemon juice muddle to releases their essence. Add the fruit slices and toss, let the fruit and herbs macerate. Stirring occasionally.

Prepare the cake batter.

14 Tbs butter, 3 large eggs, 2 extra egg yolks, 1-1/3 cup sugar, 2 cups unbleached flour, ½ tsp of salt, Finely grate zest of one lemon, 20 bergamot leaves (1/4 cup cut into chiffonade)

Prepare a 9x13 inch pan (flour and butter), preheat oven to 375.

Melt the butter over low heat and set aside to cool. With an electric mixer beat the eggs, yolks, and sugar in a bowl until mixture becomes pale yellow and fluffy, should take about 5 minutes.

Sift the flour and salt together, gently add 1/3 at a time into the egg mixture. Carefully fold the melted butter 1/3 at a time into the batter, when the batter is thoroughly blended fold in the lemon zest.

Pour the batter into prepared pan, spread evenly, and strew the herbs over the batter, arrange the fruit slices on top. Bake for 40 minutes until pale golden brown. The cake will pull slightly away from the pan when done do not overcook, cool the cake in the pan on rack. The cake can be cut into squares and served from the pan or turned out onto a platter. Serve with fresh whipped cream, garnish with bergamot flowers and leaves.

Recipe from the book

Not Just Deserts by Susan Belsinger

Susan Belsinger teaches, lectures, and writes about gardening and cooking, and is a food writer, editor and photographer who has authored and edited over 25 books and hundreds of articles. Recently referred to as a "flavor artist", Susan delights in kitchen alchemy--the blending of harmonious foods, herbs, and spices--to create real, delicious food, as well as libations, that nourish our bodies and spirits and titillate our senses. She blogs regularly for Taunton Press' www.vegetablegardener.com for the past seven years. www.susanbelsinger.com





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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.**

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