



# The Connecticut Herbal Thymes

Connecticut Herb Association

[www.ctherb.org](http://www.ctherb.org)

Winter 2021-2022

Winter greetings to all:

I sit here on Christmas Eve watching the beautiful snow blanketing mother earth.

I am contemplating this year 2021. We all had hopes of things getting better. Covid was finally fading away. People were starting to relax. The world was opening up, families were getting to see each other in person, hospitals and nursing homes have let visitors in. We all had hope. As summer came to a close there was a rise in covid cases and then came it's cousin Omicron. Holiday travel plans were getting canceled. Things were reversing backwards. The booster became available and many are getting it, but still the numbers are rising. We are in fear again of us or our loved ones getting sick. Don't let this fear take over. To our herbal community, we have resources to help to keep us healthy.

First and foremost sanitize, wear your mask, and keep social distance. Stay in contact with family as much as you can.

Second get into your herbal cabinet and get out your anti viral herbs and tinctures. Do your research on the list, you know there are many to choose from. Make your blend and take it daily. Share it with your families.

Third, get your immune systems a boost. Bone broth soup, fire cider, eat healthy clean fruits and vegetables, get those antioxidants in.

Fourth, Get out into the fresh air, take walks where you can. Winter is a good time to breathe the cooler air, you can do it just bundle up like when we were kids. Exercise do the best you can.

Fifth, get connected with your faith whatever path you follow. Meditate, pray, write in a journal, read positive quotes and mantras.

These are just a few things we can do praying this epidemic will pass soon.

*Stay well, be happy and a Blessed New Year*  
Green Blessing  
Gayle Nogas



Herb Society of America  
Herb of the Month December 2021

## **Cloves, *Syzygium aromaticum***

- Cloves are the fragrant unopened flower buds of a tree native to the Maluku Islands in Indonesia, though are now grown for commercial cultivation in Zanzibar, Sri Lanka, Madagascar, the West Indies, India, Pemba Island, and Brazil.
- The harvested clove is the unopened flower bud, ripened to a red color, that sits on four sepals just above the long calyx.
- The intensely fragrant clove is dried until it is hard and brown. It resembles a small nail or tack.
- The fragrance of cloves can be described as sweet and spicy with hot and fruity qualities. The fragrance was used to improve eyesight. Modern aromatherapy includes cloves to lift spirits, provide comfort, stimulate the mind and boost memory.
- Cloves were used in herb mixtures and pomanders to protect folks from the street odors as well as to ward off the plague and other air-borne diseases in the Middle Ages. Pomanders were also used to discourage moths and other insects when hung in a closet or tucked inside drawers.
- Cloves are said to have been part of Four Thieves Vinegar which was used to protect grave robbers during the 15th Century plague.
- They were used medicinally in early civilizations including Chinese, Indian and Roman healers.
- Clove oil is known to have antibacterial, antiviral and anti-inflammatory properties.
- Used in cuisines around the world, including these spice blends: Chinese five spice, garam masala from India, and blended with cinnamon and cumin in Mexico.
- Culinary uses include beverages, sweet and savory dishes.
- Courtiers in 200 B.C.E China would put cloves in their mouths to freshen their breath before addressing the emperor so as not to offend him.

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### Garam Masala

- 3 tablespoons black peppercorns
- 3 tablespoons whole coriander
- 2 ½ tablespoons dark caraway seeds
- 1 (1-inch) stick cinnamon, broken
- 1 tablespoon cardamom seeds
- 1 tablespoon whole cloves

Grind all ingredients in a coffee grinder to a powder. Store in a tightly covered container.

This blend is good for seasoning vegetables, stews, and potatoes. It is also wonderful in tomato soup.

Yields ¾ cup.

Mary Remmel Wohlleb, HSA Arkansas Unit The Herb Society of America's Essential Guide to Growing and Cooking with Herbs Edited by Kathy K. Schlosase

### Wassail

- 8 cups apple cider
- 2 cups orange juice
- ½ cup lemon juice
- ¼ teaspoon ground ginger, plus more for garnish
- ¼ teaspoon ground nutmeg, plus more for garnish
- 12 whole cloves
- 4 whole cinnamon sticks

Brandy or cognac, for spike

Apple slices or orange wheels, for garnish

In a medium pot, set over medium heat, add the apple cider, orange juice, lemon juice, ginger, nutmeg, cloves and cinnamon sticks. Bring to a simmer and cook for 20 minutes. Ladle the wassail into mugs spiked with brandy or cognac (as desired), and garnish with apple or orange wheels.

Yield 8-10 servings.

Sarah Zorn Foodnetwork.com

Always check our website [www.ctherb.com](http://www.ctherb.com) or our

**Facebook page for new updated events, details, schedule and times.**

**Events and Meeting planned for 2021 TBA**



### Slippery Elm

The slippery elm tree is native to eastern Canada and eastern and central US, where it is found most commonly in the Appalachian mountains. The trunk is reddish brown with gray-white bark on the branches. In the spring, dark brown floral buds appear and open into small, clustered flowers at the branch tips. White elm (*U. americana*) is a related species used in a similar manner.

Scientific Name(s) *Ulmus rubra*. Also known as *U. fulva*.  
Common Name(s) Slippery elm also is known as red elm, Indian elm, moose elm, and sweet elm.

#### Uses

Traditional/Ethnobotanical uses

North American Indians and early settlers used the inner bark of the slippery elm not only to build canoes, shelter, and baskets, but as a poultice or as a soothing drink. Upon contact with water, the inner bark, collected in spring, yields a thick mucilage or demulcent that was used as an ointment or salve to treat urinary tract inflammation and was applied topically for cold sores and boils. A decoction of the leaves was used as a poultice to remove discoloration around blackened or bruised eyes. Surgeons during the American Revolution treated gun-shot wounds in this manner. Early settlers boiled bear fat with the bark to prevent rancidity. Late in the 19th century, a preparation of elm mucilage was officially recognized in the United States Pharmacopoeia.

#### Demulcent/Protectant

Slippery elm prepared as a poultice, coats and protects irritated tissues such as skin or intestinal membranes. The powdered bark has been used in this manner for local application to treat gout, rheumatism, cold sores, wounds, abscesses, ulcers, and toothaches. The tannins present are known to possess astringent actions. It also has been known to "draw out" toxins, boils, splinters, or other irritants.

Powdered bark is incorporated into lozenges to provide demulcent action (soothing to mucous membranes) in the treatment of throat irritation. It also is used for its emollient and antitussive actions, to treat bronchitis and other lung afflictions, and to relieve thirst.

#### GI/Urogenital effects

When slippery elm preparations are taken internally, they cause reflex stimulation of nerve endings in the GI tract, leading to mucus secretion. This may be the reason they are effective for protection against stomach ulcers, colitis, diverticulitis, gut inflammation, and acidity. Slippery elm also is useful for diarrhea, constipation, hemorrhoids, irritable bowel syndrome, and to expel tapeworms. It also has been used to treat

### The CHA Medical Herbalism Study Group



Our study group has been on hold since COVID-19 restriction. We would like to resume on Zoom for the next few months. Maybe in the warmer weather we could meet outside at a social distance. If you would like to resume please contact Terri or Gayle.

We can still meet on the first Tuesday of the month starting in February at 6:00 pm. It is open to all members. If you are interested in joining the group please contact Terri Cusson [860-870-1681](tel:860-870-1681) or [terricusson@gmail.com](mailto:terricusson@gmail.com)

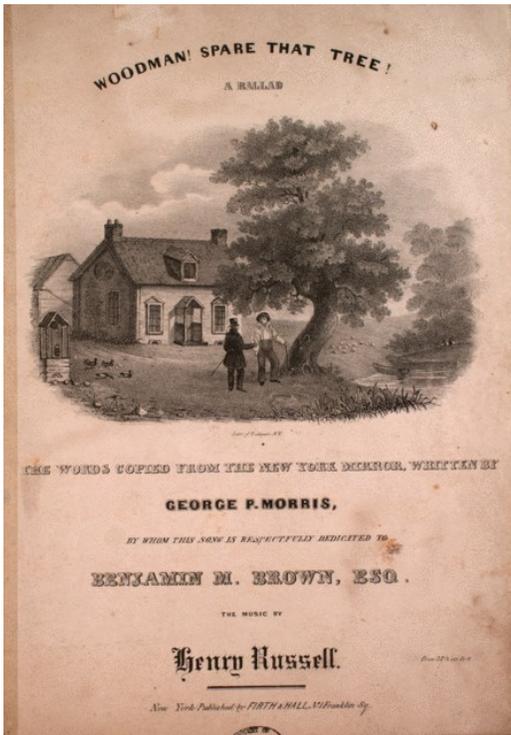
I heard this poem on the radio the other day read by Phil Harris. Only us old people know the Phil Harris show on the radio back in the 40" and 50"s It took it as such a profound message about protecting and sustaining our resources.

I hope you enjoy it.

Copy the link, past it in your browser and you can hear it.

["Woodman, Spare That Tree"- PHIL HARRIS - YouTube](#)

**"Woodman, Spare that Tree!"** was first published in the January 17, 1837, issue of the Mirror under the title "The Oak" and was that year set to music by [Henry Russell](#) before being reprinted under its more common title in 1853. Lines from the poem are often quoted by environmentalists.



# WOODMAN, SPARE THAT TREE

by  
Phil Harris

There is a tree grows near our house,  
It's been there quite some time,  
Now, the tree is a slippery elm tree,  
And awful hard to climb:  
But when my wife gets after me,  
In that tree I always roost:  
Why, I can go right up it  
just like a healthy squirrel,  
I don't never need no boost!

Now, the other day a woodman came round,  
To chop my refuge down;  
Kept mumbling something about wanting  
to split it into kindling wood,  
And then spreading it round the town.  
I said to him, I said 'Look here my friend,  
'Hold on, desist, whoa, stop!  
'Put down that forest razor,  
'Chop not a single chop!

'Woodman, woodman, spare that tree,  
'Touch not a single bough!  
'Three years it has protected me,  
'And I'll protect it now!  
'Go chop an oak, get a birch or pine,  
'But save old slippery there, that's mine:  
'That's the onliest tree my wife can't climb!  
'Mister woodman, spare it for me!

I said to him, I said 'Woodie, can you see that hole,  
Way up near that old tree top?  
'Now, I've got five dollars in soft money up there,  
'And it's yours if you refuse to chop!  
'Now no-one can climb that tree but me  
'because, 'really, friend it's too slippery:  
'Fact of the matter is I can't get up there very well myself,  
'Unless my wife is after me!

'Now I'm going to go home and get my wife,  
'And proceed to call her a very naughty word:  
'And all you do is stand by,  
'While I do that imitation of a bird!  
'But you ain't gonna know just where I go,  
'At least while my wife's around,  
'But the only thing I'm gonna ask you, Mister Woodie,  
'Is, if you don't see me here on the ground:-'

'Woodman, Woodman spare that tree,  
'Touch not a single bough!  
'Because I'm gonna drop all five down to thee,  
'The one I promised thou!  
'But you must make that axe behave  
'Because old slippery there just must be saved;  
'That's the borderline 'twixt me and the grave!  
'Mister woodman, spare it!  
'Spare that tree!  
'For ME!!!

*The End*



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*For the Love of Herbs*



## **April 2022 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 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 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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