



The Connecticut Herbal Thymes

Connecticut Herb Association

www.ctherb.org

Winter 2021

Welcome to the Winter edition of the CHA Newsletter.

By Terri Cusson

Well, Happy New Year. I'm sure no one is going to be nostalgic for 2020 anytime soon. This has always been a time of year for reflection and resolutions. This year it seems even more important to take stock. Collectively we are a full year into the corona virus pandemic. We as a country have shown a dismal response to this threat with families grieving for their lost loved ones. Even more of us struggling with long term health issues, astronomical medical expenses, loss of income, fear and loneliness. We are struggling with how we educate our children, how we interact socially, professionally and economically. We also have a healthcare system that is on the brink of being overwhelmed by the surge of holiday gathering covid cases.

Yet new hope has arrived almost with the turning of the year. We have several vaccines to combat the virus and we have learned a great deal about how it is transmitted and how to protect and support ourselves should we contract covid.

You already know what you need to do to avoid contracting the disease. Stay home when you can. My own extended family group has had 11 members get covid after being in crowded buildings or groups for a long period of time. Wear a mask in public. Don't touch your face. Keep a 6ft distance. Wash your hands frequently. Beyond that you can support your immune system by eating a healthy diet. Get regular exercise (preferable outdoors). Get regular full sleep. Make sure you're getting enough Vit D (almost all northerners are deficient in this vitamin) Vit C and zinc. Even a basic multivitamin would help. Fortunately, all these things are exactly what you should be doing for any infectious disease, so you will be ready for any cold or flu that comes your way. The cold and flu season looks to be fairly mild this year precisely because many of us are following the infectious disease protocols and many of us are being schooled or working from home.

---- As far as home herbal treatment goes, most are using a combination of TCM herbal protocols. Stephan Buhner has a Facebook page where you can see his protocol and it is also posted on his website. Paul Bergner has a covid response page on the American Herbalist Guild site. There is also conventional information from state covid responses and that of the CDC. You will have no trouble finding these with a simple internet search.

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Herb Society of America Herb of the Month January

Parsley, *Petroselinum crispum* spp.

- Parsley is an easily grown biennial which grows 12-15 inches high in sun to partial sun and moist well-drained soil.
- There are three main types of parsley grown in the United States: o *Petroselinum crispum* var. *crispum* – Curled-leaf parsley has bright green curly leaves and is the type most frequently used as a garnish. o *Petroselinum crispum* var. *neapolitanum* – Flat-leafed or Italian parsley has a flat leaf and is typically a darker green than the curly variety. It is generally preferred for cooking due to a stronger flavor, though both varieties can be used in cooking. o *Petroselinum crispum* var. *tuberosum* – Turnip-rooted variety is grown for its large root and is eaten as a vegetable.
- The many cultivars of both curled and flat-leafed parsley, each with characteristics that affect flavor, leaf shape and size, are available for home gardeners and commercially.
- Parsley is an attractive and edible addition to garden borders and container gardens.
- The sprig of parsley that is served as a garnish on the dinner plate is both attractive and can be eaten to freshen the diner's breath at the end of the meal as well as to aid digestion.
- Parsley is added to brighten the overall flavor as well as to heighten the flavors of the other ingredients in the dish.
- Parsley adds nutritional value to dishes as it is rich in iron, calcium and vitamin K, as well as vitamins A, B12, C and folic acid. Flavonoids and antioxidants also add to parsley's nutritional and healing value.
- According to medieval folklore, parsley cured baldness.
- Infusing parsley in bathwater for both cleansing and soothing the skin has been done for centuries. Infused parsley water also makes a good hair tonic, condition and can be added to lotion. Look for parsley, listed by its botanical name, in the list of ingredients in skin care products.
- Medicinal uses for parsley leaves have included tonics for digestion, tea for improving circulation, and antiseptic poultices for applying to wounds, bites and stings. It is the policy of The Herb Society of America, Inc. not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment. Please consult a health care provider before pursuing any herbal treatments.

continued from page 1 The herbal community has been quick with many free webinars on home treatments, many of which have been recorded of reviewing. I won't sugar coat our situation though. We are likely to be dealing with this disease for some time. We will certainly not have large numbers of population vaccinated till late summer or early fall at the rate we are going now. It is also not likely to be the only new infectious disease to become an issue in our future, due in a great deal to climate change. We will be wearing masks, off and on, from now on if we are smart. Much of Asia has been doing this for decades. If you're ill you will wear a mask. If you're in a high-risk group you will likely be wearing a mask often. If there is an outbreak you will likely be wearing a mask. So, stay home as much as you can and take care of yourselves.

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

As I was putting this newsletter together, my Richter's 2021 Catalog came in the mail. I didn't realize that such a small thing could make me so happy. Honestly, didn't you smile from ear to ear when you got your first seed & flower catalog in the mail.

I'm looking forward to more catalogs coming in and planning my gardens for this spring. I know it is only January but now I have something to focus on rather the news and covid. So my fellow gardeners make that cup of tea get your catalogs and notebooks out and start planning. I don't think there is anything that makes me more happy than planning a garden and putting my hands in the dirt.

When I have a cup of my Rose Tea Blend, it makes my heart sing of summer. The smell and taste of an herbal blend is just what we all need now. I'm sure you all have a variety of herbs so you can make your own blend.

Here are some suggested herbs:

nettle, lemon balm, linden, hibiscus, spearmint, peppermint, rose, lemon verbena, holy basil (Tulsi), I sure you can come up with more ideas.

Green Blessings, Gayle Nogas



From the kitchen of Michelle MacLure

Parsley *Petroselinum*, 2021 Herb of the Year



Gremolata, a dressing or garnish made with chopped parsley, garlic, and grated lemon zest, served as an accompaniment to meat or fish.

Ingredients: 2 Tbs. chopped fresh flat leaf parsley, 1 clove minced garlic, 1 tsp. grated fresh lemon zest. Mix together the ingredients and scatter over the top of a dish a few minutes before the end of cooking.

Persillade, is a sauce or seasoning mixture of parsley (French: persil) chopped together with seasonings including garlic, herbs, oil, and vinegar. In its simplest form, just parsley and garlic, it is a common ingredient in many dishes.

Ingredients:

2 tablespoons chopped fresh flat leaf parsley, 1 clove garlic minced. Mix together the ingredients and add at the very end of cooking.

Recipes from The Mediterranean Herb Cookbook by Georgeann Brennan

Patrick's Parsley Pasta

Ingredients: 2 large cloves garlic, sliced thin, 1/4 cup finely minced Italian parsley, 1 1/2 tsp dried marjoram or 1 Tbs. fresh minced, 1 tsp dried basil or 1 Tbs minced fresh, 1 tsp brown sugar, 1/4 cup red wine vinegar, 1/4 tsp dry mustard, 1/2 tsp crushed celery seeds, 2 egg whites, 2 tsp olive oil, 2 Tbs lemon juice, freshly ground pepper to taste, 1/2 cup freshly grated Romano cheese, 1 lb. spiral pasta, rollatini, etc.

Place garlic and parsley in a small bowl. Beat in Herbs, brown, sugar, vinegar, mustard, celery seeds, egg whites, oil, lemon juice, and pepper. Add grated cheese and mix thoroughly. Allow to stand at room temperature while you cook 1 lb. spiral pasta according to package directions. Drain and return to pot; toss with the parsley and cheese mixture. Serve immediately with extra freshly grated cheese.

I recently made recipe from Hildegard von Bingen. Pour one bottle sweet white wine into a cooking pot, bring to a simmer. Add 10-20 sprigs of parsley, add 1/2 cup apple cider vinegar, simmer 10 minutes, turn off heat, add 1 cup of honey, while mixture is still hot stir well. Cool. Store in fridge. It makes 1 quart. Dosage is half a shot glass as needed for difficulty breathing and weakness.



Always check our website www.ctherb.com or our Facebook page for new updated events, details, schedule and times.

Events and Meeting planned for 2021 TBA

HERBAL PET CARE

By: *Maureen Ericson, M. H., Flora Paws Holistic Pet Care,*
Animal Flower Essence Sprays, “Using the healing power of flowers”

Many animals are train wrecks that have no coping skills for their stress and the trauma that it creates in their lives.



They suffer psychologically from these stress factors that have created many different emotional and mental symptoms. Those symptoms present in many different ways creating animals with agitation, aggression, fear, grief, depression, and separation anxiety.

Over time many of these animals eventually develop physical ailments that need veterinarian care. Once stress is eliminated the animal's well-being will provide a healthy life for them and their owners.

Nature gives us many wonderful healing tools in the plant kingdom. One of the most powerful healing remedies I recommend to my clients are Animal Flower Essences Sprays. Most people are unaware of these flower remedies and their healing support.

Our Animal Flower Essence Sprays are natural remedies created from the energetic vibrations of many different flowers called Flower Essences. They are non invasive and provide healing on an energetic level through the animal's energy field. These flower essences work effectively on the animal's emotional and mental well-being. They can help to eliminate stress from changes, grief, separation and fear etc. They can help animals deal with stress from any transition periods such as the kennel to home or home to the kennel, introductions to new roommates, or training sessions. They can be used to support service animals while they work, or help animals deal with the trauma of being abused or for PTSD. Flower sprays help the animal to release the stress and trauma by strengthening their energy field and work very quickly to give the animal the peace and calmness that they need to live stress free lives.

At Flora Paws Holistic Pet Care, our formulas are specially designed and formulated for animals. We only use pure organic Flower Essence extracts. Our intention is to help give your animal good emotional and mental well being. We have chosen the spray delivery system for our animal flower essence remedies, because some animals are too traumatized and will not let you touch them or they are too dangerous to touch. The sprays can be sprayed into to the animal's daily water, food, or sprayed in crates, rooms, beds, car, carrier, stall or trailer.

The animal does not have to ingest the Flower Spray for it to work; they can also be used on the animal's fur or toys. There is no overdosing because they work on an energetic level only being used by the animal's energy field as needed. During a crisis they can be used every 15 minutes until the animal starts to calm down. Our sprays can be used by people, birds, and aquatic animals. We even use them on plants!

Many of our clients have successfully used our Animal Flower Sprays to help lower their animal's stress. Check out our collection of Animal Flower Sprays on our website: (<https://www.florapaws.com/products>). Consider using one of the sprays for your animal's stress and email us your success story.

Animal Flower Essence Sprays are not to replace the advice or treatment of your Veterinarian. Please store in a safe place away from children and animals. Avoid contact with your animal's eyes.

What is Permaculture? Permaculture is an innovative framework for creating sustainable ways of living.

It is a practical method of developing ecologically harmonious, efficient and productive systems that can be used by anyone, anywhere.

By thinking carefully about the way we use our resources - food, energy, shelter and other material and non-material needs - it is possible to get much more out of life by using less. We can be more productive for less effort, reaping benefits for our environment and ourselves, for now and for generations to come.

This is the essence of permaculture - the design of an ecologically sound way of living - in our households, gardens, communities, and businesses. It is created by cooperating with nature and caring for the earth and its people.

Permaculture is not exclusive - its principles and practice can be used by anyone, anywhere: City flats, yards, window boxes♦Suburban and country houses/garden♦Allotments and smallholdings♦Community spaces♦Farms and estates, Countryside and conservation areas♦Commercial and industrial premises♦Educational establishments♦Waste ground.

Permaculture encourages us to be resourceful and self-reliant. It is not a dogma or a religion but an ecological design system which helps us find solutions to the many problems facing us - both locally and globally.

Become a part of a growing community of like-minded people and a positive key to the change we all wish to see being brought to this planet. Google permaculture books and a large array of books will be available for you to pick from.

Also, www.permaculturegaianetwork.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 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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