



# Big Tree News

The world gets better when we do.....

Big Tree Herb Farm

April 2020

Hello Everyone,  
It's hard to believe how much has changed in our lives and our world since my last newsletter! Who would have thought things would be so different? Our new normal is face masks when in public, social distancing, most businesses closed, toilet paper hoarding, remote learning for students, working at home for adults and parks and beaches closed.



Everyone is wondering about what our new lives will look like when this is over, what will be lost for good, but also what have we gained from this experience. From what I have seen going back to simpler times has not been all bad. Children are now spending more time with their families, having meals together, learning ways to be creative and learning new skills (like cutting our own hair!). There is renewed interest in preparing our own meals and growing our own fruits and vegetables and that is fabulous! For me, working in the garden these past few weeks has been such a blessing. I have enjoyed gardening in the past, but this year it's on a whole new level—keeping me sane and also a real spiritual experience. Having more time to really get into it is another bonus for me, so in all my garden has been a life saver in these uncertain times.

*"When the world wearies, and society ceases to satisfy, there is always the garden."*  
~ Minnie Aumonier

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## Dandelion, Chickweed and Cleavers

Amazingly these three herbs come up naturally in early spring as weeds and they are the best herbs for spring cleansing in our own bodies! In the next few pages, we will be learning about herbs that bloom in the spring and are used to invigorate and cleanse our bodies after the long winter.

Dandelion, Chickweed and Cleavers all have diuretic properties so they help the body to flush out toxins.

Cleavers and Chickweed are powerful lymph cleaners as well.

The Lymph system is the body's garbage disposal, flushes away waste, but it can become overburdened - so drinking a tea made with these three herbs can not only aid your lymph system but also flush out the liver (the major organ that helps rid you of toxins and cleanses the blood).



**THIS MONTH'S  
HERBS ARE  
Dandelion,  
Chickweed and  
Cleavers**

**POWERFUL  
SPRING  
CLEANSERS**





**Did you know...**

**HERBS AID IN  
DETOXIFYING -  
THEY CLEANSE  
AND DETOXIFY  
THE BODY  
WITHOUT  
STRIPPING THE  
BODY OF  
VALUABLE  
VITAMINS AND  
MINERALS -  
HAVE NO SIDE  
EFFECTS AND  
ARE GENTLE**



**DANDELION: *Taraxacum Officinale*.** *Dandelion has more tenacity than any other plant—it has the ability to thrive no matter what! It's name means "tooth of the lion". The entire plant is useful as both medicine and food.*

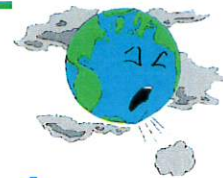
- An effective diuretic, high in potassium, vitamins A,B & D.
- Helps relieve water retention, part of a liver and gall bladder cleanser and tonic for congestion and jaundice and hepatitis
- Has healing properties for all of the glands of the digestive system, bowel cleansing and toning, stimulates bile secretion to support the liver, helps reduce high blood pressure.
- Dandelion root helps the body dispose of unwanted skin bacteria to help with acne and support skin health.
- Soothing for digestive system and bowel inflammation
- An aid to weight loss and Cholesterol reduction
- Helps with arthritis and rheumatism
- Dandelion root stimulates the production of bile, which in turn breaks down fat and cholesterol



**APRIL TIP:**

Horta is a classic Greek dish of wild fresh greens, such as dandelion, nettles, purslane and other wild greens. Steam for 5-8 minutes until greens are wilted, drain and save liquid for soup stock. Drizzle greens with olive oil, lemon juice and crumble a bit of feta cheese on the top.

Easy to digest and very nourishing, it can help you when you are feeling depleted or worn out.



Your body has a natural ability to eliminate toxins and clear waste, but the sheer volume of pollutants we encounter every day can tax our natural detoxification systems.



**Diuretics**  
 • help in the elimination of body's waste materials, flush the urinary tract and kidneys, as well as eliminating excess water from the body (pee)

**Diuretic Herbs include:**

**Burdock, parsley, rose hips, chickweed, cilantro, nettle, and dandelion**



**Chickweed (Stellaria—means "Star"):**

- Helps your body transition from winter into spring/summer,
- body balancing and blood cleansing
- Has emollient, demulcent and diuretic properties.
- Stimulates the metabolism.
- Aids liver and kidney disorders
- High in nutrients and minerals and Vitamin C (used on ships to prevent scurvy).
- Used for eye and skin irritations and kidney disorders.
- The infusion may also be used on a poultice for sore joints, insect bites and other skin inflammations.
- This infusion on a poultice can also be used to counteract a rash from Stinging Nettles!
- Gentle enough to use on diaper rash and other skin irritations on infants and children.



**Cleavers: (Galium Aparine)**

Cleavers is a true Spring Tonic as its detoxifying and cleansing properties can help rejuvenate our lymph system and liver after a long winter.

Mild, safe diuretic, which tones and soothes irritations of the kidneys and urinary tract.

An excellent lymphatic cleanser and a safe, effective remedy for swollen glands, tonsillitis and tumors.

Helpful in dissolving kidney stones and urinary sediment

Body cleanser for skin issues such as eczema, psoriasis

Helps clean the blood and strengthen the liver

Tones bladder and kidneys for infections or water retention



**URINARY TONIC FOR BLADDER HEALTH**

This is a soothing, healing remedy for bladder irritation (not quite a full blown infection, but rather a low-grade chronic irritation)

- 1 part Chickweed Tops
- 1 part Marshmallow Root

- 1 part Dandelion Leaves
- 1 part Nettle Leaves

Prepare an infusion of the herbs: Put 4-6 TB of fresh or dried herbs into a glass Mason jar (quart size). Pour boiling water over the herbs, filling the jar, cover and let steep 30-45 minutes. Strain and drink 3-4 cups per day.

(From Rosemary Gladstar's "Medicinal Herbs—A Beginner's Guide")



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If anyone has any herbal questions,  
please let me know.

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## May's Issue of "Big Tree News" Will focus on Summer Remedies



### DANDELION PESTO:

- 2 cups chopped dandelion leaves
- 1/2 cup shelled pine nuts
- 3 garlic cloves, minced
- 1 TB Lemon Juice +1 TB lemon zest
- 1/2 cup extra virgin olive oil
- 1/2 tsp sea salt
- 1 tsp turmeric powder
- 1/2 tsp freshly ground black pepper
- 1/4 cup freshly grated Parmesan Cheese

Place all the ingredients  
(except cheese) in blender or  
food processor. Process until  
smooth. If too thick, slowly  
add a bit more olive oil.

Add cheese and continue to  
blend until mixture has a  
smooth consistency.

Refrigerate.

Enjoy this dip with crackers, bread or baby carrots. It can  
also be used as a topping on meats, vegetables or eggs.



### UPCOMING WINTER MARKETS:

Big Tree Herb Farm  
will be at the following  
markets this Spring and  
Summer:

#### Sanford Maine

Saturdays  
starting on May 2nd—  
October  
8am—12 noon

#### Rochester NH

Tuesdays  
Starting on June 16th—  
September 29th  
3—6 pm



**HOPE TO SEE YOU THERE!**

