



Big Tree News

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

Big Tree Herb Farm

April 2021

Hello Everyone,

Hope you are all doing well....

Happy Spring! Well spring has definitely sprung at the Big Tree Herb Farm. Herbs are growing and flowers are blooming every where we look. It is such a comforting delight to see our perennial herbs popping out all over. Even in this crazy world it gives me hope to know that plants still grow right on Mother Nature's schedule! We have lemon balm, nettle, yarrow, thyme, catnip, mint, chamomile, mugwort, bee balm, wormwood all sprouting through—just to name a few, and lilacs! Life goes on as usual in the plant kingdom and its nice to have something so wonderful to count on.



We are gearing up for our summer Farmers' Markets which begin on May 1st in Sanford—Yikes! Can't believe it's time for those already when we just had snow a few days ago. We are planting like crazy indoors and in our new greenhouse—it is an exciting time and all is right with the world here at the Big Tree Herb Farm!

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RESTFUL SLEEP



As I age I seem to have a more difficult time falling and staying asleep, something I never used to have to worry about. I am always searching for natural ways to help with that process and have recently added Catnip to my night time repertoire. Catnip is stimulating to cats and relaxing for humans—who knew?!!!

I add it to my nighttime tea along with chamomile and these herbs definitely help with sleep and also have so many other fabulous uses and qualities (see pages 2 & 3) that they are definitely two you want to keep on hand in your own Herbal Apothecary!

THIS MONTH'S HERBS ARE:

Chamomile and Catnip





Did you know...

Chamomile flowers have rich amounts of Azulene, a volatile oil with a whole range of active principles that serve as anti-inflammatory and anti-fever agents, making it useful for treating arthritis and other inflammatory conditions



CHAMOMILE: *Matricaria Recutita*. Chamomile is gentle but also potent and very effective for many health issues:

- A soothing tonic herb with absorbable calcium, that improves digestion and assimilation of food
- Relaxes the central nervous system for insomnia and stress
- Calming for menstrual pain or during drug withdrawal
- Speeds wound healing both internally and externally
- Anti-inflammatory and anti-fungal for infections
- Helps promote a hormone which helps rejuvenate hair and skin texture and improves mental alertness
- Used as a mouthwash for gingivitis and thrush
- Used as an eyewash for conjunctivitis and inflamed eyes
- Used as a steam for nasal congestion
- Used as a gargle for sore throats
- Chamomile essential oil (added to a carrier oil is great for massage for relieving stress, anxiety and muscle soreness
- Helpful with children to calm colic/digestive issues



Calming Herbal Bath

You can add a cup of chamomile tea to your bath for relaxation and relieving nervous or muscle tension and stress. You can also add chamomile and lemon balm to a tea bag or old nylon stocking and attach it to the faucet and run very hot water over it for a few minutes. Then adjust to a comfortable temperature.

Dim the lights and ENJOY!

CHAMOMILE COMPRESS FOR SORE AND INFLAMED EYES OR SKIN:

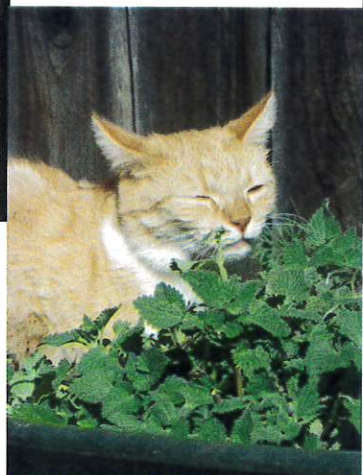
Place a handful of dried chamomile flowers into a bowl. Slowly pour on boiled water, stirring all the time until they make a mush. Allow to cool. Wrap in a length of cotton cloth and apply to skin or eyes. Leave on for at least 15 minutes. (you can also use chamomile tea bags)





Catnip contains a volatile oil which is attractive to cats, causing them to cavort playfully while attempting to saturate their entire bodies with the distinctive aroma of the plant.

Tie some catnip into an old cotton sock to make a wonderful, natural cat toy!



CATNIP: *Nepeta Cataria*. Catnip is a member of the mint family and like peppermint has been shown to have antibiotic properties.

- Gentle but powerful diaphoretic (induces sweating for detoxing the body) for colds, flu, fever and respiratory problems, especially useful for children
- A soothing carminative (relieves gas) and mild tonic to the gastrointestinal tract
- Called "Nature's Alka-Seltzer"
- Stimulates the appetite before meals and after meals stimulates digestion
- Helps overcome fatigue and improves circulation
- High in Vitamins A, C and B-Complex
- High in minerals Magnesium, Sodium, Sulphur, Manganese and Phosphorus
- Used for abdominal cramping and colic in infants
- A relaxant for insomnia
- Tea is useful for headaches and stomach aches

Catnip/Elder Fever Reducing Tea:

2 parts catnip 2 parts elder blossoms
1 part Echinacea root 1 part peppermint

Mix the herbs and store in an airtight container

To make the tea, pour 1 cup of boiling water over 1 rounded teaspoon of the mixture and steep for one hour. Strain. Drink every 30 minutes until fever is reduced.



* From Rosemary Gladstar

DID YOU KNOW....

Catnip tea can also be used in an effective enema for the elimination of disease-causing bacteria and mucous accumulation from the bowels.





Big Tree Herb Farm

If anyone has any herbal questions,
please let me know.
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We will be taking a
break from
publishing our
newsletter for the
summer but will
resume in the Fall



We will be at the following
Farmers Markets this
summer:

NORTH BERWICK:
Thursdays 3-6 pm
6/3/21 –9/30/21

SANFORD MAINE:
Saturdays 8-12 am
5/1/21 –10/31/21

ROCHESTER NH:
Tuesdays 3-6 pm
6/15/21 –9/28/21

SUMMER MARKETS 2021:

Since this is our last newsletter of the season, I hope to see you all at some of our farmers markets this year. Just wanted to let you know what we will have available for sale at our booth.

- An array of both culinary and medicinal herbs—both fresh and dried and in small or large packages
- Immunity Products such as Fire Cider, Mullein-Garlic Ear Oil, Thyme Oxyemel Cough Syrup, Sage Throat Spray and Oregano Oil
- CBD Oil for inflammation, pain and anxiety/stress
- Two types of lip balm—Orange Vanilla and Lemon Balm
- Two types of Herbal Hydrosols for air freshening and aroma therapy: Lemon Balm (calming) and Rosemary Mint (invigorating)
- 14 types of healing salves for various skin conditions: Bee Balm, Borage, Calendula, Chickweed, Cleavers, Comfrey/St John's Wort, Eucalyptus/Peppermint, Lemon Balm, Nettle, Plantain, Red Clover, Rosemary, Tulsi Basil, and Yarrow
- We also sell chicken and duck eggs, microgreens, salad greens and blueberries when in season.....

HOPE TO SEE YOU THERE!



PLEASE STOP BY TO SAY HELLO!

