



# Big Tree News

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

Big Tree Herb Farm

Volume I, Issue 2

December 2019

Hello everyone,  
 It is been a busy month for the Big Tree Herb Farm with the addition of another Winter Farmers Market this year. We've added the Rolling Green Nursery in Greenland NH and it has been a delightful addition to our repertoire - meeting lots of new vendors and farmers as well as a whole new crop of customers. Just trying always to bring knowledge of herbs and herbal remedies to more people. I became involved with herbs and naturopathic medicine about 25 years ago out of necessity after experiencing two serious reactions to prescribed medications that required hospitalization. It has been a fascinating journey and I know it will be a lifelong study since there is much to learn and experience through learning about herbs. I look forward to sharing these with you and hearing about your own experiences and questions.....



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## **TULSI:**

Tulsi is a relatively new herb for me, I just began learning about it a few years ago when we decided to start an herb farm. My son had been researching some of the herbs we wanted to grow and he discovered it. We weren't sure if it would grow in our Maine soil but it had so many wonderful properties that we decided to give it a try. Amazingly, it seems to love our soil and it grows abundantly and fabulously on our land! I have come to love Tulsi because it makes a great tasting and aromatic tea, it is a general wellness herb which you can take every day and it makes the house smell so nice when we are brewing it. We will explore it's many amazing properties in more depth on page two.



**THIS MONTH'S  
 HERB IS TULSI  
 or HOLY BASIL  
 or SACRED  
 BASIL**



### Did you know...

Tulsi is a highly prized herb in India and used as part of their Ayurvedic health system. Many people in India have a Holy Basil plant growing in the doorway of their home to promote wellness. It has more than 3000 years of recorded medicinal use.

**TULSI (Scientific name: *Ocimum Sanctum*) is also known as Holy Basil or Sacred Basil. These are some of the things it can be used for:**

- Stress, depression or anxiety
- Helps to lower stress-related high blood pressure
- Viral, bacterial or fungal infections
- Pain relief for arthritis and inflammatory conditions
- Digestive issues such as ulcers, gas, bloating, heartburn
- Helps to strengthen immune system for colds and flu
- Allergic Rhinitis
- Herpes virus
- Helps in regulating blood sugar
- Helps to maintain healthy cholesterol levels
- Supports heart health, promotes good circulation
- Cerebral stimulant, reduces brain fog
- Restoring vitality and renewing energy
- Can be used as a daily wellness tea to ensure vibrant health and longevity. It is a building and nourishing herb.

### December Tip:

Tulsi makes a nice tasting tea that stands alone—needs no honey or lemon. Just take a handful of either the dried or fresh herb for your teapot or a tablespoon size for a mug and pour boiling water over it. Cover and let it steep for 20-30 minutes, strain and ENJOY!



Holy Basil or Tulsi grows wild abundantly in India, western Asia, Malaysia, Central and South America and Puerto Rico.



Tulsi

In Sanskrit, Tulsi means "Beyond Compare". It is also referred to as an elixir of life, the queen of herbs and Mother Nature of Medicine.



In India, every traditional household has the tulsi plant. Growing a tulsi or holy basil plant at home not only has spiritual significance, but also medicinal benefits. Here are reasons why you keep a tulsi plant at home:



**Keeps mosquitoes at bay:** Tulsi is a plant-based mosquito repellent and maintaining a Tulsi plant at home keeps the insects and mosquitoes away.

**Keeps the environment fresh:** Also, placing a Tulsi plant in the middle of the house increases the oxygen circulation in the room. Tulsi gives out oxygen and also absorbs harmful gases like carbon dioxide, carbon monoxide and Sulphur dioxide from the environment.

**Fills the house with aroma:** Tulsi has a good smell which keeps the house feeling incredibly fresh. The aroma of Tulsi leaves also has mood boosting properties.

**Fights infections:** Tulsi has very potent germicidal, fungicidal, antibacterial and antibiotic properties that are ideal for resolving fevers and infections.

#### HOLY BASIL—GINGER SYRUP

2 TB finely chopped fresh or 1 TB dried holy basil leaves  
1.5 teasp grated fresh ginger  
1/2 cup honey

Bring 1/2 cup water to a boil and pour over a container of tulsi leaves and ginger (ex. Mason Jar). Cover and steep for 15 minutes.

Strain through a fine mesh strainer or cheesecloth, squeezing to extract all liquids, discard the solids.

Stir the honey into the warm liquid until dissolved. Store in the refrigerator for up to 2 weeks, but use within one week for best flavor.

Can be added to tea or sparkling water, put on your oatmeal or just eaten off the spoon.

When you are down with fever, you can only pluck a few leaves from the plant and have a decoction made of Tulsi leaves. In the case of a fever, boil a few Tulsi leaves with powdered cardamom in half a litre of water (the proportion of Tulsi and cardamom powder should be in the ratio 1:0.3). Let it reduce to half its total volume. Mix this decoction with sugar and milk and sip every two to three hours.

#### **Indian Tulsi Pineapple Drink**

2 cups frozen pineapple chunks  
2 TB honey  
1/4 cup fresh Tulsi leaves  
3/4 cup water

Combine all ingredients in blender until smooth.





Big Tree Herb Farm

If anyone has any herbal questions,  
please let me know.  
[ghenders65@gmail.com](mailto:ghenders65@gmail.com)

<https://www.bigtreeherbfarm.com>



## January's Issue of "Big Tree News" Will focus on **Lemon Balm**



### UPCOMING WINTER MARKETS:

Big Tree Herb Farm  
will be at the following  
markets this winter:

Rolling Green Nursery  
Greenland NH  
10-2

Saturdays on  
January 4, 2020  
January 18, 2020  
February 1, 2020  
February 15, 2020  
February 29, 2020

AND

Berwick Town Hall  
Berwick Maine  
10-1:30

Sundays on  
January 12, 2020  
February 9, 2020  
March 8, 2020  
April 19, 2020

### Tulsi Salve:

I recently added Tulsi to the many herbal  
salves that I make. One of our regular  
customers at the summer Sanford Farmers  
Market told me how well the Tulsi tea was



helping her with her Fibromyalgia and we talked about the  
possibility of adding a Tulsi salve that she could use topically  
for the pain and inflammation. We made it and it seems to be  
helping her. Another good thing about the Tulsi salve is that  
you can rub it on the soles of your feet to help with restful  
sleep. This salve is also anti-viral, anti-inflammatory, anti-  
fungal, anti-bacterial, helps with skin irritations /inflamed  
joints, stress and pain reliever, skin calming for rashes,  
wounds, burns, anti-oxidant rich, and moisture retentive.

### **NEW PRODUCTS!!!**



To help keep us all cold and flu  
free this winter we have added  
two new products:  
-Thyme Oxymel (an infusion of  
thyme with honey and vinegar) and  
Mullein Garlic Ear Oil.  
We also continue to have:  
Fire Cider, Oregano Oil, Sage  
Throat Spray and dried Echinacea  
(for tea making) to support immune system health.

