



Big Tree News

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

Big Tree Herb Farm

Volume I, Issue 4

February 2020

Less than a month until the first day of Spring!!!!

As the days get longer and the sun gets brighter and (hopefully) we are over the worst of the winter here in Maine, it is a time to think about planting and growing herbs—so very exciting! Here at the Big Tree



Herb Farm we grow at least 32 varieties of herbs, both culinary and medicinal and this year we are adding a few new herbs to our repertoire—you'll have to come to our summer farmers markets to check those out. We usually start all of our herb seeds indoors in March under grow lights and then transfer them to the greenhouse in April (weather permitting).

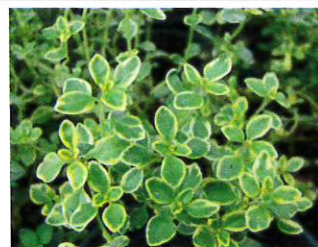
It is so enjoyable to start this process and dream about the garden and what the year will bring. As always, some things are a huge success and others are a bit more challenging, but we are learning more every year about herb planting and growing and that is just a fabulous journey!

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SAGE AND THYME:



When we first started this herb farm four years ago we wanted to grow

both medicinal and culinary herbs but as we started to study the culinary herbs we learned that they also have many medicinal qualities that we were not aware of! A lot of them have to do with the digestive system, which makes perfect sense, but they have many other qualities as well which you will learn about on the following pages. One of the qualities I enjoy the most about herbs are the delightful smells and these two do not disappoint. There is nothing like cooking or making a tea with fresh thyme and sage and experiencing their wonderful aromas.....

THIS MONTH'S HERBS ARE SAGE AND THYME, culinary and medicinal favorites!





Did you know...

Sage's name *Salvia* means "to save", perhaps referring to its ability to restore a person to good health.



Sage, also known as "Salvia Officinalis" These are some of the things it can be used for:

- **High mineral tonic used for "spring cleaning"**
- **Hair Rinse used to return hair to its original color**
- **Sore throat gargle with the tea**
- **Improving weak digestion**
- **Drying up chronic winter mucous excess**
- **Female disorders such as hot flashes, night sweats and regulating menses**
- **Blood cleaning**
- **Anti-infective for colds and flu**
- **Muscle relaxant for nerve conditions or trembling**
- **To improve circulation in the elderly**
- **Helps to rebuild vitality and strength during and after a long-term illness**
- **Helpful remedy for inflammation of the mouth, throat and tonsils such as laryngitis, sore throat, infected or sore gums and canker sores**

Contraindications: Epileptics and women who are pregnant should avoid this herb.

SORE THROAT GARGLE

- 1 cup apple cider vinegar
- 1 cup strong sage tea
- 2-3 TB salt
- Pinch of cayenne pepper

Combine all ingredients in a large Mason jar and shake to mix. Gargle with this mixture frequently

Did you know that Sage slows down the aging of the brain and speeds up the transmission of brain signals? Chew 2-3 leaves of sage or have a cup of tea made from the leaves of sage once per day to enhance memory!



February Tip:

Did you know that Thyme stimulates and tones the nervous system, helping with depression, nightmares, nervous exhaustion and melancholy.



Thyme, also known as "Thymus Vulgaris". These are some of the things it can be used for:

- **Expectorant for throat and bronchial problems**
- **As a digestive aid for gas, colic, diarrhea**
- **Childhood remedy for respiratory infections, asthma, bronchitis, whooping cough, colds and flu**
- **To help relieve headache pain**
- **Externally it is a useful antiseptic for fungal and parasitic infections like ringworm, athlete's foot, scabies, crabs and lice**
- **Helpful in the treatment of Candida Albicans**
- **Rich in antioxidants, has a tonic effect on supporting normal body functions and particularly the glandular system, especially the thymus gland (part of the immune system)**
- **A great pick-me-up when you have low energy**
- **Has anti-spasmodic properties for lung problems and congestive coughs (such as whooping cough)**

Rosemary Gladstar's Thyme Syrup:

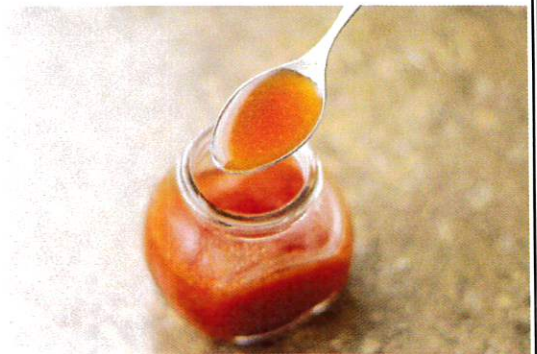
2-4 ounces thyme leaf and flower (fresh or dried)

1 quart water

1 cup of honey

Combine the thyme and water in a pan over very low heat. Simmer lightly, with the lid ajar to allow the steam to escape, until the liquid is reduced by half, giving you about 2 cups of very strong thyme tea. Add the honey to the warm liquid and stir, just until the honey is melted. Store in a glass jar in the refrigerator, it will keep for 3-4 weeks.

To use: Take 1 teaspoon every few hours until the cold or cough subsides.

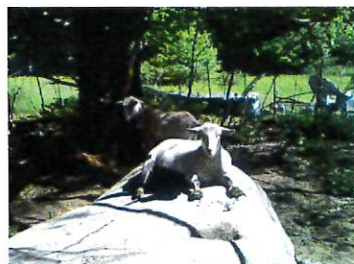




Big Tree Herb Farm

If anyone has any herbal questions,
please let me know.
ghenders65@gmail.com

<https://www.bigtreeherbfarm.com>



March's Issue of "Big Tree News" Will focus on Yarrow



UPCOMING WINTER MARKETS:

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

Rolling Green Nursery
Greenland NH
10-2

Saturdays on
February 29, 2020

AND

Berwick Town Hall
Berwick Maine
10-1:30

Sundays on
March 8, 2020
April 19, 2020

This coming summer we
will be adding at least one
and possibly two new
markets:

Sanford and North
Berwick Maine and
Rochester and Dover NH



Thyme Oxymel
For sore throat, respiratory, bron-
chial symptoms, anti-microbial.
Adults take 1 TB every hour for sore
throat or congested cough

WHAT IS AN OXYMEL?

Dating back as far
as the Ancient
Greeks, Oxymels
are herbal
preparations made
by combining
herbs with honey
and vinegar. These
sweet/sour
preparations are
specific to the
treatment of
respiratory
symptoms and can
be used for
bronchial
complaints,
especially when
there is a lot of
mucous present, as
in congested
coughs.

