



Big Tree News

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

Big Tree Herb Farm

Volume I, Issue 3

January 2020

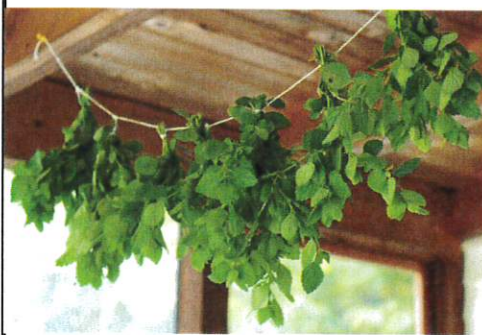
Happy New Year Everyone! January is a time of new beginnings and possibilities, another year to evolve and grow into our true selves and try to explore our true purpose. It is exciting to start to think about this year's garden and the herbs we will be growing. Lemon Balm is one of my favorites and it's delightful lemon scent is wonderful for lifting the spirits. On some of the dark and gloomy days of January I think a lot about this herb and long for the luxury of just walking outside to be able to immerse myself in it. If you come to visit our booth at a summer farmers' market you can try it for yourself.



St. Hildegard of Bingen, an herbalist and nun born in 1098 C.E. in Germany said, "Lemon balm contains within it the virtues of a dozen other plants." It has many healing properties which I will explore on the next few pages. I hope that you will give some of them a try....

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WHY I LOVE LEMON BALM:

I love lemon balm mostly because of the scent—it's so nice to walk by our lemon balm bed and catch a whiff of that lovely lemon scent. Or just to run my hand over the leaves as I am working in the garden is a delight! It's also nice when we cut it all to dry in the fall and hang it in the house



and the scent fills our home. I also love lemon balm tea or iced tea.

Lemon Balm is a member of the mint family and is considered a calming herb. It has been used for centuries to reduce anxiety, promote sleep and improve symptoms of indigestion.

Lemon Balm is native to Europe but is commonly grown all over the world. It attracts bees, which help to pollinate the whole garden. This herb has been used by the ancient Greeks and Romans to treat insect bites and stings. The leaves give off a strong tart smell that insects do not like, so it is a great insect repellent. Two of the essential oils this plant contains are citronella and citral.

**THIS MONTH'S
HERB IS
LEMON BALM
My Favorite
herb!**



Did you know...

"Lemon Balm is sovereign for the brain, strengthening the memory and powerfully chasing away melancholy. It is the Elixir of Life".



powerfully chasing away melancholy.

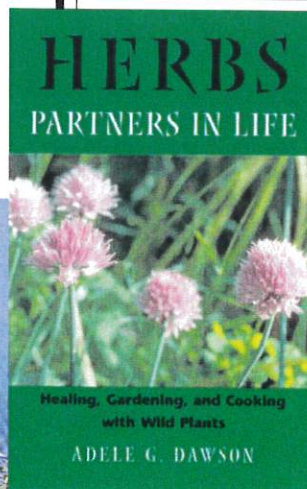
Wrote John Evelyn, a well-known herbalist in the 1600's.

Lemon Balm (Scientific name: *Melissa Officinalis*) is also known as Sweet Melissa. These are some of the things it can be used for:

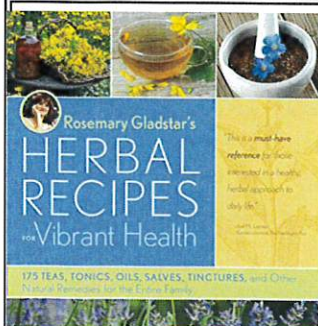
- Stress, depression and anxiety
- Viral, bacterial or fungal infections
- Herpes virus, cold sores, shingles, chicken pox
- Mild sedative for insomnia and mild depression
- Calms the nervous and digestive systems, anti-spasmodic
- Contains flavonoids, vitamin c, calcium, magnesium, bitters
- Relaxing tonic for heart, circulation and hypertension
- Helpful for hyperactive children with digestive disorders
- Helpful for spasmodic hiatal hernia and associated flatulence
- Useful for a bedtime tea with children who have nightmares

January Tip:

Lemon Balm 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; Chill for a nice iced tea -ENJOY!



Adele Dawson, a well-known herbalist, author and wise woman who lived in Vermont until she was 92 years old and Llewelyn, the 13th century prince of Glamorgan, lived until the age of 108. They both drank lemon balm tea everyday!



One of my favorite herbalists is Rosemary Gladstar, I have several of her books and have tried many of her remedies with great success. Here are a few of her teas and remedies using Lemon Balm from her book, "Herbal Recipes for Vibrant Health":

Digestive/Colic Tea:

Helpful for anyone with digestive disturbances due to nervous stress also for infants with colic.

3 parts lemon balm leaf
2 parts chamomile flower
1 part dill seed and leaf

Prepare an infusion (directions below)
For infants with colic, give 1-2 teaspoons of the tea before nursing or feeding. For adults, drink as needed.

Headache Tea:

2 parts lemon balm
1 part feverfew
1 part lavender
1 part California poppy (flower and leaves)

Prepare infusion and drink 1/4 cup every hour.
Use in conjunction with a hot lavender bath for best results.

How to Make a Medicinal Infusion:

Put 4-6 TB of dried herbs or 6-8 TB of fresh herbs into a glass quart jar (Mason Jar). Pour boiling water over the herbs, filling the jar. Cover. Let steep for 30-45 minutes. Strain and Drink

If you are looking for an Herbal Apothecary during the winter months please visit Misty Meadows Herb Farm in Lee NH—they have many varieties of dried herbs and tinctures in their shop. A great place!!!

<https://www.mistymeadows.org/>

Lemon Balm Remedy for Cold Sores/Herpes Virus:

2 teaspoons dried Lemon Balm
1 cup boiling water
Steep 10-15 mins and cool. Saturate a cotton ball and dab onto cold sore at least 4 times per day. Also drink a few cups of this tea daily to help eliminate virus from your body.

CONJUNCTIVITIS TEA:

Make a tea with equal parts chamomile, lavender, and lemon balm and drink several cups per day to alleviate the itching and irritation of conjunctivitis.

HIGH CALCIUM CHILDREN'S TEA:

3 parts Rose Hips
2 parts Lemon Balm
2 parts Lemongrass
2 parts Milky Oats
1 part Nettle
1 part Raspberry Leaf
1/2 part Cinnamon
A pinch of Stevia to sweeten (optional)
Prepare an infusion and store jar in fridge.

Dosage: 2-4 years 2 teaspoons
4-7 years 1 tablespoon
7-11 years 2 tablespoons

An excellent blend of herbs that add high quality, naturally bio-chelated calcium and other important minerals to the diet—excellent for babies who are teething, children who are undergoing growth spurts or who have had a bone or muscle injury.

Women's Tonic Tea:

2 parts Lemon Balm
2 parts Nettle
2 parts Peppermint or Spearmint
2 parts Raspberry Leaf
1 part Milky Oats
Stevia to taste (optional)
To nourish and tone the female body drink 3-4 cups daily of infusion



Big Tree Herb Farm

If anyone has any herbal questions,
please let me know.
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<https://www.bigtreeherbfarm.com>



February's Issue of "Big Tree News" Will focus on Sage and Thyme



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 1, 2020
February 15, 2020
February 29, 2020

AND

Berwick Town Hall
Berwick Maine
10-1:30

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

Lemon Balm Salve:

Strong antiviral and antibac-
terial properties. It is espe-
cially useful for treating cold
sores, herpes and shingles.
Soothes insect bites, bee
stings and wounds and is also an insect repellent.



We also make a Lemon Balm lip balm
which is very soothing to the lips and
also helps with cold sores!

Lemon Balm Bath:

Both relaxing and stimu-
lating, this bath is used
for dispelling "negative
energy" and lifting the
spirits.

- 2 parts fresh or dried
lemon balm leaf
- 1 part chamomile flower
- 1 part lavender bud
- 1 part rose petal

Add these to the hottest water possible and soak for 30
minutes. You can add them loose or put into a cloth bag or
old nylon stocking. So lovely....

