



Big Tree News

The world gets better when we do....

Big Tree Herb Farm

March 2020

Hello Everyone,
Hope you are all well and safe in these trying times. This month's newsletter was originally supposed to be focused on Yarrow alone but I have decided to expand this to include other anti-viral herbs, such as oregano, and some other things you can take to keep yourself well during the ongoing virus threat. Also, as we all are confined more and more to our homes and practicing "social distancing", it is a good time to regroup, reflect and be still.



This is an excerpt from the book by Kitty O'Meara:

"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows.

And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."

So perhaps we can use this time to reconnect to ourselves and pursuits that have fallen by the wayside in our current busyness. Try to spend some time being still and following where your inner voice is leading you.....

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THIS MONTH'S HERBS ARE Yarrow and Oregano, Anti-Virals



Yarrow and Oregano



These two beautiful herbs grow very well here at the Big Tree Herb Farm. Of course, we are all familiar with oregano as a culinary herb but did you know that it is also



one of the strongest anti-viral herbs in existence? It also has many other healing properties which you will learn about in the next few pages.

Yarrow is a rather new herb for me to get to know since we have had this farm. I didn't know a lot about it before starting this leg of my herbal journey, but have come to love it for its many healing properties, both internally and externally. In addition, it is a powerful insect and mosquito repellent. Our back yard is surrounded by pretty thick woods, yet we rarely see any mosquitos. However, it doesn't seem to work as well on the black flies, but we have other topical herbs that we use for those and will explore further in another issue (Rosemary and Lavender, for example).



Did you know...

These herbs also have anti-viral properties:

- Garlic
- Echinacea
- Lemon Balm
- Astragalus
- Ginger
- Elderberry
- Licorice Root
- Green Tea
- Ashwaganda
- Ginseng
- St. John's Wort
- Turmeric
- Rosemary
- Peppermint
- Basil
- Cardamom
- Chamomile
- Cinnamon
- Cloves

So, if you have any of these on hand at home, just make a tea with them!

Oregano: Scientific name is *Origanum Vulgare*, also known as "mountain joy" is used for the following:

- Contains terpenes and thymol which fight off viral infections, it is primarily used for respiratory tract infections (cough, bronchitis, croup, asthma, cold, flu)
- Antiseptic, anti-inflammatory, anti-bacterial, antioxidant and anti-fungal. High in vitamins + minerals.
 - Helps gastro-intestinal ailments (indigestion, heartburn, menstrual pain, bloating).
 - Oregano Tea for sore or scratchy throat.
 - Can be used to relieve nervousness, anxiety, irritability and insomnia
 - May help lower cholesterol
- Rich in antioxidants, which could lower your risk for cancer
 - Could ease muscle pain, and headaches
- Anti-fungal properties to inhibit the growth of candidiasis or *Candida Albicans*
- Anti-microbial properties to help treat E Coli, Salmonella and Staph infections



Oregano can be administered in a variety of ways to receive the medicinal benefits:

- 1) A tea can be made by steeping the dried or fresh leaves in boiling water for 10-15 minutes. 1-2 teap per cup of water and drink three times per day.
- 2) Oregano Oil can be applied topically for microbial infections such as athlete's foot—apply 2x/day.
- 3) Also Oregano capsules are available to be taken internally



MARCH TIP:

Oregano contains many vitamins and minerals:

Vitamins A, C, E, B6 and K

Minerals Iron, Folate, Magnesium, Calcium and Potassium

Oregano is also high in Fiber

So the next time you can taste this delightful herb in your pizza sauce you can remember that besides great taste it packs a real nutritional punch!



Oregano was revered as a symbol of happiness by the ancient Greeks and Romans. Traditionally, brides and grooms of this time were crowned with a laurel of oregano!



Yarrow was given the nickname "Cure-All" in ancient times. It is one of the most versatile and healing plants we can grow in our gardens and is as valuable and useful today as it ever was!

Yarrow Styptic Powder:

Gather fresh Yarrow leaves and flowers. Dry them, then finely powder the dried herb, store this powder in a jar or tin. To use sprinkle a small amount of this styptic powder directly on an open wound to stop bleeding. To stop a nosebleed, sprinkle a small amount on the inside of the nostril that's bleeding. The powder will usually stop the flow of blood within minutes.

You can also take powdered Yarrow internally to help stop the flow of blood. Stir 1/2 tsp into small amount of water and drink it down.

Yarrow, also known as *Millefolium*, which means "thousand leaved" is used for the following:

- a powerful "styptic" (stops bleeding) from wounds, nose bleeds, etc. Apply leaves to skin as a poultice to stop bleeding or to relieve varicose veins.
- Has antiseptic, anti-inflammatory, anti-bacterial, antioxidant, anti-viral and astringent properties and is helpful for healing wounds, bruises and sprains.
- It is a bitter herb so aids liver function and sluggish digestion.
- As a thyroid regulant.
- The fresh leaves can be chewed to relieve toothaches.
- A powerful diaphoretic (induces sweating) to lower fevers
- A diuretic, helpful in lowering blood pressure
- Useful for hemorrhoids or fistulas of any kind
- As a urinary antiseptic for cystitis
- Yarrow tea helps ease and relax uterine tension and menstrual cramps, stomach cramps

My GO TO Remedy for Aches: An Epsom Salt Bath—Add 1-2 cups Epsom Salt to a full bath of the hottest water you can stand. You can add Essential Oils like Eucalyptus if you are stuffed up also. Epsom Salts are made from Magnesium which calms and soothes the muscles and these salts also pull the toxins from your body.....

ANTI-VIRAL REMEDIES:

- 1) **Hot Ginger Aid:** Combine freshly grated ginger root, freshly squeezed lemons and a few grains of cayenne pepper with one cup of water. Bring to boil and simmer over low heat for 5-10 minutes. Add a touch of local honey and drink several times per day.
- 2) **Ginger Syrup:** Grate a large "hand" of ginger, add enough honey to cover in pan. Simmer on low heat for 10-15 minutes. Keep in jar in fridge and take 1TB as needed or make a tea with it.
- 3) **Garlic Socks:** Chop up a four cloves of garlic and add to cotton socks that you wear overnight while you sleep. The garlic is absorbed through the soles of your feet into your whole system.
- 4) **Fire Cider:** Garlic, ginger, onion, horseradish, turmeric, cayenne soaked in Apple Cider Vinegar for three weeks, strain and add local honey to taste and take 1-2 tsp per day as a tonic or 1-2 tsp per hour when sick.
- 5) **Foods to Avoid** when you have a flu or virus: Dairy products are mucous-causing and they can "feed" the virus. Also try to avoid sugar-rich foods and drinks because they can do the same thing.
- 6) **Drink plenty of clear liquids:** broths, teas, water and keep your meals light and easy to digest to keep your body's resources free to focus on healing.



Big Tree Herb Farm

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

<https://www.bigtreeherbfarm.com>



April's Issue of "Big Tree News" Will focus on Dandelion and Spring Cleansing



UPCOMING WINTER MARKETS:

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

Berwick Town Hall
Berwick Maine
10-1:30

Sunday on
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

OREGANO OIL:



One of the products that we make at the Big Tree Herb Farm is Oregano Oil. It comes in a dropper bottle and if you are feeling a cold, flu or virus coming on, you would take 2-3 drops in a small glass of water 3-4 times per day. Great Anti-Viral! We make this beautiful oil by infusing dried oregano leaves in olive oil for three weeks and then straining it.

I hope something in this newsletter has helped you to learn how to treat colds and viruses for yourself and your family, and to help empower you and dispel feelings of helplessness against illness. Your Immune system has one main mission – to keep you from getting sick, so whatever we can do to support that process is helpful..... I believe in preventative medicine and this is where herbal medicine works best, but herbs alone can't do everything. To boost the immune system so that it can keep you from getting sick, we have to take good care of ourselves, with healthy whole food, plenty of sleep, moderate exercise, taking vitamins and minerals (such as Vitamins E,D, A &C, Minerals Calcium, Selenium and Zinc – all support healthy immunity). Also, add in some probiotics – friendly bacteria - 70% of your immune system starts in your digestive tract.

How herbs can help:

- 1) Herbs are great for the immune system because many of them are anti-viral (cold and flu) – anti-biotics only work on bacterial infections.
- 2) Herbs work in two ways – inhibit germs/viruses from taking hold in your body and also boost the body's natural defenses to fight them off.

The best cold and flu remedies are the ones you add to your routine before you get sick. By including the right herbs, foods and probiotics in your regular routine, you're less likely to get sick and more likely to recover faster if you do.

