



# Big Tree News

The world gets better when we do....

Big Tree Herb Farm

March 2021

Hello Everyone,

Hope you are all doing well....

Happy Spring! I can't remember a time when I have longed for spring and warm weather like I have this year. Now that it is here it is like a tonic that has rejuvenated my body and spirit. It has been a tough year all around! I have also worked in the garden this past week and it has been fabulous!



My son and I bought this farm in January 2015 with two feet of snow on the ground so we had no idea what treasures would await us that spring. To our delight we found wild red clover, plantain and yarrow and our herb farm was born. We have 3.5 acres and most of it is now left un-mowed so that we can collect the red clover, dandelion flowers and leaves, wild strawberries, etc. and use the hay for our goats.

We live in a beautiful spot with a great abundance of natural wonders and for that we are eternally grateful.

We are starting to grow our seedlings in our new green house and that is a tremendously exciting and fun endeavor, so in spite of the challenges, life is good at the Big Tree Herb Farm right now.....

## Inside this issue:

<b>Big Tree News</b>	<b>1</b>
<b>This month's Herbs</b>	<b>1</b>
<b>Red Clover</b>	<b>2</b>
<b>Plantain</b>	<b>3</b>
<b>Recipes</b>	<b>4</b>



## Wildcrafting Herbs

Wildcrafting is a term used to describe the practice of collecting or gathering plant materials from their natural environment.

I have always been too nervous to do this in the past, fearing that I would be ingesting some look-alike plant that was actually poisonous!

However, I have started with these three easily recognizable plants (Yarrow, Red Clover and Plantain) and I have been rewarded with delightful herbs for tea-making—right from my back yard! Along with dandelion that gives me four....

I recently bought Rosalee De La Foret's new book "Wild Remedies—How to Forage Healing Foods and Craft Your Own Herbal Medicine". It contains wonderful pictures to help with identification of herbs and lots of ideas about how to use them. I would highly recommend it!

## THIS MONTH'S HERBS ARE:

**Red Clover  
And Plantain**





**Did you know...**

**Red Clover blossoms are also a nutrient-dense and delicious food. You can add the fresh blossoms to salads, blender drinks or garden fresh soups. Or just eat them alone!**

**RED CLOVER: (Trifolium Pratense):** Red Clover offers a rich bounty of nutrients that support the whole body and for herbalists it's been long valued as a reliable and effective medicine. These are some of its many uses:

- High in vitamins and minerals such as Beta-Carotene, Calcium, Vitamin C, a whole spectrum of B Vitamins, Zinc, Copper, Selenium, Manganese, Chromium, Iron and Magnesium.
- Blood and Lymphatic cleanser and detoxifier
- Internally and externally for eczema and psoriasis and other inflammatory skin conditions
- Childhood respiratory problems such as bronchitis
- Restores vitality and health after illnesses
- Menopausal symptoms such as hot flashes, mood swings and night sweats
- Relaxing for the central nervous system
- An antispasmodic for whooping cough and inflamed lungs
- Externally for boils, bits, stings, sores and acne
- A female tonic for PMS symptoms
- Relieves bladder complaints including mucous cystitis
- Soothing for stomach issues such as ulcers



**Tonic Tea for the Liver and Reproductive System:**

- 3 parts Nettle leaf
- 2 parts Dandelion leaf
- 2 parts Lemon Balm
- 2 parts Red Clover Leaf
- 1 part Alfalfa Leaf

Use 4 TB of this herb mixture per quart of water. Pour boiling water over the herbs, cover and steep for 20 minutes.

Drink 3-4 cups daily. Add honey or lemon as desired.

**ENJOY!**

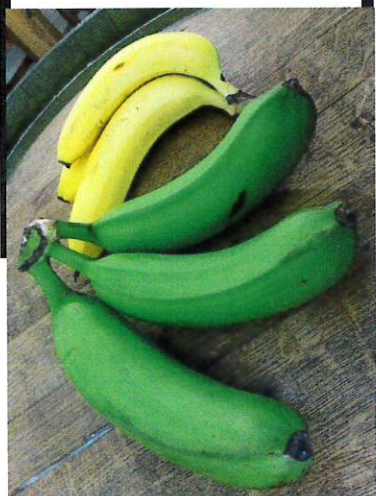
**FLOWER SYRUP FOR LYMPHATIC CONGESTION**

- One part Red Clover Blossoms
- One part Calendula flowers
- One part Violet leaves and flowers

Make a strong tea with the herbs above, strain and add 2 cups of the tea to 1 cup of honey or maple syrup. Warm the mixture over low heat to preserve the medicinal qualities of both herbs and honey, when fully blended store in a jar in the fridge and take 1 tsp 2x/day.



Plantago (Plantain herb) is completely unrelated to the plantain of the banana family, which is part of the Muso genus!



Plantain: (Plantago Major) Growing everywhere from sidewalk cracks to seaside rocks, the humble plantain has many virtues, uses ranging from acute first-aid situations to chronic conditions.

These are some of its many uses:

- Insect or spider bites, bee stings, wounds
- Drawing out splinters or boils
- Ulcers and other gastrointestinal inflammation
- Urinary infections
- Dry coughs
- Plantain is energetically cooling and excels when used to counteract hot conditions such as burns, rashes, redness, sharp pain, swelling, inflammation or simply feeling overheated.
- Used as a mouthwash or gargle for inflammatory condition of the mouth and throat



### PLANTAIN POWER SMOOTHIE



- 2-3 cups fresh or canned unsweetened pineapple juice
- Handful of fresh plantain leaves
- Red clover flowers
- Mint Leaves
- 1 banana (peeled) - can be frozen

Combine all ingredients in the blender until smooth. Drink one cup of this nutritive tonic per day. ENJOY!

**Did you know...** that a fresh poultice of plantain can soothe burns and rashes by both pulling out the heat and healing the damaged tissues.

#### **To make a poultice:**

Either mash the leaves with a mortar & pestle or simply chew the fresh leaves to make a "spit poultice." Apply leaves directly to the wound or insect bite or sting and cover with wrapped gauze. Apply again after 20 minutes if still painful.



Plantain is also anti-microbial, so it helps to prevent infections in wounds as they heal.

A plantain salve will also work well.



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>



## April's Issue of "Big Tree News" will focus on Catnip & Chamomile



Only one more WINTER  
MARKET:

Berwick Town Hall  
Berwick ME  
Sunday 10am—1:30 pm  
April 11, 2021

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

Hope to see you there!



At the Big Tree Herb Farm we make 13 different skin healing  
salves with many different uses.

Two of these are featured below:



### Red Clover Salve

Red Clover Blossoms, Grapeseed Oil, Beeswax

Anti-inflammatory for Eczema, Psoriasis, cuts, burns. High in  
isoflavonoids for anti-aging, increases collagen production, improves  
elasticity, reduces wrinkles, adds moisture, improves skin thickness.  
Slows signs of aging.



### Plantain Salve

Plantain Leaves, Grapeseed Oil, Beeswax

Helpful for drawing out splinters, toxicity, skin infections, boils, and  
bee stings, hemorrhoids. And stops bleeding  
Soothes inflammatory skin conditions such as eczema.

