



Big Tree News

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

Big Tree Herb Farm

February 2023

Hello Everyone,

Hope you are all hanging on as we reach the end of winter. I foolishly thought the worst was over after we had those few warm days last week but then we got hit with 7 inches of snow and -2 degrees last night! However, the good news is that on Wednesday it's the first day of March so things are looking up. This is the time



of year when we start to plan for planting. During March we start our seedlings in the house under the grow lights and then hopefully in April will start to put a few of them into the greenhouse...this is very exciting! Winter farmers markets have been very busy this year which is fabulous. More and more people are seeing the benefits of eating healthier, taking better care of themselves with natural products and herbs and also supporting local farmers and vendors. Maybe this is one of the good things that came out of the pandemic crisis?

We have an exciting new addition to our repertoire of places to feature our healing products: Tip Toe Eco Marketplace at 68 Main Street in downtown Kennebunk. They just opened last weekend with over 20 vendors of farmers market people and local artists and crafters! This place is beautiful inside and I hope you will get the chance to check it out. I am hoping to hold another class there at the end of April.

Speaking of classes, I have an upcoming class on Herbal Medicine, "Spring Cleansers"—On April 8th at 1:00 p.m. at the Monarch School in Rochester. The cost is \$25, which includes the class, samples of herb teas and herbal remedies and also healthy cleansings refreshments, hope you can join us!

Inside this issue:

Big Tree News	1
Stress	1
Valerian	2
Scullcap	3
Aromatherapy	4
Farmers Markets	4



THIS MONTH'S

Featured Herbs are Valerian And Scullcap

Stress Management

We live in stressful times and life becomes more and more challenging each day. Chronic stress can effect your emotional, mental and physical well being and also contribute to weight gain, insomnia, depression, digestive problems, cancer, hypertension, immune system suppression, premature aging, cardiovascular disease, anxiety, dementia, difficulty focusing, etc. Even though you can't always control the things that worry you, you can change the way your body manages stress. For extra support, you can count on safe, natural plant medicines that can supply calm focused energy every day. We will suggest some ways to help in the following pages....





Did you know...

Citrus fruit helps to calm the central nervous system - Anxiety levels fall by eating citrus fruit every day, These are rich in Vitamin C and Malic Acid—nutrients that work together to make the central nervous system less reactive during times of high stress!



Valerian (Valerian Officinalis):

- Strong pain relief and sedative for insomnia, anxiety and emotional depression without narcotic side effects
- Anti-spasmodic and healer for the central nervous system
- Helpful for PMS, nervous tension, stress, nerve and arthritic pain, menstrual cramping and muscle spasms
- Combined with feverfew can be helpful for migraine and cluster headaches
- Useful as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity
- Used as part of a safe calming formula for hyperactivity and restlessness in children and as a sedative for childhood diseases so that natural rest and sleep can promote healing
- Helpful as a brain tonic for mental exhaustion, as a calmative for hysteria and manic-depression
- Aids with colic, gas and flatulence in children
- Soothes nervous stomach in adults

Magnesium Oil can be rubbed on feet and neck at bedtime. This oil absorbs through the skin to decrease muscle tension and improve the metabolism of serotonin, which helps relieve anxiety.



PRESS HERE TO SOOTHE STRESS

Tilt your head back and place your thumbs about three inches apart at the top of your neck, just below the base of your skull

Press these spots firmly but gently. As you press, take 4-5 slow deep breaths.

Acupressure experts call these two points “gates of the mind”

When stimulated, they boost circulation to the brain and spur the release of stress-zapping endorphins.



WHO KNEW???

Hummus soothes tired Adrenal glands!

This dip is packed with Polyphenols—compounds that nourish and heal over-active adrenal glands, tamping down their production of stress hormones. Just 1/2 cup daily of hummus or any legume-rich dish can cut edginess by 25 % or more (according to UCLA studies)





Scullcap Scutellaria Lateriflora:

- Effective in reducing stress and nourishing the nervous system, powerful nervine
- It has been used for more than 200 years as a mild relaxant and as a therapy for anxiety, nervous tension, and convulsions
- Scullcap has significant antioxidant effects, and may help protect against neurological disorders, such as Alzheimer's disease, Parkinson's disease, anxiety, and depression. Also helps with the pain of sciatica
- In combination with other herbs, scullcap is used to treat attention deficit-hyperactivity disorder (ADHD), prostate cancer, a lung condition called bronchiolitis, arthritis, and hemorrhoids. Scullcap is also sometimes applied to the skin for psoriasis.
- Useful in the treatment of epilepsy and reduction in muscle spasms
- Helps remove toxins from the body
- Can lower fever caused by the flu
- Helps reduce the risk of heart disease
- Anti-inflammatory and helps manage diabetes
- Used in weight loss formulas, also helps with those recovering from addiction



RESTLESS SLEEP: Rub your ears!

Rub your ear lobes with your thumb and index finger for at least 30 seconds or until they begin to feel hot.

Traditional Chinese Medicine practitioners say this removes blockages in your flow of chi or life force, and returns the body to a calm peaceful state.



Other herbs that are helpful to add to your nighttime tea:

Catnip—stimulating to cats but calming to humans
 Passion Flower—mild natural sedative and nervine
 Hops—relaxant and restorative to central nervous system
 Ashwaganda—decreases sleep disrupting cortisol levels
 Chamomile—you can also add this to your nighttime bath
 Lavender—calming, more on this on Page 4
 Lemon Balm—mild natural calming and sedative properties
 St John's Wort—effective for insomnia, nerves
 Black Cohosh—helps also with hormonal issues that disrupt sleep



Minerals to help you sleep:

Even a slight magnesium deficiency can keep your brain from settling down and cause slumber sabotaging problems like leg cramps.

Calcium also helps create the sleep-inducing hormone Melatonin.

Also a Vitamin D deficiency can interrupt your sleep patterns and contribute to restless legs and muscle cramps.

RECOMMENDED DOSES:

One hour before bed take
 400 mg Magnesium
 800 mg Calcium Citrate
 1000 iu Vit D-3





Big Tree Herb Farm

If anyone has any herbal questions,
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Next month's
Newsletter will
focus on

Brain Health



We will be at the following
Farmers Markets this winter:

Berwick Town Hall

10am to 1:00 pm

Sundays
3/12, 4/16/2023

Wentworth Greenhouse

In Rollinsford NH

10am to 2pm

Saturdays
3/4, 3/18/2023

Exeter/Stratham

Cooperative Middle School

10am—2pm

Saturdays
4/1, 4/15/2023

Tri-Town at the Central School in South Berwick

10am to 2pm

Sundays
3/5, 3/19, 4/2/23

HOPE TO SEE YOU THERE!

Aromatherapy for Stress and Sleep:

You can use these essential oils in your night-time bath, diffuser, on your body's pulse points or inhaled straight from the bottle!

Chamomile— helps to calm irritability, nervousness, tension headaches, promotes relaxation and sleep

Lavender— calming, relaxing scent, promotes restful sleep

Lemon Balm— can calm a racing heart and help lower blood pressure, reduces anxiety and panic

Ylang Ylang— Calming and helps increase feelings of well-being, reduces feelings of anxiety

Vanilla— When inhaled calms alpha brain waves to help induce deeper sleep

Jasmine— uplifting scent, enhances well-being, relieves tension, stress and feelings of negativity

Clary Sage— 10 drops in bath can calm overactive pain nerves, which interrupt sleep

Vetiver— Inhale this oil before bed which prompts the release of sleep-enhancing theta brain waves so you fall asleep faster and sleep more deeply and increase daytime energy

