



# Big Tree News

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

Big Tree Herb Farm

January 2022

Hello Everyone,

Hope you are all doing well and surviving the winter.... January is my least favorite month in Maine and I am so glad to be almost done with another one. Already the light is returning at the end of the day and the sun is brighter. It will soon be time to start planning our gardens and ordering our seeds, which is a very exciting time at the Big Tree Herb Farm! We are hoping to try a few new herbs this year and hope that they will take kindly to our very rocky and acidic Maine soil. You never know what is going to thrive and what is not—it's always a surprise from year to year!



I have been studying herbal medicine for almost 30 years and one of the things that is challenging to learn are the herbal properties, so I wanted to share some of those with all of you to help you in your own herbal studies.

Also, this month's featured herb is Mullein. This past summer and fall I saw mullein growing everywhere! - by the side of the road, in our fields, in many people's yards that I visited—so my first thought was—we are all going to need mullein this winter (it is very helpful with respiratory issues) ....this is a good herb to have on hand in case you get ill....

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## THIS MONTH'S

**Featured Herb is Mullein**



### HERBAL PROPERTIES 101:

Why is it important to learn about herbal properties: these are common terms used to describe herbal activity that are used in herbology and herbal formulating. It is important for anyone who works with herbal healing to become familiar with these terms.

Medicinal herbs, unlike drugs, have broad spectrum activity with many layers of healing properties. Understanding the attributes and abilities of an herb through its herbology terms is essential to recognizing not only how to use the herb itself for a particular problem, but how to best combine it with other herbs for synergistic healing effects.

I have picked out some of the more common ones to share with you and given you some examples of which herbs have which properties on the following pages. I hope it will be helpful....



**Did you know...**



That mullein leaves can be rolled and smoked along with other healing herbs for the treatment of asthma?  
Also, the leaves can be put into your bath for relieving rheumatic pain.

**Mullein (*Verbascum Thapsus*):**

- Anti-spasmodic (it relaxes spasms)
- Expectorant (it helps expel mucus)
- Also has antiseptic and infection-fighting properties
- Flowers are an effective Anogyne (they relieve pain)
- Helps with deep seated or spastic coughs, bronchial congestion, chest colds, allergies and other ailments that involve respiratory stress
- Mullein leaves also make an excellent poultice for boils, glandular swelling, bruises and insect bites
- Mullein oil is an effective treatment for ear infections caused by upper respiratory congestion



**COUGH BE GONE TEA:**

A great remedy for coughs and other irritations of the respiratory system.

- 1 part coltsfoot leaf
- 1 part marshmallow leaf and flower
- 1 part mullein leaf

Prepare a medicinal herbal infusion (see left)

Drink 1/2 cup as often as needed until cough subsides.

**How to make a Medicinal Herbal Infusion:**

Put 4-6 TB of dried herb into a glass quart jar.  
Pour boiling water over the herbs, filling the jar. Let steep 30-45 minutes.  
Strain and drink.

(From Rosemary Gladstar, Herbalist Extraordinaire!)



### Herbal Properties:

**Adaptogens:** Herbs that help normalize body chemistry and increase resistance to stress.

For example, Siberian and Panax Ginseng, Chlorella, Astragalus and Hawthorn

**Analgesic:** Orally taken herbs that help relieve pain. For example, St. John's Wort, Valerian, Skullcap, Devil's Claw Root, Lady's Slipper and Passion Flower.

**Anti-Arthritics:** Herbs used to help relieve and heal arthritic-type conditions. For example, Yucca, Black Cohosh, Burdock, Cayenne, Chaparral, Dandelion, Irish Moss, Nettle, Sarsaparilla, Scullcap, Wintergreen and Yellow Dock.

**Anti-Asthmatics:** Herbs that help to relieve Asthma. For example, Agrimony, Black Cohosh, Blue Cohosh, Cayenne, Chaparral, Comfrey Root, Eucalyptus, Flax Seed, Ginger, Garlic, Licorice and Wild Yam.

**Anti-Biotic/Anti-Bacterial:** Herbs that kill and arrest the growth of harmful microorganisms, pathogenic bacteria and strengthen the immune system. For example, Astragalus, Calendula, Garlic, Goldenseal Root, Echinacea, Elecampane, Lemon Balm, Myrrh, Marshmallow, Rosemary, St. John's Wort, Yarrow

**Anti-Fungal:** Herbs that destroys or prevents the growth of fungal infections, such as Athlete's Foot. For example, Black Walnut Hulls, Calendula, Garlic, Bee Propolis, Maitake Mushroom, Wormwood

**Anti-Inflammatory:** Herbs that help reduce and overcome inflammation. Effective both internally and externally. For example, Calendula, Chamomile, Dandelion, Devil's Claw Root, Feverfew, Plantain, Red Clover, St. John's Wort, White Willow, Yarrow

**Anti-Spasmotic:** Muscle relaxant herbs that relieve cramping and spasms due to a wide variety of causes such as hiatal hernias, menstrual pain and lower back pain. For example, Chamomile, Cramp Bark, Black Haw, Lady's Slipper, Motherwort, Mullein, Scullcap, Wild Yam, and Valerian

**Anti-Viral:** Herbs that combat and neutralize pathogenic viruses. For example, Astragalus, Calendula, Echinacea Root, Garlic, Goldenseal Root, Bee Propolis, Lemon Balm, Myrrh St. John's Wort (continued on Page 4)

### **DID YOU KNOW....**

#### **Garlic is one of nature's most powerful antibiotics and anti-virals!**

Besides being helpful for the common cold and influenza, garlic is helpful in lowering cholesterol and blood pressure, helps with digestion and stomach ulcers, asthma, arthritis, etc.



### **GARLIC LEMONADE**

2-4 chopped garlic cloves  
3-4 slices chopped ginger  
2-3 lemons juiced  
Honey to taste  
Water

In a 1 quart Mason jar combine garlic and ginger. Cover with boiling water and steep for 20-30 minutes. Add juice of 2-3 lemons and about 1/4 cup raw honey. You can either strain or leave herbs in mixture, drink warm.



Big Tree Herb Farm

If anyone has any herbal questions,  
please let me know.  
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Next month's  
Newsletter will  
focus on  
Making Herbal  
Teas for Winter  
Wellness



**Herbal Properties (continued):**

**Astringent:** Herbs that tighten/contract tissue, reduce irritation, secretions and discharge. For example, Bayberry, Red Raspberry, Witch Hazel, Plantain, White Oak Bark, Red Sage

**Bitters:** Herbs with a bitter taste that stimulate and tone the digestive system to produce healthful counteractive juices/secretions, such as bile. For example, Angelica, Chamomile, Barberry, Goldenseal, Dandelion Root, Gentian, Oregon Grape

**Carminatives:** Herbs that normalize digestive peristalsis to relieve gas. For example, Anise Seed, Cayenne, Licorice, Peppermint, Ginger Root, Cinnamon, Caraway Seeds, Thyme

**Demulcent:** Soothing, coating mucilaginous herbs that protect irritated and inflamed tissue. Comfrey, Marshmallow, Milk Thistle, Slippery Elm, Flax Seed, Parsley Root, Irish Moss, Aloe Vera and Mullein

**Diaphoretics:** Herbs that induce sweating, releasing body toxins through perspiration. For example, Cayenne, Elder Flowers, Garlic, Ginger, Chamomile, Boneset, Angelica, Bayberry

**Digestant:** Amino Acid, enzyme-containing herbs that promote digestion and nutrient assimilation. For example, Ginseng, Chlorella, Barley Grass, Spirulina, Yellow Dock, Sea Vegetables, Papaya and Garlic

**Diuretics:** Herbs that stimulate kidney and bladder activity and increase the flow of urine. For example, Uva Ursi, Cleavers, Dandelion Leaf and Root, Buchu, Juniper, Yarrow, Corn Silk

**Lymphatics:** Herbs used to simulate and cleanse the lymphatic system. For example, Black Walnut, Garlic, Chaparral, Dandelion, Echinacea Root, Oregon Grape Root, Yellow Dock

**Sedative:** Herbs that calm the nervous system, reduce stress and tension. For example, Valerian, Wild Lettuce, Scullcap, Hops, Lady's Slipper, Black Cohosh, Black Haw, Passionflower

**Stimulant:** Herbs that accelerate, enliven and vitalize body functions. For example, Cayenne, Ginsengs, Ginger, Horseradish, Cardamom, Peppermint, Wild Yam

We will be at the following  
Farmers Markets this winter:

**Tri-Town at the Kittery  
Community Center**

**10am to 2pm**

**2/06/2022**

**2/20/2022**

**3/06/2022**

**3/20/2022**

**Berwick Town Hall**

**10am to 1:30 pm**

**2/13/2022**

**3/13/2022**

**4/10/2022**

**Rolling Green Nursery in**

**Greenland NH**

**10am to 2pm**

**2/12/2022**

**2/26/2022**

**Wentworth Greenhouse**

**In Rollinsford NH**

**10am to 2pm**

**2/19/22**

**3/19/22**

**Exeter/Stratham**

**Cooperative Middle School**

**10am—2pm**

**2/5/22**

**3/5/22**

**4/9/22**

**HOPE TO SEE YOU THERE!**

