



Big Tree News

The world gets better when we do....

Big Tree Herb Farm

November 2021

Hello Everyone,

Hope you are all doing well....

Can't believe another farm season has passed and we are almost in December! How did that happen? We have had a busy year at the Big Tree Herb Farm with much excitement and many challenges as many other farmers I know shared this



past summer. Between the heat, the torrential rains and some pests we lost a lot of crops this year and some of our birds (chickens and a duck) due to an invader. Most of our herbs seemed to do well despite these many challenges, which is definitely a testament to how tenacious and strong herbs are! The more I learn about herbs the greater respect I gain for their ability to be a constant in times of trouble, a cup of herbal tea has the ability to restore you to well-being and also connect you with the wonders of our earth. Using herbs for healing connects us to nature and also to our ancestors who have been using these remedies for centuries. That is a feeling of comfort for me and helps to sustain me during stressful times....

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Prevention

One of the areas where herbs and natural remedies really shine is with disease prevention. I haven't had a cold or flu in several years and I believe this is due to my prevention regimen which I will share with you: At the very first sign of a scratchy throat or snuffle or even if I just have been around people who are sick I do the following:

Increase my intake of Vitamin C and Zinc

Garlic—I also have liquid Garlic capsules that I poke a hole in and squeeze into my ears—this allows the Garlic to pass by your digestive system and go directly into your bloodstream. (see Page 2 for more on this)

Astragalus Root—I take two of these capsules per day on a regular basis and then take two every few hours if I feel an illness coming on. (Page 3)

Fire Cider—another powerful immune-boosting remedy. I take a daily teaspoon for wellness and then take a teaspoon every few hours if I feel an illness coming on (more on this on Page 2).

Elderberry Syrup—high in Vitamin C and also immune-boosting (pg 3)

Epsom Salt bath with a few drops of Eucalyptus Essential Oil is great for aches and clearing out the nasal passages.

Local honey—a spoonful of honey soothes a cough or sore throat and reduces inflammation of throat and chest.

Why not try some or all of these the next time you feel an illness coming on!

THIS MONTH'S

**Focus is
Immunity**

This is Mullein:





Did you know...

Mullein leaves can be rolled and smoked as a treatment for Asthma or chest colds. It also makes an effective poultice for boils, bruises, insect bites and glandular swelling. Mullein can also be added to the bath for relieving rheumatic pain.

Fire Cider—This recipe originated from Rosemary Gladstar, an herbalist from Vermont and most other herbalists have made it their own with slight variations. This is my version:

I take Organic Apple Cider Vinegar and soak grated horseradish, ginger root, turmeric root, minced garlic and chopped raw onion for three weeks. I then strain it and add a small pinch of cayenne pepper and local honey to taste.

This is a powerful immune tonic when taken on a daily basis and a cold and flu fighter if taken at the first sign of illness every several hours (one teaspoon).

"People may use fire cider as a natural remedy against the flu and common colds. Additionally, people may consider fire cider to help relieve nasal congestion, support digestion, warm the body during cold seasons, and boost immunity."



Mullein Garlic Ear Oil

We soak Mullein leaves and Garlic cloves in Almond Oil or Grapeseed Oil for three weeks to infuse the oil with the medicinal properties of both. Then we strain it and put it into a dropper bottle for use directly in the ears for pain, infection and wax loosening.



GARLIC:

- Useful for treating sore throats, colds, flu and poor or sluggish digestion
- Stimulates production of white blood cells, boosting the body's immune function
- It's Sulphur compounds and essential oils make it a potent internal and external antiseptic, antibacterial and anti-microbial for treating many types of infections
- Garlic is also a well-known vermifuge for treating intestinal worms in humans & animals
- It is effective for maintaining healthy blood cholesterol levels and aids circulation
- Helps to lower blood sugar levels to aid Type 2 Diabetes



Eucalyptus/ Peppermint Salve

Eucalyptus/Peppermint
leaves+ Essential Oils,
Grapeseed Oil,
Beeswax

Anti-viral, Anti-fungal,
anti-inflammatory,
antiseptic,
anti-bacterial, helps with
respiratory ailments, sore
muscles, fever reducer,
help clear nasal passages,
helps ease allergy
symptoms.

This salve works like an all-
natural "Vicks Vapor Rub"
for chest
congestion and a natural
"Ben Gay" for
sore muscles.

Elderberry Cough and Cold Syrup

(Ingredients: Dried Elderberries, Local Raw Honey,
Ginger and Cinnamon)

- Elderberries are high in Vitamins C and A
- Beneficial for respiratory illnesses
- Enhance & stimulate the immune system
- Help to lower fevers through sweating
- Powerful anti-viral for flu, shingles, herpes
- Anti-inflammatory and high in bioflavonoids
- Increases blood circulation



Oregano Oil

Made from Dried Oregano, Grapeseed Oil

For cold/viral illness,
take 4-6 drops 3-4 times per day.
Oregano is Anti-viral, Antiseptic,
anti-inflammatory, anti-bacterial, anti-fungal & antioxidant.
Helps respiratory issues (flu, bronchitis, croup, cold
asthma, cough, sore or scratchy throat).



Astragalus Root:

a powerful anti-viral herb, which
boosts the immune system and also
helps reduce the incidence and
shorten the course of the
common cold.

This is a better choice for those with
auto-immune disorders than
Echinacea—While Echinacea is a
popular herb during the flu and cold
season, it may lead to a flare-up for
those with autoimmune disorders.

While **Astragalus** has immune-stimulating properties
like the other herbs cited here, studies also show that
it may be helpful in reducing immune hypersensitivity.
Some individuals may find relief by adding this herb
into their diet, while it may incite flare-ups in others.
Check with your herbalist or doctor to find out if this
herb will be harmful or helpful for you.

DID YOU KNOW....

In Old World traditions,
an Elder bush was com-
monly planted at the edge
of the herb garden as the
"protector" of the garden.





Big Tree Herb Farm

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



Next month's
Newsletter will
focus on the skin
and healing salves



Other Immunity Remedies that we make:

Thyme Oxymel

An Oxymel is herbs with equal parts honey and vinegar
Made with Fresh Thyme, Local Raw Honey,



Organic Apple Cider Vinegar

For sore throat, respiratory,
bronchial symptoms,
anti-microbial.

Adults take 1 TB every hour for sore
throat or congested cough

Sage Throat Spray

Made with Fresh Sage, Brandy,
Peppermint Essential Oil
Local Organic Honey

Gargle for inflammation of
mouth, throat, tonsils, canker sores

Spray directly in mouth as often as needed for sore/
scratchy throat



We will be at the following
Farmers Markets this
winter:

Tri-Town at the Kittery
Community Center

10am to 2pm

1/16/2022

2/06/2022

2/20/2022

3/06/2022

3/20/2022

Berwick Town Hall

10am to 1:30 pm

12/12/2021

1/09/2022

2/13/2022

3/13/2022

4/10/2022

Rolling Green Nursery in
Greenland NH

10am to 2pm

12/11/2021

1/15/2022

1/29/2022

2/12/2022

HOPE TO SEE YOU THERE!

