



Big Tree News

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

Big Tree Herb Farm

March 2026

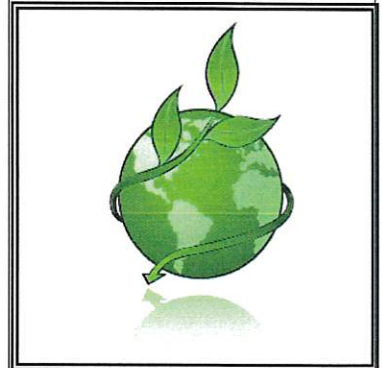
Hello Everyone,
Hope you are all doing well. It's been a very tough winter but we made it through and now the days are getting longer and the snow is finally melting and the temperature is rising so we hope that the worst is over!



Spring is an exciting time on the Big Tree Herb Farm as we start to see our perennials like Nettle, Hyssop and Lemon Balm beginning to poke through the ground and we also have many seeds starting to grow indoors. As the outdoors begins to change to a new season, our bodies are also needing change internally and externally. With the removal of our heavy coats and sweaters we also need to remove the heaviness in our bodies with lighter fresher meals—this is the perfect time to undertake a Spring Cleanse or Detox from this winter heaviness. A spring cleanse helps the body transition from winter's heavier, sedentary habits to spring's active, warmer energy by removing accumulated toxins, boosting sluggish digestion, and increasing energy. It resets the system, improves mental clarity, clears skin, and helps prevent illness by removing stagnant toxins built up during the colder months. This issue of our newsletter will focus on those herbs that grow wild here in New England in the spring just for this purpose!

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Dandelion, Chickweed and Cleavers

Amazingly these three herbs come up naturally in early spring as weeds and they are the best herbs for spring cleansing in our own bodies! In the next few pages, we will be learning about herbs that bloom in the spring and are used to invigorate and cleanse our bodies after the long winter.

Dandelion, Chickweed and Cleavers all have diuretic properties so they help the body to flush out toxins.

Cleavers and Chickweed are powerful lymph cleaners as well.

The Lymph system is the body's garbage disposal, flushes away waste, but it can become overburdened - so drinking a tea made with these three herbs can not only aid your lymph system but also flush out the liver (the major organ that helps rid you of toxins and cleanses the blood).



**THIS MONTH'S
HERBS ARE
Dandelion,
Chickweed and
Cleavers**

**POWERFUL
SPRING
CLEANSERS**





The world gets better when we do



Did you know...

HERBS AID IN DETOXIFYING - THEY CLEANSE AND DETOXIFY THE BODY WITHOUT STRIPPING THE BODY OF VALUABLE VITAMINS AND MINERALS - HAVE NO SIDE EFFECTS AND ARE GENTLE



DANDELION: *Taraxacum Officinale*. Dandelion has more tenacity than any other plant—it has the ability to thrive no matter what! Its name means "tooth of the lion". The entire plant is useful as both medicine and food.

- An effective diuretic, high in potassium, vitamins A,B & D.
- Helps relieve water retention, part of a liver and gall bladder cleanser and tonic for congestion and jaundice and hepatitis
- Has healing properties for all of the glands of the digestive system, bowel cleansing and toning, stimulates bile secretion to support the liver, helps reduce high blood pressure.
- Dandelion root helps the body dispose of unwanted skin bacteria to help with acne and support skin health.
- Soothing for digestive system and bowel inflammation
- An aid to weight loss and Cholesterol reduction
- Helps with arthritis and rheumatism
- Dandelion root stimulates the production of bile, which in turn breaks down fat and cholesterol



APRIL TIP:

Horta is a classic Greek dish of wild fresh greens, such as dandelion, nettles, purslane and other wild greens. Steam for 5-8 minutes until greens are wilted, drain and save liquid for soup stock. Drizzle greens with olive oil, lemon juice and crumble a bit of feta cheese on the top.

Easy to digest and very nourishing, it can help you when you are feeling depleted or worn out.



Your body has a natural ability to eliminate toxins and clear waste, but the sheer volume of pollutants we encounter every day can tax our natural detoxification systems, so herbs can help!



Diuretics

- help in the elimination of body's waste materials, flush the urinary tract and kidneys, as well as eliminating excess water from the body (pee)

Diuretic Herbs include:

Burdock, parsley, rose hips, chickweed, cilantro, nettle, cleavers and dandelion



Chickweed (Stellaria—means "Star"):

- Helps your body transition from winter into spring/summer,
- body balancing and blood cleansing
- Has emollient, demulcent and diuretic properties.
- Stimulates the metabolism.
- Aids liver and kidney disorders
- High in nutrients and minerals and Vitamin C (used on ships to prevent scurvy).
- Used for eye and skin irritations and kidney disorders.
- The infusion may also be used on a poultice for sore joints, insect bites and other skin inflammations.
- This infusion on a poultice can also be used to counteract a rash from Stinging Nettles!
- Gentle enough to use on diaper rash and other skin irritations on infants and children (we have a Chickweed skin salve that is good for this purpose).



Cleavers: (Gallium Aparine)

Cleavers is a true Spring Tonic as its detoxifying and cleansing properties can help rejuvenate our lymph system and liver after a long winter.

Mild, safe diuretic, which tones and soothes irritations of the kidneys and urinary tract.

An excellent lymphatic cleanser and a safe, effective remedy for swollen glands, tonsillitis and tumors.

Helpful in dissolving kidney stones and urinary sediment

Body cleanser for skin issues such as eczema, psoriasis

Helps clean the blood and strengthen the liver

Tones bladder and kidneys for infections or water retention

URINARY TONIC FOR BLADDER HEALTH

This is a soothing, healing remedy for bladder irritation (not quite a full blown infection, but rather a low-grade chronic irritation)

1 part Chickweed Tops
1 part Marshmallow Root

1 part Dandelion Leaves
1 part Nettle Leaves

Prepare an infusion of the herbs: Put 4-6 TB of fresh or dried herbs into a glass Mason jar (quart size). Pour boiling water over the herbs, filling the jar, cover and let steep 30-45 minutes.

Strain and drink 3-4 cups per day.

(From Rosemary Gladstar's "Medicinal Herbs—A Beginner's Guide")



wiseGEEK



Big Tree Herb Farm

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



**This is the last
newsletter of the
season but we
will start again in
November 2026.**



UPCOMING MARKETS:

**Big Tree Herb Farm
will be at the following
markets this Spring and
Summer:**

Wentworth—3/21/26 10-2

Stratham—4/4/26 10-1pm

Berwick—4/12/26 10-1pm

Sanford Maine

Saturdays 8-12

May 2—October 31

And

Exeter NH

Thursdays 2:30—6

May 7—October 29

DANDELION PESTO:

2 cups chopped dandelion leaves

1/2 cup shelled pine nuts

3 garlic cloves, minced

1 TB Lemon Juice +1 TB lemon zest

1/2 cup extra virgin olive oil

1/2 tsp sea salt

1 tsp turmeric powder

1/2 tsp freshly ground black pepper

1/4 cup freshly grated Parmesan Cheese (or goat cheese)



Place all the ingredients
(except cheese) in blender or
food processor. Process until
smooth. If too thick, slowly
add a bit more olive oil.

Add cheese and continue to
blend until mixture has a
smooth consistency.

Refrigerate.

Enjoy this dip with crackers, bread or baby carrots. It can
also be used as a topping on meats, vegetables or eggs.

UPCOMING CLASSES:

**Saturday March 28th at
10am at Wells Reserve/
Laudholm Farm In Wells
ME—Salve Making**

And

**Saturday April 18th at
10am at The Gathering
Place in Somersworth NH
Spring Cleanse/Detox
\$40 each**

**Please sign up on our
web-site:**

