

Everlasting Gardener's

## ***Improving Your Herb Know-How***

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*"Then God said, 'I give you every seed-bearing plant on the face of the whole earth . . .  
And to . . . Everything that has the breath of life in it I give  
every green plant for food.'" Gen. 1: 29,30*

If you have questions about any information in these articles, or if you  
need any supplies or products, please contact  
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Following this link to my website may also help you find what you are looking for:  
<http://www.everlastinggardener.net>

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### **Herbs Have a History of Effectiveness**

Six Reasons to Use Herbs

This is eighth in the series, which began in my July 1, 2009 newsletter.

Plants were created for us and ‘planted’ all over the earth for our use. People have gathered and used them for their food and medicine for generation after generation. They have come to realize what herbs can do for the body, soul and spirit. Herbs have a long history of effective use, having been tested and used for all those years.

Here are two more examples of Herbs which have been used by people for many, many years:

## **Calendula**

*Calendula officinalis*

Ancient Egyptians valued it as a rejuvenating herb. Persians and Greeks garnished and flavored food with its orange and gold petals. During the American Civil War, doctors on the battlefield employed the leaves to treat open wounds. **Fennel**

*Foeniculum vulgare*

Every part of this plant, seeds to roots, is edible. This is one of the oldest cultivated plants, much valued by ancient Roman warriors, who took it to keep in good health. Roman ladies ate the seed to prevent obesity. In 812 A.D., Charlemagne declared that Fennel was essential in every imperial garden.

(some information obtained from "The Complete Book of Herbs", by Leslie Bremness)

If you have any question about any Herbs or their uses, please contact Joanie:

[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

To visit Joanie's online Herb supplement store:

[http://everlastinggardener.net/natures\\_sunshine\\_independent\\_dis.htm](http://everlastinggardener.net/natures_sunshine_independent_dis.htm)

## **What to Do About Seasonal Affective Disorder**

Some people get the symptoms of Seasonal Affective Disorder Syndrome in the middle of winter, when the dreary days seem to have gone on endlessly. Some people get the symptoms early in the fall/winter season, almost in anticipation of the darker months.

But whenever it shows up, Seasonal Affective Disorder (or SADS) can be miserable. Anxiety, mild to moderate depression, wanting to sleep more than usual, crabbiness – all these can occur to those who must endure many months of cold and gloomy weather. So what can those who suffer SADS do to alleviate the symptoms?

St. John's wort – This herb helps to maintain a positive outlook and healthy motivation. It may have powerful mood-enhancing properties.

Mood Elevator – This Herbal supplement's key ingredients supports peak liver function, maintaining positive mood. Its Chinese name means "relieve depression".

Energ-V – Provides nutrients that support vitality, nourishing the brain, glands and nervous system, enabling the body to cope with stress.

Vitamin D3, the more bioactive form of vitamin D, is called the "Sunshine vitamin". D3 may increase well-being like when the weather is sunny and the body is able to manufacture adequate supplies of vitamin D

Visit Joanie's online supplement store to see more information:

[http://everlastinggardener.net/natures\\_sunshine\\_independent\\_dis.htm](http://everlastinggardener.net/natures_sunshine_independent_dis.htm)

## Herbal Highlight

Dill

*Anethum graveolens*

Ancient Egyptians recorded the use of Dill as a soothing medicine, and the Greeks claimed “dill stayeth the hickets” (hiccups). This herb was valued so highly in Biblical times that it was used to pay taxes.

Dill can be grown on a sunny windowsill in temperate regions. Outdoors, Dill grows best in rich, well-drained soil, in full sun, protected from wind and heavy rains (or stake it). Thrown on the ground in the winter or spring, the seeds sprout and grow into 3 to 5 foot plants, mature, then reseed themselves, growing up the next spring.

Use the LEAVES to season dishes like soups and dips - especially delicious on burgers and sandwiches. Add finely chopped to soup, potato salad, cream cheese, butter, eggs, salmon and grilled meats.

Use the SEEDS whole or ground in soups, fish dishes, pickles, cabbage, apple pies, butter, cakes and breads.

For cosmetic purposes, the SEED is crushed, made into a strong tea and strained into a bowl for a bath to strengthen nails. Chew to sweeten breath.

Dill is the 2010 Herb of the Year.

Medicinally, Dill SEED is chewed or made into a tea and served at the end of a heavy meal as a digestive. Use in a salt-free diet as dill contains various mineral salts. Dill tea also relieves indigestion, flatulence, hiccups, stomach cramps, colic, insomnia and to encourage milk production in nursing mothers.

(some information obtained from "The Complete Book of Herbs", by Leslie Bremness)

## Private Classes

If the date or time of any of Joanie's classes does not fit your schedule, please contact her to set up your private class. You won't have to miss out on any Herb class that you want, in order to become further educated about Herbal Cooking, Herbal Medicine, Herb Growing, Aromatherapy, Reflexology, Iridology, etc.

Make your appointment today:

[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

## UPCOMING CLASSES

### REFLEXOLOGY

Saturday, November 21, 1:00 pm.

at Joanie Lopic's Office

888 Tulip Dr., New Brighton, PA 15066

How to perform this effective, diagnostic and preventive therapy.

Learn the reflex points which connect to all of the body's organs to bring healing to them. This therapy can be used on yourself or your friends or family.

You will receive printed information and a Reflexology chart, and will practice the technique.

\$15.00 per person. Register with a friend and each receive \$1.00 off, refunded day of the class.

Register with your deposit of \$8.00, received in Joanie's mailbox, by Thurs., Nov. 19. If the date or time of any of Joanie's classes does not fit your schedule, please contact her to set up your private class.

[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

### **Act 48 Continuing Education**

courses for Pennsylvania teachers are listed on Joanie's website.

Registration has ended for Fall, '09 courses. Check back soon to find the winter/spring, 2010, courses offered by Joanie through both the Beaver Valley Intermediate Unit and the Midwestern Intermediate Unit.

For details on the class content and registration, please visit:

[http://everlastinggardener.net/classes\\_by\\_joanie\\_lapic.htm](http://everlastinggardener.net/classes_by_joanie_lapic.htm)

### **BIG NEWS!!**

Check the website the second week of November for savings on our NEW holiday gift sets. <http://everlastinggardener.net>

### **NOVEMBER CONTEST**

Guess the 2010 "Herb of the Year" and Joanie will send you its seeds to grow for yourself to the first 10 correct entries. These seeds are easy to germinate and grow, even indoors.

If you need a hint, there is a big one in this newsletter.

Entries must reach Joanie by Nov. 30, 2009, by either e-mail or snail mail (received Nov. 30, 2009, or earlier).

You must send your guess and include your street address.

[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

"Blessed is the man who does not walk in the counsel of the wicked . . . But his delight is in the law of the Lord" Psalm 1:1,2