

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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("Six Reasons" series)

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Herbs Have a History of Effectiveness

("Six Reasons to Use Herbs" series)

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

Herbs have a history of effectiveness. They have been tested and used by people for hundreds, even thousands, of years. God created this earth full of plants which surround all of us. So people have always been able to gather and use whatever grows nearby. Generation after generation has realized what herbs can do for the body, soul and spirit.

Here are some stories about Herbs which have been used by people for a very long (and safe!) time:

The *Alliums* (chives, leeks, garlic, onions, etc.) have a long history of uses. 4,000 years ago the Chinese wrote about how to use Chives. When Marco Polo visited there, he took the knowledge and the plants with him to the West, where they became a necessary staple.

Aloe vera was mentioned in the Ebers Papyrus, dating from 1552 B.C. and is identified in wall paintings in ancient Egypt. Records of *Aloe* in ancient Greece date

back to the 4th Century B.C. Alexander the Great is believed to have conquered the island of Socotra in order to have supplies of Aloe to heal his soldiers' wounds. It was in the 11th Century that Aloe is mentioned as used in Chinese medicine. Anglo-Saxon medical texts include it, as it was introduced to Europe in the 10th Century.

It is interesting to explore uses of Herbs throughout history, as will be doing in the coming weeks, in order to illustrate Herbs' history of effectiveness.

The main benefit of using Herbs is that, as natural substances, they are immediately recognized by the body as nutrition, and so are readily digested and assimilated, just as food is. An important reason why so many people use Herbs to heal their health problems is that there are benefits of using whole substances rather than isolated chemical compounds.

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

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

http://everlastinggardener.net/contact_us.htm

To visit Joanie's online Herb supplement store:

http://everlastinggardener.net/natures_sunshine_independent_dis.htm

Labor Day DRAWING

Now through the end of Sept. is the best time to plant **perennial Herbs** such as Oregano, Chives, French Tarragon, Purple Sage, Chocolate Mint, medicinal Herbs, etc.

For every 3 perennial **OR** windowsill Herbs you purchase by Sept. 12, 2009, you get **one chance** to win 2 Herb plants OR two Pocket Therapies. (Buy 6 Herb plants, get 2 chances, buy 9 Herbs, get 3 chances, etc.). The drawing will be done about Sept. 14, and the winner will be announced in the mid-September '09, newsletter.

Your prize must be picked up at Joanie's Gardens before Oct. 1, 2009.

Please call Joanie for your appointment to come and choose your Herbs.

http://everlastinggardener.net/contact_us.htm

September SPECIAL – FREE CLASS! !

Sign up for Joanie's October 13, 2009, REFLEXOLOGY class, (by registering with your deposit of half the amount, received in her mailbox by Sept. 30) and you will be registered in a Drawing to win the class for FREE. (See class listing at the end of this newsletter.) http://everlastinggardener.net/contact_us.htm

Herbal Highlight

Scented Geranium

Pelargonium species

Most Scented Geraniums originate from the Cape of Good Hope in Africa, and although they were introduced to Britain in 1632, they were pretty much unknown until 1847, when they became valuable to the French perfume industry. The Rose-scented geranium, 'P. graveolens', yields a light rose perfume with fresh green notes. The

Victorians used to bring their pots of Scented Geraniums indoors and set them on the floor where the sun would nurture them and the womens' skirts could rustle them and release the scent. In the summertime, they placed the pots along walkways to give the same aromatic effect.

The plants enjoy a sunny, airy spot, in well-drained soil or potting soil. Though Scented Geraniums can be planted in the ground in the warm months, they should be repotted and brought indoors for the cold months, where they make excellent house plants. Most of them grow within the 8" to 2 foot-high range, though to keep them at a manageable size, they can be pinched out and used, as described below. To harvest the leaves, pick them at any time, and then they can be dried.

Culinary Uses --

Toss the flower in salads. Make a strong tea with the leaves, or chop finely, to use in making sauces, custards, jellies, icing, buns, water ices, butters, sugars, syrups and vinegars (macerate whole leaves). Crystallize to decorate cakes. Lay the leaves under baked apples or cakes to impart the lovely flavor. The different scented geraniums impart their distinctive flavors to various types of dishes, for instance the nutmeg-scented one for liver pate, or the apple scented one with Welsh rarebit or in watercress soup. The intensely lemon-scented "Mabel Grey" is excellent to use because of its strong lemon scent. The lemon-scented "French Lace" is a petite, variegated, curly-leaved, very ornamental plant.

Cosmetic Uses -

The essential oil of the leaves is added to perfume and face creams to balance out oily skin areas and to calm inflamed skin. Infuse the leaves and use as a mild astringent to clean and help circulation of pale, sluggish complexions. All Scented Geraniums can be added to the bathwater for their help in soothing many skin conditions.

Aromatic Uses -

The leaves are used in potpourri and pillows.

Medicinal Uses -

The essential oil of the leaf is used in Aromatherapy massage for relief of PMS and fluid retention, dermatitis, eczema, herpes and dry skin ailments. Massage as a boost to the nervous system. The 'graveolens' variety (Rose-scented), in particular, has the following properties: relaxant, antidepressant, antiseptic, reduces inflammation and controls bleeding. The 'tomentosum' variety - Peppermint Scented Geranium - is used as a poultice for bruises and sprains.

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

Joanie has several varieties of Scented Geranium plants available.

Please contact her for your appointment to get your plants:

http://everlastinggardener.net/contact_us.htm

Upcoming Classes

Reflexology Basics

(to help celebrate National Reflexology Week)

Tuesday, September 22, 2009

6:30 pm

at Joanie Lopic's Office

888 Tulip Dr., New Brighton, PA 15066

How to perform this effective, diagnostic, preventive and curative therapy.

Learn the reflex points which connect to all of the body's organs to heal them.

You will receive printed information and a Reflexology chart. We will practice the techniques on each others' feet.

\$20.00 per person. Register with a friend and each receive \$1.00 off.

Register with your deposit of \$10.00, received in Joanie's mailbox, by Sept. 19, and you will be registered in a Drawing to win the class for FREE. The prize of a free class is transferrable and must be used for this Reflexology class.

http://everlastinggardener.net/contact_us.htm

Herb Harvesting

Tuesday, October 6, 2009

6:30 pm

Learn the best practices for

~ preserving Herbs for wintertime uses

~ using them for cooking and medicine

We'll tour the Gardens, harvest some Herbs, and learn the techniques to make them into tinctures, teas, jellies, vinegars, butters, etc.

Take home

1. an Herb plant to grow in your window
2. some fresh-made Basil Pesto

\$12.00 per person. **Take \$1.00 off** each when attending with a friend.

Your deposit of \$6.00 must be in Joanie's mailbox by Monday, Oct. 5.

http://everlastinggardener.net/contact_us.htm

New Pocket Therapy

Are you troubled with toenail fungus you can't seem to overcome?

How about a student or athlete who has picked up athlete's foot at the beach or gym?

Most people don't want to take harsh pharmaceuticals to get rid of these conditions because they know those aren't good for them.

Try Joanie's newest Pocket Therapy, ANTI-FUNGUS.

Anti-Fungus is made with essential oils known to kill fungus and heal skin, such as Tea Tree, Lavender and Patchouli.

Apply this soothing, great-smelling, fungus-killing salve two or more times a day.

Try it soon!

<http://everlastinggardener.net/products.htm>

***Every dollar that you spend , every healthy habit you begin NOW,
building and maintaining your health with natural methods,
gives you peace of mind and a happier future.***

Stand for something or you will fall for anything...

"Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good..." (Galatians 6:9-10)