

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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#### **NOW EASIER To Get Products**

It's a "SNAP!" to order and receive your Everlasting Gardener Pocket Therapies or any of Joanie's other helpful herbal products.

1. Contact Joanie to let her know what you'd like.
2. She'll e-mail or call you back to let you know the cost.
3. You send payment by Pay Pal or check.
4. Once Joanie receives payment, she sends out your order right away.

Start with the Product listing:

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

and send a list to Joanie:

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

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

("Six Reasons to Use Herbs" series)

This is sixth 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. People have always been able to gather and use plants which were created for us and were 'planted' all over the earth for our use. Generation after generation has realized what herbs can do for the body, soul and spirit.

Here are a couple more short histories of Herbs which have been used by people for a very long (and safe!) time:

### DILL, *Anethum graveolens*

There is a Biblical reference which gives evidence of the value of this herb, such a high value that it was used as a payment: "Woe unto you, scribes and Pharisees, hypocrites! For ye pay tithe of mint and dill and cumin, and have omitted the weightier matters of the law" (Matt. 23:23). Long before that, ancient Egyptians recorded Dill as soothing medicine. The Greeks claimed that "dill stayeth the hickets (hiccups)". In ancient Athens and Rome, it held an honored place in war heroes' garlands. Its common name is derived from the Norse *dylla* ("to lull") and was used for centuries to promote restful sleep. During the Middle Ages, it was a valuable St. John's eve herb, used to protect people against witchcraft. It was also infused in wine to enhance passion. Early settlers brought Dill to North America, where one of its uses was "meetin' seed", because it was given to children to chew during long sermons. Nowadays it is still valued as a culinary and medicinal herb which enhances digestion and soothes cramps and gas.

### FRENCH TARRAGON, *Artemisia dracunculus*

This herb's Latin name means "little dragon", probably because the roots are serpent-like. It was used to overcome serpents' venom in times of old. The Crusaders brought it back to central Europe, where it was used to help relieve gas and colic, stimulate the appetite, numb toothache pain and aid sleep. It is mostly used now as a culinary herb, popular in fish, chicken and vegetable dishes and sauces, and though French Tarragon is an excellent seasoning, it still does the digestion good.

(some information obtained from "The Complete Book of Herbs", by Leslie Bremness, and from "The Complete Guide to Natural Healing")

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)

## **Labor Day DRAWING**

(WINNER CHOSEN AFTER SEPT. 12)

\_\_\_\_\_ is the winner of Joanie's Labor Day Drawing. S/he has chosen for her/his prize \_\_\_\_\_.

Now through the end of Sept. is one of the best times of the year to plant perennial Herbs like French Tarragon, Purple Sage, Chocolate Mint, Oregano, Chives and other medicinal and culinary Herbs.

Give Joanie call or e-mail for your appointment to come and choose your Herbs.

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

September SPECIAL - FREE CLASS! !

Sign up for Joanie's September 22, 2009, REFLEXOLOGY class, and you will be registered in a Drawing to win the class for FREE. Register by sending your deposit of half the amount, received in Joanie's mailbox by Sept. 30, 2009.

Please see particulars on Joanie's classes listings on the website:

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

## **Herbal Highlight**

FRENCH TARRAGON  
Artemisia dracunculus

French Tarragon originated in Russia, central Asia and the Himalayas, and its Latin name dracunculus means "little dragon".

This perennial Herb likes to grow in semi-sunny, protected areas in temperate zones. It prefers a moist, well-drained soil rich in humus. When grown in ideal conditions, it can reach up to 3 feet high. Give it winter and wind protection with straw or similar mulch.

It is said to be suitable for growing indoors.

To harvest French Tarragon leaves, pick a stem about halfway down, to allow for strong, healthy growth of the plant. Or just pick several leaves at a time, because the herb has a delicate but strong flavor and most dishes don't need much Tarragon for flavoring.

The best ways to preserve the leaves for wintertime use is to chop them up and freeze in baggies or in ice cubes, only taking out as much as you need at one time, or incorporate them into an herbal vinegar.

## **USES**

~Culinary - French Tarragon is an essential ingredient in 'fines herbes' (along

with chervil and parsley). It can also be used to make vinegars, Bearnaise, hollandaise and tartar sauces.

Try the chopped leaf in avocado fillings, mayonnaise for fish dishes, salad dressings, light soups, any tomato or egg dish including omelettes and scrambled. Chop and mix into butter for an herb butter suitable for vegetables, grilled fish, steaks and chops. Lay the leaves on a roasting chicken or chop leaves into the stuffing. Add to preserves, pickles and mustards.

~Medicinal

Leaf - The leaves are rich in iodine, mineral salts, vitamins A and C.

Make a tea to stimulate the appetite and to aid digestion. It can also be used as a general tonic.

Root - Helps cure a toothache. Chew a little then hold against the tooth or bite on the root piece with the painful tooth.

(some information obtained from "The Complete Book of Herbs", by Leslie Bremness, from "Holistic Herbal" by David Hoffmann and "Encyclopedia of Herbs" by Deni Brown)  
Joanie has French Tarragon plants available.

Please contact her for your appointment to get yours:  
[http://everlastinggardener.net/contact\\_us.htm](http://everlastinggardener.net/contact_us.htm)

### **UPCOMING CLASSES**

Reflexology Basics  
Tuesday, September 22, 2009 at 6:30 pm

Herb Harvesting  
Tuesday, October 6, 2009, 6:30 pm

Act 48 Continuing Education courses for Pennsylvania teachers are also listed on Joanie's website 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)

### **New Pocket Therapy**

Is toenail fungus or athlete's foot bothering you or someone you love?

Try Joanie's newest Pocket Therapy, ANTI-FUNGUS, made with essential oils known to kill fungus and heal skin: Tea Tree, Lavender and Patchouli.  
Check it out: <http://everlastinggardener.net/products.htm>

And try it soon!

It's easy to order and receive your Anti-Fungus or any other Pocket Therapies.

1. Contact Joanie to let her know what you'd like.
2. She'll e-mail or call you back to let you know the cost.
3. You send payment by Pay Pal or check.
4. Once Joanie receives payment, she sends your order right out.

See? . . . EASY!

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

-Thomas Edison