

# The Four Seasons Herbal Guild Newsletter



## Happy Holidays!! (as much as we can!)

This year, instead of our annual meeting at Mont Lamm where we exchange and sell things to each other, share in a delightful potluck, and elect the next slate of board members, you get this cozy newsletter. We all miss seeing and visiting with each of you and hope, at least by summer, we can meet together again; and hopefully the Faire in the fall???. So in this issue you will hear how the year has gone, plans for 2021 (it can't get here soon enough...), what Herbalists Without Borders has been up to, the Gardens we tend, our board members, Faire doings & work on the website.

## The Board

First about the board. The guild would not be what it is without the volunteers who agree to contribute on the board. Having a great variety of folks with energy, ideas, interest and some with extensive knowledge in medicinals makes us really grow!! So we thank each of them for their efforts. I especially would like to call out Dianna Michaels who stepped down this year from the board. She was very instrumental in many of our steps to get organized (an on-going process). Her great organizing skills helped us tremendously. Grateful thanks for her efforts. Our board is currently composed of 7 members:

*Co-Presidents:* Mary Schmidt & Torie Foote

*Treasurer:* Cara Hagar

*Secretary:* Lily Seitz

*Website:* Lily Seitz & Dianna Michaels

*Faire Chair:* Jessica Spurr

*Social Media:* Lily Seitz, Instagram; Jessica Spurr, Facebook

*Herbalists without Borders:* Carla Martinez & Mary Schmidt

*Gardens:* Carla Martinez & Alexandra Montague

In order to have continuity only a few seats are up for election each year. This year 3 seats are up for re-election. All three members have said they will run again however if anyone else wants a chance to help the board you are encouraged to throw your hat in. Once we have confirmed the slate I will send out another email to gather your votes and I hope by December 31st to have everyones input so we can announce the new slate of board members. Currently the open seats are for Co-President/HWB, and two open seats (one manages Facebook and the other manages gardens and HWB.) The open seats do not require that you become chair of something but you can add your own interest and specialties.

## Social Media

We're on Instagram! Follow us @fourseasonshg for herbal knowledge, tips for staying healthy & guild updates.

And Facebook! Like/Follow us @FourSeasonsHerbalGuild

## Updates

This is the time of year to renew your annual membership of \$25. These funds keep our website going (licensing, design & sharing) and provide support to our gardens, HWB, marketing & education efforts. Please send your dues to:

12006 N Fairview Rd, Mead, WA 99021

Checks to: Four Seasons Herbal Guild

In 2021, we hope to finalize our Bylaws and to add a "Trading Post" to our website, this will allow paid members to trade and or sell herbal goods through our website, I am very excited about this. We hope to again meet together in 2021 & to further our educational efforts for herbalism.

Cheers to you all!! ~Torie

## Shop Local

The pandemic has many local businesses reeling from our shifted reality. One in particular needs our help, the local Co-Op, the Main Market. They provide fresh & organic produce & they source & shelve local items. They have provided teaching space for herbalism and for the Thanksgiving holiday they gifted each employee a turkey! The Main Market is vital to our food supply, and we want them to survive the pandemic, please consider becoming a member or returning to their store for a shopping trip. The store is clean & ready to welcome you!

## Pine Cone Bird Feeders

Pine Cones

Bird Seed

Coconut Oil, or Lard

String

Mix your oil with your bird seed, mix enough so that the seeds are sticking to one another and not falling off. Next tie your string around the top of your pine cone, leave the other end loose so that you may attach it to what you like. Now, coat your cone in your oil/seed mixture. Go outside and hang it somewhere you can enjoy the birds eating from it! (Or gift it to someone!) Remember many birds like to perch while they eat, so be sure there is a place for them to stand while they munch your creation!

## Balancing Your Internal Winter Wonderland

As winter sets upon us, I put my attention on the changes of the season and how they affect the way our systems work. We had a Four Seasons Herbal Guild meeting on energetics last year, so as an expansion of that class I'll explore the energetics of Winter.

As we remember, energetics often has to do with the body's temperature; hot/cold, moisture; wet/dry and working state; tense/relaxed.

A hot state often referred to as 'excitation' will look over stimulated and excited with increased activity, often with flushes of red skin or yellow coloring to tissues or mucus.

A cold state, known as 'depression', will present as under stimulated, often pale and cool to the touch with decreased activity.

A dry state, 'atrophy', shows tissues dried out, either not enough water or lipid.

A damp state, 'stagnation' has fluids congested, often stuck, not flowing.

Tense is 'constriction', tissues appear tight, maybe in spasm, nervous or strained.

'Relaxation' lacks tone and doesn't hold fluids.

Our body functions well when we are in balance with hot/cold, wet/dry, and tense/relaxed. Somehow, we have the ability to find homeostasis

when in ideal health, but what we eat, where we live, what we watch on TV and the weather, all have influence on our systems and can throw us off balance.

Usually, the last thing we want in the middle of a summer heat wave is a big bowl of steaming soup, but now, as the temperatures drop, that soup sounds much more appealing. This is because the external temperatures effect how we are able to heat or cool ourselves. In addition, we may have our furnace running which dries out the humidity in the air we breathe. And let's not forget the CoVid 19 crises we are all dealing with, just to add to the often-stressful lives we lead. Now our internal balance is off and this effects how all our systems work. This scenario

sets us up for a cold, dry, tense condition which lowers our immune system and makes it easier to get sick.

Let's consider a few ideas to help ourselves through the cold winter months. Warm foods and liquids are a good way to start and avoiding icy sodas is advised. The stomach works best at its 120-degree normal temp so cooling it down with cold foods and liquids lowers the efficacy of the system. Any warming spice can be added to food or beverage

and will help stimulate circulation and warm a body up. I love to use: Cinnamon, ginger, cayenne pepper, garlic, onion and even horseradish. One suggestion for cold feet is to sprinkle some cayenne in your socks and go for a walk or do some exercise.

Whether you need moistening or drying, herbs can be very helpful. To aid in a dry condition, such as a dry cough, demulcents can help. Commonly used are: marshmallow, violet, mullein, slippery elm or licorice. If you are too moist, fluids are not moving, then we use bitters, stimulants and aromatics. Motherwort and blue vervain as well as hops and yarrow are good bitters for lots of uses. These tend to relax musculoskeletal tissues and allow for fluid movement.

Stress has its ongoing influence over our entire physiology. We can use relaxing aromatics to calm and soothe us when tense. Aromatic means that there are volatile oils in the plant and so they will have a scent. This scent disperses into the air and is a signal of how they affect us. They get things moving, release tension and lighten us up. If our

tissues are too relaxed, lack tone and won't hold fluids, we can use astringents to tighten up and pull together the proteins in our tissues. This helps with tissue function and will dry out a boggy area.

The winter environment will influence how our body functions with its cold temps, dry air and inactivity. Much can be done to help the body stay in balance and keep our immunity up. Activity, good real food, limited blue screen time, warm clothes and getting out into the sunshine and fresh air can go a long way in keeping us healthy. When we need a little extra help, we can always turn to our friends the herbs, with a nice cup of hot tea.

Be Well! ~Mary

## Honey Onion Syrup

Hacking? Sore Throat? Dried Out Mucus Membranes?\*

1 large onion – sliced

Raw honey

\*use maple syrup or glycerine for children under 1 year

Slice 1 large onion in half and slice each half into rings.

Layer the onion slices in the bottom of a small pan and pour in just enough raw honey to cover the onions.

Grated ginger, minced garlic, and chopped/grated lemon peel are all warming additions as well.

Heat the honey-onion mixture over very low heat to preserve the beneficial properties of the raw honey for 30 minutes or so. The back of your wood stove for a couple days will work too

The goal is to have a nice, warm, liquidy honey that smells like onion. Your onions will soften, shrivel and brown, and the honey may darken a bit.

Pour warm syrup (onions and all) into a jar, seal, and label. Refrigerate for best results.

Honey onion syrup will keep for about 6 months when refrigerated.

\*not evaluated by the FDA



## Community Gardens

As many of you may know, part of the Herbalist Without Borders project includes our donated garden plots. One is at the West Central Abby 1832 W. Dean Ave. and one at 7910 Deerview Lane, near 65th and Palouse. The one at the Abby has been going strong for two seasons, providing our Herbalist Without Borders clinics with many herbs for our clients. The Garden near the Palouse, known as the Deer View Garden, is still in its visioning stages. Currently, we have put down black plastic to kill the grass and have been harvesting wild growing herbs.

For the past two years, Carla Martinez has been the point person for the gardens, her focus has been the West Central garden. Nominated for a second term by the board, Carla will continue to be the person that elicits volunteers and gathers plant donations. In 2021 we will be looking for garden managers for both gardens. Managers will help orchestrate the hands on work in the garden, as well as visioning if they are interested. Managers will be expected to do the following:

- \*Be in great communication with Carla
- \*Organize the harvested donations
- \*Find more volunteers if needed

This is where you come in! We are wondering if someone(s), would be interested in being the garden manager for either of these gardens?

We could especially use some envisioning help from someone with a permaculture background at the Deer View garden where we have very little water access at this time

At the West Central garden, we hope to be collaborating with River City Youth Ops and the Hutton Settlement as well.

Please contact Carla Martinez at [perianthherbs@gmail.com](mailto:perianthherbs@gmail.com)

If you are interested in being a garden manager or other type of volunteer, have suggestions and/or ideas Carla would love to hear from you!

Thank you!

## The Faire

Five years running, the Spokane Herbal Faire has brought herbalism, education, community, excellent food and beauty to the Spokane landscape. We were hosted by the Corbin Senior Center the first year, then we moved to Unity Church on the South Hill, we stayed there three years, then the West Central Abbey welcomed us

with open arms. That same year we realized something else, a whole day of efforts, that usually went late into the night were not worth only one day of fruit! So we changed our tune and made the faire two days instead! What a relief that was, walking out of the Abbey Saturday afternoon, not having to pull everything down again, and then the experience of coming in Sunday morning and seeing the beauty of everything ready for us!

Due to Covid and all the changes that brought our worlds, the board decided that in 2020 we not host the Faire, community health was on our minds, and we did not wish to be responsible for any more spreading of the virus. Taking a breather from

the event has given space to review all the paperwork, a tightening up of forms and letters and will provide for a renewed vitality and organization come 2021.

The tentative Faire dates for 2021 will be September 18th & 19th, the weekend prior to the full moon. Should all go as planned we will again be hosted by the West Central Abbey and we will create a beautiful and educational event for the Spokane community.

Volunteers needed!! Please consider putting forth your efforts into the unfurling faire. Our volunteers come and go as life allows, and fresh input is necessary and valuable. Our core team has taken on many new responsibilities as we have coordinated efforts for all the other topics you see mentioned in this newsletter. Please consider putting forth your time and efforts into volunteering for the Faire as a coordinator or supporter, please contact Jessica Spurr for more information,

[earthlyapothecary@gmail.com](mailto:earthlyapothecary@gmail.com)  
also visit the website:  
[www.spokaneherbalfaire.org](http://www.spokaneherbalfaire.org)

## Healthier Hot Cocoa



- 1 cup unsweetened cocoa powder
- 1 cup coconut sugar (or other granulated type sugar)
- 2 tablespoons arrowroot powder
- ¾ cup semi-sweet chocolate chips
- ½ tsp. vanilla extract, powder or seeds scraped from a 1" piece of Vanilla bean
- ¼ tsp. fine sea salt
- ¾ cup milk powder

Instructions:  
Combine all the ingredients except milk powder into a blender and blend until fine and powdery. Add the milk powder and blend well, or stir together in a bowl.

To serve: Place 4 heaping tablespoons into a mug and stir in 1+ cup of hot water. Stir until dissolved. Add more to taste. Or you could add to heated milk of any kind. Top with marshmallows or whip cream!  
Store tightly covered. Will last for several months

~Dianna Michaels

# Rosemary Gladstar's Recommendations for Building Your Immunity during Covid

As we continue to learn about this virus there are things that people have been doing for centuries to keep their immune systems healthy and their spirits high. I recently sent a note to my family with these suggestions with an offer to make up care packages for them if they wished. Of course, no one can do all of these things, but read through them and see what you have on hand, do a little more research on your own ~ I've provided some great links where you can go for more information ~ and decide what is best for you and your family. Remember, stay safe, keep healthy and remain calm and positive. Here we go ~

## Daily Probiotics

Daily servings probiotics in any of your favorite forms: sauerkraut and other fermented foods, yogurt, kefir, miso, etc. \*If you've not made your own sauerkraut this is the time! It's so fun and easy, and a great food to be eating right now.

## Garlic, garlic, garlic

3-4 cloves a day; raw, chopped finely or mashed. Can one get too much garlic? Yes, some people don't tolerate it well, so go easy on it until you find your dose level. Chop and mash fresh garlic and let it sit for a few minutes before ingesting as this allows the garlic to oxidize and activates the antiviral compounds. Always take raw garlic with food or it can upset your stomach. It's great mashed, mixed with plain yogurt and served on rice. This is one of my Mother's favorite foods, an Armenian specialty. My Mom is 96 years old and still in amazingly good health and when she's visiting me, we eat it almost daily for breakfast. Yum! \*Remember, in the olden days people would wear cloves of garlic around their neck to keep the plagues at bay. Great for 'social distancing' as well.

## Seaweed

Eat Seaweed daily. Aside from the fact that it's unbelievably nourishing (seaweed contains more minerals and trace minerals than any land vegetable!), seaweed is very immunoprotective and a great aide in building and protecting our immune system. For excellent information on seaweed and

COVID-19 write to [hanson.larch@gmail.com](mailto:hanson.larch@gmail.com)

Great sources for seaweed:

Ryan Drum at [www.ryandrum.com](http://www.ryandrum.com) (from WA state)

&

Larch Hanson [theseaweedman.com](http://theseaweedman.com)

## Fire Cider

I knew there was a reason fire cider took center stage in the herbal community: it was meant for these times. It is rich with immune and respiratory supporting herbs: garlic, onion, ginger, horseradish, lemon, turmeric, cayenne. Add a big handful of fresh rosemary, thyme, oregano and sage to your batches and you have a super tonic for the times.

\*You can purchase all of these herbs fresh in the produce departments of most natural food and grocery stores.

\*\*Like the Main Market Co-Op\*\*

## Culinaries

Don't forget, some of our most medicinal herbs are in the kitchen closet: Clove, Rosemary, Sage, Thyme, Oregano.

*Supports for Influenza/Influenza*

*Like Illness in the Event of an Pandemic*

by Lora Kroll RN

and this blog post:

<https://www.threespringsfarmvt.com/single-post/2020/01/29/Coronavirus-Elderberry>

by Helen Ward,

Education Director of the Science & Art of Herbalism.

## Vitamin C & A

High doses of Vitamin C. 1-2,000 mg twice a day as preventative. Use buffered C for ease on the stomach, or liposomal C, which is more easily absorbed. Vitamin A – 25,000 IU. We aren't hearing much about supplementing with Vit. A these days, but it was always a favorite supplement I used when people had attacks of asthma, allergies and severe respiratory issues as it helps strengthen and rebuild the cilia or tiny hairs lining the lungs. According to everything I've read, COVID-19 attacks the cilia, so this might be a good measure to add as a preventative.

## Elderberry

Elderberry, in syrup, capsules or tincture. Especially useful for young children and the elderly (and anyone in between) because they'll love the flavor. Hard to get now as people are selling out; but my very favorite is made by our own Helen Ward at Three Springs Farm of Vermont.

\*Please note, there has been some discussion about whether or not to use Elderberry during the flu, see more info at <https://www.threespringsfarmvt.com/blog>

## Astragalus

Astragalus propinquus/membranaceus spp this has been shown to be effective against the H1N1 influenza and is used by herbalists worldwide to support to overall immune health. Great to add powdered astragalus root to smoothie and blender drinks, nut butter balls and adaptogen candy, and the herb to soups and stews.

## Sweet Annie

Artemisia Annuua: There has been some remarkable studies about the effectiveness of Sweet Annie, as an effective agent against Coronavirus. I think this is an important herb to have on hand. Read more:

<https://www.thailandmedical.news/news/breaking-news-artemisia-annua-german-researchers-confirm-that-extracts-of-the-plant-artemisia-annua-are-active-against-sars-cov-2-coronavirus>

## Japanese Knotweed

We're not hearing much about Japanese Knotweed yet, but it's a very powerful antiviral and could be incredibly useful in this situation. Tincture available from Marge Keough [www.faystonforager.com/](http://www.faystonforager.com/)

## Essential Oils

Essential oils are potent and contain many antiviral properties. I've been keeping a small bottle of clove oil in my pocket; I dilute it with a little veggie oil and put a drop or two on the tip of my tongue if I'm going out in the world and when I return home. Also, consider Essential Oils of Eucalyptus (has been shown to be effective against influenza viruses (Price and Price, 2007), Lemon, Oregano, Thyme, Rosemary, and Peppermint all of which have antiviral properties.

How to use: mix into hand sanitizers, use 2-3 drops on face masks and refresh hourly; can also use in an oil diffuser, room humidifier or the old fashioned way, a few drops in a pan of water place on the stove on a very low heat.

## Mushrooms

Daily doses of medicinal mushrooms: there are many choices available to choose from but a few of my favorites are:

Nancy Scarzello [nancyscarzello.com](http://nancyscarzello.com)

Marie Frohlich [www.mariefrohlich.com](http://www.mariefrohlich.com)

Healing Spirits [www.healingspiritsherbfarm.com](http://www.healingspiritsherbfarm.com)

&

Real Mushrooms [www.realmushrooms.com](http://www.realmushrooms.com)

## Echinacea

As Echinacea (E. purpura or E. angustifolia): take this old friend each time you leave the house and each time you return. It is one of our most renowned immune enhancers and has been known to be effective against various types of influenza. If you can, get **whole Echinacea plant** (made from root, flower, stem, and seeds), it is even better.

## More

(and there are so many more great resources out there): <https://scienceandartofherbalism.com/>

<https://wildflowerherbschool.com/responding-holistically-to-covid-19/>

Great information and recommendations from Nicole Telkes and her team at Wild Flower School.

[www.studiobotanica.com](http://www.studiobotanica.com)

Excellent easy to follow information on Herbs and herbal remedies for COVID-19 written by my dear friend and fellow herbalist, Carol Little.

[selfhealschool.com/coronavirus-covid-19-information/](http://selfhealschool.com/coronavirus-covid-19-information/)  
Excellent information on which herbs to focus on as well as practical information on how to avoid getting the virus.

[7song.com/wp-content/uploads/2020/03/An-Herbalist's-Notes-the-on-COVID-19-Virus.pdf](http://7song.com/wp-content/uploads/2020/03/An-Herbalist's-Notes-the-on-COVID-19-Virus.pdf)

A handout that well known practicing herbalist and educator, 7Song, provided. Contains good information on which herbs to consider.

[robindipasquale@gmail.com](mailto:robindipasquale@gmail.com)

Great handout with lots of good information on herbs, homeopathics and practical advice for keeping healthy written by Dr. Robin Dipasquale.

[www.stephenharrodbuhner.com/wp-content/uploads/2020/03/coronavirus.txt.pdf](http://www.stephenharrodbuhner.com/wp-content/uploads/2020/03/coronavirus.txt.pdf)

From the brilliant Stephen Buhner. He gives his usual brilliant description of the morphology of the virus, the progression of the disease, and then a very fine list of herbs that could possibly be helpful.

## And More...

[flusolution.net](http://flusolution.net)

Excellent information on homeopathic solutions for COVID-19. They offer a complete flu kit that could be quite useful, and informative online classes that are very reasonable (\$10 per class).

Thomas Easley wrote a great article here

[www.eclecticschoolofherbalmedicine.com/covid-19/](http://www.eclecticschoolofherbalmedicine.com/covid-19/)

Danielle Cohen has some great resources and support for homebound families

[www.danielle-cohen.com/covid-community-support](http://www.danielle-cohen.com/covid-community-support)

Provides a list of things to do for children, as well as at home learning opportunities for adults as well.

John Gallagher's programs for children are phenomenal.

You may find more information here:

[learningherbs.com/herbs-for-kids/](http://learningherbs.com/herbs-for-kids/)

This is a free newsletter I enjoy getting and appreciate its short informativen updates about coronavirus as well as other health topics.

[www.peoplespharmacy.com/subscribe](http://www.peoplespharmacy.com/subscribe)

<https://botanicwise.teachable.com/p/covid19/>

excellent podcast with Guido Mase', Charis Lindrooth, Deb Soule, Tammi Sweet. As the title suggests, 'herbalists we can trust with information important to know.'

Visit the American Herbalists Guild for an ever evolving list of additional resources.

<https://www.americanherbalistsguild.com/covid-19-resources>

The Four Seasons Herbal Guild is SO grateful to Rosemary for making this information available to the public! Thank you for sharing your work with us all!

## Thank You

to Brooke Medicine-Eagle for sharing Rosemary Gladstar's writing. You can find out more from her from links below:

THE MORE ALIGNED WE ARE,  
THE MORE POWERFUL

[www.MedicineEagle.com](http://www.MedicineEagle.com)

ARISING EARTH & SPIRIT blog journal:

<https://brookemedicineeagle.wordpress.com>

FB: [www.facebook.com/brookemedicineeagle](http://www.facebook.com/brookemedicineeagle)

Instagram: medicineeagle

[4bmeagle@gmail.com](mailto:4bmeagle@gmail.com)

And of course, gratitude to Rosemary Gladstar for all her wonderful teachings.

<https://scienceandartofherbalism.com/>

## Green & Clean Soft Scrub

Cleans, freshens & is Eco Friendly. For use on sinks, tubs, toilets & counters. This is a tub, sink and tile cleaner that I have used for the last two years. I find that it is skin-friendly though abrasive enough to clean and shine both porcelain and stainless-steel sinks. Of course, if your skin is sensitive, please consider wearing gloves while using.

The key to achieving a sparkling clean sink or tub with this natural cleanser is to apply it with a little 'elbow grease' and with either a sponge with a scrubby side, which works best in sinks and tubs, or with a bristle brush on tile and grout. This is followed with a thorough water rinse and wiped dry with a damp cloth. (Repeat the scrub, rinse & wipe as needed, it will clean well with a little effort on your part and depending on the build-up.)

If you choose a scented castile soap, your environment will also be freshened with the aroma of mint or lavender, two herbal scents that will lift your spirit in a calming way to bring presence and joy to your earth care conscious cleaning!

Directions:

Mix together in a 3+ cup recycled yogurt/sour cream container:

2 cups Baking Soda

½ cup Liquid Castile Soap (I enjoy the scented varieties)

2 Tablespoons 3% Hydrogen Peroxide

\*Allow head room of 1 inch for expansion which will peak within 24 hours.

Store a scrub sponge inside the container or have it and/or a pointy headed scrub brush nearby.

Dip sponge or brush into cleanser and swish around to apply to applicator, add a little water to container if cleanser is too firm.

Apply cleanser to appliance surface in a circular manner. Continue adding more water and cleanser as needed. Rinse the cleaned area well with water, rub dry with damp cloth.

Repeat as needed to remove scum deposits.

\*Not recommended for granite.

Contributed by Dianna Michaels



# Herb Infused Bone Broth

to improve immune health

Jace Alicandro Mace

[Milkandhoneyherbs.com](http://Milkandhoneyherbs.com)

Save all bones from any meat and freeze them. You can find frozen chicken backs to use, they are cartilage rich! Save all bones even w/ any meat left on them. Always buy whole chickens so you'll have the bones. Save all your leftover vegetables such as garlic, leeks, onions, root veggies, sweet potatoes, celery ends, corn, any nice sweet veggie and freeze those. AVOID brassicas like broccoli, cauliflower, turnip, as they can give a weird flavor.

## To cook:

Use largest stock pot, fill 2/3's with bones and veggies and your choice of the following:

### Medicinal mushrooms

(immune modulating, detoxifying, supports cognitive processes, digestive): Shitake, maitake, chicken of woods, oyster, reishi, lion's mane and turkey tail.

You can purchase these or gather them, best results obtained by boiling b/c they contain a polysaccharide which is water soluble). Shitake & maitake contain glutamate and increase the savory flavor to broth.

### Seaweed

(anti cancer, glutamates (for flavor): Bladderwrack, kombu, wakombe, irish moss – makes it thicker, dulse, Alkanet

### Nutritive herbs

(freeze stems of parsley & cilantro, full of vitamins, use the fresh if available or any other wild greens): oatstraw, nettles, alfalfa, rose hips, lamb's quarters, plantain leaves, chickweed, parsley, cilantro, chinese yam, red date jujube, dandelion leaf or root, burdock root.

\*Tip: mince fresh lamb's quarters, preserve with salt and make a salty veggie bouillon to add to broth!

### Culinary herbs

(essential oil rich, pungent and bitter, so go light. Add digestive support and immune support, antimicrobial, carminative-support digestion and ease gas and bloating, flavorful): Thyme, rosemary, sage, basil, oregano, garlic, ginger, black pepper, calendula—great for winter broths!

### Adaptogen herbs

(increase our resilience to stress, support adrenals, have a harmonizing effect on nervous, endocrine & immune systems, best used over time, sweet & moistening): Astragalus root, codonopsis root and/or goji berries.

## Ratios for herbs:

Mushrooms 2 parts

Nutritive herbs 2 parts

Adaptogen herbs 2 parts

Culinary herbs 1 part

Seaweed ¼ - ½ part –these can easily overpower flavor of broth so go light til you know what you like

Add ½ cup apple cider vinegar or fire cider or any herbally infused vinegar.

Cover all with water leaving 2 inches head space.

Put lid on.

Bring to boil, turn down to low (you want a low simmer not so high that all water boils off, but if it does simply add more water as needed).

Cook for at least 24 – 48 hours. You can turn off over night or when gone from house and restart as convenient.

Keep cool between cook times.

You can do this over the course of 2-4 days.

Strain, cool, freeze in yogurt containers (glass breaks too easily, but if you prefer glass, use a wide mouth jar, fill with liquid a touch less than when canning, let cool then freeze, put on lid & ring after expansion.

DO NOT USE SMALL MOUTH JARS), label and date.

This recipe will be different each time you make it. So taste it before storing away and adjust as needed, even adding additional water when using it.

Uses: Any place for broth, soups, stews, casseroles, dals, use for water base when cooking any grain or rice, congee.

Very long shelf life refrigerated!!!



## Evergreen Body Butter Recipe

Review by Dianna Michaels

Rosalee de la Foret is an herbalist and author living near Winthrop, Washington. I have taken her Taste of Herbs course and use her Wild Remedies (1) book for foraging information. I recently made her recipe for Evergreen Body Butter with a few exceptions based on what I had on hand or could afford to

purchase. In my opinion, using what is available to you to put your own take on an herbal creation is one of the beauties of practicing herbalism. I am thoroughly enjoying the outcome of my spin on this butter and encourage you to try making it with your own ideas as well! You can find her exact recipe here:

<https://learningherbs.com/remedies-recipes/homemade-body-butter/> (2)

This is what I did differently:

I used 16 ounces of Sweet Almond Oil and 2 ounces of Jojoba Oil for the carrier oils and 2 cups of freshly picked tips of Douglas Fir (*Abies* spp.) known for their aromatic, astringent and antiseptic properties and are used medicinally as a diuretic, an expectorant and for its tissue stimulating abilities thereby causing greater blood flow to an area. Externally it is used to treat rheumatic pain & neuralgia. (3)

To collect the needles, I first made a trip to a nearby evergreen forest and used hand pruners to snip off several short, new growth ends off several Douglas Fir trees. It did not take very much. A small gathering bag will suffice. To prepare the fir needles I first rinsed off the bugs and debris by holding the short branches beneath running water and then slapping them on the edge of the sink to release excess water. I then allowed them to completely air dry on a towel or screen in a warm area of my home.

Next, I removed the needles from branches by simply sliding my fingers down a branch away from the tip, to release them into a bowl. Then I used a small electric chopper/blender to chop them to medium fine. I wanted to expose more surface area of the herb by doing this, just do not blend to a mash or liquify. I measured the needles AFTER chopping them.

Because I did not have the fir essential oil called for in Rosalee's recipe, I wanted my carrier oils to be extra concentrated with the natural fir scent, so I used 2 cups of the chopped needles to my 18 ounces of oil. I placed the needles and oils in a ½ gallon glass jar topped with a loose lid and set the jar into a crock pot that had a cloth padding in bottom and enough water to come about half-way up the jar. From here I followed Rosalee's suggestion for a quick/warm oil infusion over a couple of days. I had to replace water in the crock pot once, and wipe moisture from lid of jar, and added about an additional ounce of oil to ensure the herb remained covered in oil -- so keep an eye on those things during the oil infusion process.

I did use the Clary Sage EO as I had some on hand – it is one of my favorite scents! But instead of the Rosemary antioxidant extract, I used 1 teaspoon of Rosemary essential oil simply because I had it on hand. The Antioxidant extract differs from EO in its distillation method which uses carbon dioxide extraction, enabling it to easily dissolve in oils to help maintain their freshness. (It costs about \$12 per ounce.)

I will keep my butter in the refrigerator to further extend its shelf life. But I will keep one jar in my bathroom cabinet as a test of its shelf life. I believe it will have a long shelf life because it does not contain any water or other liquid, as some herbal homemade lotions do. The Rosemary EO will also

lend

its medicinal properties of being an aromatic, restorative herb that relaxes spasms, relieves pain, and increases perspiration rate. It also stimulates the liver and gall bladder, improves digestion and circulation, and controls many pathogenic organisms. For the external use of this body butter, it will be helpful in treating rheumatism, arthritis, neuralgia, muscular injuries, and healing wounds. (3)

I found that it took quite a long time for the combined and melted oils and butters to become opaque before whipping. I set it outside in refrigerator temps to speed up the cooling down process. I then used an immersion blender to whip it until it became creamy and formed soft peaks. Because I intend to use this as holiday gifts, I made two consecutive batches so it would be easier to whip up in small batches instead of doubling the recipe, and to save washing up utensils twice!

After scraping as much as possible into small jars (jelly jars worked great for this), I scraped out the remainder from the melting pot and my blender and used it immediately following a shower while my skin was still moist in order to trap that moisture with the use of the body butter. The resulting feel was at first quite oily, but within 2 minutes was totally absorbed by my skin which then felt velvety and smelled slightly of evergreen. I think both men and women will enjoy this body butter scent, just give it a couple minutes to be absorbed and I think you will LOVE IT!

Because it smells so yummy, I think I will call mine  
*“Christmas Tree in a Jar”*.

(1) de la Foret, R. & Han, E., (2020), Wild Remedies How to Forage Healing Foods and Craft Your Own Herbal Medicine, United States, Hay House, Inc.

(2) de la Foret, R. (2016, December 9) Homemade Body Butter Recipe With Evergreen, retrieved November 28, 2020 from

<https://learningherbs.com/remedies-recipes/homemade-body-butter/>

(3) Brown, Deni, (2002), The Royal Horticultural Society New Encyclopedia of Herbs and Their Uses. Great Britain: Dorling Kimbersley Limited

## Thank You Volunteers!

The Herbalists Without Borders Collection would like to extend a warm thank you to all the volunteers and donations over the last two years. People from the community and local businesses have been donating almost everything we have asked for, locks, gloves, containers, plants, herbs and more. An especially gigantic thank you for the record number of herbal donations and volunteers who helped make teas and helped distribute them through various means, including their own porches, in response to COVID-19.

Our community Gardens have relied on public support as well. We are so grateful to the weed pullers, waterers and planters that have tended the herbs, Thank You.

A warm extension of gratitude to the West Central Abby, the Woman's Club of Spokane and the Community Garden Alliance for all their aid to our organization. Collaborations we have established with these groups have allowed us to have meeting spaces, garden space, storage, operate a donation-based clinic and distribute herbs weekly in the summers to women in transition.

To all the people who have made the Faire possible! All the coordinators, thank you for your heart felt effort in creating such a full and beautiful event. To each volunteer that served tea, played with kids, clean up before and after, thank you! Many hands make for light work, we salute you! And to all our vendors, thank you for showing up to our herbal community. Each year our potency increases, and all our volunteers are making this herbal community possible, thank you and may the way you bless us come back around to you!



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