

# The Four Seasons Herbal Guild Newsletter



## Summer Solstice, June 20, 2021

The Summer solstice is the longest day of the year. When the Northern Hemisphere is tilted toward the sun, sunlight falls at a steeper angle on it to cause the hot months of summer. The farther north you live, the longer the hours of daylight around the time of the summer solstice. When the northern hemisphere is tilted towards the sun Canada, the United States, and Northern Mexico experience the longer warmer days of summer, while those in the southern hemisphere experience the shorter colder days of winter and vice versa.

The summer solstice is more than the official beginning of summer and the longest day of the year. Astrologically speaking, when the sun is close to the Earth, the energy of this cosmical event directly affects your actual being, the light in your heart, specifically, your emotions. It is for these reasons that summer solstice traditions also include rituals to help release old, dark, energy. Consider the grand scope of your life and spiritual path and take note of what is both in and out of alignment.

In earlier times, the summer solstice (AKA Midsummer) marked the beginning of the season that contains the utmost bounty, abundance, and beauty. Our ancestors spent the entirety of spring cultivating the land and restocking themselves with food.

The biggest difference between the equinox and the solstice is that a solstice is the point during the Earth's orbit around the sun at which the sun is at its greatest distance from the equator, while during an equinox, it's at the closest distance from the equator.

Traditionally, people celebrated the return of the light, life, fertility, and the potential for a good harvest on the summer solstice. Today people around the world still celebrate the arrival of summer with outdoor feasts, singing, dancing, and bonfires.

The summer solstice is about nature, but it's also about your relationship with yourself, and inner reflection is a huge part of that. [Ask Angels](#) says, "the Solstice is a natural way to reconnect with life's divine plan and to feel a deep connection to all of life and the natural world. Reflecting on your journey is a wonderful way to celebrate the Solstice... Honor and celebrate your unique journey and the inherent cycles within walking a spiritual path and living a human life as well."

The solstice represents a time for you to reflect on yourself, and also for you to realize what you need to do to meet your long-term goals and do the things that suit you. It's a motivating time to start something new. [Wyld Witchery](#) says, "The Summer Solstice is aligned with the element of fire, passion, will & drive. This is the time to seek right action, to choose to walk in alignment

with your beliefs. Now is the time for you to look at the grander scope of your life and spiritual path and take note of what is out of alignment. What doesn't serve you? What things do you tell yourself or others that are not in line with what you preach? What things do you do that do not serve your personal and spiritual growth?"

<https://www.theseasonalsoul.com/summer-solstice-meaning/>

<https://www.bustle.com>

<https://www.nbcnews.com/mach/science/what-summer-solstice-ncna884991>

## Saint John's Wort *Hypericum perforatum*

Summer is upon us and we have the solar power abounding with its heat and energy. This will affect our physiology as, environment influences how our organ systems work. As we warm up, it's easier for our blood to circulate, body functions may rev up and sometimes this causes an inflammation of sorts. Our natural response is to seek out cooling foods and activities, like an iced lemonade and a nap in a shaded hammock. If we look to the plants that are blooming and thriving in the hot sun we can, we can find help in dealing with hot, inflamed problems, also, issues that require some herbal sunshine. These plants have adapted to the heat and can help us deal with heat and irritation.

One of my favorites is Saint John's wort (*Hypericum perforatum*). It's often coming into bloom just as summer arrives, June 21st, the summer solstice. St. John's day is June 24th and this is the day we remember to pick St. John's wort. Its name comes from being in bloom and ready to harvest on St. John's day. Early Christians also believed the plant had mystical properties. According to one legend, the greatest effect was obtained when the plant was harvested on Saint John's Day (June 24), which is often the time of peak blooming (Foster 2000). Another legend holds that the plant released its blood-red oil on August 29, the day of St. John's beheading (Castleman 2001).

A well-known use for St. John's wort has been used for "shining a light" into our anxiety and depression, nurturing the nerves and helping to alleviate pain. The western medicine model is to isolate the specific phytochemical that works for a symptom. But, as herbalists understand, the whole plant has a synergistic effect that is often more effective than isolating and using one constituent only. St. John's wort is a ray of sunshine for our sometimes dark and dreary experiences and helps us see again our essential self and regain confidence. This helps us to minimize unconsciousness, fear, greed, envy and darkness of any ilk. The Latin word *hypericum* comes from the Greek *hypericon*, which means "above the apparition", it brings us up above the illusion we see before us. Long before SJW got to be used to treat depression, it was considered to be a "herb that chases the evil spirits away" as it was used to treat various types of insanity attacks. Paracelsus was whom mentioned it for the first time for treatment of a wide range of psychotic symptoms. Even though it is not yet clear to modern medicine how exactly SJW works on the nervous system, its nervine action is recognized by herbalists around the world. St. John's Wort is a powerful herb with a long history as folk medicine.

The anti-inflammatory action makes for the widespread use in healing wounds, bruises, sunburn, herpes, skin ulcers and other inflammations. Most of its skin healing abilities are attributed to its properties as analgesic, antiviral, antibacterial, antiseptic and astringent. In poultices, oils, salves and ointments it is used to heal many skin problems. It is also used to help healing bladder problems, such as urine incontinence. As an expectorant, it is employed to treat conditions of the respiratory tract, helping to bring up the mucus that carries the pathogens. I use SJW as one of my go-to herbs for virus. Its broad-spectrum antiviral properties make it a good herb for colds and flu but also HPV and Herpes. The viruses studied include human immunodeficiency virus (HIV), herpes simplex virus types I and II, Epstein-Barr virus (EBV) and influenza types A and B. Additionally, SJW's antimicrobial properties make it effective against Staph, Strep and E. coli.

Some contraindications are: SJW should not be used by pregnant women. People using St John's Wort are advised to avoid direct exposure to sunlight SJW, especially during summertime when the U.V. levels are much higher, as it increases photosensitivity. But paradoxically, it is used for sunburns. Another word of caution goes to people taking prescription drugs: SJW contains chemical compounds that may block or alter the effect of several drugs.

The fresh flowers and buds are the most active part of the plant and they can be harvested from June to August. They can also be dried for use later. Fresh or dried flowers can be prepared as teas, tinctures or infused in oil. Pick these small buds and flowers or cut the top third of the plant to dry or infuse fresh.

For you phyto-chemical geeks, St. John's wort has Flavonoids including flavonols (kaempferol, quercetin), flavones (luteolin), glycosides (rutin), biflavones, myricetin, hyperin, oligomeric proanthocyanadins, and miquelianin, all of which are biogenetically related (Reuter 1998; Barnes, Anderson, and Phillipson 2001). Rutin concentration is reported at 1.6% (Barnes, Anderson, and Phillipson 2001). Essential oils, tannins, xanthones (1.28 mg/100 g), phenolic, and hyperfolin. Additional compounds include, to a lesser extent, carotenoids, choline, pectin, hydrocarbons, and long-chain alcohols (DerMarderosian and Beutler 2002). Several amino acids that have been isolated from the herb include cysteine, glutamine, leucine, lysine, and GABA ( $\gamma$ -aminobutyric acid; Hahn 1992; Bombardelli and Morazzoni 1995; Greeson, Sanford, and Monti 2001).

St John's Wort oil can be used for healing skin conditions and to reduce pain and inflammation in the muscles and joints - as in bruises, arthritis and even sciatica.

To prepare the infused oil, gather the mature flowers and swelling buds around noon (after the morning dew has been evaporated). I like to dry them overnight so they release some more moisture. Place them in a clean, dry glass bottle. Completely cover with olive oil and top jar with a cloth and a rubber band to avoid dust and insects from falling in and moisture to escape. Leave it in a sunny window or a warm place for 6 weeks or so, depending on how much sun and warmth you have.

When the oil gets a bright reddish color, it is ready to be used. Sieve the flowers with a clean cheese cloth into a dark glass bottle. Close the bottle tightly and label it with the date of bottling. Keep it in a cool, dark and dry place. Now it's ready to use as is or make into a salve. Any moisture that doesn't escape will be at the bottom of the oil. Be careful in separating it out as it can spoil your oil.

More information is available at: <http://www.ncbi.nlm.nih.gov> or [pubmed.gov](http://pubmed.gov) and many of our traditional herbalists on line.



## The Spokane Herbal Faire

Sept 17<sup>th</sup> & 18<sup>th</sup>  
1832 West Dean Ave  
Spokane, WA

[www.SpokaneHerbalFaire.org](http://www.SpokaneHerbalFaire.org)

### Quinoa Tabbouleh

- 1 cup dry quinoa, rinsed and strained
- 2 cups water
- 2 - 4 tablespoons avocado, grapeseed, olive oil, or a combination
- 1 1/2 cups cucumber, seeded and diced
- 1 1/2 cups tomatoes, diced (strained, if using canned)
- 3/4 cup fresh parsley, chopped
- 1/2 cup fresh mint, chopped
- 2 - 4 garlic cloves, minced (to taste)
- 2 - 3 tablespoons fresh lemon juice (to taste)
- 1/2 - 1 teaspoon salt (to taste)

1. Place quinoa and water in a medium pot, cover, and bring to a boil. Reduce heat to low and simmer 10 minutes. Turn off heat, leave the pot on the burner with the lid on, and let stand 15 minutes until all liquid is absorbed. To check, briefly remove the lid and tilt the pot to see if any liquid remains after 15 minutes.

2. Fluff quinoa gently with a fork. Replace lid & let cool, then chill in the refrigerator for 2 - 3 hours or overnight.

3. Put the chilled quinoa in a large bowl, mix in the remaining ingredients.  
Keep it in the fridge.  
Tastes best the next day!

Tip: cook the quinoa a day or more ahead of time to let it chill.

Our beautiful Faire is back, and we are brimming with excitement as we weave together all the intricacies that make it flourish.

There are a few things that you can help with!

#### **VOLUNTEERING**

~Workshop Coordinator  
~Drawing for Prizes Helper

~Volunteers the days of in:  
Registration  
Tea Kitchen  
Kids Korner  
2.25 hr shifts

Full descriptions & more information available contact Jessica Spurr  
[earthlyapothecary@gmail.com](mailto:earthlyapothecary@gmail.com)

#### **PRESENTING**

Workshops are up to 1 1/4 hr in length, we offer four each day. Past topics have included Fire Cider, Plant Walks, Salve Making, Tincturing, Wildcrafting Ethics, Herbs in Permaculture, Herbs in Restoration Projects.. and many more topics.

If YOU are interested please, contact our temporary Workshop Coordinator (BC we are going to find a fantastic volunteer for this position)

Jessica Spurr

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

#### **VENDING**

Indoor & outdoor vending spots are available. We are looking for handcrafted, organic goods, also a face painter for children. Please contact our Vending Coordinator: Mary Schmidt,  
[Mary.Schmidt57@gmail.com](mailto:Mary.Schmidt57@gmail.com)

### Community Gardens

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!  
~Carla Martinez

# A "Dia's Garden" Monograph

## Angelica archangelica

**Common Name:** Angelica

**Other Names:** Wild celery, Garden angelica, Angelica officinalis, archangel, holy ghost root, masterwort, ground ash

**Family:** Apiaceae, Carrot family & similar to Lovage, Dill, Parsley

**Parts Used:** Root, Stalk, Leaves & Seed

**Taste:** Bitter

**Energetics:** Drying, warming, bitter, aromatic. The growing conditions it is found in provide a signature of the opposite of what this plant provides medicinally. Also, the hollow tubular stalks point to its benefit for capillaries and bronchial signatures.

**Organ Affinities:** Respiratory system--it has a deep lung affinity, digestive system, liver, stomach, female reproductive system

**Actions:** Digestive aid, gynecological support, tonic, expectorant, alterative, cholagogue, aromatic, anti-microbial, anti-septic, anti-spasmodic, carminative, emmenagogue, analgesic, anti-inflammatory for treating rheumatism and asthma. An anti-bacterial, anti-nausea.

**Indications/Uses:** Appetite and circulation stimulant -- good for treating Anorexia nervosa, relieves menstrual cramps, relieves flatulence and digestive cramps, as a decongestant to treat bronchial and excess mucous in the respiratory system--use leaves as a compress for inflammation in chest. Aids in migraine or consistent headache relief, bladder infections, eases rheumatic conditions, reduces fever, and as a urinary antiseptic. Think: Fever, cold, flu symptom relief.

**Constituents:** Flavonoids, coumarin compounds such as umbelliferon, bergapten and xanthoxol, sterols, volatile oils, sugar, silica, terpenes, essential oils, phelladrine and pinene, limonene, angelica acid, tannins, linalool, acids, resins.

**Contraindications:** 1. Large amounts ingested can act on central nervous system. 2. Some people experience contact dermatitis from fresh leaves. 3. Not to be taken during pregnancy.

Additionally: Taking extracts of the fresh root may irritate

mucous membranes of mouth, throat & gastro intestinal track, therefore, the extract of the dried plant is preferred. Angelica extracts may cause skin photosensitivity in some individuals, although the dosage that is required to initiate this reaction is generally far greater than the recommended therapeutic dose. Contact to plant juices during harvest on sensitive skin followed by sun exposure may cause photosensitive dermatitis (redness & blistering) that is painful and long-lived. (5)

**Preparations & Dosages:** Decoction of root: 1 tsp of cut root in 1 cup water, bring to boil, simmer 2 minutes, remove from heat and let stand covered 15 minutes. Take 1 cup, 3x/day.

**Tincture:** Take 2-5 mL 3x/day.

Take with Yarrow for fevers that are hot and dry with constricted skin and full, rapid and non-resistant pulse (4)  
Tincture of fresh roots or aerial parts: 1:2 (75A:25W)  
Tincture of dried roots (preferred method): 1:5 (50A:50W)  
Tincture of seed: 1:4 (75A:25W) Seeds don't soak up much liquid therefore extract may be made stronger (1:4). Seeds can be ground or bruised, soaked overnight in the menstrum, then briefly blended the following day and macerated as usual.

**Water extracts:** basic tea of dried seeds or fresh or dried aerial parts. Angelica seeds are easy to add into tea blends. Basic decoction of dried roots or seeds. (5)

**Combinations/Synergy:** With Yarrow for fever. With Hibiscus sabdariffa and Rose petal for delayed menstruation or PMS symptoms. With Coltsfoot and White Horehound for bronchial ailments, and with Chamomile for indigestion/flatulence.

### HERBARIUM

Collection Date: July 2020: Harvested mature seed from a 3 year old plant. Used chopped up root to make a steam distilled hydrosol with distilled water using a folk-style method (it's very effective when taken for indigestion.)

**Area Collected:** Dia's Garden, Zone 5b

**Poisonous Look-a-likes:** Water hemlock, Giant Hogweed, Cow Parsnip & poisonous members of the Umbelliferae family.

**Habitat:** Damp areas along water that have rich loamy soil, damp and cool garden soil also works. Plant will tolerate full sun but does best in partial shade.

**Form:** Tall and stately when mature and in flower. Smaller when growing in first year or two. Can grow 5' to 12' high and 3' to 5' wide. It has large flower heads of small, light yellow/green flowers, with a small green fruit that is 1/8 - 1/4" long. Its few leaves are deeply indented and palm like on hollow, fluted stems that are green when young and turn

dark maroon/red as they age. The root is a thick hardy fibrous mass with thick yellow juice. The entire plant is aromatic. Blooms June/July.

**Look-a-likes/Differences:** Dong Quai (*Angelica senensis*), looks very similar but smell is much more distinctly different and pungent and is a smaller plant.

**Cultivation:** Rich, moist loamy soil in a pH range of 5-7. Damp cool, moist shade to partial sun. May be biennial. Mine took 3 years to flower. Propagate by seed or rhizome, seed life is short at about 6 months, best to plant in autumn or winter for stratification to occur and not store seeds longer than 6 months. The plant attracts fruit flies and black flies, so plant in remote location. Mulch to keep moist, especially in sunny locations. Grows best in regions that get a cooler winter period and not so hot in summers. Will self seed. Not a good Dill companion plant. But do grow it near Nettles to increase seed oil content by 80%.

**Harvest Guides:** The leaves, stems and root and seeds are all medicinal and edible. Cut pencil thick stems to crystallize in sugar water before mid-summer. Harvest leaves anytime in spring or summer, but best before flowering occurs. Collect seed in late summer of 2nd (or 3rd) year; use root in autumn of 1st year or spring of 2nd year. Harvest stalks anytime in summer. The dried flower heads are pretty in flower arrangements and the root holds its aroma a long time and is useful in potpourris.

**Astrological:** *Angelica a.* is aligned with the Sun, the element Fire, and is sacred to Venus.

#### Cook/Eat:

Candied stems were originally the green candies in fruitcake! It is considered a vegetable in Laplandic countries, stems can be eaten raw or stewed, sometimes cooked with rhubarb.

Powdered roots are used as a flavoring in breads in Norway. It is an ingredient in Vermouth as first used by Benedictine Monks.

Combined with juniper berries it is used in making Gin and it is used in the herbal liqueur, Chartreuse. It is used in many meals in many ways, one idea is to dust fish in the powdered seed and saute it.

Honeyed stems: Use immature flower stalk or remove the leaves from green leaf stems of young *angelica* plants and cut into lengths (short enough to lie flat in a small saucepan). Add 3 Tablespoons honey and bring to a simmer on low flame and keep it there for a few minutes. The honey will froth up and keep frothing. Remove from heat and cool slightly. Return to heat and bring back to a simmer. Repeat several times until stems are cooked and suffused with honey. Honeyed *angelica* stems may be made up as needed with medicinality in accordance with attributes of the her being used.

Make sweets of burdock, elecampane, ginseng, horseradish, marshmallow, dang-shen, and yellow dock. (5) \*just the stems of *Angelica* is used here, roots of the other herbs are used in this manner.

**Animal usage:** Please refer to this excellent article on using the hydrosol with animals for behavioral and physical indications: <http://bermagafarm.com/hme/2019/03/06/angelica-root-animals-and-humans/>

**Notes/References:** According to one legend, *Angelica archangelica* obtained its name in the 14th Century when the archangel Raphael appeared to a monk and said that the plant would cure Bubonic plague. Another legend has it that it bloomed around the time of the Feast Day of the Archangel Michael and was named for him, who advised the use of it as protection against evil. It was worn as such in amulets and placed in the home for protection. In the 17th and 18th Centuries it was used to treat dysentery and cholera.

#### References:

- 1) Morningbird (2019, October 26) Herbal Lore *Angelica*, retrieved December 1, 2020 from <https://witchipedia.com/book-of-shadows/herbllore/angelica/>
- 2) Hoffman, D., (1987), *The Herbal Handbook, a Users Guide to Medical Herbalism*, United States, Healing Arts Press
- 3) Wood, ., (1997), *The Book of Herbal Wisdom*, Berkeley, CA, North Atlantic Books
- 4) Keville, K., (1991), *The Illustrated Herbal Encyclopedia*, New York, NY, Mallard Press
- 5) Cech, R., (2016), *Making Plant Medicine*, Williams, OR, Herbal Reads

*\*Dia's Garden was established in 2015. It is owned and operated by Dianna Michaels. It is a small suburban garden in Zone 5B of NE Washington State that is dedicated to using permaculture practices and ethics to provide as many herbs as possible for use in a personal apothecary, and as many vegetables and fruits as possible to support the household and share with friends, neighbors and family.*

As per the FDA

*All information in this publication is for educational purposes only. We are not intending to cure, treat or diagnose any disease. We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.*

# Herbay Gatherings in the Pacific & Inland Northwest

by Michael Pilarksi

Dear friends of the herbs,

For over 20 years I have been publishing a list of herbal gatherings in the Pacific Northwest. Here is the current situation for 2021 as far as I have been able to ascertain.

Covid restrictions were very tough on herbal gatherings in 2020. Virtually all were cancelled or were held online. We didn't get to meet in person, face-to-face, heart-to-heart. Isolation isn't good for humans. We are wired to be in community.

## Northwest Herbal Fair

August 20-22 near Quilcene, WA on the Olympic Peninsula.  
[www.nwherbfair.com](http://www.nwherbfair.com)

## The Spokane Herbal Faire

September 18-19,  
[www.spokaneherbalfaire.org](http://www.spokaneherbalfaire.org)

## Green Gathering

Camano Island, WA is not happening in 2021.  
[www.greengatheringwa.com](http://www.greengatheringwa.com)

## Breitenbush Herb Gathering

Detroit, Oregon (the longest running in North America) won't be happening because part of Breitenbush tragically burned during a 2020 forest fire.

## Sixth Annual Northwest Herb Symposium

rescheduled to August of 2022  
Camp Casey on Whidbey Island, Washington.

## Portland Plant Medicine Gathering

The 2019 info is still up on their website, so I am assuming it isn't happening in 2021

## Bastyr Herb and Food Fair.

The 2019 info is still up on their website, so I am assuming it isn't happening in 2021

## Northern California Women's Herbal Gathering.

They want to hold their September 2021 event if California restrictions lift.

<https://www.womensherbalsymposium.org/welcome/>

## Montana Herb Gathering

After a long hiatus, the MHG is rumored to start in 2021.

Let us know if you have updates on any of these events or know of other PNW herbal gatherings happening in 2021.

[Michael@friendsofthetrees.net](mailto:Michael@friendsofthetrees.net)



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

Our mission is to develop and support community health and wellness through herbal education, connection and empowerment at personal, local, and global levels.

