



The CHA Herbal Thymes

Connecticut Herb Association www.ctherb.org Summer 2024

Welcome to our Summer newsletter. I hope this message finds everyone and their loved ones happy and healthy. Are you all enjoying your garden blooms during this hot June weather? The rain and warm weather are producing a bumper crop of flowers and veggies. It looks like I'll be doing a lot of canning this year. I'm hoping for a good tomato crop so I can make and freeze "Sunday Sauce". Happy gardening this season and preserving your harvest!
Green Blessing, Gayle



**Michele Maclure and CHA
invite you to
Pot Luck Garden Party
and Plant Swap
59 Wadsworth lane
Willimantic CT
July 7, 2024 11:00 am
RSVP 860-456-1223**

- June 23, 2024, 12-2 pm
Garden Tour
Harriet Beecher Stowe &
Mark Twain Gardens
- Approximately 2:15ish
Picnic at Elizabeth Park
- June 30, 2024 Mountain Laurel
Sanctuary Union CT
Lunch at Travelers Restaurant
- Sept. 8, 2024, Little Pond Trail
Boardwalk (Loop) Litchfield CT
Lunch at White Horse Restaurant
- Nov. 2024 Annual Meeting TBA
- Nov. 30, 2024
Holiday Bazaar, Windham CT
Vendors Needed
More info & details for events TBA

This tea recipe is from a special lady and our dear friend

♪ DEEP IN THE HEART OF TEXAS ♪

Topmost Tea

Thought you might like the recipe.

I always thought it was good either hot or cold.

4 Parts Lemon Verbena, 4 Parts Spearmint, 1 Part Lavender

Hint: Just because you love lavender don't be tempted to add more than the recipe calls for. It will taste like soap, trust me!

Pour 8 oz boiling water over 1 tsp herb mix,
steep 5-6 minutes.

Love from Texas, Carole Miller



Lemon Balm *Melissa officinalis* is a valuable addition to any garden, reaching heights of 2 to 3 feet. It emits a sweet, aromatic scent that enhances the summer air, with leaves that release a lemony fragrance upon touch.

Although it can be invasive and spread beyond its designated area, it is adored by butterflies, bees, and hummingbirds for its calming properties. Both the flowers and leaf buds are culinary delights.



The entire plant is versatile, used to make tinctures, capsules, or tea, and works wonderfully when infused in honey or crafted into a salve.

Medicinally, it assists with respiratory infections, depression, fevers, antiviral treatments for cold sores, genital herpes, and hyperthyroidism (Graves' Disease).

Lemon Balm can also be enjoyed in baths, ice cream, or as a refreshing summer iced tea, either alone or blended with other mints and a slice of lemon.

When combined with Passionflower, it becomes a supportive evening tea, particularly beneficial during stressful times.

For a soothing experience, steep a few sprigs of Lemon Balm with a pinch of Passionflower in hot water, add a touch of honey to ease any tension, and savor a relaxing night's sleep.

Caution

It should not be used by those with hypothyroidism or glaucoma, as it may inhibit thyroid function and is a uterine stimulant, thus not recommended during pregnancy or lactation.

Submitted by Rosemary Roast

Meet *Melissa officinalis* – Lemon Balm – Family Lamiaceae

Melissa officinalis is a vigorous perennial of the “mint family,” native to Europe, Central Asia and Iran that’s been naturalized all over the globe. In our region her aerial parts die back in winter and return in spring. Its square stems offer opposite ovate-to-heart-shaped toothed and lightly downy leaves that grow 1-3 inches. The plant will grow 1-3 feet depending on soil conditions. The buds appear yellow and bloom white.

Harvest: Aerial parts – typically before or at bud yet before bloom, summer to autumn.

Taste: Sour, with subtle bitters.

Humors/ Energetics: Cool, dry, mildly stimulating

Actions: antidepressant, antispasmodic, anti-microbial (with some recent emphasis on anti-viral), carminative, diaphoretic, emmenagogue, nervine, relaxant,

Constituents: bitters, flavonoids, tannins, volatile oils (citral, citronellal and others), and more.

Contraindications: Rare allergies. May interfere with the action of thyroid hormones. Long-brewed nutritional type infusions of any duration.

Rosalee de la Foret writes, “It is often said that Lemon Balm is contraindicated for people with hypothyroidism. Prior to writing this I asked around the herbal community and several herbalists reported using lemon balm with people who had under-active thyroids and it did not change their thyroid blood tests. If you have an under-active thyroid, you don’t want to consume this plant in excess.” We’ll revisit this topic and Rosalee’s perspective in the “Uses” section.

Uses: To open, I’m inspired to share that Hildegard von Bingen expressed this of lemon balm, “Lemon balm contains within it the virtues of a dozen other plants.” So, yeah: This botanical holds within it some interesting Medicine and offers many potential uses.

Melissa has proved helpful for anxiety and insomnia and seems to blend nicely with other nervines for both enhancing flavor and desired action. It’s also a useful addition to formulas that address symptoms that are triggered or exacerbated by anxiety (and depression). I’ve been known to blend her with motherwort (*Leonurus cardiaca*), not just for the calming actions, but specifically when working through distasteful interpersonal challenges. This blend is very tasty to me, and it calms and soothes my heart and being, helping me to stay centered and grounded in grace and compassion, which I’ve been known to desperately need in certain intense instances. Lemon balm has been noted as useful in harmonizing heart palpitations, and I imagine its antispasmodic actions may play a role here... and synergizes the same action on the heart that motherwort offers. Kiva Rose has said of lemon balm, “I personally use it for panic attacks with heart palpitations where the panic is very buzzy feeling.” I love the buzzy reference here, because bees love this plant (thus its name), as do their keepers.

David Hoffman writes that it “has a tonic effect on the heart and circulatory systems and causes mild vasodilatation peripheral vessels, thus lowering blood pressure.”

Clients have found the relaxing nervine actions of this plant helpful alone and in formulas dealing with anxious insomnia, where thoughts flare (think fire) and jolt them to wakefulness and keep them awake. A squirt of tincture quiets and cools their response enabling them to return to rest.

Henriette Kress suggests tucking a lemon balm bag under your pillow to help you fall asleep.

When adrenal stress is presented, a tincture blend with milky oats (or oat straw,) can be supportive for cooling and calming the nervous system and the feelings that feeds the stressful fight or flight reactions.

It’s been reported that lemon balm has beneficial impacts for dealing with hyperactivity, though I’ve not experienced this either first or second hand, so if you do, please let me know about your experience!

Matthew Wood writes of lemon balm’s ability “to calm and relax conditions of mild nervousness and upset” adding that, “the sour lemon balm is cooling, in addition to relaxing, and therefore sedates through reducing the excitation of heat as well as nervousness.”

Some of the considerations stated thus far might inspire you to think of it as useful for working with stressful headaches, shoulder/upper-back tension – internally and externally. And you’d be right. Lemon Balm blends nicely with betony (*stachys officinalis*) and/or blue vervain (*verbena hastada*) for these purposes.

Rosalee de la Foret writes, “Heart palpitations, nervous tension, insomnia, and hyperactivity are all classic indications for lemon balm and these combined describe what some people experience when their thyroid becomes overactive, such as in Grave’s disease. In fact, a blend of lemon balm, bugleweed (*Lycopus* spp.) and motherwort (*Leonurus cardiaca*) are a classic western formula for a hyperactive thyroid.” This symptom picture is not uncommon during menopause, when (from my way of thinking) the whole of the endocrine system is re-harmonizing, which includes thyroid involvement. So, that’s worth keeping in mind.

The anti-viral actions of lemon balm have been lab tested as well as clinically and experientially validated, especially dealing with the herpes simplex virus. I had a client, who swore by it in managing genital outbreaks, externally as a sitz bath and wash, and internally as a tincture (as part of a formula). Lemon balm has been reported to lessen the severity and duration of outbreaks as well as serve to prevent them. Another client who experienced mouth sores used a diluted tincture as a mouth rinse (alongside other treatments), and now rarely experiences outbreaks.

David Hoffman writes of its antiviral virtues, “hot water extracts have antiviral properties, due in part to the presence of rosmarinic acid and other polyphenolics. A lotion-based extract may be applied to herpes simplex skin lesions, the antiviral activity having been confirmed in both laboratory and clinical trials.” Its actions as an emmenagogue are considered mild and helpful in encouraging stalled menstruation, while its antispasmodic actions work to relieve menstrual cramping. Brilliant!

Lemon balm is also respected for its carminative actions to cool and soothe an upset tummy, bloat, and digestive cramping. Especially tea, it's a great digestive tonic.

Maude Grieve writes of lemon balm's history for wounds and venomous stings, "The juice of Balm glueth together greene wounds," and adds the opinion of Pliny and Dioscorides that “Balm, being leaves steeped in wine, and the wine drunk, and the leaves applied externally, were considered to be a certain cure for the bites of venomous beasts and the stings of scorpions." So don't discount its topical potential!

Deb Soule suggests that a tea of “Melissa helps reduce a mild fever and is safe for young children, the elderly, and pregnant and nursing mothers.” With respect to children, lemon balm really is yummy and that makes it a great choice for kids. As David Winston says, “I am often asked by parents what herbs are safe and effective for children. Though children often deal with the same ailments as adults, the herbal protocol is restricted to what is safe, effective, and in my criteria, what tasted good. One of my favorite herbs for children is lemon balm (*Melissa officinalis*). It helps children with sleep, particularly those who have bad dreams or are scared before bed. It's also great for kids that get angry or anxious, thanks to its calming and mood-elevating properties. For children who have hyperacidity, lemon balm can offer relief from tummy aches, and when used with ginger, can offer relief from indigestion. A strong tea of lemon balm can be applied to herpes sores on lips to dry out the herpes and make the outbreaks shorter. Melissa is gentle, safe, and effective, making it a great herb for children. Not to mention, it makes a delicious cup of tea!”

The scent of lemon balm is bright and uplifting, and simply having some around, be it fresh or dried, can improve a dark mood. I've used this way for addressing the symptoms of SAD, such as tea, tincture, and talisman.

I often add its fresh leaves and flowers to spiritual healing waters, or carry some in a Spirit Bag, and have discovered some profound results with those dealing with anxiety and depression that is rooted in clinging grief.

This modest and ubiquitous plant has some Big Medicine to offer. Get to know her and hold her close.

Dance with *Melissa officinalis* – Lemon Balm

This fragrant and tasty botanical offers great creative potential for culinary and medicinal applications. Get buzzin'!

Carmelite Water: this alcohol extract dates to the 14th century when the Carmelite sisters of the Abbey of Saint Just created what's credited as the first formulation. It was used internally as a general tonic, and externally as a multi-purpose toilet water. I first learned about it years back in reading my first copy of Maude Grieve's *A Modern Herbal*. This is one of those formulas that herbalists have been creating for years by this name, and with countless variations.

I made a recent formula using: Fresh lemon balm (leaves, and a few budding and flowering tops) Fresh mugwort leaves (because I love its bitters) Fresh elder flowers (because it was available) Fresh lemon zest (organic) Dried coriander, grated nutmeg, clove, and cinnamon chips. Nothing was measured. Lightly pack jar with the herbs and macerate for 3-6 days. Add clove and cinnamon and macerate another 3-6 days.

Candied Lemon Balm Leaves:

Beat an egg white with a tiny bit of water. Dip lemon balm leaves in the mixture, then dip in sugar. Lay the coated leaves on a parchment lined baking sheet. Place the baking sheet in a 200-degree F oven until the leaves look dry, but not browned. Check after 20 minutes and every 5 to 10 after that. – recipe from thenerdyfarmwife.com

And here's some of the typical herbal ideas with some lemon balm specific twists:

tea / tisane – iced in summer: Oh yeah. • tincture for internal, external and culinary use • water infusion for baths, bathing, foot soaks, and topical washes • cold infused water, for sipping and enjoyment • syrup • jelly • hard candy • popsicles, sorbet • infused honey • infused vinegar • oxymel or shrub • elixir or cordial • herbal powder • added to homemade fermented beverages, soft and spirited • Ale, wine, Meade • cooking, as a garnish, in sauces and pesto, in the cavity of roasted poultry, chopped into grain dishes, in salads, butters, puddings, gelatins, ice cream, cookies, scones, pancakes... you get the idea. • infused wine • infused oils, salves, balms, soaps • steams • dried for stuffing pillows, poppets, and the like • blessing smoke • spiritual baths and healing ceremonies

resources: • Maude Grieve, *A Modern Herbal* • Rosalee de la Foret, *Alchemy of Herbs*, herbalremediesadvice.org • David Hoffman, *Medical Herbalism* • David Winston, his Facebook page • Deb Soule, *A Woman's Book of Herbs* • Henriette Kress, *Practical*

Delicious Baking With Herbs

Lemon Thyme Cupcakes

Makes 12 cupcakes

1 ½ cup unbleached flour, ½ tsp. baking powder, ¼ tsp salt, 3 Tbs. finely minced lemon thyme, ¾ cup milk, 1 tsp finely grated lemon zest, ½ cup unsalted butter softened, 1 cup plus 3 Tbs. sugar, 2 large eggs, ½ tsp vanilla extract, 3 Tbs. lemon juice.



Place cupcake papers in a cupcake pan. Preheat the oven to 350°F.

In a small bowl combine the flour, baking powder, and salt, mix well set aside. Combine the milk, the lemon zest 1 ½Tbs. of the thyme stir well.

Cream the butter in the bowl of an electric mixer on medium speed for about 3 minutes. Scrape down the sides and add 1 cup of the sugar and beat for 2 minutes. Add the eggs, one at a time, blending well after each one and scraping down the sides if necessary. Beat until it is light and fluffy. Add the vanilla and beat for a minute longer.

On low speed, blend in half the dry ingredients, and the milk mixture and blend well. Blend in the rest of the dry ingredients until batter is well mixed. Spoon the batter evenly into the cup cake papers in the pan.

Bake for 25 minutes, or until the tops are just starting to turn golden brown and a tester comes out clean.

Meanwhile, combine the remaining 3 tablespoons sugar with the lemon juice and the remaining 1 teaspoon thyme in a small pan and on low heat warm stir well to dissolve the sugar remove from and let cool slightly.

When the cakes are done, remove the pan from the oven and brush them with the lemon glaze. Let the cupcakes cool in the pan for 5 minutes, then remove them to cool on a rack. Option– Frost with your favorite frosting and decorate with a pinch of lemon thyme

From The Herb Companion By Susan Belsinger

Lemon Balm Pound Cakes

Makes 8 mini loaves

1/3 cup fresh Lemon Balm leaves

1 cup butter

2 1/2 cups sugar

3 cups flour

¼ tsp salt

1 tsp baking power

Grated zest lemon

5 eggs

Preheat oven to 350° wash and finely chop lemon balm leaves. Steep lemon balm in hot milk for 5 minutes. Cream together butter and sugar. Add milk and lemon balm to creamed mixture.

Sift together flour, salt and baking powder and add to wet mixture. Add lemon zest, eggs and mix thoroughly. Pour into greased and floured mini loaf pans .

Bake for 25 to 35 minutes or until a toothpick inserted in the center comes out clean.



Lemon Rosemary Shortbread

Ingredients

2 cups all-purpose flour, 1/4 teaspoon salt, 1 ½tsp. lemon zest, 1 tsp minced fresh rosemary, 1 cup unsalted butter (at room temperature), ¾ cup powdered sugar, 1 tsp vanilla extract, 1 tsp fresh lemon juice



Directions

In a small bowl, whisk together flour, salt, lemon zest, and rosemary. Set it aside.

In a stand mixer, beat the butter and powdered sugar until smooth and creamy (about 3 minutes). Beat in the vanilla extract and lemon juice. Gradually add the flour mixture to the butter mixture, mixing until just combined.

Form dough into a disk, wrap in plastic wrap, and chill for at least 1 hour or until firm.

Preheat oven to 325°F. On a lightly floured surface, roll out dough to 1/4 inch thick. Cut into desired shapes with a cookie cutter.

Place cookies a line a baking sheet with parchment paper or a Silpat. Bake for 10-12 minutes, until edges are lightly browned. Cool completely on a wire rack.

Iced Lemon Lavender Shortbread Cookies

For the Cookies:

2 ½ cups all-purpose flour, ¾ cup powdered sugar, ¼ tsp salt, zest of 1 small lemon, ½ tsp dried lavender flowers, ¾ cup cold unsalted butter cut into tablespoons, ½ tsp vanilla extract, 2 tbsp fresh lemon juice



For the Icing:

1 cup powdered sugar, 2 tsp meringue powder, 2 ½ – 3 tbsp fresh lemon juice
Dried edible lavender and lemon zest, for decorating

Instructions:

In a food processor, combine flour, powdered sugar, salt, lemon zest, and lavender, pulse to mix.

While the processor is running, add butter one tablespoon at a time until the mixture is crumbly.

Add vanilla extract and lemon juice. Process until the dough forms a ball.

Transfer the dough to a lined 8 or 9-inch square baking pan. Press evenly into the pan.

Cut into squares and prick with a fork.

Chill in the refrigerator for 30 minutes.

Baking:

Preheat the oven to 300°F (150°C).

Bake the chilled dough for about 45 minutes until golden and firm. Recut the cookies immediately after baking.

Allow to cool completely in the pan then remove.

Prepare the Icing:

Mix powdered sugar with meringue powder.

Gradually add lemon juice until smooth.

Dip the tops of the cookies into the icing, then sprinkle with lavender or lemon zest.

Allow the icing to set for at least 4-6 hours.

Mojito Mint Lime Grilled Chicken with-Mojito Honey Glaze

Mojito Marinade

4 skin-on, chicken breast or thighs (about 2 pounds) 2 cloves minced garlic, 2 Tbs freshly chopped Mojito Mint or regular mint leaves, 2 Tbs avocado oil, plus more for cooking, 2 Tbs brown sugar, 2 tsp salt, 2 tsp freshly ground pepper, 2 tsp paprika, 1 Tbs lime zest, ½ cup fresh lime juice, ¼ cup rum such as Captain Morgan's (option water)



Combine all ingredients for marinade in a large airtight container and add the chicken, cover the container and shake to coat the chicken. Place the container in the fridge and marinate for 1 hour not longer.

Mojito Glaze (makes about 1/2 cup)

¼ cup lime juice, 2 Tbs raw honey, 1 Tbs chopped fresh Mojito Mint or other mint, 2 Tbs water, 2Tbs Rum. In a small pan heat on low the water, lime juice, honey, and crushed mint. *Remove from heat and add the rum*, set aside. Preheat the oven to 425 F.

Before adding the chicken to the skillet, use a paper towel to thoroughly pat dry.

Heat 2 Tbs of avocado oil in a 9-inch cast-iron skillet over medium-high heat and let it get really hot. Add the chicken skin-side down. This is important to get the skin its beautiful crispy texture. The secret to success is searing the chicken undisturbed until the skin is well-browned, about 6 to 7 minutes. Try not to lift, or check the browning skin, until completely browned. You may need to adjust the placement of the chicken in the skillet to ensure even browning on all sides of the skin.

With tongs, flip the chicken skin-side up and carefully transfer the skillet to the oven, roast for 15 to 20 minutes until it's done (it should register as 165 F in the thickest part of the chicken, not touching the bone).

Remove the chicken from the oven and lightly cover the skillet with foil and allow it to rest for about 10 minutes. Brush the warm mojito glaze over the chicken. Serve with lime slices and mint leaves and steamed rice.

Lemon Balm: Lemon Pesto

Makes 1 cup. *Toss 3 Tbs pesto with 2 cups cooked rice for a zesty side dish. Spoon pesto over you favorite steamed vegetable. This pesto is the perfect condiment for fish, chicken or seafood.*

Ingredients: 2 cloves garlic, ¼ cup almonds, 2 cups fresh basil, ¼ cup fresh lemon balm, 1tsp lemon zest, ¼ cup freshly grated Parmesan cheese, 2 Tbs fresh lemon juice, ¼ to ½ cup olive oil, Salt to taste

In a food processor or blender, add garlic and almonds. Process for 20 seconds or until chopped. Add basil, lemon balm, cheese and lemon zest. Process for 30 to 40 seconds or until chopped. With motor running, add lemon juice and ¼ cup olive oil in a steady stream, adding more olive oil until pesto has reached desired consistency. Taste and add salt as desired. Store tightly covered up to one week in the fridge or three months in the freezer.

A Collection of Recipes from Lynn Murdock

Lemon Balm Popsicles

2 c. loosely packed fresh lemon balm leaves, and add to a half-gallon jar. Fill jar with boiling water, let steep for about 20 min. Strain and add honey to taste, about 2 T. Pour into popsicle molds or ice cube trays. Freeze for a few hours and enjoy.



Lemon thyme butter (my favorite)

Half a handful of lemon thyme leaves, fresh or 1T dried, 1 stick butter. Mix together with a spoon until creamy. Serve on bread, crackers, muffins etc.



Sweet Lemon Thyme Vinegar Pie, serves 6-8

Make lemon thyme vinegar ahead of time.

Warm 2 cups apple cider vinegar, turn off heat & add several stalks of lemon thyme. Let cool, pour into a jar with a plastic lid, store 2 weeks. Then strain and store until needed.



Ingredients: ½ cup softened butter, ¼ cup sugar or monk fruit. 2 Tbs. of the lemon thyme vinegar, 3 eggs, beaten, 1 tsp. vanilla, ⅓ cup raisins or currants, ⅓ cup broken pcs of pecans, walnuts or shredded coconut, one 8" pie shell, unbaked

Lemon thyme sprigs with flowers if possible for garnish

Cream together butter & sugar till light & fluffy.

Add vinegar, eggs & vanilla & beat well.

Sprinkle raisins & nuts evenly in pie shell.

Carefully pour butter/egg mixture over raisins & nuts.

Bake at 350 degrees for 45 min. or when knife inserted comes out clean. Cool on a rack. Garnish with lemon

thyme sprigs, serve warm or at room temp

Triple Lemon Herbal Lemonade

3 cups lemon balm leaves, loosely packed
1 stalk lemon grass, 6 cups hot water
1 cup lemon juice about 4 lemons, ¾ cup sugar or monk fruit.



Gently wash lemon balm leaves & lemon grass. Place herbs in a glass container.

Pour boil water over herbs & cover and steep for 1 hr.

Strain herb liquid and reserve, compost the herbs.

Stir in lemon juice & sugar. Chill & serve.

Lemongrass glass cleaner

2 cup lemongrass tea, ½ cup vinegar of any kind.

Combine in a spray bottle. Shake, use just like other glass cleaners. If windows are dirty add 1 T cream of tartar to the solution.

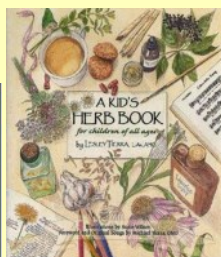
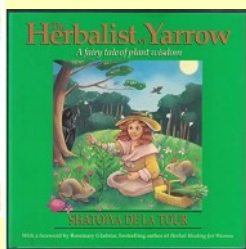
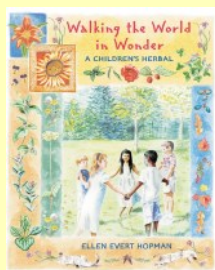


Tea recipe: pour 3 c boiling water over 1 stalk of fresh lemongrass or 4 T dried lemongrass. Steep 5 minutes and strain

Many thanks to Lynn Murdock for some great recipes



Are looking for good herbal books for the young children? Here are three books that I recommend.



From the kitchen of Michelle Maclure

Rhubarb Lemon Balm Tea Bread

Rhubarb bread is marvelous for tea. Serve with lots of sweet butter or spread with cream cheese.

Preheat oven to 350°. Grease a 9 x 5-inch loaf pan, line bottom and sides with wax paper.

Ingredients: 1½ cups firmly packed brown sugar, 2/3 cup vegetable oil, 1 cup buttermilk, 1 egg, 1 teaspoon vanilla extract, 1 teaspoon baking soda, 1 tsp salt, 2½ cups all-purpose flour, 1½ cups chopped uncooked fresh rhubarb, ½ cup sugar, 1/3 cup finely chopped fresh lemon balm, 1 teaspoon grated lemon zest, 1 tablespoon unsalted butter, (at room temperature)

In a large bowl, combine brown sugar and oil and beat well.

In a small bowl, beat together buttermilk, egg, and vanilla and add to the brown sugar mixture. Blend thoroughly.

Combine baking soda, salt, and flour. Gradually stir into brown sugar mixture, Fold in rhubarb.

Transfer batter to prepared bread pan.

In a small bowl, combine sugar, lemon balm, lemon zest, and butter. Sprinkle mixture over batter.

Bake for 50 to 60 minutes, or until a tester inserted the center of the loaf comes out clean. Let it cool in pan for 10 minutes. Turn it out onto rack. Remove wax paper when loaf is cool.

Makes 1 large loaf or divide into 2 small loafs.

CHA Medical Herbalism Study Group

If you are interested in joining the group contact

Terri Cusson 860-870-1681,
terricusson@gmail.com

Pet Care Corner



Lemon balm is a non-toxic herb that can be used on dogs, cats, and even horses. As a supplement for your dog, lemon balm has many benefits that may help with several different conditions.

Anxiety

Lemon balm is used as a calming agent, to treat anxiety, stomach sensitivities, digestive system, diarrhea and stomach pain. Whatever the cause of your dog's nervousness, whether a long trip, relocation, or boarding, lemon balm is a natural sedative. As a sedative it does not make them groggy or incoherent, but instead makes them more aware and focused.

Many dog owners use lemon balm as a supplement for older dogs who suffer from dementia or confusion.

Respiratory Health

Some dogs suffer from respiratory conditions like chronic bronchitis. The medicinal treatment for any type of respiratory issue is usually Lasix (sometimes known as Salix and Furosemide). It is a diuretic, which means it rids the body of fluids by increasing urination. It is used to drain fluids from the lungs, but it also from the entire body. Long-term use may cause damage to the kidneys, heart, and overall health. Lemon balm naturally wards off respiratory infection and helps the elasticity of the lungs naturally. You might be able to help your dog feel their best by supplementing Lasix with lemon balm.

Wound and Skin Care

Lemon balm can be used for healing wounds. It is a natural fly and insect repellent as well. When your dog has a cut, flies and insects usually follow, making it hard to keep the wound clean so it can heal quickly. Lemon balm is found in many canine shampoo products.

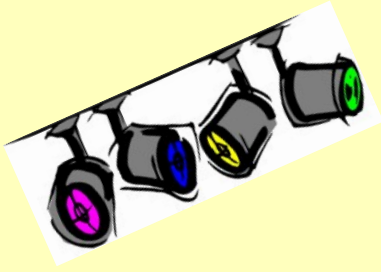
Application and Administration

The most cost-effective way to add lemon balm to your dog's diet is to buy leaves or grow your own plants. You can either chop up the leaves in small pieces and put it in your dog's food, or brew tea with the leaves and mix it into your dog's meal. Usually, a very small amount of one or two tablespoons will do. Adjust this according to your dog's size and weight. Lemon balm is a safe, effective herb that is very mild. ***Always, consult your veterinarian and use caution before substituting an herb like lemon balm for your pet's medicine.***

CHA has a new zoom meeting series set for the 3rd Tuesday of each month at 6:30 pm.

We will dive into the world of herbs, host workshops, and provide a platform for open discussion. Each session spotlights different featured herbs, giving us a chance to explore their uses and benefits. The workshops are aimed at enhancing our knowledge and practical skills. It's also a great opportunity to connect with fellow enthusiasts and share insights. We would love to have you join us for these sessions.

Your perspective will be a valuable addition to our conversations. Let us know if you're interested, and we'll get the Zoom details for our next meeting.



Spotlight on an Herbalist

By Jeanie Wild

CHA Member Spotlight “Paul Cusson”

CHA is blessed to have many talented members who specialize in different fields of herbalism. One of those members, Paul Cusson who absolutely shines in the areas of Mycology and edible forest gardening. He offered to share his herbal journey with us.

Paul became interested in plants and garden design as a teenager and began adding herbs here and there to his designs. He made the natural transition to aromatic herbs as a complement to his love of cooking. Paul naturally gravitated to an interest in learning about growing and using medicinal plants. He eventually got into the healing aspect of herbs.

His favorite thing about using and working with herbs is managing his health issues.

Paul added mushrooms to his forté, once he got over his microphobia of wild mushrooms, and started investigating identification and foraging. This led to a deep love of edible forest gardening.

He is fascinated by ecosystems that provide food, materials, and medicine. He appreciates a complete environment that provides an organic and a sustainable system for the future.

“Life relies on life” and interrelationships of the ecosystem.

If he had to choose a favorite herb, it would be, is Gymgna Sylvestiris, an ayurvedic herb for helping with blood sugar, sleep, weight loss and heart issues.

He suggests, as most herbalists do, to start with one herb at a time and build from there. There are more plants out there we have been ignoring we can use for cooking, eating and medicine. Our society has forgotten a lot of that knowledge. Diversity is the key.

Paul can be reached through his email, Paulcusson55@yahoo.com

PLEASE JOIN US FOR
A Holiday
BAZAAR

FEATURING HANDMAID GIFTS AND GOODIES
FROM LOCAL ARTISTS AND VENDORS

Hosted by the
Connecticut Herb Association

Location:
Windom Center Fire House
18 Windham Center Rd, Windham, CT.

Support local artists,
shop early for your
holiday gifts

Admission “FREE”
with a non-perishable
item for the local food
pantry or animal shelter

**Saturday
November 30, 2024
10am to 4pm**



Red Phoenix Healing Arts LLC
By Robin Henrie

Red Phoenix is a healing center dedicated to fostering a mindset of healing through the practices of tai chi, qigong, meditation, and Reiki. We apply the power of energy cultivation to help your body’s inner healer do its work. Red Phoenix teaches tai chi classes in Community Tai Chi (a combination of meditation, qigong, and a short Sun Style tai chi form), arthritis, diabetes, fall prevention, and heart conditions.

Our classes had been on hold while Robin recovered from surgery, but we are back up and running. New classes are being formed and we have begun teaching in person. We are looking for venues where in-person classes can be offered. They are currently offered at the East Granby Senior Center. A new series of lessons will begin there in June. We will also continue to offer virtual classes for those at a distance who may not want to travel for lessons.

Red Phoenix also sells handmade jewelry and crafts, mainly centered on healing available at craft fairs, and soon to be on our website.

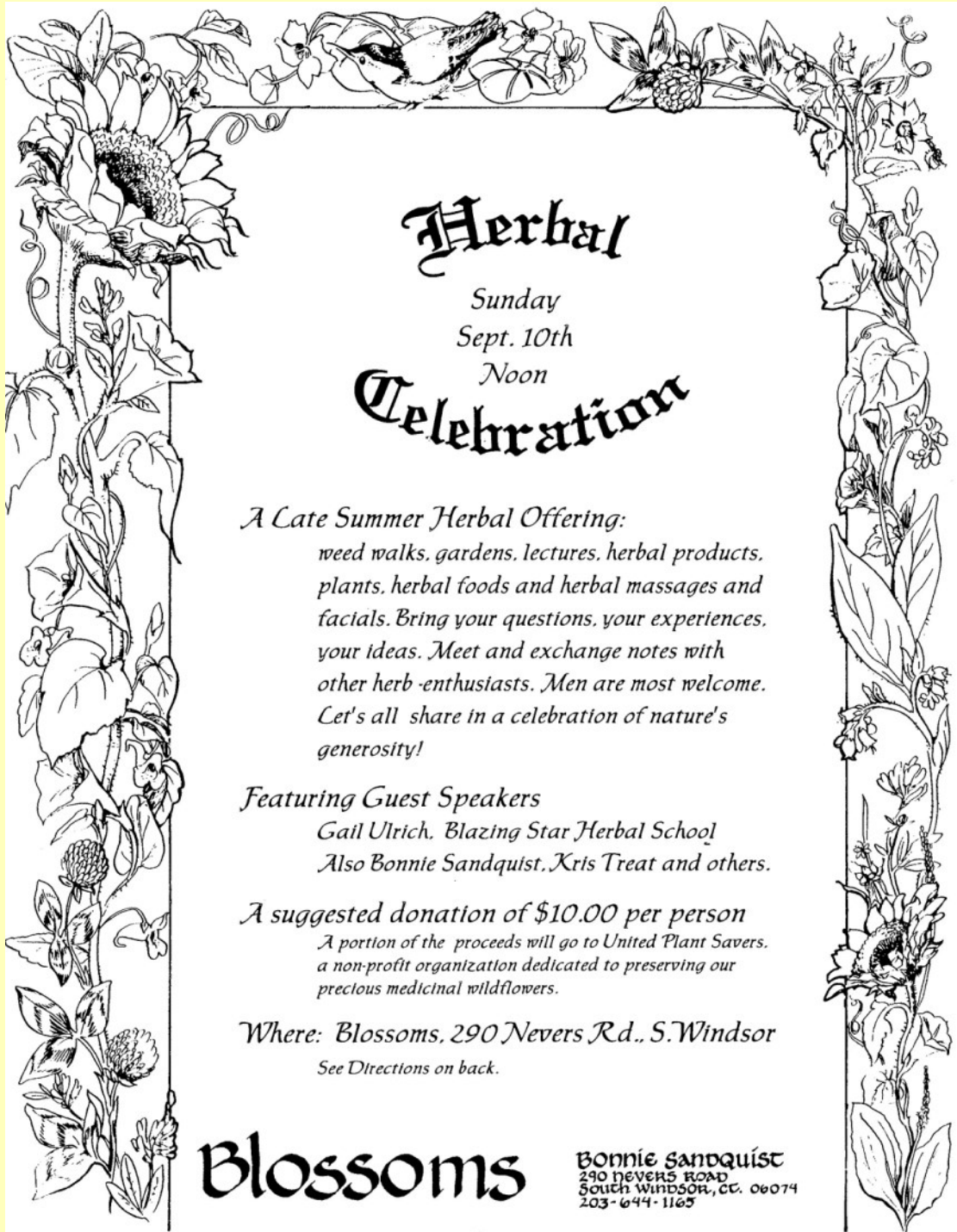
For more information, you can call Robin at 860-985-9276, or you can email her at rob-in@redphoenixhealingartsllc.com.

She would love to hear from you. CHA members receive a 10% discount on all classes and goods.



From the Past September 10, 1995

A beautiful backyard event in South Windsor CT. It was a small with just a few vendors including myself. My first time I meeting Gail Ulrich, we had our vending table next to each other and chatted all day. Having shared the same first name was one of the many things we had in common. It was a memorial day I'll never forget. Did anyone else go to this event? Let me know your memories and I will put them in the next newsletter.



Herbal
 Sunday
 Sept. 10th
 Noon
Celebration

A Cate Summer Herbal Offering:
weed walks, gardens, lectures, herbal products, plants, herbal foods and herbal massages and facials. Bring your questions, your experiences, your ideas. Meet and exchange notes with other herb-enthusiasts. Men are most welcome. Let's all share in a celebration of nature's generosity!

Featuring Guest Speakers
Gail Ulrich, Blazing Star Herbal School
Also Bonnie Sandquist, Kris Treat and others.

A suggested donation of \$10.00 per person
A portion of the proceeds will go to United Plant Savers, a non-profit organization dedicated to preserving our precious medicinal wildflowers.

Where: Blossoms, 290 Nevers Rd., S.Windsor
See Directions on back.

Blossoms

Bonnie Sandquist
 290 NEVERS ROAD
 SOUTH WINDSOR, CT. 06074
 203-644-1165



Connecticut Herb Association
 c/o 35 Dale RD
 Enfield CT 06082



For the Love of Herbs

April is Membership / Renewal Time

It is never too late to renew!



Don't miss out on all the great events we have planned for the year. Renew and get a friend to join, the more the merrier! Lets see if we can double membership in 2023. \$15.00 student, \$25.00 for individual, \$35.00 for family.

We always appreciate a little extra to add to our scholarship fund. CHA members have the advantage of utilizing the Theas K Pastore Scholarship Fund to help offset the cost of taking herbal related classes, workshops, herb symposium, or herbal conference. To apply for Scholarship contact any of the board members for an application.

Please up-date your membership of any changes email, address, phone numbers and bio's so the member directory and mailing list can be updated.

checks payable to **CT Herb Association**
 Send to Gayle Nogas / CHA
 35 Dale Road
 Enfield CT 06082

Jeanie Wild, President: jeanieber@gmail.com, Terri Cusson, Vice President & Web: terricusson@gmail.com
 Catherine Sherwood, Sec: catrn4@yahoo.com
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Newsletter can be mailed if you prefer Email me sagewand2@aol.com



CHA is Going Electronic
 This newsletter is being distributed by E-Mail. Printing cost and Postage rates keep rising and we work with a limited budget. Also, electronically you get see the enhanced version and more vivid graphics. If you still prefer a mailed copy please let me know I will be happy to mail one to you.

