



Big Tree News

The world gets better when we do....

Big Tree Herb Farm

January 2021

Hello Everyone and Happy New Year,

Since our last newsletter in April 2020 we have all been through a tough year with much sadness and many challenges. With so many businesses and families being affected by this pandemic we have been very fortunate to be able to continue with our farm and our farmer's markets and for that we are incredibly grateful. We look toward to this new year with much hope for us all....



Along with everyone else, we are looking forward to the Spring and Summer of 2021 when we can again be outside working in our gardens and hoping for a return to somewhat normal times.

It is encouraging to see the days already getting longer and the sun getting brighter and the pull of the garden becoming stronger.

We have had lots of new ideas for this coming season and hope to share those all with you very soon.

Please be kind to yourselves and those around you, we all need some extra kindness and support right now. Also, remember to take some time for yourself to just sit and enjoy a cup of herbal tea....a grounding comfort that only the plant kingdom can provide.....

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Rosemary—A few tips on how to use it....

An infusion of Rosemary mixed with borax and used cold is said to make a nice-smelling hair wash that can possibly prevent dandruff and stimulate hair growth. A variation of this (for dandruff) is Rosemary combined with mint in vinegar (place the sprigs in a bottle that can be tightly sealed, and let sit for at least a week out of direct sunlight).



Gardeners will find an added benefit to growing their own rosemary, as it is a natural insect repellent.

Rosemary is famously called the herb of remembrance and has long been used as a symbolic way to remember a loved one or event, such as weddings or funerals. It was traditionally used to improve memory, and herbalists often recommend that students smell a sprig while studying and then again while taking their exams. This tradition goes as far back as ancient Greece! This scent can also reduce test anxiety!

THIS MONTH'S HERB IS Rosemary

One of my personal favorites, not only because I love its powerful scent but because of the many health benefits that it provides both internally and externally...





Did you know...

Rosemary is native to the Mediterranean climate and grows freely in much of Southern Europe. Its genus name, *Rosmarinus* means "dew of the sea" in reference to this plant's natural habitat on the warm, sunny hillsides bordering the Mediterranean sea!



Rosemary (*Rosmarinus officinalis*) is a woody, perennial herb with fragrant evergreen needle-like leaves. It is native to the Mediterranean region. It is a member of the mint family Lamiaceae, which also includes many other herbs. Rosemary is one of the oldest cultivated herbs in the world. It is particularly associated with the Mediterranean area of Europe. Through the centuries rosemary has been used for a variety of culinary and medicinal uses - this essential oil has been used in all manner of ways.

The name *rosemary* has nothing to do with the rose or the name Mary, but derives from the Latin name *rosmarinus*, which is from "dew" (*ros*) and "sea" (*marinus*), or "dew of the sea" — apparently because it is frequently found growing near the sea.

Nowadays we often use rosemary to add fragrance and taste to roasts and to meat (and fish) in general. This Mediterranean herb also goes well with garlic and tomatoes so is often found in pasta sauces, salad dressings and on pizzas. Many people also use the herb with a variety of vegetables - again it adds a subtle taste and fragrance when mixed in or added as a garnish. In recent years the popularity of the barbeque has seen many people add rosemary to the meat that they are cooking this way too. And, rosemary can be added to various kinds of bread.

It is still quite common to brew rosemary into a medicinal tea (as it was in ancient times) and to use its essential oils for medicinal purposes. In times of plague the herb was burned to help purify and it was also common to see people carrying sprigs of rosemary to ward off illnesses. And, historically people would dry their clothes over rosemary bushes as the smell would later deter moth activity. Rosemary is also said to:

- Help with arthritis, rheumatism and joint pains.
- Help with the digestive process.
- Help break down bad odors as use in a mouthwash.
- Help keep hair shiny and dandruff free when used as a rinse.
- Help treat depression and nervous disorders.
- Help treat headaches.
- Help with cold and flu symptoms.
- Help treat bruises, burns and wounds.
- Help alleviate water retention during menstruation.

The strong scent of the herb also makes it a perfect pot pourri ingredient and its cleansing and drying properties make it a popular facial treatment.

JANUARY TIP:

To dry your own rosemary, hang fresh sprigs in a warm, dry place. Be sure to strip the leaves from the stems, discarding the stems, before storing. This is easily done after the sprigs are dry by putting them in a plastic bag and rubbing them off the stem. Store in an airtight container, in a cool, dry place, away from light, to preserve freshness and flavor.





Besides being a common culinary ingredient, Rosemary was used as a perfume through the ages and is even mentioned by Shakespeare in numerous plays!



Lemon-Walnut Green Beans:

- 3 pounds small green beans
- 1/2 teaspoon salt
- 1/3 cup butter or margarine
- 12 sliced green onions
- 2/3 cup chopped walnuts, toasted
- 1-1/2 Tablespoons chopped fresh or crushed dried rosemary
- 3 Tablespoons fresh lemon juice
- 1-1/2 Tablespoons grated lemon rind



Sprinkle beans with salt, and arrange in a steamer basket over boiling water. Cover and steam 8 to 12 minutes or until crisp-tender. Plunge beans into cold water to stop the cooking process; drain.

Melt butter in a Dutch oven over medium-high heat; add green onions, and sauté until tender. Add green beans, walnuts, rosemary, and lemon juice; cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind. Serve immediately.

Testimonial from one of our customers about our Rosemary Salve: I've tried everything! Biofreeze, Icy Hot & Aspercreme (both the version w/ Lidocane), Absorbine Jr. & your product. NOTHING works as well OR lasts as long as your product for my muscle pain due to nerve damage in several areas of my body as does your Rosemary Salve! TYVM for giving me back the ability to not only function normally once again for long periods of time (usually 10 hours) w/o any pain or discomfort, but for affording me the ability to once again play guitar, my love and my hobby, which I haven't been able to for YEARS! Your Rosemary salve is AMAZING!!! TY, TY, TY!!!



One reason that Rosemary is often paired with fatty meats (along with the delicious taste combination) is due to its ability to support the liver and help digest fats.

Rosemary tea can also ease slow digestion issues such as gas, nausea, cramping or bloating because of its warming qualities with fewer adverse affects of the hot energetic herbs such as ginger, garlic and cayenne.





Big Tree Herb Farm

If anyone has any herbal questions, please let me know.

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February's Issue of "Big Tree News" will focus on Herbal Roots (Burdock, Astragalus and Dandelion)



UPCOMING WINTER MARKETS:

Big Tree Herb Farm will be at the following markets this Winter:

Rolling Green Nursery
Greenland NH
Saturdays 10am-2pm

January 30, 2021

February 13, 2021

February 27, 2021

Berwick Town Hall
Berwick ME

Sundays 10am—1:30 pm

February 14, 2021

March 14, 2021

April 11, 2021

Tri-Town in Eliot ME
Sturgeon Creek Farm
Sundays 11am—2:30 pm

February 7, 2021

February 21, 2021

March 7, 2021

March 21, 2021



HOPE TO SEE YOU THERE!

Rosemary Tapenade



Tapenades are a traditional French preparation that combines a blend of olives and herbs to make a savory, salty spread. It is best served before or along side of a meal with crackers, veggies or crusty bread or as a topping for meats.

- 2 cups pitted green olives
- 1 TB capers
- 2 TB roasted tomatoes (from a jar)
- 2 anchovy filets preserved in olive oil
- 1.5 TB minced fresh Rosemary leaves
- 2 TB lemon juice
- 2 TB olive oil
- 3 garlic cloves
- 1.5 TB minced fresh Thyme leaves

Assemble all of the ingredients with the exception of the olive oil and place them in a food processor or blender. Process until thoroughly mixed and olives are broken into small chunks.

Slowly add the olive oil to the mixture, continuing to process until the mixture forms a thick paste.

Keep in the refrigerator for about 1 week.

