



Big Tree News

The world gets better when we do.....

Big Tree Herb Farm

Volume I, Issue I

November 2019

Hello everyone,
 My name is Gail Henderson and my son and I have an herb farm in Lebanon Maine. We bought this property in January, 2015 with 3.5 acres of land with a vision of turning it into a farm. We have both been studying herbs and herbal medicine for many years and wanted to grow our own with the hope of starting a business. We now grow about 30 herbs, both culinary and medicinal and make herbal salves, oils, tinctures and vinegars. We also have 5 goats, 11 chickens, one cat, three dogs and six ducks! Last year we started taking our herbs and herbal products to Farmers Markets and it has been very successful. This past summer I got the idea to start a newsletter as a way to stay in touch with our customers and share our knowledge with others so that they may be empowered to heal themselves with the remedies that the earth provides. I will focus on one herb per month to write about in depth and share recipes.



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HERBS



A herb is a plant that is valued for flavor, scent, or other qualities. Herbs are used in cooking, as medicines, and for spiritual purposes. Herbs have a variety of uses including culinary, medicinal, or in some cases even spiritual usage. General usage differs between culinary herbs and medicinal herbs. In medicinal or spiritual use any of the parts of the plant might be considered "herbs", including leaves, roots, flowers, seeds, resin, root bark, inner bark, and berries.

Culinary use of the term "herb" typically distinguishes between herbs, from the leafy green parts of a plant, and spices, from other parts of the plant, including seeds, berries, bark, root, fruit, and even occasionally dried leaves or roots. Culinary herbs are distinguished from vegetables in that, like spices, they are used in small amounts and provide flavor rather than substance to food.

Some culinary herbs are shrubs (such as rosemary), or trees (such as bay laurel) – this contrasts with botanical herbs, which by definition cannot be woody plants. Some plants are used as both a spice and an herb, such as dill seed and dill weed or coriander seeds and coriander leaves.

Plants contain phytochemicals (such as beta-carotene that occur naturally in plants) that have effects on the body. Throughout history, from the Bible, Koran, Vedas and other old texts, the medicinal benefits of herbs are quoted.

**"When in doubt,
choose Nettle"**

A quote from David Hoffman, Herbalist and author of Medical Herbalism

I will be choosing one herb per month to write about and this is why I chose Nettle for the first newsletter.





Did you know...

Ancient Greeks and Romans used Nettle to make cloth. It was once used to make a clothing fabric that was finer than linen or cotton.



NETTLE (Scientific name: *Urtica Dioica*) is also known as Stinging Nettle. These are some of the things it can be used for:

- blood purifying
- highly astringent (to tighten and contract tissues, reduce irritation, secretions and discharge)
- Stops excess bleeding
- Thyroid balancer for fatigue
- Bladder infections (including cystitis and kidney infections)
- Tonic for anemia (rich in Iron, Calcium and other minerals)
- Mucous cleanser for asthma relief and lung congestion
- Rich organic mineral nourishment for arthritis
- Helps alleviate pre-menstrual bloating
- Antihistamine properties for allergies and hay fever
- Preventative and curative for prostate issues
- Helps restore energy and vitality when overworked and tired
- Helpful for PMS, fertility and menopausal issues
- Supports detox organ systems (liver, lungs, urinary tract)
- Full of nutrients that support healthy bones, teeth, and hair

November Tip:

Make sure you wear gloves when picking or handling fresh nettle leaves due to its stinging protrusions.

Fortunately, heating, drying and mashing the leaves destroy the stinging qualities.



Nettle makes a fabulous tea!

Nettle/Tulsi/Red Clover

Wellness Tea:

A very nourishing tea, high in vitamins and minerals. A helpful general tonic tea which helps to build energy when tired or rundown. Pour boiling water over leaves (either fresh or dried), cover and steep for 15-30 minutes.



NETTLE SALVE

I make a nettle salve using dried nettle leaves/ stems, beeswax, almond or grapeseed oil.

It is used for:

Eases skin or joint pain, osteoarthritis, inflammatory skin conditions such as psoriasis and eczema, hemorrhoids, swelling



NETTLE PESTO

1-2 cups olive oil
 1/2 chopped pine nuts, walnuts or cashews
 2-3 cloves garlic
 Several handfuls freshly picked nettle leaves
 1/4 cup grated parmesan cheese

Combine the olive oil, nuts and garlic in food processor and blend until creamy.

Add the nettles one handful at a time and blend thoroughly. (As long as you blend well, making sure that the nettle has been pureed thoroughly, there won't be any sting!) Add the cheese and stir well. Enjoy on crackers or bread, as a veggie dip or just off the spoon!



Nettle is a pleasant-tasting green and is often served steamed. It can be used to replace spinach in any recipe but must always be well-steamed. If under cooked it can sting you!!!

Sprinkle generously with olive oil, fresh lemon juice and a bit of crumbled feta or goat cheese.

PICKLED NETTLES

Pick the fresh tender tops of the plant and place them raw into a quart Mason jar. Fill the jar to the top with Apple Cider Vinegar, being sure that no nettles surface above the vinegar. Add a few garlic cloves and whole cayenne peppers.

Cap tightly and let sit for 8-12 weeks.

Serve on toast with Feta cheese and olives for a rare treat!





Big Tree Herb Farm

If anyone has any herbal questions,
please let me know.
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**December's
Issue of
"Big Tree News"
Will focus on
Tulsi
(Holy Basil)**



**UPCOMING WINTER
MARKETS:**

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

**Rolling Green Nursery
Greenland NH**

10-2

- Saturdays on**
- November 23, 2019**
- December 7, 2019**
- December 21, 2019**
- January 4, 2020**
- January 18, 2020**
- February 1, 2020**
- February 15, 2020**
- February 29, 2020**

AND

**Berwick Town Hall
Berwick Maine**

10-1:30

- Sundays on**
- November 24, 2019**
- December 8, 2019**
- January 12, 2020**
- February 9, 2020**
- March 8, 2020**
- April 19, 2020**



Healing Restorative Broth:

This broth is good for restoring health, vitality and strength during and after an illness.

In a large soup pot combine:

- Handful each of garlic cloves, fresh ginger slices, dried Maitake, Reishi and Shitake mushrooms.
- 5 TB dried or fresh nettle leaves/stems
- 1 tsp Apple Cider Vinegar
- 1/2 sheet Nori seaweed
- Salt, pepper and dried oregano to taste.

Bring all to a boil and then simmer for 25 minutes. Drink several cups per day during and after illness.

NOTE: I get the dried mushrooms at the Misty Meadow Herbal Center in Lee NH. <https://www.mistymeadows.org/>

Creamy Nettle Potato Soup: (from Rosemary Gladstar)
(also helpful when recovering from illness—nourishing and easy to digest)

- | | |
|-------------------------------------|---------------------------------------------------|
| 1 Tb Olive Oil | Several large handfuls dried or fresh nettle leaf |
| 1 large yellow onion (chopped) | 2-3 medium potatoes (chopped) |
| 2 quarts vegetable or chicken broth | Salt and pepper to taste |

Warm oil in large soup pot over medium heat. Sauté onions until soft and golden (about 10 minutes) Add potatoes and sauté until soft (about 8-10 minutes). Add broth, bring to a boil, reduce heat and simmer about 10 minutes. Add nettles and cover, turn off heat and let steam for 15-20 minutes. Puree soup or leave as is and season to taste.

