



Big Tree News

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

Big Tree Herb Farm

December 2021

Hello Everyone,

Hope you are all doing well and enjoying the holiday season....



I love living in New England but the winters are certainly rough on the skin! When we first started with our herb farm in 2016, one of the things I wanted to explore was how to make skin care products, particularly skin salves and lip balms. We now have 15 types of herbal skin salves and two kinds of lip balms! Another thing that really helps the skin is using soaps made with all natural ingredients. I buy goat milk soap from Spirit Wind Farm spiritwindfarmllc.com and all natural soaps from Sarandipity www.sarandipitysoapco.com—both local companies who attend the farmers markets with me. The difference in using these soaps is huge for my skin and there is no going back to store-bought soap as far as I'm concerned. I also have many friends and family members with skin conditions such as eczema, psoriasis, rashes and that was another reason why I wanted to explore making herbal salves. I would like to hold a class in salve-making in March to share this with everyone—is anyone interested? Please let me know..

Inside this issue:

Big Tree News	1
Herbal Salve Making	1
Calendula, Comfrey, Nettle, Plantain	2
Anti-Inflammatory Lemon Balm, Tulsi Red Clover, Borage, Eucalyptus Salves	3
Cleavers Salve	
Bee Balm Salve	4
Winter Markets	



HERBAL SALVE MAKING 101:

This is my method for making herbal healing salves:

- 1) Start with a quart size Mason jar and fill it 3/4 full with dried herbs packed pretty tightly.
- 2) Cover with Grapeseed Oil or Almond Oil to fill the jar almost to the top. Cover and set in a sunny window for three weeks.
- 3) Strain the herbs out of the oil using cheesecloth to remove all the fine particles.
- 4) Put this herbal infused oil in a saucepan on very low heat. Add 2/3 cup of beeswax (I use the pellets). Heat and stir just until beeswax is melted.
- 5) Add in a small amount of essential oils (about 30 drops) - optional.
- 6) Pour into jars to set—cover and store—not in direct sunlight. ENJOY these lovely salves!



THIS MONTH'S

Focus is
Skin Care





Did you know...

Calendula flowers are also one of the most popular edible flowers. They used to be a frequent addition to winter stews and soups since they were thought to promote a sunny disposition and good health through the colder winter months. You can also add them to salads and even omelets!



Calendula is one of our most popular salves. I always recommend it for dry and chapped skin and it can also be used as a lip balm. It has many other healing properties: Anti-viral, anti-inflammatory, Anti-fungal - helps with wounds, burns, cuts, bruises, varicose veins, scarring, and athlete's foot.

Nettle is another one of our popular salves and is helpful for so many things:

Eases skin or joint pain,
Helps with osteoarthritis symptoms,
inflammatory skin conditions such as psoriasis
and eczema, hemorrhoids, insect bites,
dermatitis and swelling.

This herbal salve with nettle also nourishes sensitive and stressed skin and might even have an anti-aging effect.



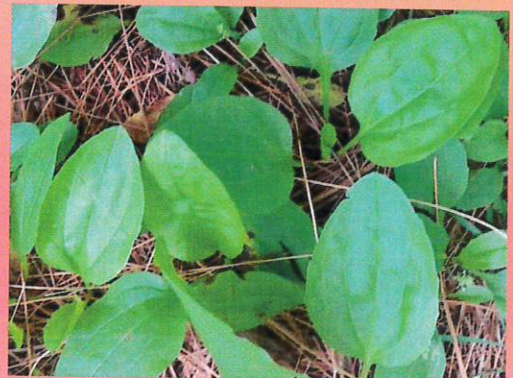
Did you know that Plantain has drawing out properties to draw out skin infections, splinters and even bee stings. Plantain is also useful for boils, bleeding and hemorrhoids. It is a good salve to have in your home first aid kit!

COMFREY SALVE:

Bone healing, muscle/ tendon/ligament re-building, wounds, burns, sprains, swelling, pain relief, varicose veins, skin cancer.



This salve also contains St. John's Wort which helps with the pain of injuries.





WHY DO I USE GRAPSEED OIL AND BEESWAX TO MAKE HERBAL SALVES?

Both are so nourishing for the skin. They also soak right into the skin without feeling greasy. Beeswax helps lock in moisture for very dry skin and is also useful for inflammatory skin conditions. Grapeseed Oil is an excellent carrier oil for infusing the dried herbs to obtain the maximum of their healing properties and also high in antioxidants.



Rosemary, Nettle, Cleavers, Tulsi and Dandelion. They all help to reduce inflammation and muscle/joint pain.

What salves are anti-inflammatory for skin conditions such as arthritis, eczema, and psoriasis: Yarrow, Comfrey/St John's Wort, Plantain, Red Clover, Chickweed,



Tulsi—Rub on soles of feet to promote restful sleep. Eucalyptus/Peppermint Salve—like a natural Vicks Vapor Rub for chest congestion and like a natural Ben Gay for muscle soreness.

What salves are beneficial for aging skin?



1) Borage Salve:

Rejuvenates mature or damaged skin, or skin prone to breakouts due to hormonal fluctuations.

Anti-inflammatory. Improves skin elasticity and cell strength.

2) Red Clover Salve: High in isoflavonoids for anti-aging, increases collagen production, improves elasticity, reduces wrinkles, adds moisture, improves skin thickness. Slows signs of aging.

DID YOU KNOW....

Lemon Balm is helpful for the Herpes virus, Shingles and Chicken Pox.

We have a Lemon Balm salve and also a lip balm which is useful for Cold Sores and it also smells delightful!





Big Tree Herb Farm

If anyone has any herbal questions,
please let me know.
ghenders65@gmail.com

<https://www.bigtreeherbfarm.com>



Next month's
Newsletter will
focus on
Herbal
Properties



We will be at the following
Farmers Markets this winter:

Tri-Town at the Kittery
Community Center

10am to 2pm

1/16/2022

2/06/2022

2/20/2022

3/06/2022

3/20/2022

Berwick Town Hall

10am to 1:30 pm

1/09/2022

2/13/2022

3/13/2022

4/10/2022

Rolling Green Nursery in

Greenland NH

10am to 2pm

1/15/2022

1/29/2022

2/12/2022

Wentworth Greenhouse

In Rollinsford NH

10am to 2pm

1/22/22

2/19/22

3/19/22

Exeter/Stratham

Cooperative Middle School

10am—2pm

1/8/22

2/5/22

3/5/22

4/9/22

HOPE TO SEE YOU THERE!

What salves are Anti-Septic?



Cleavers Salve

Helpful with acne, poison ivy,
sunburn, psoriasis, eczema
and other inflammatory skin
issues. Lavender is also anti-
septic and calming to the skin.

Bee Balm Salve

Anti-fungal and anti-microbial.
Useful for infections, scrapes,
stings, rashes. Slows bleeding.
Natural anti-septic.



**WE ARE VERY EXCITED TO SAY THAT WE HAVE
ADDED TWO FARMERS MARKETS TO OUR
REPERTOIRE THIS WINTER:**



EXETER/STRATHAM

This month at the Stratham Middle School

And

WENTWORTH GREENHOUSE

In Rollinsford NH