



Big Tree News

The world gets better when we do....

Big Tree Herb Farm

Big Tree News
December 2025

Hello everyone,

Hope you are all doing well today and are enjoying the holiday season. I am taking a much needed rest for this week and next and will resume farmers markets on Saturday, January 10th at the fabulous Wentworth Greenhouse. 2025 has been an exceptionally busy year—I am definitely not complaining but after my last market on December 20th I was absolutely in need of both a mental and physical break! I now feel much better and am looking forward to 2026, I have lots of new ideas for products (as I talked about in my last newsletter) and also will be holding some classes (see back page), which I always love doing, and of course many farmers markets!



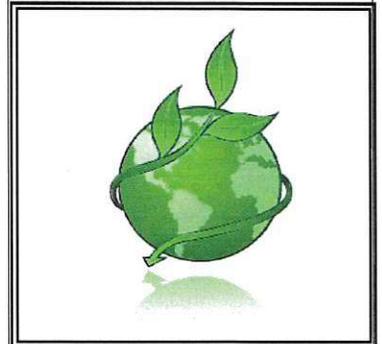
This newsletter will also focus on Adaptogens, which are herbs and remedies that focus on helping one with stress. I know we all have some type of stress in our lives, which is normal in these times but sometimes one just gets overwhelmed by too much stress and needs some help to cope.

I have been writing these monthly newsletters since 2018 on various topics about herbal medicine and natural health. My February 2024 (which I will enclose again in this mailing) was focused on Adaptogenic Herbs, specifically Tulsi (Holy Basil), Ashwaganda and Astragalus. This newsletter will focus on the Adaptogenic, stress relieving properties of Essential Oils. The more I study and learn about these fabulous oils, the more I am in awe of their power in healing and enhancing our lives. One of the areas that these oils really shine is in stress-relieving! Hopefully you will be able to experiment yourself and try a few of these to have on hand when you need them. They also keep forever and you just need a tiny bit so that is another good thing about them!

See our upcoming market schedule on the back page of this newsletter. Also if anyone ever has any herbal or alternative health questions, please feel free to contact me at: ghenders65@gmail.com I'm here to help!

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THIS MONTH'S Featured Herbs are:

**Frankincense,
Lavender, Bergamot,
Ylang Ylang, Vetiver
and Chamomile**



6 Essential Oils to Soothe Anxiety

All of us have experienced stress at some point in our lives. External events like a demanding job, financial worries, the state of our world or an unhappy home environment can all be stressors. Anxiety is one of the many symptoms of stress. It makes us feel apprehensive and

fearful to the point where it starts interfering in our daily functioning. Aromatherapy using essential oils is helpful in managing anxiety and stress.

Essential oil scents can stimulate smell receptors located in the nose which connect to the brain. These receptors can send messages to the part of the brain that controls stress, heart rate, hormone levels, etc. Thus, essential oils can have an effect on your body's chemicals, positively affecting your mood, your overall health and emotions.

When it comes to dealing with everyday anxiety and stress, essential oils can be incorporated to promote feelings of calmness and relaxation.

These are six we will focus on in this newsletter: Frankincense, Lavender, Bergamot, Ylang Ylang, Vetiver and Chamomile.

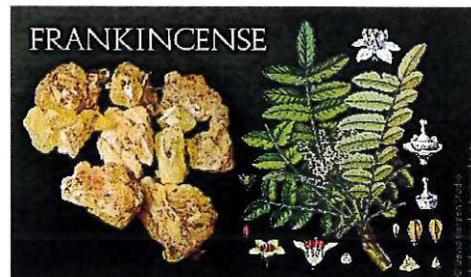


Did you know...

Did you know **Bergamot** is a key ingredient in the Earl Grey tea? Bergamot essential oil comes from bergamot oranges. It has a distinct citrusy smell that can help improve mood. In fact, some studies have concluded it is effective in reducing anxiety, improving mood, and regulating cortisol (the 'stress' hormone) levels. The invigorating fresh scent of bergamot can be refreshing. It can help drive away negative emotions, uplift mood, and soothe the nervous system.

Frankincense essential oil, also known as 'The King of Oils', is also beneficial in treating stress and anxiety. The essential oil is extracted from the dried resin of Boswellia trees. In many cultures, frankincense is used as incense during religious ceremonies. It has a sweet, resinous, musky aroma that is thought to be calming. Recent research has also revealed it has properties that may help fight certain types of cancers.

One study used a mix of oils that included frankincense to give hand massages to patients suffering from terminal cancer. This significantly reduced pain and depression among the subjects.



Lavender is a versatile and popular essential oil. Not only does it smell wonderful, but it is also an excellent antiseptic and relaxant. It has a floral aroma with herbaceous notes. According to studies, lavender can help promote relaxation because it contains high amounts of linalyl acetate and linalool. It can help reduce stress and fight anxiety, make you feel calmer, and also address insomnia. The best way to explore its therapeutic benefits is through topical application using 1 - 2 drops and coconut oil or almond oil massaged into wrists and behind neck.



Chamomile is a good option if you are feeling restless and need something to calm you down. Its sweet, fruity

aroma has sedative properties that help decrease worry, anxiety, and soothe an over-worked mind. The research supports its effectiveness as a relaxant and an antidepressant. Chamomile can help relieve some symptoms related to Generalized Anxiety Disorder or GAD.

LEMON DETOX BATH:

Freshen and Cleanse the Body!

Juice of one lemon
5 Drops of Lemon Oil
2 Drops Geranium Oil



WAYS TO USE ESSENTIAL OILS:

Inhale: The simplest way to reap the aromatherapy benefits essential oils is by inhaling the scent. Rub a drop or two between your palms and inhale deeply by cupping your hands over your nose. If possible, invest in a good aromatherapy diffuser and enjoy the soothing scent of essential oils all day in your home.

Bath:

A relaxing bath at the end of a long, tiring day is also a good way to de-stress. Mix 3-5 drops of essential oil with your bath salts, add this to the bath waters and enjoy a leisurely soak.

**Massage:**

Mix the essential oil with a carrier oil like coconut or almond and use for a full body massage. You can also simply apply this mix on your neck, temples, wrists, and soles of your feet. For a massage you can use a ratio of 6 drops essential oils per fluid ounce (10ML) of carrier oil and put in a roller ball.

Vetiver, a rather obscure essential oil, is another great pick for helping with anxiety. Derived from a type of grass native to India, vetiver has an earthy, woody, and herbaceous scent. An aphrodisiac, vetiver has a grounding and stabilizing effect that helps calm down the mind. It can help control panic attacks. According to a study it is as effective as the drug diazepam in controlling anxiety.



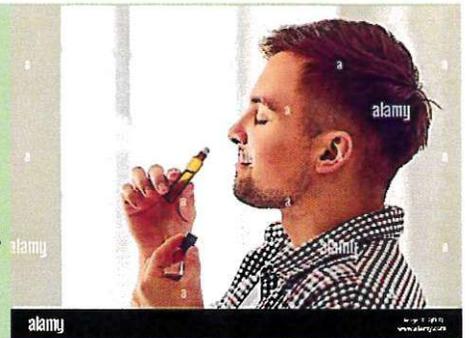
Ylang Ylang is another great relaxant. Ylang ylang has a strong sweet, floral scent that is uplifting and calming. It is particularly effective in dealing with stress as it helps lower cortisol levels in the body. A recent study has revealed that it can help lower heart rate, and decrease stress and anxiety. It can help promote a feeling of calm and peace. It also helps balance your hormones.

RELAXING MINERAL BATH:**Soak Away Stress!**

- 1 Cup Dead Sea Salts
- 1 Cup Epsom Salts
- 1/2 cup Sea Salt
- 1/4 Cup Baking Soda
- 3 Drops Lavendar Oil
- 2 Drops Chamomile Oil
- 2 Drops Marjoram Oil
- 1 Drop Ylang Ylang Oil



Another way to receive the medicinal benefits of Essential Oils is to just smell them right out of the bottle. I keep a bottle of Lavender by my bed side and reach for it if I am feeling stressed or having a hard time getting back to sleep in the middle of the night!



Big Tree Herb Farm

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

<https://www.bigtreeherbfarm.com>



**Our January
Newsletter will be
about
Essential Oils -
Other Uses**



**OTHER ESSENTIAL OILS
HELPFUL FOR STRESS &
ANXIETY:**

Marjoram—lowers Blood Pressure, tonic for the heart, calms anxiety and helps soothe pain

Jasmine—Uplifting and soothing, balances hormones, help with respiratory issues like bronchial spasms and coughs

Geranium— Tonic for the central nervous system, balances hormones

Sweet Orange—Cheering and uplifting, calms stomach, helps lower cholesterol
Clary Sage—hormone balancer, brings a feeling of well-being, helps relieve cramps

Lemon Grass—Soothes Central Nervous System, lifts the spirits, stimulates circulation

Rose— Eases depression and exhaustion



Winter Markets:

Berwick Town Hall

10am to 1:00 pm

Sundays

1/11, 2/8, 3/8, 4/12/26

Stratham

Cooperative Middle School

10am—1pm

Saturdays

1/17, 2/14, 4/4/26

**Wentworth Greenhouse in
Rollinsford NH 10am—2pm**

Saturdays

1/10, 1/24, 2/7, 2/21, 3/7,

3/21/2025

HOPE TO SEE YOU THERE!



**We also have our products
at these fabulous shops:**

Tip Toe Eco Marketplace

In Kennebunk Maine

Sturgeon Creek Farm Store

in Eliot Maine

Nerdy Turnip Farm Shop in

Rochester NH and

Spirit Wind Farm shop

in Lebanon Maine

Upcoming Classes:

**Saturday January 31st at
10am at The Gathering
Place in Somersworth NH**

**Topic:
Into to Herbal Medicine
and herbs for Women's
Health Issues**

**Cost for each will be \$40
and for that you will
receive not only the class
but a sample bag with
herbal teas and remedies
and lip balm and an
Information Booklet which
includes many recipes. Also
herbal teas and refresh-
ments will be served.**

**Please sign up on our
Web-site:**

**www.bigtreeherbfarm.com
Hope to see you there!**

**Further classes will be held
each month this winter:**

Feb 28th

**March 28th (Spring
Cleanse/Detox)**

and April 18th

Topics to be determined