



Big Tree News

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

Big Tree Herb Farm

February 2022

Hello Everyone,

Hope you are all staying well through this challenging winter! I am writing this as I look out at our gardens in the middle of another snow storm (and hopefully our last since it will be March in four days). I am so longing to get out in the gardens to begin our planting—we have started a few seedlings indoors but we still have a ways to go before we can put any of these in the ground outdoors. It is so nice to see some green things growing though....



This month's newsletter is about herbal teas/infusions. I am not a coffee drinker, never have been, but since starting on this herbal journey, I do enjoy a nice cup of herbal tea in the mornings and then again before bed. I have enclosed both of those recipes on Page Four of this edition and a few other tea combinations for you to try. I hope that you will find one that you like for yourself. We make our teas with both dried or fresh herbs (whichever we have available). This is an easy way to obtain all the wonderful benefits of medicinal herbs. You can always add honey or lemon (or both) for those herbs that are less tasty but some herbs (like Tulsi Holy Basil) are absolutely delicious just on their own.....ENJOY!

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THIS MONTH'S

Featured Herbs are Mint & Ginger



HERBAL INFUSION/DECOCTIONS:

When we think of a "cup of tea" it is usually a beverage tea made with traditional tea leaves such as black, green, oolong, Earl Grey, etc. Herbal teas, known for their medicinal properties, are not true "teas" but rather infusions of herbs or plant parts such as berries, flowers, buds, seeds and leaves. They are steeped for a longer time to infuse the water with the medicinal properties of the plant.

How to make a Medicinal Herbal Infusion:

Put 4-6 TB of dried herb into a glass quart jar. Pour boiling water over the herbs, filling the jar. Let steep 30-45 minutes. Strain and drink.

HERBAL DECOCTIONS: Made from the more fibrous parts of the plant like roots, bark, stems, nuts. It is harder to extract the medicinal qualities of these:

Place 6-8 TB of dried pieces in saucepan with 1 quart of cold water. On low heat, bring the mixture to a slow simmer for 25-45 minutes. Strain and drink.



Did you know...

Ginger can be used internally as an infusion (tea) for nausea or motion sickness and also externally in an oil or salve or sliced into the bath for Menstrual cramps or PMS symptoms



- GINGER (Zingiber officinale):**
- Anti-inflammatory for joint pain, arthritis,
 - Helps repair damaged cartilage tissue
 - Improves circulation in legs and pelvis
 - Useful for menstrual cramps and PMS symptoms
 - Helpful for nausea, motion sickness, food poisoning, morning sickness and seasickness
 - Warming herb and helpful as a decongestant for colds, flu, respiratory congestion and sore throats

- PEPPERMINT (Mentha Piperato) or SPEARMINT (Mentha Spicata):**
- both are marvelous additions to any herbal tea
 - Spearmint has a lighter taste, is sweeter, milder and less pungent so probably the better choice for children's teas. Combine it with Lemon Balm for hyperactivity and anxiety in children.
 - Combine with Catnip for children's fevers.
 - Both mints are refreshing and uplifting but also relaxing.
 - Both mints help with digestion, both have warming and cooling properties to aid the central nervous system
 - High in antioxidants, helps relieve symptoms of irritable bowel syndrome, eases indigestion and bloating

PEPPERMINT:

When you need a gentle pick-me-up try Peppermint and Holy Basil Tea, which will gently restore and revitalize you. For a "Brain Tonic" combine Peppermint with Ginkgo, Gotu Kola and/or Rosemary to help bolster your memory and sharpen your thinking!

EVENING TEA BLEND

(calming and uplifting after a stressful day)

- 2 parts Spearmint Leaf
- 1 part Chamomile flowers
- 1 part Lemon Balm Leaf
- 1/4 part Ginger Root (grated)
- Honey to taste



Prepare an infusion of herbs (see Page One)
Drink 1-2 cups in the evening or after dinner

ENJOY!



For Headaches and Stress:

1 part basil leaf
1 part lemon balm leaf
1/4 part chamomile flowers
1/4 part lavender flowers

Use 1 tsp (dried) herb or 2 tsp of the fresh herb per cup of boiling water. Pour the boiling water over the herbs and let steep 15-20 minutes.

Drink warm or at room temperature. Headaches are usually helped by soaking your feet in hot water (as hot as you can stand). Add a few drops of lavender essential oil to this foot bath. Sit back with your cup of tea, soak your feet and rub a little of the lavender essential oil on your temples. Hopefully your headache will just drift away!



Rosemary Gladstar has many delightful herbal tea recipes in her book, "Medicinal Herbs" - Here are a few to try:

Rosemary Lemon-Thyme Tea:

refreshing and mildly stimulating. Prepare an herbal infusion with equal parts Rosemary and Lemon Thyme—add some fresh lemon juice or honey if desired.

Burdock Root Beer Tea:

1 part each Burdock Root (chopped), 1 part cinnamon chips (cinnamon sticks broken into small pieces), 1 part sarsaparilla root, 1/2 part Dandelion Root, 1/4 part Ginger Root (chopped or grated), a small pinch of Stevia. Drink this delicious tea warm and cold with a splash of sparkling water!

Elderberry Tea:

2 parts each dried Elderberry and Rose Hips, 1 part each dried Blueberry and Hawthorn Berry. Honey and/or lemon juice to taste. This tea is antioxidant rich, nutritious and heart-healthy and can be used as a daily tea.

Digestive and Colic Tea:

3 parts lemon balm leaf
2 parts chamomile flowers
1 part dill leaf or seed

For infants with colic, give 1-2 teaspoons of this tea before nursing or feeding. For adults drink as needed.

All of these can be made using the Infusion method on Page 1

MY FAVORITE HERBAL TEA:

No doubt about it that just plain Lemon Balm tea is my absolute favorite—and it stands alone—it doesn't need anything added for taste. It also makes a delightful iced tea—so refreshing on a hot day. Lemon Balm is also very calming to the central nervous system so if you are feeling stressed this is the tea for you!



GINGER LEMONADE:

4-6 TB freshly grated ginger-root
1-2 Lemon, juiced
Honey or Maple Syrup to taste

Combine ginger root with 1 quart cold water—cover pan tightly and bring to a boil. Remove from heat and let steep for 15 minutes. Strain and add lemon juice and sweetener.
ENJOY!



Big Tree Herb Farm

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

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Next month's
Newsletter will
focus on
Spring Cleanse
Part 2 and
Wormwood



My Daily Herbal Teas:

Morning: We use about 1 rounded tsp each of Nettle, Tulsi (Holy Basil), Astragalus, Alfalfa, St. John's Wort, Lemon Balm, Dandelion Leaf and Dandelion Root and Rose Hips.

Sometimes we add some Medicinal Mushrooms if we are feeling like we may have been exposed to a virus. We pour boiling water over these in our glass tea pot and steep for about 30 minutes.



Before Bed: We use about two Tablespoons for this one: Chamomile, Tulsi (Holy Basil) and Catnip. We pour boiling water over these and steep for 30 minutes also.

We each drink one cup of this before bed.

We have a strainer similar to the one in the picture above but you can also use a tea ball and put one TB of each in each mug.

ENJOY!

**We will be at the following
Farmers Markets this winter:**

Berwick Town Hall

10am to 1:30 pm

3/13/2022

4/10/2022

Wentworth Greenhouse

In Rollinsford NH

10am to 2pm

3/19/22

Exeter/Stratham

Cooperative Middle School

10am—2pm

3/5/22

4/9/22

Tri-Town at the Kittery

Community Center

10am to 2pm

3/06/2022

3/20/2022

4/3/2022



HOPE TO SEE YOU THERE!

**STAY TUNED FOR OUR
SCHEDULE OF
SUMMER MARKETS
Starting in May!**