



Big Tree News

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

Big Tree Herb Farm

Big Tree News
January 2025

Happy New Year Everyone!

Hope this finds you all well and safe. January is a challenging month in New England and even though we didn't get any major storms this month the bitter cold and wind has been hard to handle. I know many people have been sick this month with colds and flu and I am especially grateful now for my herbs and herbal remedies.



I am still avoiding illness as long as I take good care of myself with a healthy diet, exercise and sleep and am very diligent about taking my herbal remedies at the very first sign of an illness (see below for more details). It is also an empowering feeling to know that I have everything I need at home to take care of myself in times of increased sickness all around me. It is really possible to stay well in this environment!

I am also very grateful this month for the fabulous winter markets and my herbal classes. Both have been very well attended and I am meeting new people all the time who are looking for ways to be healthier and acquire the tools to take better care of themselves. This is so exciting and I feel honored to be a part of this trend!

See our market schedule and upcoming class 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!

Inside this issue:

| | |
|-----------------------------------|----------|
| Big Tree News | 1 |
| Immunity Boosters | 1 |
| Garlic | 2 |
| Elderberry | 3 |
| More Immunity | 4 |
| Farmers Markets and Events | 4 |



Prevention/Immunity Boosters

One of the areas where herbs and natural remedies really shine is with disease prevention. I haven't had a cold or flu in several years and I believe this is due to my prevention regimen which I will share with you: At the very first sign of a scratchy throat or snuffle or even if I just have been around people who are sick I do the following:

Increase my intake of Vitamin C and Zinc

Garlic—I also have liquid Garlic capsules that I poke a hole in and squeeze into my ears—this allows the Garlic to pass by your digestive system and go directly into your bloodstream. I also use our Mullein-Ear drops in this same way. (see Page 2 for more about these)

Astragalus Root—I take two of these capsules per day on a regular basis and then take two every few hours if I feel an illness coming on. (Page 3)

Fire Cider—another powerful immune-boosting remedy. I take a daily teaspoon for wellness and then take a teaspoon every few hours if I feel an illness coming on (more on this on Page 2).

Elderberry Syrup—high in Vitamin C and also immune-boosting (pg 3)

Epsom Salt bath with a few drops of Eucalyptus Essential Oil is great for achiness and clearing out the nasal passages.

Local honey—a spoonful of honey soothes a cough or sore throat and reduces inflammation of throat and chest.

Why not try some or all of these the next time you feel an illness coming on!

**THIS MONTH'S
Featured
Herbs are
Elderberry and
Garlic—
Immunity
System Staples!**





Did you know...

Garlic is really high in Vitamins A, B & C and also Minerals Zinc, Iron, Potassium, Selenium, Sulphur, Calcium, Copper and Manganese. It is also high in Allicin.

All of these help with disease prevention! Garlic is nature's most potent anti-biotic and anti-viral



Fire Cider—This recipe originated from Rosemary Gladstar, an herbalist from Vermont and most other herbalists have made it their own with slight variations. This is my version:

I take Organic Apple Cider Vinegar and soak grated horseradish, ginger root, turmeric root, minced garlic and chopped raw onion for three weeks. I then strain it and

add a small pinch of cayenne pepper and local honey to taste.

This is a powerful immune tonic when taken on a daily basis and a cold and flu fighter if taken at the first sign of illness every several hours (one teaspoon).

"People may use fire cider as a natural remedy against the flu and common colds. Additionally, people may consider fire cider to help relieve nasal congestion, support digestion, warm the body during cold seasons, and boost immunity."

GARLIC:

- Useful for treating sore throats, colds, flu and poor or sluggish digestion
- Stimulates production of white blood cells, boosting the body's immune function
- It's Sulphur compounds and essential oils make it a potent internal and external antiseptic, anti-bacterial and anti-microbial for treating many types of infections
- Garlic is also a well-known vermifuge for treating intestinal worms in humans & animals
- It is effective for maintaining healthy blood cholesterol levels and aids circulation
- Helps to lower blood sugar levels to aid Type 2 Diabetes

Mullein Garlic Ear Oil

We soak Mullein leaves and Garlic cloves in Grapeseed Oil for three weeks to infuse the oil with the medicinal properties of both. Then we strain it and put it into a dropper bottle for use directly in the ears for pain, infection and wax loosening.



You can also make an ointment with Elder berries that can be used for tumors, burns, cuts, scratches and chapping! It is also a great cleanser for the skin.

The tea can also be used as a Spring tonic for cleansing from chronic sniffles and colds of winter.

You can also make wine, jam or jelly with Elderberries for a tasty and healthy treat!



Astragalus Root:

a powerful anti-viral herb, which boosts the immune system and also helps reduce the incidence and shorten the course of the common cold.

This is a better choice for those with auto-immune disorders than Echinacea—While Echinacea is a popular herb during the flu and cold season, it may lead to a flare-up for those with autoimmune disorders.

While Astragalus has immune-stimulating properties like the other herbs cited here, studies also show that it may be helpful in reducing immune hypersensitivity. Some individuals may find relief by adding this herb into their diet, while it may incite flare-ups in others. Check with your herbalist or doctor to find out if this herb will be helpful for you.

Elderberry Cough and Cold Syrup

(Ingredients: Dried Elderberries, Local Raw Honey, Ginger and Cinnamon)

- Elderberries are high in Vitamins C and A
- Beneficial for respiratory I illnesses
- To Enhance & stimulate the immune system
- Helps to lower fevers through sweating
- Powerful anti-viral for flu, shingles, herpes
- Anti-inflammatory and high in bioflavonoids
- Increases blood circulation
- Anti-viral for flu, herpes and shingles
- Also high in Beta-Carotene, Iron and Potassium

.DID YOU KNOW....

In Old World traditions, an Elder bush was commonly planted at the edge of the herb garden as the "protector" of the garden.



Big Tree Herb Farm

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

<https://www.bigtreeherbfarm.com>



**Herbal Classes
For Winter 2025**

Possible Classes At The
Gathering Place Studio
154 High Street
Somersworth NH

Saturdays on
Feb 15th and March 15th
Possible topics:
2/15/25—Women's Issues
3/15/25—Spring Cleanse

Cost for each will be \$40
and for that you will re-
ceive not only the class but
a sample bag with remedies
and herbal teas and an
Information Booklet which
includes many Recipes.
Also herbal teas and re-
freshments will be served.

Please sign up on our
Web-site:
www.bigtreeherbfarm.com

Hope to see you there!

**Next month's
newsletter will
Feature
Aromatic Herbs
Catnip
And Eucalyptus**



PICKLED SWEET GARLIC

Fill a wide-mouthed Mason jar with whole peeled garlic cloves. Add enough Apple Cider Vinegar to completely cover the garlic. Place the jar in a sunny window for 3-4 weeks.

Strain off 1/2 of the liquid and retain to use in salad dressings. Place the rest in a saucepan and add an equal amount of local honey. Warm until the honey dissolves and pour over the garlic, recap and let sit for another 3-4 weeks. Store mixture in the fridge for up to one year. This way to eat garlic seems to be easier on the stomach than just eating the raw garlic and also



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

**Berwick Town Hall
10am to 1:00 pm
Sundays**

2/9/25, 3/9/25, 4/13/25

**Stratham
Cooperative Middle School
10am—2pm
Saturdays**

2/1/25, 3/1/25, 4/5/25

**Wentworth Greenhouse
in Rollinsford:
10am 2pm
Saturdays**

1/25, 2/8, 2/22, 3/8,
3/22/25

HOPE TO SEE YOU THERE!



**We also have our products
at the fabulous
Tip Toe Eco Marketplace
In Kennebunk Maine!**