



# Big Tree News

The world gets better when we do....

Big Tree Herb Farm

Big Tree News  
January—February 2026

Hello everyone,

Hope you are all doing well today and surviving this crazy winter. I can't remember a winter with so many days of brutal cold! It's been tough but spring is right around the corner. I am a bit behind in writing my newsletter this month since I was so busy during January (not complaining, but still trying to catch up!). I decided to combine this month's to include February. In my last newsletter I wrote about Aromatherapy and the use of essential oils for calming and stress relieving. This month we will explore the exact opposite effects—those oils that are gentle pick-me-ups and those with invigorating qualities.



I just love essential oils and have been using them for over 30 years. My favorites are the citrus ones: Orange, Lemon, Lemon Verbena, Tangerine, Grapefruit and Lemongrass, as well as Tulsi Basil and Rosemary. It's fun to try out different scents to see how you respond to them. I love putting a few drops of Eucalyptus and lavender in my night time Epsom Salt bath when I am feeling congested or achy or feel like I might be coming down with something. This will open up your sinuses and also pull-out any toxins you have been exposed to and help you get a restful night's sleep. Just a few drops works wonders....

On another subject I am excited to announce a new venue for my March Herbal Salve Making class: Wells Reserve/Laudholm Farm! I don't know if all of you know that I used to live there upstairs in that wonderful farm house. I was the caretaker for three years in the late 90's. It was truly heavenly to live and work there and I am so excited to be going back to share one of my classes!

**See our upcoming market/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](mailto:ghenders65@gmail.com) I'm here to help!**

## ESSENTIAL OILS:

As our modern lifestyles become more chaotic and medical costs keep rising, many people are re-discovering Aromatherapy as a natural, self-help means to restore harmony between mind and body. Aromatherapy is widely practiced in Europe as a healing technique today, because it helps restore the natural balance of the body instead of merely suppressing the symptoms of an ailment or disease.

Essential oils, 75 to 100 times more concentrated than dried herbs and flowers, are the heart of Aromatherapy. During the life of the plant, essential oils deliver messages through the plant structure to regulate its functions, trigger an immune response to environmental stress, protect it from harm and attract insects for pollination and propagation. In essence, aromatherapy oils act in plants much like hormones do in humans. They are some of the most potent of all herbal medicines.

Essential oils affect people first through the sense of smell. Smell is the most rapid of the senses because its information is relayed directly to the hypothalamus. Motivation, moods and creativity all begin in the hypothalamus!

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## THIS MONTH'S Featured Herbs are:

**Rosemary, Thyme,  
Ginger, Peppermint,  
Lemon Verbena,  
Orange Essential Oils**





### Did you know...

Aromatherapy oils are customarily used by adding a few drops to a massage oil or facial care products or using a diffuser, lamp or steam inhaler to help ease respiratory distress. When inhaled into the lungs, molecules of the essential oils attach to oxygen molecules, enter the bloodstream and journey throughout the body with therapeutic activity!



**Rosemary Essential Oil:** Encourages intuition, enlivens the brain, clears the head and enhances memory. Useful for exhaustion, weakness and lethargy, and headaches. Also a good decongestant. This oil has pain relieving properties which are useful for arthritis, gout and sore muscles. A heart tonic that normalizes blood pressure and helps anemia. Often used in hair products to encourage hair growth and to relieve dandruff. **(Avoid during pregnancy, with high blood pressure or epilepsy)**



**Lemon Verbena:** Behind the sunny, uplifting scent of Lemon Verbena lies some serious healing properties. It has a toning and strengthening effect on the nervous, digestive, respiratory and immune body systems. Its anti-septic action aids healing of colds and flu, while its anti-inflammatory properties restore tired post-workout muscles. It relieves feelings of anxiety/panic and aids focus and concentration. It supports liver function and helps to bring down a fever by encouraging perspiration. It helps to loosen congestion in the sinuses and lungs. Topically massages with Lemon Verbena speed up the healing process of joint-related injuries, and improves the mobility of and lessens the pain of arthritis. It soothes digestion and menstrual cramps and helps regulate menstrual cycles. The oil's fresh lemony aroma brings a feeling of calm and helps to enhance concentration.

**Orange/Tangerine Essential Oils:** These delightful oils help to clear depression and have a calming action on the stomach, encourage appetite. Also helps with diarrhea and constipation and helps to lower cholesterol. Sometimes called "Sweet Orange" this oil helps with cleansing and detoxifying the body. It also helps improve circulation and stimulates the lymphatic system. It helps support the action of the kidneys and bladder, facilitating the removal of waste from the body. These oils have toning and slightly astringent properties that can help clarify oily skin and revitalize a dull or tired-looking complexion. They also help to stimulate the immune system and improve digestion, relieve constipation and trapped gas by way of a stomach massage. The aroma can also promote restful sleep in cases of insomnia.

### HOT GINGER COMPRESS:

Alternating hot and cold compresses can be an effective way to deal with aches and pains. This warming ginger blend boosts circulation and soothes sore, aching muscles. Fill a bowl with warm water. Add essential oils to the Almond Oil, then add to the water. Soak a washcloth in the bowl, then remove the washcloth and squeeze out the excess water. Wrap the washcloth in plastic wrap to insulate it. Place the compress on the affected area. Leave it on while it cools the body temperature, then repeat the process three times.

**One TB Almond or Grapeseed Oil**  
**7 drops ginger essential oil**  
**4 drops lavender essential oil,**  
**4 drops rosemary essential oil**



### Rosemary and Eucalyptus Temple Massage:

Tension headaches caused by mental effort can be treated with Rosemary Essential Oil. Also Eucalyptus is useful for soothing headaches caused by sinus congestion or allergic reactions. Here these two oils are combined with refreshing peppermint and relaxing lavender.

2TB Almond or Grapeseed Oil  
 5 Drops Rosemary Essential Oil  
 3 Drops Peppermint Essential Oil  
 2 Drops Lavender Essential Oil  
 2 Drops Eucalyptus Essential Oil

Combine all and massage gently into the temples in a circular motion. Store remainder in glass bottle in cool, dry place.

**WAYS TO USE ESSENTIAL OILS:**

**Inhale:** The simplest way to reap the aromatherapy benefits of 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 oil 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.

**Antiseptic for Diffuser**

Use Essential Oils of Clove, Lemon, Thyme, Eucalyptus, Pine, Cinnamon, Rosemary and Tea Tree to keep your home free of bacteria. This is effective for upper respiratory infections, colds and flu. Use approximately 30-50 drops and let the diffuser run for 30 minutes twice per day.



**Thyme Essential Oil:** A strong immune stimulant, fortifies the body on all levels—physical, emotional and mental. Helpful for colds and arthritis, Helps balance blood pressure. A tonic for anemia and fatigue. Enlivens the mind. Topically for healing wounds, sores and boils.

**Peppermint Essential Oil:** Cools fevers. Use with steam to decongest sinuses, helps with asthma and colds. Helps with concentration, soothes headaches and calms the mind. Useful for digestion for nausea, motion sickness and food poisoning. Its anti-bacterial properties helps combat infections. Topically useful for sunburn, skin itching and inflammation. Stimulant action is useful for numb limbs, shock, anemia, dizziness and fainting. This oil contains large amounts of menthol.

**Ginger Essential Oil:** Helps settle the digestive system and stimulates the appetite. Useful for colds, flu and reduces fevers. Also helps with motion sickness, nausea, gas and stomach pain. May be added to massage rubs for rheumatic pain and bone injuries. Sharpens senses and aids memory. Apply with carrier oil for skin sores and bruises.

**Lymph Stimulating Thyme/Rosemary/  
Ginger Massage**

Some essential oils are stimulating and can help improve circulation by dilating the capillaries to increase blood flow. This in turn stimulates the flow of lymph, which helps to control the passage of fluids around the body.

2TB Almond or Grapeseed Oil  
3 Drops Rosemary Essential Oil  
3 Drops Thyme Essential Oil  
3 Drops Black Pepper Essential Oil  
3 Drops Ginger Essential Oil  
1 Drop Clove Essential Oil  
Combine all in glass bowl and gently massage into skin. Store remainder in cool dark place

## Big Tree Herb Farm

If anyone has any herbal questions,  
please let me know.  
[ghenders65@gmail.com](mailto:ghenders65@gmail.com)

<https://www.bigtreeherbfarm.com>



### Upcoming Classes:

- 1) Saturday February 28  
at 10am at The Gathering  
Place in Somersworth NH  
Topic:  
Herbal Cleanse and Detox  
Herbs
- 2) Saturday March 28 at  
10am at Wells Reserve/  
Laudholm Farm in Wells ME  
Topic:  
Herbal Skin Salve and Lip  
Balm and Intro to  
Essential Oils

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](http://www.bigtreeherbfarm.com)  
Hope to see you there!

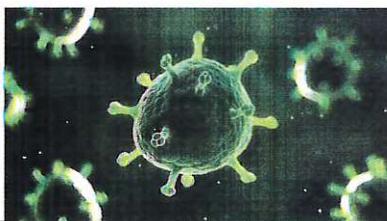
## Our March Newsletter will be focused on Spring Detox



### ESSENTIAL OILS FOR BACTERIA AND VIRUSES

All essential oils have anti-bacterial properties, but each oil is effective against different pathogens. While most essential oils are toxic to bacteria, they are non-toxic to the human organism! For example tea tree oil is the most effective and least harmful of anti-microbial essential oils.

Viruses, because they invade and take control of our body cells, are more difficult than bacteria for the immune system to identify and attack. Certain essential oils have shown effectiveness against them: Thyme, Cinnamon, Black Pepper, Eucalyptus, Tea Tree, Lemon Balm, and Lavender are useful for the Herpes Virus and cold sores



### Winter Markets:

Berwick Town Hall  
10am to 1:00 pm

Sundays  
3/8, 4/12/26

Stratham  
Cooperative Middle School  
10am—1pm  
Saturdays  
2/14, 4/4/26

Wentworth Greenhouse in  
Rollinsford NH 10am—2pm  
Saturdays  
2/21, 3/7, 3/21/2025

### SUMMER MARKETS:

Exeter NH: Thursdays 2:30—6  
May 7—Oct 29  
Sanford ME: Saturdays 8-12  
May 2—Oct 31

**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