



Big Tree News

The world gets better when we do....

Big Tree Herb Farm

Big Tree News
March 2025

Happy Spring Everyone! Even though it doesn't feel like it today... as I write this it is 30 degrees and freezing rain UGH! But April is right around the corner so we're on the home stretch....Spring is an exciting time at the Big Tree Herb Farm as we have started planting indoors and also begun to plan what our gardens will be like this year.



We have four greenhouses now but they are not heated yet and so they do extend our growing season but we dream of some day when we can grow herbs year round! For now we can begin to put some of the heartier herbs in our greenhouses in April like Rosemary, Sage, Oregano and Parsley. And then wait until May to transfer the more fragile herbs like Tulsi Basil, Dill and Marjoram, etc.

This will be my last newsletter of this season and I will start these up again in November of 2025. Since I am just too busy in the late Spring and Summer with farm work and farmers markets we also only have one more herbal healing class—I have had several requests for another Herbal Salve Making class so that will be on Saturday, April 26th at 10am (see details on back page).

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!

Culinary Herbs

When I first started studying herbal medicine and alternative health practices about 30 years ago I didn't focus on any of the culinary herbs but I have recently started looking more into their amazing healing properties. A lot of them are really helpful in digesting foods which makes sense but they also have many other healing properties. For example, did you know that

Oregano is the most powerful anti-viral in the herbal world? We make an Oregano Oil which you would begin to take as soon as you noticed any cold or flu symptoms and it works really well to either nip that in the bud or lessen the virus's impact on your well being. Another example is Sage and Thyme being really great for your throat, if you have a scratchy throat due to illness or allergies make yourself a tea with both of these kitchen spices and it will be really helpful. We also make a Sage Throat Spray and a Thyme Oxyneel Cough and Cold Syrup! Turn the page for some surprising medicinal qualities for Dill and Chives!

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THIS MONTH'S

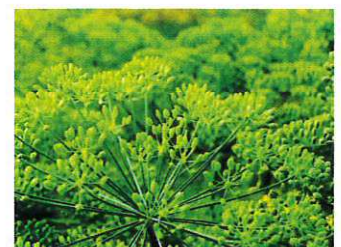
Featured

Herbs are

Culinary

Favorites

Dill and Chives





Did you know...

Dill is part of the same vegetable family as celery?

Unlike celery, dill—also known as dill weed—has a strong, herbal flavor. It's often used as a spice—most commonly with pickles, but also with many other foods.



DILL: (Anethum Graveolens)

Dill is a great source of: Vitamin A & C; Calcium and Iron

Dill is packed with flavonoids, which have been shown to help reduce the risk of heart disease and stroke. But that's not the only reason dill is thought to improve heart health.

Research on animals shows that dill can also reduce LDL cholesterol levels.

- While it's unclear whether dill would have the same effect on cholesterol levels in humans, this initial research is a good first step. High LDL cholesterol levels are associated with increased risks of heart disease, so reducing cholesterol levels is important for maintaining a healthy heart.

Type 2 Diabetes: Studies have shown that dill can be used to help manage diabetes. Not only do these studies show that dill helps manage existing type 2 diabetes, but it also shows that dill may help prevent type 2 diabetes from developing.

In addition to dill's anti-diabetic properties, the herb pairs well with fish and eggs, which are safe for people with diabetes to eat. Using dill and other herbs to flavor food can be a good alternative to sweeter, processed flavorings.

You can also chew on Dill Seeds for bad breath. Dill is also helpful for flatulence and colic in infants and children's upset stomachs. (grind seeds and mix with chamomile flowers to make a mild tea).

Dill also helps promote the flow of breast milk.

In addition to being used to flavor dill pickles, dill is often used with fish, potatoes, and yogurt-based sauces. Here are a few ideas for how to use dill in your daily life:

- Mixed with Greek yogurt to make Tzatziki Sauce
- Roasted in the oven with carrots and olive oil
- Used as a spice to pickle eggs and in making deviled eggs (See Recipe on Page 3)
- * Sprinkled on Salmon with butter and lemon
- * Mixed into an herb butter sauce and dolloped on sweet potatoes
- * Used in a relish to pair with any whitefish

Dill grows in bunches. In the wild, it looks almost like a long grass, with thin, wiry leaves. The dill plant is native to Russia, West Africa, and the Mediterranean. You can easily grow dill at home in your herb garden, either inside or outside. Dill thrives in full sunlight, and takes about eight weeks to fully mature.

CHIVES for Heart Health:

- **Antioxidants:** Chives contain antioxidants like quercetin and kaempferol, which may help reduce plaque buildup in arteries and improve cardiovascular health.
- **Allicin:** Chives contain allicin, which can help relax blood vessels and lower blood pressure.
- **Cholesterol Reduction:** Some studies suggest that chives may help lower cholesterol levels.

CHIVES for Digestive Health:

- **Fiber:** Chives are a good source of dietary fiber, which aids digestion and promotes a healthy gut.
- **Prebiotics:** They contain prebiotics, which nourish the beneficial bacteria in the gut.
- **Antimicrobial Properties:** Chives contain sulfur compounds that can help combat harmful bacteria, viruses, and fungi.

CHIVES for BONE HEALTH:

Vitamin K: Chives are a good source of vitamin K, which is essential for bone density and blood clotting.

Choline:

Chives contain choline, which is important for brain function and may also play a role in bone health.



Chives, scientific name *Allium schoenoprasum*, is a species of flowering plant in the family Amaryllidaceae. A perennial plant, *A. schoenoprasum* is widespread in nature across much of Eurasia and North America. It is the only species of *Allium* native to both the New and the Old Worlds.

Chives are easy to grow in your garden or in a sunny window in your kitchen. Just snip off a few of their tops and add to potato salad, deviled eggs, fish, chicken, etc.

Chives: (*Allium schoenoprasum*)

- Chives contain nutrients that are important for **sleep and bone health**. Some research has also linked the chemicals in chives and other allium vegetables with anticancer effects. Chives belong to the *Allium* genus, which also includes garlic, onions, and leeks.
- Chives, a member of the onion family, offer several potential medicinal benefits, including supporting heart health, aiding digestion, boosting bone health, and potentially reducing cancer risk, due to their rich content of antioxidants, vitamins, and other beneficial compounds.
- **Antioxidants:** The antioxidants in chives may help protect against cancer cell growth.
- **Organosulfur Compounds:** Chives contain organosulfur compounds, which are thought to have anticancer properties.
- **Anti-Inflammatory:** Chives contain compounds with anti-inflammatory properties, which may help reduce inflammation associated with conditions like arthritis and asthma.
- **Anti-Microbial:** Chives have antimicrobial properties that can help protect against infections.
- **Mood and Memory:** Choline and Folate in chives may help improve mood, memory, and other brain functions.
- **Sleep:** Choline may also play a role in improving sleep quality.

Gail's Deviled Eggs with Chives and Dill

6 Hard Boiled Eggs
1-2 TB Mayonnaise
1 Tsp spicy or horseradish mustard
1/2 tsp Apple Cider Vinegar
1 tsp dried or fresh Dill
1 tsp dried or fresh chives—chopped fine
1/2 tsp sea salt
Black pepper to taste

After hard boiling all of the eggs, cool and cut them in half lengthwise, then remove all yolks into a small bowl, smash them with a fork and then add all ingredients and mix well.

Place one TB of yolk mixture into each egg half and then sprinkle with Smoked Paprika.

ENJOY!

Big Tree Herb Farm

If anyone has any herbal questions,
please let me know.
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<https://www.bigtreeherbfarm.com>



Only One Class Left for Spring 2025:

Saturday April 26th at
10am at The Gathering
Place in Somersworth NH
Topic:

Herbal Skin Salve and Lip
Balm Making, 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
three Herbal salves of your
choice, a 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!



**This is our last
newsletter for
Winter 2025. We
will start them
again in
November 2025**



Greek Tzatziki Sauce

- 2 cups grated cucumber (from about 1 medium 10-ounce cucumber, no need to peel or seed the cucumber first, grate on the large holes of your box grater)
 - 1 1/2 cups plain Greek yogurt
 - 2 tablespoons extra-virgin olive oil
 - 2 tablespoons chopped fresh mint and/or dill
 - 1 tablespoon lemon juice
 - 1 medium clove garlic, pressed or minced
 - 1/2 teaspoon fine sea salt
1. Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a serving bowl, and repeat with the remaining cucumber.
 2. Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavors to meld. Taste and add additional chopped fresh herbs, lemon juice, and/or salt, if necessary. ENJOY as a dip for raw veggies or for sauce with fish or gyros!



Two Winter Markets left:

Berwick Town Hall
10am to 1:00 pm
Sunday 4/13/25

Stratham
Cooperative Middle School
10am—2pm
Saturday, 4/5/25

SUMMER MARKETS:
Sanford Maine: Saturdays
8am to 12noon -
May 3 - Oct 25

Exeter NH: Thursdays
2:30 – 5:30pm –
May 2 – Oct 31

Hampton Falls NH: Wed
2:30 – 6:30pm
June 25 – August 27



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