



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 beautiful fall season (my personal favorite season). Can't believe that is time to start thinking about the holiday season already! Where does the time go? We have had a very busy year at the Big Tree Farm with the addition of two greenhouses and lots more herbs, still trying to figure out where each individual herb likes best to grow—they all have such different needs. I have also just finished teaching two herbal classes and that is always so enjoyable. To share and exchange ideas with others who are interested in learning more about herbal medicine and natural health is a sheer delight. I have been thinking about doing this more often or maybe starting just some gatherings of people to share some herbal tea and just share what is working best for everyone on their natural health journey. This month's newsletter is about bitter herbs and how much they can help with digestion. I know some of us shy away from those awful tasting herbs but they are actually the ones with the strongest medicine that we may need to add to our repertoire! Hope you will get a chance to try these and maybe not enjoy the taste but enjoy the benefits....There is much to be grateful for!



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THIS MONTH'S

Featured Herbs are Wormwood And Mugwort



BITTER HERBS

Bitter is not a taste that most people enjoy but this a taste we really do need to add back into our diets! Bitter herbs help to stimulate digestion, have a cool and draining effect on the body, help modulate inflammation and are important for liver health. Many common digestive problems are actually due to a deficiency of bitters.

It would be helpful to include bitters before every meal to help with digestion.

Some examples of bitter herbs are Dandelion, Mugwort, Wormwood, Burdock Root, Licorice Root, Bitter Melon, Gentian Root, Chamomile and Yarrow. Bitters also dial down sugar cravings and keep appetite in check!

You can also buy bitters already combined and prepared in liquid form - Such as: Swedish Bitters Herbal Extract



Did you know...

Amazingly, your body continues to recognize the taste of bitter long after it hits your tongue! There are bitter taste receptors throughout your body, including in your digestive tract and even in your lungs. The act of tasting something bitter activates your entire digestive system...

Wormwood (*Artemisia Absinthium*):

- Traditionally, wormwood is regarded as a useful remedy for liver and gallbladder problems. Wormwood contains strong bitter agents known as absinthin and anabsinthin, which stimulate digestive and gallbladder function.
- Wormwood is believed to relieve spasms in the intestinal tract.
- Wormwood is a powerful digestive stimulant herb that is primarily used to expel intestinal worms and parasites. A little goes a long way so if you are adding it to your daily tea just start with a pinch and work your way up from there.
- Topically, Wormwood can be used as a skin wash to relieve itching and rashes.
- Wormwood oil is also used to repel house flies, moths and fleas.

WARNING: This herb abortive properties, do not take while pregnant!



Wormwood is known as an internal cleansing and detoxifying agent for the kidneys, the liver and intestines. Wormwood strengthens the immune system, stimulates digestion, promotes detoxification, and improves energy levels.

HOW TO USE BITTERS:

Bitters stimulate the release of bile, which helps your body to digest fats and absorb nutrients. Bitters also help with toxin removal. When new bile is released it thins out thick congested bile which can be caused from a less than optimal diet. When bile is sluggish, dietary fats get stored as extra fat padding and toxins get stored in those fat cells. Spring bitter greens like dandelion, watercress, collards, arugula, endive, radicchio, and kale also help the body reduce heavy fats.

TO TAKE BITTERS: Take a few drops in water 3 minutes before your meal to help your digestion.



Mugwort (Artemisia Vulgaris):



- 1. Gut Health**—As a bitter herb, promotes general gut and liver health, and specifically gas and flatulence, bloating and constipation, cramping and diarrhea.
- 2. Menstruation Aid**—helps regulate cycle, helps to stop heavy flows, hot and cold flashes, pain and irritability. Mugwort has nervine and antispasmodic properties that affect the central nervous system (CNS) and the muscular system. The herb's antispasmodic effects help relieve tension on the muscular system, while the nervine effects of the herb relax the nervous system. Drinking some mugwort tea in the evenings and mornings helps your body maintain adequate levels of mugwort's potent polyphenols and antioxidants in your bloodstream. Diluting mugwort extract into a carrier oil like extra-virgin coconut or olive oil gives you a topical salve you can apply to the lower abdomen. The oil absorbs into the skin, helping to provide relief against inflammation and cramping.
- 3. Insomnia**—Helps you to achieve REM Sleep and helps you to remember your dreams.
- 4. Pain Relief**- Mugwort can be rubbed directly onto muscles or used as a massage tonic to give pain relief. It is also helpful as a tea for headaches.
- 5. Anxiety, Stress and Depression**- Helps to soothe and support mental health. Mugwort has potent nervine properties affecting the central nervous system (CNS). When we feel anxious, it's because the adrenal glands signal the release of cortisol. Mugwort has potent adaptogenic and nervine properties that help the CNS deal with the effects of cortisol running rampant in the bloodstream. The nervine effect of drinking mugwort tea helps to reduce anxiety levels, helping you stay calm, even when you feel under pressure.
- 6. Energy Levels and Circulation**— As we age, we start to experience a slowdown in protein synthesis affecting every biological system in the body. As a result, we begin to find that we experience lower energy levels during the day. The lack of energy comes from the reduction in circulation experienced by the circulatory system. Drinking mugwort tea can help to improve circulation. The beverage has a potent effect on the formation and maintenance of red blood cells. This assists in people that have low platelet production and red blood cell counts. Drinking mugwort tea every day could help you from turning anemic. Mugwort tea in the morning is a suitable replacement for coffee if you're looking to transition away from caffeine. The natural polyphenols found in mugwort boost circulation, improving energy levels throughout the day.
- 7. Diuretic/High Blood Pressure**- Mugwort provides you with a natural diuretic effect. While it might not be as potent as heart medication, the diuretic effect helps people who don't yet have a chronic condition like hypertension. Drinking mugwort tea twice a day in the morning and night enables you to manage your blood pressure, reducing the amount of subcutaneous water weight held in the muscular system.

DID YOU KNOW? Mugwort is a super effective pain reliever, so much so that it is listed in ancient literature as something that was regularly administered to the dying. The little herb was often carried in satchels by warriors and soldiers, who would then administer the mild pain reliever to their fallen comrades in the hope that it would take some of the stings away from painful sword lacerations or ax wounds.

MUGWORT: This herb acts as a natural insect repellent. You can blend the extract into a carrier oil like extra-virgin coconut or olive oil and rub it onto your skin. The mosquitoes hate the smell and the taste of the mugwort, and they'll avoid you. Mugwort acts as a fantastic pest repellent, and it's also great for soothing the effects of insect bites. If insect bites feel itchy, rub some of the diluted extract oil onto your skin in the affected area. You'll find that the mugwort's natural soothing properties help relieve the itching symptoms and reduce inflammation.



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
Women's
Health Issues



We will be at the following
Farmers Markets this winter:

Berwick Town Hall

10am to 1:00 pm

Sundays 11/20 & 12/11/2022
1/8, 2/12, 3/12, 4/16/2023

Wentworth Greenhouse

In Rollinsford NH

10am to 2pm

Saturdays 11/19 & 12/17/2022
1/21, 2/18, 3/4, 3/18/2023

Exeter/Stratham

Cooperative Middle School

10am—2pm

Saturdays 12/10/2022
1/7, 2/4/ 4/1, 4/15/2023

Tri-Town at the Central
School in South Berwick

10am to 2pm

Sundays 12/4 & 12/18/2022
1/15, 2/5, 2/19, 3/5, 3/19, 4/2/23

HOPE TO SEE YOU THERE!

COMING SOON—New Products!



Frankincense/Myrrh Roll On Oil:

This infused oil is used for
inflammation, swelling and pain.
Also helpful for anxiety, boosting
the immune system and useful for
aging skin. Also has antibacterial
and antiseptic properties for
sores and abscesses.



Gotu Kola Starter Plants:

These plants grow well in-
doors in the winter under
grow lights.

You can just pick off a daily
leaf to chew on as a rejuve-
nating brain tonic, also helps
memory, learning disabilities

and Alzheimer's, mental burn-out. Also useful for
fat metabolism, anti-aging and cellulite release.
Gotu Kola is also useful for depression, thyroid sup-
port and to increase healthy circulation.
An all-around fabulous wellness herb!

