

Herb News December 2022

Karina's e-Newsletter-December 2022

Greetings to you,

It is in the middle of our Festive Season, as I complete this newsletter, so as the image states "Seasoning's Greetings"! This is a bit of a bumper holiday edition.

My wish is that you are being able to find some time to rest and to soak up Natures peace and calm, despite the changeable weather...

News from the Herb Federation of New Zealand (HFNZ)

Earlyish in January, in addition to the usual end-of-the-month edition, you will receive a 'supplementary newsletter which will ask you some specific questions, to be answered via an online survey.

Predominantly, these relate to the tentative offer from the Stratford to host the 2023 Conference and AGM. Please keep an eye out for it and please complete as soon as possible, to give the organizing committee more time to organize...



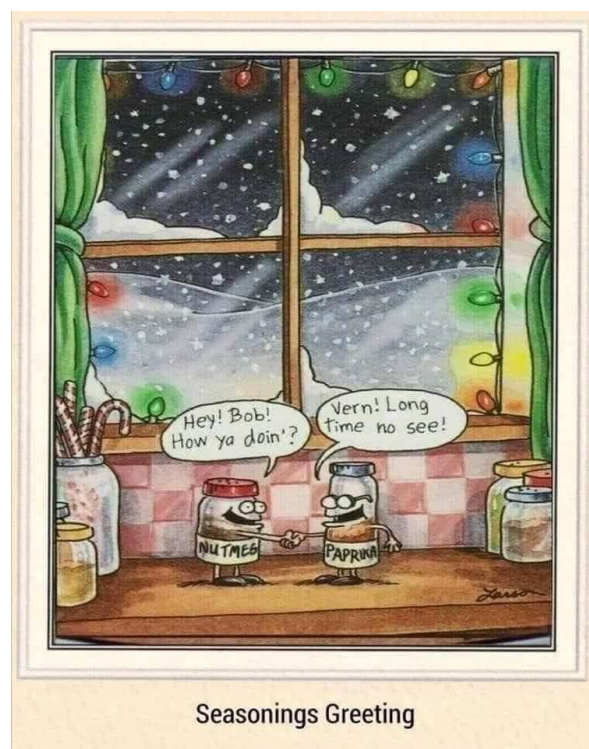
Good News!

This is an update of the valuable project which 'our Shonagh' is involved with; here is the link to the article:

<https://www.stuff.co.nz/taranaki-daily-news/news/130637661/venture-taranakis-branching-out-diversification-project-reaches-new-heights-with-217m-additional-funding>

Venture Taranaki's Branching Out diversification project reaches new heights with \$2.17m additional funding - Elijah Hill, Dec 02 2022

It's laid down its roots in the form of 10 food and fibre blueprints, and now Venture Taranaki's Branching Out project is set to blossom after securing \$2.17 million to deliver its next phase of growth.



YOU KNOW YOU'RE A GARDENER IF:

- | | |
|---|--|
| 1 You consider well aged feces a thoughtful gift. | 6 You sometimes forget your to-do list because the plants need staring at. |
| 2 When you see someone trimming trees, you wonder if you could use a cutting of that. | 7 You think store bought tomatoes are disgusting. |
| 3 You have taken bags of leaves (i.e., other people's trash) off the street to use as mulch. | 8 A sale at the nursery is more exciting than a sale at the department store. |
| 4 You have saved pits or seeds from fruit you liked, in your purse or pocket, to sprout at home. If they sprouted, you were momentarily intoxicated with your godlike ability to create life. | 9 When you meet someone who likes to garden, you feel an immediate and unbreakable bond with them. You also wonder whether their harvests are better than yours. |
| 5 You hoard yogurt containers, plastic bottles and egg cartons. What? They're useful in the garden! | 10 You would not be reading this if it were not about GARDENING!
Laras_Garden_ |

Branching Out bills itself as part of an answer to environmental concerns and changing consumer demands that could diversify the dairy-dominated region of Taranaki where cows outnumber people nearly five to one.

The project's first phase focussed on identifying and then launching 10 food and fibre investor-ready blueprints.

The \$2.17m in funding for the project's second phase includes \$975,000 from MPI's Sustainable Food and Fibre Futures fund, with Agriculture Minister Damien O'Connor announcing the boost on Friday...

The funding aims to allow specific testing of the venture's viability, value, and potential for export over the next three years.

Venture Taranaki sector partnerships director Anne Probert said the project's second phase will focus on hemp fibre, medicinal ingredients, indigenous ingredients, hops, gin botanicals, and high-value food crops over the next three years.



"An important aspect at this project stage is ensuring the opportunities are appropriately de-risked to incentivise investment and ensure uptake from the sector," she said in a press release.

"We will now give life to the opportunities by taking the ideas from paper to tangible, on-the-ground initiatives, including growing and product development pilots, audits of manufacturing and processing capability required in-region, and assessments of the long-term environmental and social impacts of diversification."

The aim is to create 50 new jobs, plant 650 hectares of new crops, develop new enterprises, and attract \$8m of new revenue or investment to the region.

Project lead Michelle Bauer said in phase two Venture Taranaki will continue to take a full value chain approach to the new ventures.

"Another key piece to guarantee success in the next stage of Branching Out is facilitating further engagement with landowners, investors, food and fibre value chain entrepreneurs, iwi and other key stakeholders."

Bauer said all the ventures they'd chosen in the first phase had real market potential, but the reason they'd narrowed their scope to just six ventures was to focus on ones that don't quite have paths as well-trodden as others.

"In certain cases, you have a very clear pathway to market, if you're going to invest in kiwifruit, you know that the sale of kiwifruit is done in partnership with Zespri.



“So these are opportunities where we have got also the opportunity to further research how we actually market those and establish them as uniquely Taranaki industries.”

The project also received support from local funders including, Toi Foundation, LA Alexander Trust, AGMARDT, the region's four local councils and industry partners, growers, and research institutes.



A conference that some you may be interested in...

The New Zealand Association of Medical Herbalists (NZAMH) is holding its next conference in February at the wonderful Hamilton Gardens!

CONFERENCE 2023 ‘HONOURING OUR TRADITIONS - MOVING FORWARD TOGETHER’

18th to 19th February 2022

Registering for the Conference: details at the link: <https://nzamh.org.nz/conference-2023/>

More Conference Details

Please view more Conference details (including prizes, CPD and **Sponsors/Exhibitors** etc) on our Conference details page [HERE](#)

We have an exciting list of Speakers you can view on our Speaker page [HERE](#)

View the short abstract of each presentation [HERE](#)

Venue and parking page [HERE](#)

Enquiries - please direct all questions to the Conference Organiser Rosemary Stewart at conference@nzamh.org.nz

Here are the main conference speakers, more information at this link: <https://nzamh.org.nz/conference-2023/speakers-2/>

Conference Speakers 2023

🌿 **Brett Elliott**: President NZAMH: **Bio:** Based in Tauranga, Brett is a respected medical herbalist with 22 years of clinical practice. He is a regular seminar presenter both at health and wellbeing expos and at other private venues. Brett has helped over 100,000 people in over 45 countries complete his herbal health program. Brett began his journey into natural medicine in the early 1990s when his own health began to deteriorate... He'd spent 10 years in hard manual work which resulted in severe spinal injuries requiring major surgery, which he declined. His search for alternatives led him to herbal medicine which quickly became his life's passion. His studies include completing a two-year Diploma in Herbal Studies in 1998, and four years of science studies at Auckland University of Technology, including human anatomy and physiology, biochemistry, and biophysics. He then completed another four-year Diploma in Herbal Medicine in 2006 through the Waikato Centre for Herbal Medicine. Brett has operated his own retail health stores for 8 years, built a pharmaceutical-grade manufacturing facility in 2006, and has run a private clinical practice for over 22 years. During this time, Brett identified a common pattern of events relating to the most common health conditions of our time. This led Brett to write his first paperback book 'CLEANSED & CURED' which has been widely distributed through good bookstores.

🌿 **Mimi Hernandez: Bio:** MS, RH(AHG) Mimi has served as the Executive Director of the American Herbalists Guild for the past ten years.

As a herbalist, Mimi believes strongly that keeping plant wisdom alive is essential and has dedicated her life's work to serving as an advocate for both traditional and professional herbal pathways while building cultural bridges of understanding. Inspired by her Mexican/Colombian background, her roots spring from Latin American folk herbal traditions. Mimi holds a Master of Science in Herbal Medicine from the Maryland University of Integrative Health. A Registered Herbalist, Mimi has mentored many clinical and community herbalism students over the years. As an ethnobotanist, she taught undergraduate studies at Frostburg State University where she coordinated the Appalachian Center for Ethnobotanical Studies for several years. Mimi stewards a native plant sanctuary in the foothills of the Appalachian Mountains...

🌿 **Phil Rasmussen: Bio:** M.Pharm; M.P.S.; Dip Herb Med; F.N.Z.A.M.H.; M.N.I.M.H. (UK); M.N.H.A.A

Founder and former R&D Director of Phytomed, a GMP certified herbal medicine manufacturer producing herbal extracts for practitioners in New Zealand and Australia, and the Kiwiherb range of herbal products. Written and presented extensively on a wide range herbal subjects for practitioner, consumer and industry audiences for nearly 30 years. A founding director of Natural Health Products New Zealand. National industry body representing the natural health products sector in Aotearoa NZ. President of NZAMH from 2018-2021

Phil wrote a chapter on 'Pharmacovigilance: An Industry Perspective', in a forthcoming textbook on Pharmacovigilance In Herbal Medicine, by Assoc Prof Joanne Barnes, University of Auckland.

🌿 **sandraclair@extra.co.nz: Bio:** PhD Health Sciences (University of Canterbury, NZ); PG. Dip. Herb Med (University of New England, Aus); Masters in History and Medical Anthropology (University of Bern, Switzerland); Ambassador and noted Alumna University of Canterbury

Dr Sandra Clair grew up in Switzerland where traditional plant medicine is a living medical tradition, integrated into the official healthcare system. As her passion and enthusiasm for plant medicine deepened, she undertook a three-year apprenticeship and learned centuries-old herbal wisdom with Sister Pauline, a renowned Swiss herbal expert, midwife and nun. In parallel, she completed an interdisciplinary master's thesis in Medical Anthropology and History. After a Post-graduate Diploma in Health Sciences (Herbal Medicine), she undertook a doctoral thesis to develop a methodology to facilitate the integration of traditional plant medicine with its unique body of empirical knowledge into evidence-based healthcare and its regulations. Apart from her clinical work, Sandra has been over 30 years a prolific presenter, writer, media voice for medical herbalism, a regulatory adviser and, most recently, a TEDx speaker on clinical value of medicinal plants.

🌿 **Dr Joan Campbell: Bio:** RGON, MB, ChB, Dip Obst, MSc (Hons Psych), BHB, Clin Acup Cert (Nanjing, China), PG Dip (Traditional Chinese Acupuncture), PhD in Medicine

Dr Campbell is a registered Medical Doctor/GP Obstetrician and Chinese medicine practitioner in New Zealand. She is a psychologist and former registered General/Obstetric Nurse. In May 2022, she was appointed by the Minister of Health as an inaugural practitioner member of the Chinese Medicine Council of New Zealand. She is the founder and former Chairman of the New Zealand Acupuncture Standards Authority Inc., a voluntary regulator modelled on the Health Practitioners Competence Assurance (HPCA) Act 2003. Dr Campbell is also a New Zealand Qualifications Authority trained assessor and moderator of unit standards. She has an intensive academic background, and coordinated post-graduate Chinese medicine programmes for 14 years at Auckland University of Technology, as well as teaching for eight years at the Auckland-based New Zealand College of Chinese Medicine, and two semesters at the South Pacific College of Natural Medicine.

🌿**Dr Michelle Clark: Bio:** Naturopathic doctor (ND) US licensed and trained.

Practising naturopathic physician for over 20 years, with a virtual practice since 2006. Served on the board of the American Association of Naturopathic Physicians (AANP) for 10 years. Oversaw AANP US - state naturopathic licensure and was involved in federal initiatives for 12 years. Served as a board member of the Integrative Medicine Consortium (IMC) for 5 years. The organisation was created to help different medical professions, boards and organisations work together towards common goals. Wrote the curriculum for the first undergraduate degree in alternative medicine in the US, 2004-2005 (Everglades University in Florida)

🌿**Rob McGowan: Bio:** Pa's foundational knowledge of Rongoā Māori comes from Kaumatua on the Whanganui River, and he has spent the last 30-40 years learning and sharing his knowledge about Te Waonui o Tāne. He is the author of "Rongoā Māori - a practical guide to traditional Maori Medicine" 2009 and is the Amo Aratu for Ngā Whenua Rahui (NWR) a ministerial fund established in 1991 to provide funding for the protection of indigenous ecosystems and Māori land. He is one of the original founders of Tane's Tree Trust, a non-profit dedicated to encouraging land owners to successfully plant and sustainably manage indigenous trees for multiple uses.

🌿**Alice McSherry: Bio:** BA(Hons), MA(Hons), PhD (in human geography, in process)
Alice McSherry is a critical health geographer and cultural ecologist who is interested in human-plant relationships from an animist folk herbal perspective. Her recent doctoral work looks at decolonizing human-plant relationships through an emplaced, autoethnographic approach to bioregional plant medicine (that is, plants who either grow around her in place or plants who she is ancestrally connected to) to critically midwife the 'vegetal turn' into contemporary scholarly (and lay) understandings of socio-ecological health justice and plant medicine in practice. Alice dabbles in the herbal arts herself as a kitchen witch, singing to the plants wherever she is, and working to cultivate a decolonial sentient earth ethic in her work. It is Alice's hope and vision that through ongoing care-full engagements with our plant allies in place, we can begin to remember our place, as humans, within a lively, sentient 'web of life'. This often requires courageous and sometimes speculative journeys into expanding our ecological consciousness with Earth in meaningful, pragmatic ways; a gift that Alice sees herbalists embodying every single day in their practices, globally.



We Need Your Assistance - please help us!

Your HFNZ executive is small and we require some replenishment; firstly, our Treasurer, Marie, is retiring from this position. She has streamlined this role and is willing to assist with the transition, so you would not be left unsupported; she has prepared a summary of what is involved; as follows:

🌿**Herb Federation NZ - Job description – Treasurer**

Monthly

- To reconcile the monthly bank statements onto a spreadsheet
- To enter income/expenditure onto the summary spreadsheet

I thought this lawn silhouette was a woman who had toppled forward while gardening. 😂



Pay invoices – online

Any invoices for payment to be entered online and partially authorised, then a second signatory will complete the authorization.

Prepare a report for the committee meeting – every 8 weeks

Report consists of bank account balances, payments made (to be moved, seconded and passed in the minutes), and any other financial business

Prepare the accounts for end of year audit

I guess this will depend on the auditors you are using but if you keep the paperwork up to date each month it means it is all in order to copy for the auditors.

The statement of performance does not change much from year to year so usually needs an update.

Collating reports, receipt books, etc from other members of the executive for the auditor.

AGM

Prepare a financial report and budget for the AGM.

Requirements: A reliable computer, a scanner/photocopier for preparing documents.



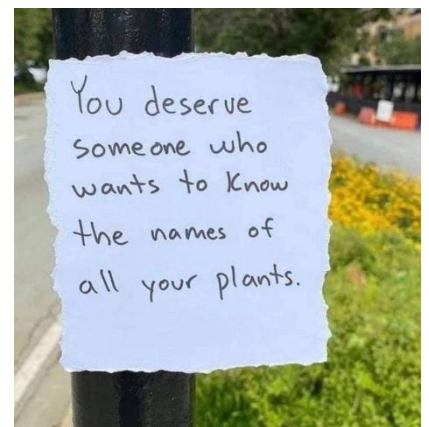
In addition, we are asking for assistance with the following:

🌿 **Herb News Coordinator:**

This role could be for one or more people.

The main tasks for this would to be responsible for collecting or collating relevant information, articles or images suitable for our Herb News journal. This would to assist our editor, Alasdair Scott. He is our editor, meaning he places the information in the magazine template – not to write or source articles.

This could be a great project who is interested in herbs, gathering information and is prepared to receive articles from members, then forward them to the editor



NB: articles need to be supplied as a ‘Word Document’, for ease of editing.

We need more articles, recipes, images etc, including updates from your local herb society or group...



🌿 **Digital Support Person/People**

Collectively, we have a treasure trove of valuable information; mostly, from pre-digital times. This is archived in palaces and it is at risk of being either lost or degraded/destroyed by time and vermin.

Your executive are most concerned about this, and I am, sure our members are too.

This role, which several people could assist with, would entail scanning and saving print documents and images, which can be stored electronically...

If you, or someone you know, would be interested in assisting us, please be in touch; our email contacts are at the end of this edition. Thank you in advance!

We are hoping to be able to add these positions to our website...



Hippocrates

I have added some information about one of the founders of 'modern medicine, though firstly here is a very important question to be answered...

I spotted this image and it is indeed a valid question to be asked; as a practising herbalist, I have found that not everyone wants to...

Then, around the same time, I found the following publication online:

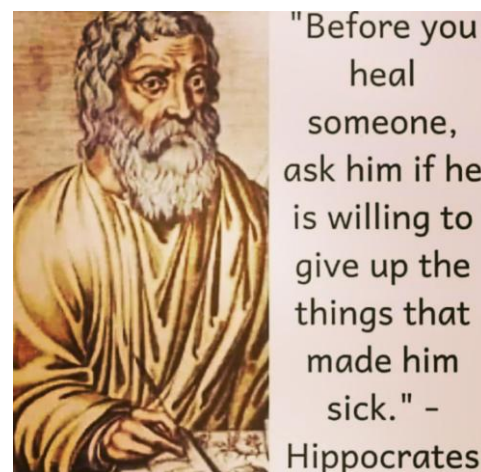
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3704070/>

Hippocrates: timeless still

[Eleni Tsiompanou](#)¹ and [Spyros G Marketos](#)² [Author information](#)

[Copyright and License information Disclaimer](#) ¹Health-Being, London, UK, www.healthbeing.co.uk

²Professor Spyros Marketos, Past President of the International Hippocratic Foundation of Kos, died between finalising and publication of this article. - Correspondence to:Eleni Tsiompanou. Email: moc.liamg@amos.inele



"In 1868, Charles Darwin, already famous for his radical theory on evolution, made a surprising admission, acknowledging the similarities between his theories and those of Hippocrates, the famous Greek physician of the fifth century BC. In reply to a letter, now unfortunately lost, sent by Dr William Ogle (Superintendent of Statistics to the Registrar-General) Darwin declares the following:

... I wish I had known of these views of Hippocrates before I had published, for they seem almost identical with mine - merely a change of terms - and an application of them to classes of facts necessarily unknown to the old philosopher. The whole case is a good illustration of how rarely anything is new.

... Hippocrates has taken the wind out of my sails, but I care very little about being forestalled. I advance the views merely as a provisional hypothesis, but with the secret expectation that sooner or later some such view will have to be admitted.

*... I do not expect the reviewers will be so learned as you otherwise, no doubt, I shall be accused of wilfully stealing Pangenesis from Hippocrates, for this is the spirit some reviewers delight to show.*¹

Having grown up in a family of doctors and having attended medical school only to drop out after a couple of years, Darwin may have had some knowledge of the Hippocratic writings. He however denies it in his letter, leaving us only to guess whether he had read any of the books in the Corpus.

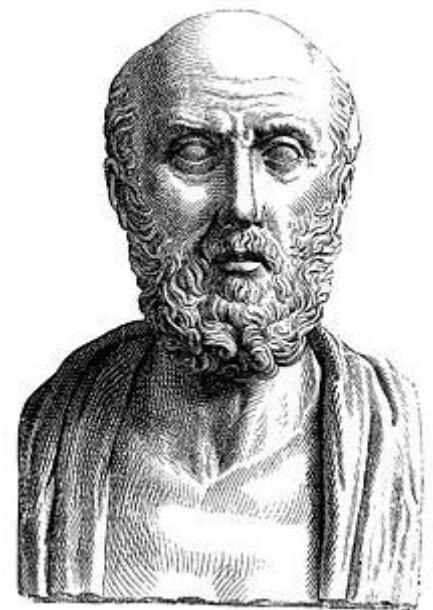
It is not only Darwin, though, who is witness to the richness of Hippocrates' work and personality. His reputation has been such that, over the aeons, people have repeated stories of his achievements and abilities. One story describes how on his tomb in Larissa in central Greece, bees gathered to form a beehive.² Their honey had exceptional healing properties and local people used it to treat colds, wounds and weaknesses. This is only one of the legends surrounding the life of Hippocrates, 'The Father of Medicine'."

Ah, then, I felt that for those of you who may not be so familiar with this man, I might as well add some more information; here is a small bit of the Wikipedia page of him:

<https://en.wikipedia.org/wiki/Hippocrates> - read more in their page.

(Image: Hippocrates of Kos A conventionalized image in a 'Roman-style portrait bust' (19th-century engraving))

Hippocrates of Kos ([/hiˈpɒkrətiːz/](#); [Greek](#): Ἱπποκράτης ὁ Κῷος, [translit.](#) *Hippokrátēs ho Kôios*; c. 460 – c. 370 BC), also known as **Hippocrates II**, was a Greek [physician](#) of the [classical period](#) who is considered one of the most outstanding figures in the [history of medicine](#). He is traditionally referred to as the "Father of Medicine" in recognition of his lasting contributions to the field, such as the use of [prognosis](#) and clinical observation, the systematic categorization of diseases, or the formulation of [humoral theory](#). The Hippocratic school of medicine revolutionized [ancient Greek medicine](#), establishing it as a discipline distinct from other fields with which it had traditionally been associated ([theurgy](#) and [philosophy](#)), thus establishing medicine as a profession.^{[1][2]}



However, the achievements of the writers of the [Hippocratic Corpus](#), the practitioners of Hippocratic medicine, and the actions of Hippocrates himself were often conflated; thus very little is known about what Hippocrates actually thought, wrote, and did. Hippocrates is commonly portrayed as the [paragon](#) of the ancient physician and credited with coining the [Hippocratic Oath](#), which is still relevant and in use today. He is also credited with greatly advancing the systematic study of [clinical medicine](#), summing up the medical knowledge of previous schools, and prescribing practices for physicians through the Hippocratic Corpus and other works.^{[1][3]}

Read more about him: <https://en.wikipedia.org/wiki/Hippocrates...>



Men's Health; Part 2

Oh, dear, I apologise that I have pushed forward the next installment of Men's Health; Part 2 into the January edition; the main reasons are that:

- 🕒 December disappeared too fast and I had too much work to undertake to enable me to properly research and write what is required for this article
- 🏠 I am exhausted! 2022 has been both a very busy and challenging year for me; and this has affected my health and my life – mea culpa!
- 🍷 Here are cheers to an easier 2023!
- 🌱 And more gardening!



And this I believe: that the free, exploring mind of the individual human is the most valuable thing in the world. And this I would fight for: the freedom of the mind to take any direction it wishes, undirected. And this I must fight against: any idea, religion, or government which limits or destroys the individual.

John Steinbeck (1902–1968) an American writer and the winner of the Nobel Prize for Literature -1962



Some sad news; another great healer has passed away...

Stephen Harrod Buhner; a most wonderful human being, I have many of his books

[Stephen Buhner](#) (from his Facebook page)

"There is a saying some places on the continent of Africa that says something like: "When an old man dies, a library burns." It was a favorite among many of Stephen's. An elder has died. Stephen died yesterday morning, December 8th 2022 around 9:30 am mountain time. He was in ceremony with friends and family. He was aware, conscious, present, open hearted and humorous. He was himself all the way through. And so very brave. Our hearts are heavy as they have ever been. We miss him terribly. He will be buried this morning in his beloved forest. Thank you all for all the kindness you showed him in these past weeks and months, it meant the very world to him. Stephen said your comments felt like a living wake."

This is the link to his website: <http://stephenharrodbuhner.com/>
Here is his writing from this website:

"These kinds of bios are troublesome. Over the past 40 years I have explored many biographical forms to describe myself and have never



been satisfied, in part I think because I have a natural tendency against publicly applauding my accomplishments. And perhaps it is the root of that tendency that whenever I do list what I have accomplished, it always seems inadequate to what I could have done had I been clearer or more mature or possessed fewer limitations or started younger or contemplated more deeply. Or perhaps that is just the way all of us are deep down inside in the place no one else ever sees.

The struggle is always psychological and I genuinely don't know how to tell you what I have accomplished over the past half century of my life in any way that the part of me that likes ice cream finds enjoyable. Nevertheless . . . here is one way of looking at who I am — though of course it won't tell you anything about why I find William Stafford's poem "A Ritual to Read to Each Other" so deeply moving.

I am an interdisciplinary, independent scholar, polymath, autodidact, Fellow of Schumacher College UK and have been head researcher for the Foundation for Gaian Studies for the past thirty years (gaianstudies.org).

Polymath means a person of wide-ranging knowledge or learning which does describe me so far as I can tell (though when I look at Leonardo Da Vinci's life I am not so sure). I read continually, across a very wide range, and began to do so when I was young, some 30,000 books so far, 50,000 or so scientific journal articles, and hundreds of thousands of articles in magazines, newspapers, and online. I do so not only for entertainment or to educate myself but also to cross-correlate insights from multiple and widely divergent fields into usable knowledge that can address some of the problems we face as a species, in particular those that call me to them most strongly (since I can't, as no one can, effectively address all of them).

I have achieved some degree of mastery in a number of fields such as bacterial ecology, intelligence, and resistance dynamics; plant intelligence, ecology, and medicinal sophistications; several forms of psychotherapy; human psychology; biological self-organization; nonlinearity; the dynamics of Gaian nonlinearity and self-organization; contemplative spirituality (primarily contemplative animism); transcultural epistemology; fine woodworking and the restoration/remodeling of old houses as individual art forms; sophistication in the writing of nonfiction; lectures as performance art; and I am quite sure a number of others which are not occurring to me now.

I have written 23 books, scores of magazine articles, and numerous memoir and fictional short stories and poems. There are perhaps a million of my books in print, foreign rights have been sold in 20 countries, and a number of my books have won awards, the most gratifying being a Nautilus and BBC environmental book of the year award for *The Lost Language of Plants*. In 2022 I received the first annual McKenna Academy Distinguished Natural Philosopher Award in recognition of my work.

I come from a long line of healers including a president of the Kentucky Medical Association and Surgeon General of the United States. The most important to me, however, are Elizabeth Lusterheide, a midwife and herbalist who began practice in southern Indiana in the early 1800s and my great-grandfather C.G. Harrod who inspired me to become the kind of healer that American medicine no longer has a place for.

- Some of the contributions I have made during my working life are:
Initiated the recovery of ancient and herbal brewing traditions with the publication of my book on the topic which led to the fruit renaissance, particularly in France, and the emergence of unique historical ales and beers made by such companies as Dogfish Brewery.
- Developed the first comprehensive analysis of what *Borrelia* bacteria (Lyme disease) do in the body by reading, analyzing, and cross-correlating every peer review journal on the topic so that physicians, herbalists, and the infected could knowledgeably treat/deal-with the condition.
- Developed the first coherent treatment protocols for the Lyme-group of chronic, stealth infections, variations of which have treated some one hundred thousand people, at minimum, the past 15 years.



- Brought to prominence two previously undiscovered (by Americans) herbal medicines: *Polygonum cuspidatum* (Japanese knotweed root) for treatment of Lyme infections and its use as a systemic anti-inflammatory, and pine pollen which contains testosterone that when used as a tincture directly raises free testosterone levels in the blood.
- Brought the concept of direct (rather than indirect) androgenic plants to the field of American herbal medicine, in other words, plants that contain testosterone and other androgens.
- Developed the first comprehensive knowledge base and subsequent text on potent, systemic antibacterial plants which are effective in the treatment of resistant infections that do not respond to pharmaceuticals.
- Developed the first comprehensive text on herbal antivirals in American herbalism.
- Wrote the first comprehensive analyses of the non-rational, non-trial-and-error methods for gaining understanding the medicinal uses of plants by members of indigenous cultures, then expanded that to European herbalism, and then worldwide, cross-correlating it to determine the commonalities involved.
- Wrote the first comprehensive text examining the impact of the thousands of tons of pharmaceuticals that have been released into the environment on Earth ecological functioning and its life forms.
- Developed the most complex understanding (at the present time) of the sophistication and synergy of herbal medicines in the treatment of chronic diseases and their capacity for subtle modulation of human physiology during such disease conditions.
- Developed the first comprehensive understanding at the purpose of naturally occurring hallucinogenic plants in ecosystem function.
- Began publishing an ongoing series of books that for the first time developed a sophisticated theoretical foundation for contemplative animism.

I am and always have been interested in the invisibles of life, those meanings and communications that touch us from the heart of Earth and let us know that we are surrounded by more intelligence, mystery, and caring than our American culture admits of; how to reinhabit our interbeing with the world; how to sit in the council of all life as kin rather than dominators; and how to live sustainably on this Earth that I love more than I know how to say.

Most of all though, I have spent the last half century doing my best to learn how to be a human being, the hardest thing of all, I have realized, to learn."

A most remarkable man; a great loss to humanity and the Earth...



A summer confection to create and amaze with...

From: [Homegrown Botanica](#) ~ Solstice Flower Chocolate ~

Happy Solstice! May you find meaning & joy in your celebrations! Here's a simple recipe to create your own delicious homemade chocolate, decorated with edible flowers. Perfect for any occasion, but especially this time of year when there are so many festivities and so little time... this is quick & easy to whip up, looks amazing, and is a crowd pleaser for sure.



Decorating with edible flowers is very simple & effective, turning even the dullerest thing into a sight to behold. However there's nothing dull about this homemade chocolate which is infused with Nettle powder and rose powder. Packed with minerals and nutrients this is one superfood snack!

See yesterday's post for ideas of edible flowers...

Wild Nettle & Homegrown Rose infused Chocolate, topped with Edible Flowers.

Recipe:

In a double boiler melt together:

~ 1/3 cup cacao butter

~ 2 tbsp coconut oil

~ 1 cup cacao powder

~ 3-6 tbsp of sweetener of choice, less if you like bitter, more if you like sweet. I used a combo of rice syrup which was lurking in the back of the cupboard and maple syrup. You could also use just maple syrup or honey.

~ a pinch of salt

~ additional flavors of choice. I added 1/2tsp organic vanilla essence, you could add spices etc.

~ Once melted mix thoroughly and add a handful

of Nettle powder and a handful of Rose powder. To create, gather fresh Nettles and Roses and dry thoroughly. Once dried, powder in a highspeed blender or mortar and pestle. Throw in a small handful of the powders (2-3 tbsp each) and mix well to thoroughly combine.

~ Pour out onto a baking tray/shallow dish/glass dish / plate which is lined with baking paper.

~ Use a spatula to spread out to an even thickness

~ Sprinkle edible flowers on top and use your fingers to gently press them into the chocolate (so they don't fall off once solid).

~ Pictured edible flowers: Calendula, Daisy petals, Fuchsia petals, Cornflowers, Borage.

~ Pop in the fridge for a few hours or freezer for an hour to solidify

~ Once solid chop into pieces and store in the fridge or freezer in an airtight container.

Enjoy!

You'll also find this recipe along with many other seasonal & foraged recipes on my website

www.homegrownbotanica.co.nz



Tree Powers

A most interesting research article!

<https://www.sciencealert.com/electric-discharge-from-plants-may-be-changing-air-quality-in-ways-we-didnt-expect>

Electric Discharge From Plants May Be Changing Air Quality in Ways We Didn't Expect

[Nature](#) 22 October 2022 - By Harry Baker, Live Science



Weak electrical discharges, called coronas, can form on tree leaves during thunderstorms. ([Penn State](#))

When [lightning](#) flashes above, plants on the ground may respond in kind.

Scientists have long been aware that plants and trees can emit small, visible electric discharges from the tips of their leaves when the plants are trapped beneath the electrical fields generated by thunderstorms high overhead. These discharges, known as coronas, are sometimes visible as faint, blue sparks that glow around charged objects.

Now, new research suggests those plant-based sparks may be altering the surrounding [air quality](#) in ways never recognized before. But whether the impacts of these minishocks in the atmosphere are positive or negative remains unclear.

In the study, published 9 August in the [Journal of Geophysical Research: Atmospheres](#), researchers recreated the electrical fields from thunderstorms in a laboratory and analyzed the coronas given off by eight plant species under a range of conditions.

The results showed that all of the coronas created a high abundance of radicals – chemicals containing unpaired electrons that are highly reactive with other compounds – which can significantly alter the surrounding air quality.

"While little is known about how widespread these discharges are, we estimate that coronas generated on trees under thunderstorms could have substantial impacts on the surrounding air," lead study author [Jena Jenkins](#), an atmospheric scientist at Penn State University, said in a [statement](#).

The two radicals given off by the plant coronas are hydroxyl (OH) and hydroperoxyl (HO₂), both of which are neutral and are known to oxidize, or steal electrons from, a number of different chemical compounds, thereby transforming them into other molecules.

The researchers were particularly interested in the concentrations of hydroxyl radicals because they have a greater impact on air quality.

"The hydroxyl radical contributes to the total atmospheric oxidation of many atmospheric pollutants," study co-author [William Brune](#), a meteorologist at Penn State University, said in the statement.

For example, if a hydroxyl radical reacts with [greenhouse gases](#), such as methane, then it can remove the damaging molecules from the atmosphere and help combat [climate change](#), Brune said.

But if the same radical reacts with oxygen, it can create [ozone](#), which, despite playing an important role in the upper atmosphere, is toxic to humans. The radicals can also create aerosol particles that harm air quality, he added.

This is not the first time that researchers have shown the link between thunderstorms and hydroxyl radicals.

In 2021, a research team led by Brune found that lightning was a major progenitor of hydroxyl radicals in the atmosphere. In their paper, published in the journal [Science](#), the team theorized that thunderstorms could be directly responsible for up to one-sixth of the hydroxyl radicals in the atmosphere.

In September, another team led by Brune released a follow-up study, published in the journal [Earth, Atmospheric and Planetary Sciences](#), that showed coronas produced by metallic objects such as telephone poles and transmission towers produce a slightly higher level of hydroxyl radicals than plant coronas.

However, the levels of radicals produced by plant and artificial coronas are both significantly less than those produced directly from lightning.

"Even though the charge generated by the [plant] corona was weaker than the sparks and lightning we looked at before, we still saw extreme amounts of this hydroxy radical being made," Jenkins said.

Considering the vast numbers of trees that are present in lightning-prone areas, plant-produced coronas may represent a majorly understudied source of radicals with a highly unpredictable effect on air quality, she added.

"There are about two trillion trees in areas where thunderstorms are most likely to occur globally and there are 1,800 thunderstorms going on at any given time," Jenkins said.

As a result, researchers want to continue studying these coronas in greater detail to fully understand the effect they have on localized air quality and on a wider global scale.

"The hydroxyl radical is the atmosphere's most important cleanser," Jenkins said. "So having a better accounting of where this stuff is being made can give us a more complete understanding of what's happening in the atmosphere."

Other studies suggest that thunderstorms may become more frequent and powerful due to the effects of human-caused [climate change](#), so understanding the effects of thunderstorms on air quality is vital, she added.

During the experiments, the team made another discovery that could help accelerate this field of research: The leafy discharges gave off sharp spikes of [ultraviolet](#) radiation.

This could allow the team to indirectly study where coronas are occurring in the field and measure their effects on nearby air quality.



I am making a home inside myself...

I found this poem by Julia Fehrenbacher recently and the wonderful painting, which accompanies it, created by Valera Lutfullina. I really resonate with it; as I get older and am faced with the ‘waves of challenge’ which life wash my way, more and more I am ‘finding myself more comfortably at home with me’...

[Wanderings](#)

“I am making a home inside myself.
A shelter of kindness where everything is forgiven,
everything allowed—a quiet patch of sunlight to stretch
out without hurry,
where all that has been banished
and buried is welcomed, spoken, listened to—released.
A fiercely friendly place I can claim as my very own.
I am throwing arms open
to the whole of myself—especially the fearful,
fault-finding, falling apart, unfinished parts, knowing
every seed and weed, every drop of rain, has made the
soil richer.
I will light a candle, pour a hot cup of tea, gather
around the warmth of my own blazing fire. I will howl
if I want to, knowing this flame can burn through
any perceived problem, any prescribed perfectionism,
any lying limitation, every heavy thing.
I am making a home inside myself
where grace blooms in grand and glorious
abundance, a shelter of kindness that grows
all the truest things.”

Julia Fehrenbacher

[Art • “Sowing Stars” by Valera Lutfullina]



A good gardening tip!

There are more good tips to be found here on this website:

<https://dreccampbell.com/natural-homemade-insecticides/>

They reference a research paper which indicates that this is a good spray to use for aphids:

https://www.researchgate.net/publication/316912545_APPLICATION_OF_TOMATO_LEAVES_EXTRACT_AS_PEST_ICIDE_AGAINSTAPHIS_GOSSYPHII_GLOVER_HEMIPTERA_APHIDIDAE



Dandelion Capers!

Ah, my favourite herb features again...

[We Don't Deserve This Planet](#)

Here are some interesting facts about the dandelion flower:

The dandelion is the only flower that represents the 3 celestial bodies of the sun, moon and stars. 🌞 🌙⭐. The yellow flower resembles the sun, the puff ball resembles the moon and the dispersing seeds resemble the stars.

The dandelion flower opens to greet the morning and closes in the evening to go to sleep. 🌙💤

Every part of the dandelion is useful: root, leaves, flower. It can be used for food, medicine and dye for coloring.

Up until the 1800s people would pull grass out of their lawns to make room for dandelions and other useful "weeds" like chickweed, malva, and chamomile.

The name dandelion is taken from the French word "dent de lion" meaning lion's tooth, referring to the coarsely-toothed leaves. 🦁

Dandelions have one of the longest flowering seasons of any plant.

Dandelion seeds are often transported away by a gust of wind and they travel like tiny parachutes. Seeds are often carried as many as 5 miles from their origin!

Animals such as birds, insects and butterflies consume nectar or seed of dandelion. 🐦 🌿 🐛 🦋 🐝.

Dandelion flowers do not need to be pollinated to form seed.

Dandelion can be used in the production of wine and root beer. Root of dandelion can be used as a substitute for coffee. 🍷🍺

Dandelions have sunk their roots deep into history. They were well known to ancient Egyptians, Greeks and Romans, and have been used in Chinese traditional medicine for over a thousand years.

Dandelion is used in folk medicine to treat infections and liver disorders. Tea made of dandelion act as diuretic.

If you mow dandelions, they'll grow shorter stalks to spite you.

Dandelions are, quite possibly, the most successful plants that exist, masters of survival worldwide. 🐛

A not so fun fact: Every year countries spend millions on lawn pesticides to have uniform lawns of non-native grasses, and we use 30% of the country's water supply to keep them green.

Bee Happy Gardens 🐝 Read more: <http://bit.ly/3Lseaoa> #wedontdeservethisplanet





Soil...

This is an interesting finding; maybe this is why we feel so uplifted and at peace when gardening



Soil is an antidepressant

The smell of *mycobacterium vacii*, a microorganism found in soil, compost and leaf mold, lights up neurotransmitters that release **serotonin** (a mood-lifting hormone)

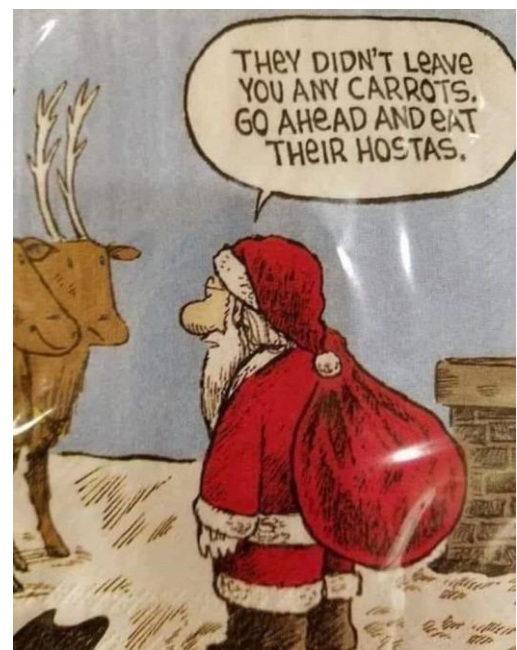
And, now for some Christmas mischief!

off the mark.com

by Mark Parisi



We have all heard of 'medicinal mushrooms'; here is another encourager!



I really love this A to Z view for the new year ahead. It is from the Facebook page of:

[The Heirloom Gardener - John Forti](#)

As the New Year approaches...

This lovely post from Lori Roberts - artist [#heirloomgardener](#)



For this Festive Season, I wish you peace and happiness and joyful connecting with those you love and care about – and HERBS!

Wellness wishes,

Karina

