



HFNZ Presidents e-Newsletter-September 2023

Volume 17 Issue 9 - September 2023

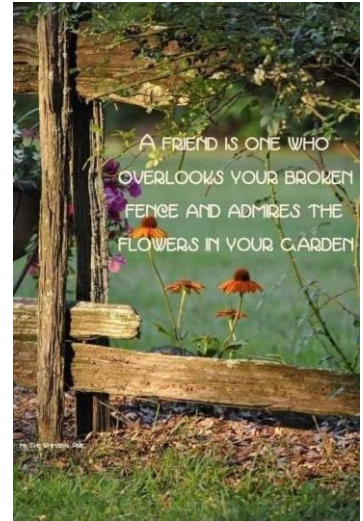
Greetings to you,

Welcome to spring and the warming and lengthening of days, the blossoming of our gardens and environments.

September has brought warm sunshine to my garden, and to many of us. There are three mature Kowhai trees and as the flowers open, the Tuis are arriving, joyful!

The recently arrived pullets are providing me with much amusement; there is one who has started to lay; egg treats for me. They are all 'redheads', Hyline Gals, though, they do vary in colour, so have been named after some redheaded actresses, Rita, Carol and Lucy (who is the palest and has a very fluffy bottom!)

Wet, wet, wet, have been these last couple of weeks. Today, the sun is shining, though, the forecast suggests another wet weekend – grab whatever sun you can, to build up your vitamin D levels...



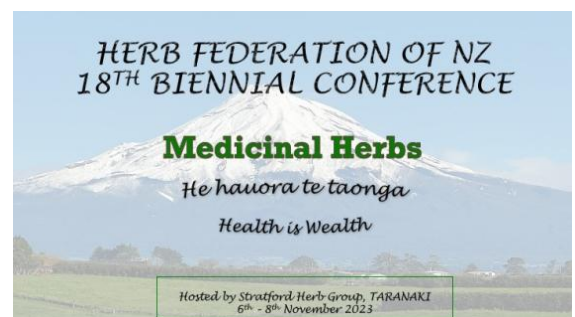
Spring is in the air...

By mid September, I needed to water my newly established garden; sorting out hoses and fittings, and how far they reach in this new space. This is true of the early part of September; such lovely warm, sunny days; my new garden was drying out, so a tangled tussle ensued, with sorting out hoses – I had several coiled up sitting in a shady place for over three years, while I was not in my own home. Agh, what a mess, some black with mould, then the fitting to the tap was leaking (so I have resorted to ditching the plastic ones & going back to good old brass fittings), then one of the hoses split in several places (expletives deleted!).



Conference 2023

Here is a comprehensive update from Shonagh and the Stratford Conference Committee:



It's only a few more weeks until the 2023 HFNZ Biennial Conference & AGM, 6-8 November, to be held in New Plymouth & surrounding areas in Taranaki. The Early-Bird tickets have closed but there are still spaces available at the regular price and at the discounted price for HFNZ members. The Wednesday workshops (optional extra) are filling up fast so don't miss out.

If you haven't already purchased tickets, I encourage you to do so if you are interested in Medicinal Herbs. With a great line-up of speakers, workshops and bus tours, this Conference is open to everyone, whether you are an experienced herbalist or are totally new to the idea of looking after your own health naturally.



When: November 6-8 2023

Where: New Plymouth, Taranaki

Information and

Registration: <https://herbs.org.nz/news.../events/2023-conference-and-agm/>

Or, go to HFNZ website (herbs.org.nz) and go to “Events”

From elixirs, mocktails, teas, rongoa, herbs for diabetes and digestives, to garden visits and more, this conference will have plenty to offer anyone interested in looking after their health using medicinal herbs and exploring Taranaki.

Monday - Keynote Speakers

Phil Rasmussen has decades of experience both as a medical herbalist and pharmacist, and is an expert in helping attain better health through plant-based (herbal) medicine. He is passionate about the ethical, sustainable and clinically effective application of herbal medicines for both individual healthcare needs, but also to contribute more to the future health service and economic wellbeing of Aotearoa New Zealand. Phil is heavily involved in helping develop a Taranaki-wide "Medicinal Herbs" industry, as part of Venture Taranaki's Food & Fibre "Branching Out" project. He will speak about this project and the need to grow organic herbs commercially in NZ as well as "*Lesser known uses for common herbs*".

Pounamu Skelton will speak on ko te kai he rongoa (food as medicine) from a te ao Māori perspective. Born in the small Taranaki town of Waitara, Pounamu's journey took her around the world before calling her back to her roots. She is of Te Atiawa, Taranaki Tuturu, Ngāti Ruanui, and Ngāti Raukawa descent, and her connection to her ancestral landscapes and Māori culture in Taranaki is unbreakable. With deep roots in her Māori heritage, Pounamu embraces traditional knowledge to promote health and wellbeing. The connection between food and medicine is always at the forefront of her mind. As she says, "Ko Kai te Rongoa Ko Rongoa he kai - Food is our medicine and medicine is our food which includes herbs" This powerful whakataukī guides her every step. Through her knowledge and passion for growing Hua Parakore kai and healing with plant medicine, she plants the seeds of wellness among her people.

Monday Workshops - you have the opportunity to select 2 workshops:

Following on from his keynote talks in the morning, *Phil Rasmussen* will share his knowledge of medicinal herbs as he talks about "*Herbal Treatments for Diabetes*". When our body cannot produce insulin or cannot use it as well as it should, we end up with too much blood sugar in our bloodstream, leading to serious health problems. Given the current proliferation of both Type-I and Type-II diabetes, many people are living with diabetes, or are at-risk to do so. This workshop will look at plants we can use to help prevent or manage Diabetes mellitus naturally.

Tigerlily Prattini will be presenting a workshop titled "*The Wonderful World of Herbal Teas*". This will take you on a brief journey looking at teas from different cultures, including Indian chai and moon milk, old European roots and a couple of 'only in Aotearoa ' blends . You will enjoy samples of these drinks awhile we talk health benefits, tea rituals and basic principles of tea blending.

Jan Smith will present an introduction to "*Tonics & Elixirs: Tasty Ways to Take Herbs*". This session will look at a couple of ways we can use medicinal herbs in a tasty manner, therefore making them easy to be used regularly. Jan will discuss what tonics and elixirs are and how to use them, and allow you to taste a few samples of these tasty preparations.

NOTE: Jan will be presenting a more in-depth version of this workshop on Wednesday.

Martina Murray's workshop on "*Digestive Herbs*" will look at some of the many herbs we can use to support our digestive system. Our gut health is central to our overall health. Digestion has a strong influence on our nervous, hormonal and immune systems. It even affects our emotional health as the gut produces most of the serotonin we need to regulate mood, happiness, & anxiety. By including these medicinal herbs in our diet, we can treat many common digestive problems and improve our overall health.

Tuesday Bus Tours

Whether you choose the "*City and Beyond*" or '*Around the Mountain*" tour, you will enjoy the social aspect of visiting private gardens and public parks (each with its own special features), learning from each other as well as from the tour guides, gaining new ideas, etc. Both tours will finish at Pioneer Village for afternoon tea provided by Stratford Herb Group. Here, local volunteers maintain the Herb Garden, with the assistance of our herb group members. The village is an outdoor museum providing a unique look at the life of Taranaki pioneers.

Wednesday Workshops (optional practical workshops)

"*Herbal Cocktails, Mocktails and Shrubs*", led by Martina Murray of "*Blue Petal Botanicals*", is a 4-hour workshop where you will explore the components of the balanced herbal drink and how to design a perfect one for you. Learn to use herbs as a tasty base for your favourite cocktail; a "mocktail" is the non-alcoholic version. A herbal "shrub" is a fruit and/or herb-infused syrup that is preserved with cider vinegar. It makes a very refreshing summer drink when combined with soda water, and additionally, can be used in salad dressings, etc. Finding the right balance of flavours is important in making a truly delicious drink. This workshop showcases different methods of incorporating herbs into your diet through the power of drinks.

Tonics & Elixirs: Tasty Ways to Take Herbs", by Jan Smith, will follow on from Mondays introduction with a more in-depth 2-hour workshop, including the chance to make your own tonics and elixirs to take home. These preparations use wild plants and herbs to nourish, support and strengthen specific body systems or the body as a whole. Come and learn how to use gentle herbs that don't cause stress or have adverse effects on the body, but are slower and deeper acting. Tonics and Elixirs provide more ways of incorporating herbs into your daily life in a way that is always tasty and therefore easy to take regularly.

Pounamu Skelton will lead the "*Rongoā experience in Te Wao nui a Tāne*" workshop, a 2-hour walk and meditation among the native trees at Rotokare/Barretts Lagoon. Using her extensive knowledge of native plants and plant medicine, Pounamu will identify some of our many native herbs as you enjoy a tranquil stroll through Te Wao nui a Tāne. Immerse yourself in the ancient aura of rakau (trees) as you leisurely meander along a path, imbued with knowledge about the medicinal and healing properties of native trees. Conclude this blissful experience with a heart meditation, leaving you nourished and rejuvenated. BTW The maori name Rotokare means "rippling waters".

Taranaki Garden Festivals

Immediately preceding our Medicinal Herb Conference, there are multiple Garden Festivals being run throughout Taranaki. We invite you to come early and explore... These festivals give you the opportunity to explore the wider Taranaki region or a particular area, visiting a range of gardens - large and small, rural and urban, formal and informal, food-growing, flowers, etc. You also get the opportunity to meet the owner, hear their story, and ask questions. The Taranaki Arts Festival will also be on at the same time so you can check out some amazing artists in between visiting gardens.

The *Sustainable Backyard Trail* covers a range of properties including farms, lifestyle blocks, and small city backyards. It showcases a range of ideas including sustainable food production, upcycling, green technology, etc.

The *Centuria Taranaki Garden Festival* presents many styles of beautiful spring gardens throughout the region.

The *Taranaki Fringe Festival* describes themselves as "real gardens for real people".

Between both garden festivals, there is a style for everyone, the opportunity to enjoy the beauty of other peoples gardens, and the chance to take home new ideas for your garden.



I sense this is going to be a wonderful conference and we are all so looking forward to gathering together again – it has been too long!

With the following, you can forget about how awful our weather has been and soak up here is a some wonderful positivity; the link to a short and very inspiring video:

<https://www.facebook.com/AARP/videos/704439828183312>

Bobby is a wonderful human being, who is a 'human doing'; "*Atlanta's 'Garden Man' Gives*

Food to Neighbors in Need” - After 20 years of building community gardens, Bobby Wilson invested his retirement money into a farm that feeds over 200 families per week.”



THE BLESSINGS OF SPRING

Bless the little buzzy bees, and birds flying in the blue
 Dispersing all the pollen and seeds, so that flowers and plants will
 grow for you
 Bless the little butterflies, with their dancing patterns in the air
 As light as a feather, and showing us that there's beauty
 everywhere
 Bless the pretty pink blossoms, falling in a shower of love
 Nature's own confetti, from their boughs above
 Bless the little tadpoles, as transformation takes place
 Metamorphosis like butterflies, reminding us that we're changing as
 a human race
 Bless all the little fluttering leaves on the trees
 Turning towards the light, and blowing in the breeze
 Bless the little flowers with their petals framing radiant faces
 Warm Spring air blows gently in and out their stems, as round and round it chases
 Bless the little tiny seeds, peeping up through the Earth
 Bless this wonderful time of year, a time for all to rebirth
 JK 12.5.17



In addition, an image and some more words for spring.

I really like this Mandala of rose and hawthorn and the wisdom that surrounds it...

It was written by Danielle last northern hemisphere spring; I have saved this for our forthcoming spring

[Danielle Barlow](#)

And at last the hawthorn is in full bloom here on the high moor. Medicine for the heart and doorway to the faeries.



Nettles are ready to shoot away...

Here is a recipe for you to try; a delicious dessert, and as a bonus, there is good information about this wonderful, though ‘stingy’ herb...

Lemon nettle tart, an easy and delicious stinging nettle recipe

<https://foragefield.com/lemon-nettle-tart/>

This delicious lemon nettle tart uses just four ingredients for the filling. Inexpensive and straightforward, I think it is my most original stinging nettle recipe to date. Serve chilled, decorated with edible wildflowers for an elegant spring dessert that will wow your guests.

You don't see many stinging nettle dessert recipes, but nettles work well in sweet dishes. The nettles and lemon pair particularly well in this tart, resulting in a delicate floral custard which is a beautiful soft green colour. Combined with its crisp pastry shell, this rich lemon nettle tart has all the qualities of a classic custard tart with a foraged twist!



How to identify stinging nettle (*Urtica dioica*)

Stinging nettles have green leaves with serrated edges, found in opposing pairs along the upper half of their stalks. Their stems and leaves both have a covering of tiny hairs, which is how the plant stings. The hairs are small tubes that act as a needle to inject a mixture of formic acid, histamine and other chemicals into your skin as a defence mechanism. Anyone stung by a nettle knows just how effective a deterrent their sting is.

Here in the UK, we also have a group of similar-looking plants known as dead nettles (*Lamium* family). Dead nettles have serrated leaves, similar to stinging nettles, but with a smoother appearance and colourful white, red or yellow flowers. Dead nettles do not sting when touched and are also edible.



Where do stinging nettles grow?

Nettles grow across much of the world and are one of the most abundant wild foods in the UK, as demonstrated perfectly by the photo below. Imagine being stuck in the middle of that!

A prevalent plant, the stinging nettle can grow in gardens, hedgerows, fields, woodlands and many other habitats. Its preference for damp, fertile and disturbed ground makes it a good coloniser of places enriched by human activities, such as agriculture and development.

Stinging nettle health benefits

Nettles have a long history of use in the home as a herbal remedy and nutritious addition to the diet. Archaeological evidence in the UK shows that we have been eating the plant since prehistoric times, with 'Nettle Pudding' laying claim to being Britain's oldest recipe.



Stinging nettles are incredibly nutritious. High in Vitamin C and Vitamin A and full of calcium, magnesium, iron, and potassium, they are also a good source of protein. Tea made from the leaves has traditionally been used as a cleansing tonic and blood purifier, and the plant is often used to treat hay fever, arthritis, and anaemia.

Many health claims of nettles are anecdotal, but some robust research also backs up some of their suggested benefits.

Nettles are traditionally used as a treatment for chapped skin, eczema and acne and are believed to reduce scarring caused by acne and chicken pox. They also make a fabulous tonic for hair and are supposed to help promote hair growth in chronic hair loss.

Stinging nettles are also great wildlife attractors: caterpillars of the small tortoiseshell and peacock butterflies use them as food plants; ladybirds feast on the aphids that shelter among them; and seed-eating birds enjoy their autumn spoils.

Harvesting stinging nettles

To avoid being stung, I recommend wearing gloves when collecting stinging nettles. Alternatively, snip them straight into your collection container with scissors to avoid handling them.



Stinging nettles are at their best when very tender, so the ideal time to pick them is in the spring when they are young.

Only young nettles or bright green tops of larger plants are good to eat, as old stinging nettle leaves can act as a laxative and contain cystolith crystals that can upset the urinary tract.

The generally accepted wisdom is not to eat nettles when flowering between June and October. The new growth from nettles that grow after being cut back is fine.



A Small Message :

- If the **heat** bothers you, plant a **Tree**.
- If the **water** bothers you, plant a **Tree**.
- If you like **fruits**, plant a **Tree**.
- If you like **birds**, plant a **Tree**.
- And if you like **life**, plant **many Trees**.

Make the Ordinary Come Alive

Do not ask your children to strive for extraordinary lives. Such striving may seem admirable, but it is a way of foolishness. Help them instead to find the wonder and the marvel of an ordinary life. Show them the joy of tasting tomatoes, apples, and pears. Show them how to cry when pets and people die. Show them the infinite pleasure in the touch of a hand. And make the ordinary come alive for them. The extraordinary will take care of itself.

By William Martin, from
The Parent's Tao Te Ching:
Ancient Advice for Modern Parents

Kahlil Gibran (1883-1931), whose birth name was Gibran Khalil Gibran, was born in Lebanon, is known as a Lebanese-American writer, poet and visual artist; he was also considered a philosopher, although he himself rejected the title. I feel he was, here is a poem written by him, to celebrate spring.

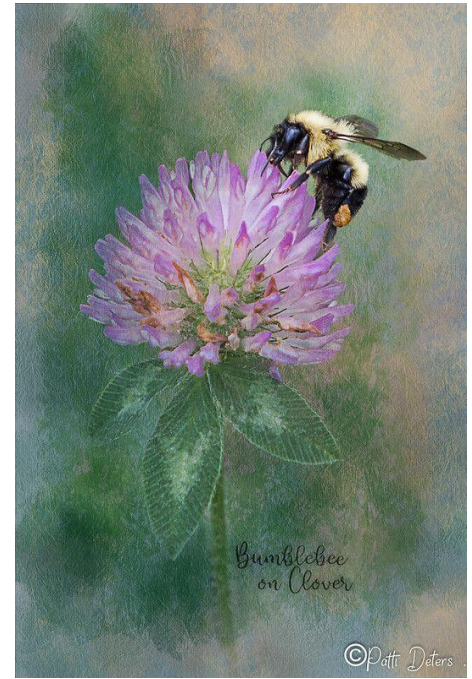
From [Serendipity Corner](#) 8.6.2023

Go to your fields and your gardens, and you shall learn that it is the pleasure of the bee to gather honey of the flower,
But it is also the pleasure of the flower to yield its honey to the bee.

For to the bee a flower is a fountain of life,
And to the flower a bee is a messenger of love,
And to both, bee and flower, the giving and the receiving of pleasure is a need and an ecstasy.

~ Khalil Gibran ~

Artist Credit : Patti Deters



It is time to be seriously thinking about what to sow and grow for your summer crops. Who doesn't enjoy harvesting fresh, sun-warmed produce, including melons. But, which melon to grow? This chart may assist you...



Elderflowers

They are about to flower! I love these trees and all the benefits that come from them.

Elderflower Liqueur Recipe: Homemade St. Germain

<https://www.growforagecookferment.com/elderflower-liqueur/>

Originally published on July 6, 2018. Last updated on March 15, 2022

Elderflower season is an exciting but short lived time. Every year I try to find some way to preserve the elderflower harvest so that I can enjoy them for a longer period of time. I've been wanting to try making elderflower liqueur (also known as St. Germain) for some time now. This year the local elder trees were absolutely loaded with



elderflowers, so I decided to make this delicious elderflower liqueur!

Harvesting Elderflowers

Elderflowers appear before elderberries, and they arrive anytime between May through July, depending on your location and climate.

It's important to consider that elderflowers turn into elderberries, so taking them will mean fewer berries on the tree. This usually isn't an issue as elder trees are widespread and very prolific.

Regardless, do try and only take a few flowers from each tree if possible.

Read my post on [foraging elderflowers and elderberries](#) to learn more.

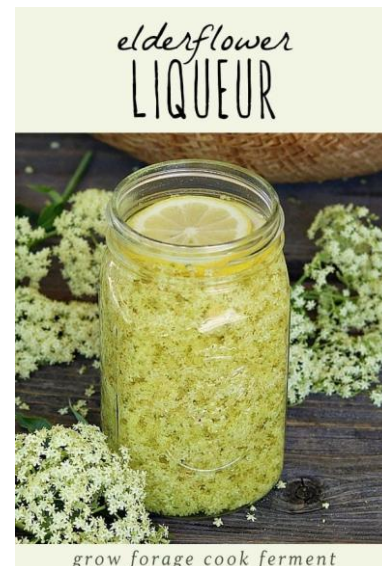
Insects love elderflowers, so be sure to give the flowers a few shakes before using to remove them. It also helps to let them sit for an hour or two outside to let any remaining bugs vacate.

The leaves, stems, seeds, and unripe berries of elder are toxic when consumed in large amounts, so remember that when making any kind of elderflower or elderberry preparation.

How to Make Elderflower Liqueur

Depending on the size of the elderflowers you collect, you will need about 20-30 whole flower heads for this liqueur recipe. Although it's a bit labor intensive, it's important to cut the flowers off with as little stem as possible attached. This is because the stems contain a toxic compound and can cause stomach upset in large amounts in some people. If you don't have access to fresh elderflowers, [dried elderflowers](#) can also be used, just use about half as much as fresh.

Fill a quart jar with the elderflowers, leaving an inch or two of space at the top.



Pour a 750ml bottle of vodka over the elderflowers, then top the jar with lemon slices to keep the flowers submerged under the vodka. Cover the jar with a lid and put it in a cool and dark place to infuse for 2-4 weeks.

When ready to use, strain out the elderflowers with a fine mesh sieve, then add the optional honey or sugar and stir well or shake to combine. The elderflower liqueur can be consumed right away, or aged longer if desired. It will keep indefinitely!



Elderflower Liqueur Cocktail Recipes

Can I tell you how amazing this elderflower liqueur is? It is so incredibly good, and it makes a great summer cocktail! I like to simply combine it with some sparkling mineral water, and in my opinion that's all you really need.

If you want to get more fancy than that, here are some amazing sounding elderflower liqueur cocktail recipes to try:

- [Elderflower Martini](#)
- [Elderflower Margarita](#)
- [Peach and Elderflower Sangria](#)
- [St. Germain Lavender Gin and Tonic](#)
- [Blackberry Elderflower Cocktail](#)

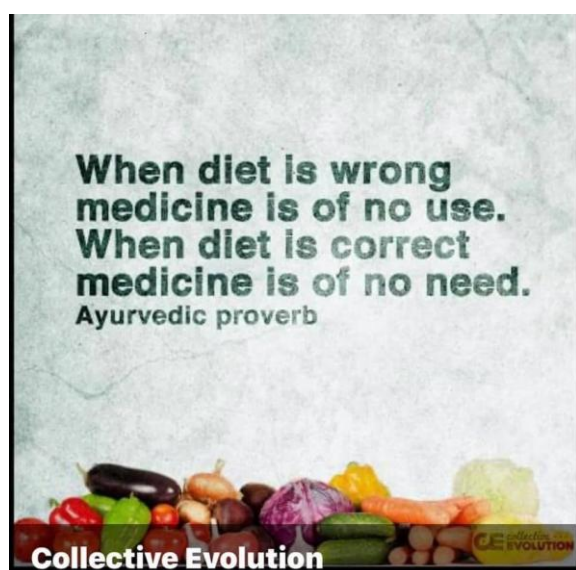
Now you're all set for summertime cocktail parties! Enjoy the elderflower liqueur (I know you will)!

More Elderflower Recipes

- [Elderflower Sparkling Mead](#)
- [Elderflower Muffins with Honey](#)
- [Wildflower Herbal Infusion Tea](#)



Want to do more with your elderflower harvest? Here are [20+ Elderflower Recipes](#) for cordial, liqueur, tea, jelly, cake + more!



There are so many delightful and delicious ways to enjoy elderflowers—not just as a tonic when you are sick...

An additional reminder of what all of the ancient traditions of medicine spoke to u about...



A reminder from your HFNZ committee!

We have awards to prepare for, and to assess before our conference & AGM...

Herb Certificate Course Scholarships

More information on our website: <https://herbs.org.nz/education/herb-federation-of-new-zealand-certificate-study-scholarships/> or re-read the August e-newsletter.

Herb Project Award

More information on our website: <https://herbs.org.nz/education/annual-herb-project-award/> or, as with the scholarship, re-read the August e-newsletter.

🌸 The closing date for both these award applications is by **Sunday 15th October**



Jeanne Rose

One of the first herb books I bought, as a young woman, was 'Herbs And Things', by Jeanne Rose; (I am not so young now, so a long time ago!), I soaked up the contents and it lit a flame in me!

Nowadays, I follow her posts on Facebook and her website (unheard of things when I was young), and she quite regularly posts great information; here is her most recent (NB, in US English):

CILANTRO-CORIANDER - Herb & Oil Profile

<https://jeannerose-blog.com/cilantro-coriander/> July 14, 2023 / [Jeanne Rose](#)

by Jeanne Rose

CORIANDER, *Coriandrum sativum* ~ oil from the seed is called Coriander seed oil, while the plant and oil of the leaf is called Cilantro leaf oil.

BOTANICAL FAMILY ~ **Apiaceae family** includes 3700 species, including Cumin, Coriander, Fennel, and Dill.

COUNTRIES OF ORIGIN ~ Native to Europe and growing wherever it is planted.

ENDANGERED ~ This plant is GNR (no status).

GENERAL DESCRIPTION OF PLANT, HABITAT & GROWTH ~ Coriander belonging to the carrot family (Apiaceae), is a large group of flowering plants. The members of this family are often aromatic, and



Coriander Seed + Coriander tops or Cilantro + Coriander Seed CO₂

the plants are characterized by hollow stems, taproots, and flat-topped flower clusters known as umbels.

Coriander is an intensely aromatic annual or biennial herb/plant whose leaves are called Cilantro. It is between one and three feet high, with few fine, spindly leaves and delicate whitish pink edible flowers, followed by green seeds called Coriander seeds. To harvest the correct plant, you must grow the proper plant variety, and each plant grown should be grown in the proper terroir for the healthiest plant. Grow organically without chemical pesticides or herbicides. Harvest at the correct



time to ensure peak properties, and that is just before the herb flowers and bolts, and harvest for the seeds when they are young and green or when they are ripe and brown, depending on your desires for taste and longevity.

Many people dislike the odor of Cilantro leaves; it is produced by aldehydes that also are “emitted by various insects, including stinkbugs.This scent is released by pounding or cooking. And for gardeners, the aldehyde content of cilantro plants rises as they develop, so the leaves smell mildest before the flower buds appear, strongest as the small green fruits are maturing.”³

PORTION OF PLANT USED IN DISTILLATION, HOW DISTILLED, EXTRACTION METHODS & YIELD

Always distill with good equipment at the proper temperature and pressure to preserve oil molecules.

Cilantro, or Chinese Parsley, oil is steam distilled from the leaves.

Coriander seed oil is steam distilled from the crushed, ripe seeds.

“The world has two key sources of coriander, each operating on a different schedule. In Morocco, coriander is planted in February and harvested in May. In contrast, in Eastern Europe (essentially Bulgaria and Romania), planting is in February, and the harvest is from July to August. Eastern Europe’s longer growing season results in higher levels of essential oils, around 0.8 to 1.2 percent, compared to Morocco at 0.8 to 1 percent. This level determines the intensity of flavour, but not the proportions of citrus to mellow spice, which varies depending on the source.”¹

Yield: 0.8-1.0% for the seeds.

SOURCE ~ This work is sponsored and supported by [Prima Fleur Botanicals](#).



ORGANOLEPTIC CHARACTERISTICS of Cilantro leaf and Coriander seed

Sensory Aspects	Cilantro leaf 2023	Coriander Seed CO ₂ 2023	Coriander Seed EO
Color of the oil	yellow	Pale yellow	Pale yellow
Clarity	clear	clear	clear
Viscosity	Non-viscous	Non-viscous	Non-viscous
Taste Bitter, sour, sweet, salty, umami, astringent, pungent	Soapy , umami (doesn't fit)	Bitter, umami	Aromatic, umami, astringent
Tastes - salt, sweet, sour, bitter, umami, astringent, and pungent.			
Intensity of Odor	4-5	5-6	4-5
Tenacity of Odor	6	6	5
Aroma – Main scent (see snapshot at end)	Green, vegetative	Herbaceous, spicy	Green, Herbaceous, Spicy

ODOR DESCRIPTION AND AROMA ASSESSMENT – This plant has a curious and eponymous odor. Each part is different; the flower is pleasant, the mature leaves have a curious ‘soapy’ odor, and the seeds and oil especially are fresh and grassy odor – each has a different odor based on the chemistry. Where the scent of the seed and flower are almost always acceptable, the scent of the leaves is disliked by half of the people smelling them. The chemistry of each part is different, and the taste as well. This is one plant and essential oil that should be individually assessed for scent.

CHEMICAL COMPONENTS of Cilantro/Coriander

Cilantro leaf has unpleasant-smelling aldehydes such as decanal (a fatty lipid, an aldehyde molecule with a musty, fatty, grassy odor). Decanal is also part of the odor of Buckwheat. Cilantro flowers have benzofuran and others. Benzofuran is in the odor of Daisies and Sunflowers. Coriander seeds include mainly Linaloöl, with Limonene, Gamma-Terpinene, Geraniol, and more.

HISTORICAL USES ~ Aromatic stimulant, culinary spice, and aphrodisiac.

INTERESTING FACTS ~ *A remedy for the bite of the two-headed serpent.* “Coriandrum is derived from the Latin koras meaning ‘bedbug.’ This is because the odor of its fresh leaves apparently resembled the insect’s smell (and is known in the odor of stinkbugs). Cultivated for over 3,000 years, Coriander is mentioned in all the medieval medical texts, by the Greeks, in the Bible, and by early Sanskrit writers” *Aromatherapy for healing the Spirit*, p.64.²

Coriander/Cilantro botanical specimen→



PROPERTIES of Coriander seed and leaf

(BY IG=INGESTION, OR IN=INHALATION, OR AP=APPLICATION)

CILANTRO LEAF oil (the leaf of Coriander) is used mainly as it is rich in antioxidants, aids digestion, can be a powerful cleanser and detoxifier; in skincare, it is soothing to the skin, and it flavors foods many foods, in particular, salsa.

CORIANDER SEED oil is used by inhalation (IN) as it is relaxing, soporific, and sedative; by application (AP), it is used in skincare as it is anti-inflammatory and warming; and this essential oil is occasionally taken internally to soothe the stomach, as a carminative and antispasmodic and aid elimination (depurative, once known as an alterative). **PHYSICAL USES & HOW USED (IG OR AP) Ingestion (IN) of the herb** ~ The herb tea is used for stomachache or to alleviate gas. The essential oil has been used for flatulence, digestive problems, and as a stimulant to the entire body.

Application (AP) of the seed oil – A warming pain-easer for arthritis and rheumatism, for oily skin, clears blackheads, for skin impurities, in perfumery, and as a revivifying stimulant during convalescence.

EMOTIONAL/RITUAL/ ENERGETIC by Diffusion ~ Cilantro oil and Coriander oil may have similar emotional benefits, such as relief from stress and energetic support to assist them in respecting boundaries or finding the courage to complete a difficult task or processing the events of life, and stay true to their self.

These oils can be applied to ease externally to ease migraine headaches. Dilute in your favorite carrier oil to about 10% and massage around the temples and the back of the neck. Also, inhaling may ease stress, anxiety, insomnia, and mental fatigue. Remember, in these cases, the scent should be pleasing and acceptable.

BLENDING AND PERFUMERY ~ Depending on your uses for these two oils, your blends may include Fennel, Dill, and other family members. Coriander and Cilantro are used in some very fashionable, high-end perfumes. They are described by D.S. & Durgas as “It is an everyday scent, light enough to meld with skin and project its presence with a subtle aura. Fresh, but unique with its pungent green atmosphere.”

Cilantro leaf EO Blends best with strong florals such as Jasmin, and Ylang-ylang, citrus odors such as Clary sage, Lemon, Grapefruit, Neroli, spicy odors such as any kind of Pepper, Nutmeg, Cinnamon, Cardamom, and Ginger, vegetative/herbaceous odors such as Palmarosa, Petitgrain, Geranium, and Galbanum to enhance the green grassy odor, and deep woody odors like Vetiver.

Coriander seed EO blends with florals, citrus, woods, and spicy odors.

HYDROSOL ~ If I had this hydrosol, first, I would smell it carefully and then decide if I would use it. I would think that I would prefer the Coriander hydrosol before the Cilantro hydrosol. But both could be used as a digestive drink.

PLEASE NOTE: A true hydrosol should be specifically distilled for the hydrosol, not as a co-product or by-product of essential oil distillation. The plant’s cellular water has many components. Most are lost under pressurized short steam runs for essential oil or by using dried material. We recommend that the producers specifically distill for a product by using fresh plant material.

HERBAL USE AND PROPERTIES ~ When I was able to grow Coriander, I enjoyed the flowers in salads. I harvested the seeds as they were green turning to brown and cut the seed heads directly into a small paper bag, which I then tied off the top and would hang the bag in the house until the heads had dried, and the seeds had dropped into the bottom of the bag. It is an easy method. When the



seeds were thoroughly dried, they were stored in a labeled glass jar for use during the winter.

I enjoy the taste of the seeds in gin when it is used as a flavor ingredient, and I am neutral about the taste of Cilantro and will eat it in tacos. My son, however, is violently opposed to eating or smelling Cilantro.

Herbally, Coriander seed and when picked with the leaf and flowers, are used in teas and infusions; for stomach ache or flatulence, in a foot wash for athletes' foot (with other herbs), in blended herbal remedies for the respiratory system, and also for scant or painful urinary complaints.

This is one herb that I use in cooking, in some herbal teas, and sometimes when making my Bruise Juice. The seed is good in Middle Eastern cooking and is ground for soup, stew, and many **vegetable and meat dishes**. It is part of many traditional spice blends in Asian, Indian, and Latin cuisine.

CILANTRO ~ some people truly dislike Cilantro. *"Cilantro and arugula, I don't like at all. They're both green herbs; they have kind of a dead taste to me."*...Julia Child said and "I would never order it, and *"I would pick it out if I saw it and throw it on the floor."*

Apparently, Ms. Child had plenty of company for her feelings about Cilantro. The Oxford Companion to Food notes that the word "coriander" is said to derive from the Greek word for bedbug, that cilantro aroma *"has been compared with the smell of bug-infested bedclothes"* and that *"Europeans often have difficulty in overcoming their initial aversion to this smell."*

Charles J. Wysocki of the Monell Chemical Senses Center in Philadelphia studied Cilantro and found that some people may be genetically predisposed to dislike it.

*"Modern Cilantro haters often describe the flavor as soapy rather than buggy. I don't hate Cilantro, but it does sometimes remind me of hand lotion. Each of these associations turns out to make good chemical sense. Flavor chemists have found that cilantro aroma is created by a half-dozen or so substances, and most of these are modified fragments of fat molecules called **aldehydes**. The same or similar aldehydes are also found in soaps and lotions and the bug family of insects. Decanal and (E)-2-decenal were the most abundant compounds, accounting for more than 80% of the total amount of identified compounds."*⁴



KEY USE ~ Herb For Digestive Problems and EO of seed/leaf for aching muscles and to reduce gut gas.

SCIENCE ABSTRACT ~ *"Coriandrum sativum* L. (*C. sativum*) is one of the most useful essential oil-bearing spices and medicinal plants, belonging to the family Umbelliferae/Apiaceae. The leaves and seeds of the plant are widely used in folk medicine and as a seasoning in food preparation. The *C. sativum* essential oil and extracts possess promising antibacterial, antifungal, and anti-oxidative activities as various chemical components in different parts of the plant, which thus play a great role in maintaining the shelf-life of foods by preventing their spoilage. This edible plant is non-toxic to humans, and the *C. sativum* essential oil is thus used in different ways, viz., in foods (like flavoring and preservatives) and in pharmaceutical products (therapeutic action) as well as in perfumes (fragrances and lotions). The current updates on the usefulness of the plant *C. sativum* are due to scientific research published in different web-based journals.⁵"

SAFETY PRECAUTIONS: Dilute for external use; otherwise, none known.

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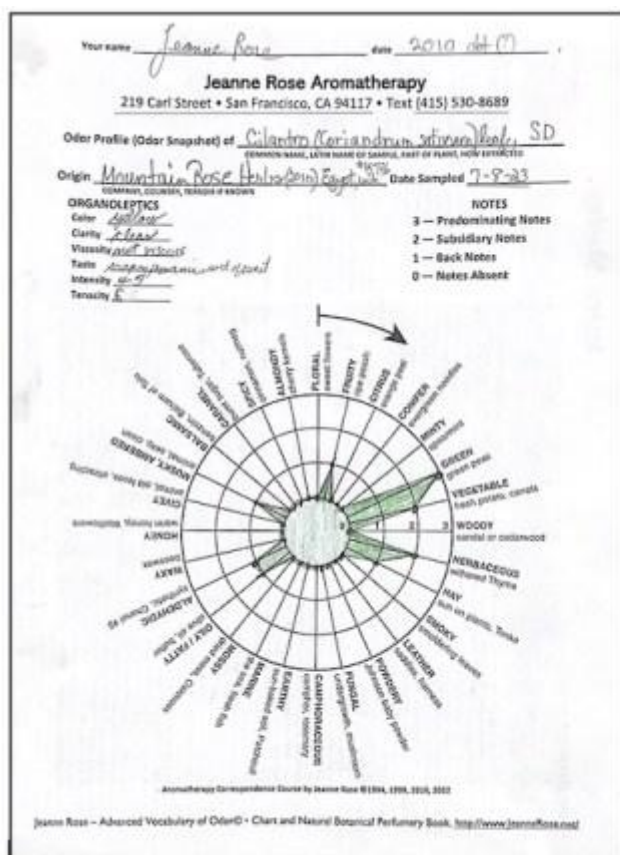
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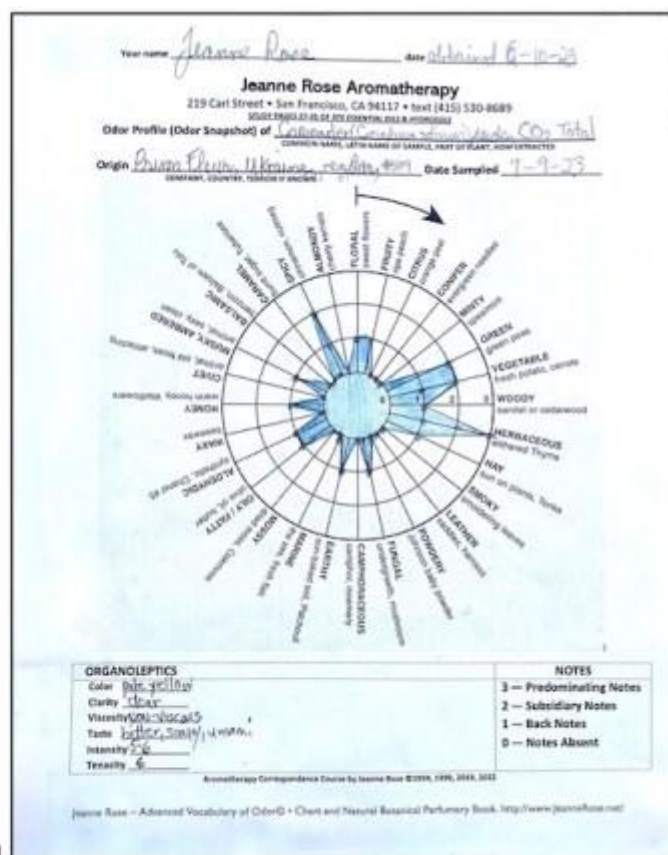
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SCENT SNAPSHOT OF CILANTRO LEAF & CORIANDER SEED Oil



Cilantro leaf EO Snapshot



Coriander seeds CO₂ EO Snapshot

Moderation in All Things.

Be moderate in using essential oils, as they are not environmentally sustainable.

Be selective and more moderate in your usage.

Use the herb first as tea or the infusion. —JeanneRose 2014

DISCLAIMER: This work is intended for informational purposes only and is not a substitute for accurate diagnosis and treatment by a qualified health care professional. Dosages are often not given, as that is a matter between you and your healthcare provider. The author is neither a chemist nor a medical doctor. The content herein is the product of research and personal and practical experience. **Institute of Aromatic & Herbal Studies – Jeanne Rose**

*Dandelion Capers...*

Max Burgess is an American herbalist and herb grower and like me, he likes Dandelions!

The Dirt On Herbs with [Max Burgess](#)



Dandelion the official herald of Spring 🌱☀️

Taraxacum officinale

The Dandelion, I have benefited from this plant in so many ways. It truly is one of the more beneficial herbs. In fact, I believe the widespread distribution of this amazing plant is a hint from Mother Nature that everyone has need of her medicinal properties. Dandelion was first mentioned in the writings of Arabian physicians in the 10th century where it was referred to as Taraxacon.



The Dandelion is a bitter, hepatonic, diuretic, astringent.


The leaf and root are used as a hepatic nutritive tonic to cool and cleanse the liver and blood.

Dandelion is an outstanding organ , blood and total body detox and cleanser.

Dandelion is used to treat various liver and spleen ailments such as hepatitis, cirrhosis and liver toxicity. It increases the flow of bile and has been used for cholecystitis, gallstones and jaundice.

I sometimes combine with Milk thistle seed extract and Oregon grape root.



I really can't say enough about this herb and its many benefits. It's no coincidence I chose to use the Dandelion as part of my logo 

I love to juice the leaves or make dandelion/Chanterelle fritters. Also roasting the root for a great tea.

Many times I have just picked the yellow flowers along with borage flowers and added to salads. This amazingly magnificent plant has never been a useless weed but always nature's cleanser.



And, another herby guy! Pascal Baudar is a most inspiring man.

From his website: <https://www.urbanoutdoorskills.com/>, comes this description of him

As a forager, wildcrafter and teacher most of his life, Pascal views his connection to the environment and nature as an intimate relationship and an art form. His current work with wild edibles and use of materials collected from the environment blends culinary and visual arts into a cohesive and unique personal aesthetic.

Aside from being recognized for his wild food expertise, Pascal is also considered one of the top fermentation masters in North America with a unique focus on using yeast and bacteria which can be found in the local wilderness.

Sustainability: Most of his work focuses on non-native and invasive wild edibles, finding ways to turn them into nutritious, delicious and healthy tasty food. One of his goals is to inspire a cuisine that is not just sustainable but beneficial to the environment.

Nomadic Wildcrafter & Pottery: 2020 was the transition to a more nomadic lifestyle and a couple of years exploring North America, collecting wild clays, meeting other foragers and learning new plants while travelling in an RV. In 2022, while still living in his RV and travelling, he opened an Art Studio in the San Gabriel Mountains (Southern California) to continue his research on wild edible, traditional food preservation techniques and also focus on the artistic side of wildcrafting.

Teacher: A self-described "culinary alchemist," he leads classes in traditional food preservation techniques and wild food. Through his business, Urban Outdoor Skills, he has introduced thousands of home cooks, celebrity chefs, and foodies to the flavors offered by their wild landscapes. Los Angeles Magazine has named him one of the most influential local tastemakers

Author: He is the author of 3 bestselling books: Wildcrafted Fermentation (2020), The Wildcrafting Brewer (2018), and The New Wildcrafted Cuisine (2016). His next book: Wildcrafted Vinegars will be released in October 2022.

[Pascal Baudar](#)

Collecting Dandelion seeds

One of the countless edible seeds which can be foraged locally. Not



a lot in the local mountains but can be plentiful in the Los Angeles area and I collected a bunch this weekend after my classes.

I work fast, just pull the seeds from the heads when they're gone to seeds and store them in a paper bag for a couple of weeks. Basically I'm letting them dry for a while.

Another technique is to pinch the seeds off from their "umbrella" called the "pappus" when you collect them.

But the first technique works and eventually most of the seeds will detach from the pappus naturally. You can help the process by shaking the fluffy content in a strainer or even using your hand and massaging gently.

The seeds are quite mild and not very bitter. I use them in all kinds of ferments and they're also great for sprouting.

This weekend I collected around 7 different wild seeds and grains: Field mustard grains, chickweed seeds, cleaver seeds, wild oats and barley, nettles seeds.

I estimate that by the end of the year, I'll probably have 100 edible seeds/grains in my pantry. The season is just starting in Southern California.



Aha, who sees themselves in this image! This is for us plant collectors!



"You know, son, this is the dawning of the Age of Asparagus, Age of Asparaguuuus, Asparaguuuuuuus, Aspa...ra...guuuus."

One of the spring crop I most look forward to each year is asparagus (I don't think I am alone with this!) So, when I saw this cartoon, it appealed to my punny sense of humour. I hope you are both amused and taken on a trip down memory lane (For you younger members, it is about 'Hair')



This is a bit of a bumper edition; so make yourself your favourite beverage, and scroll away; with blustery, wet weather, a good, and informative read, I hope is welcome.

Wellness wishes,

Karina

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