

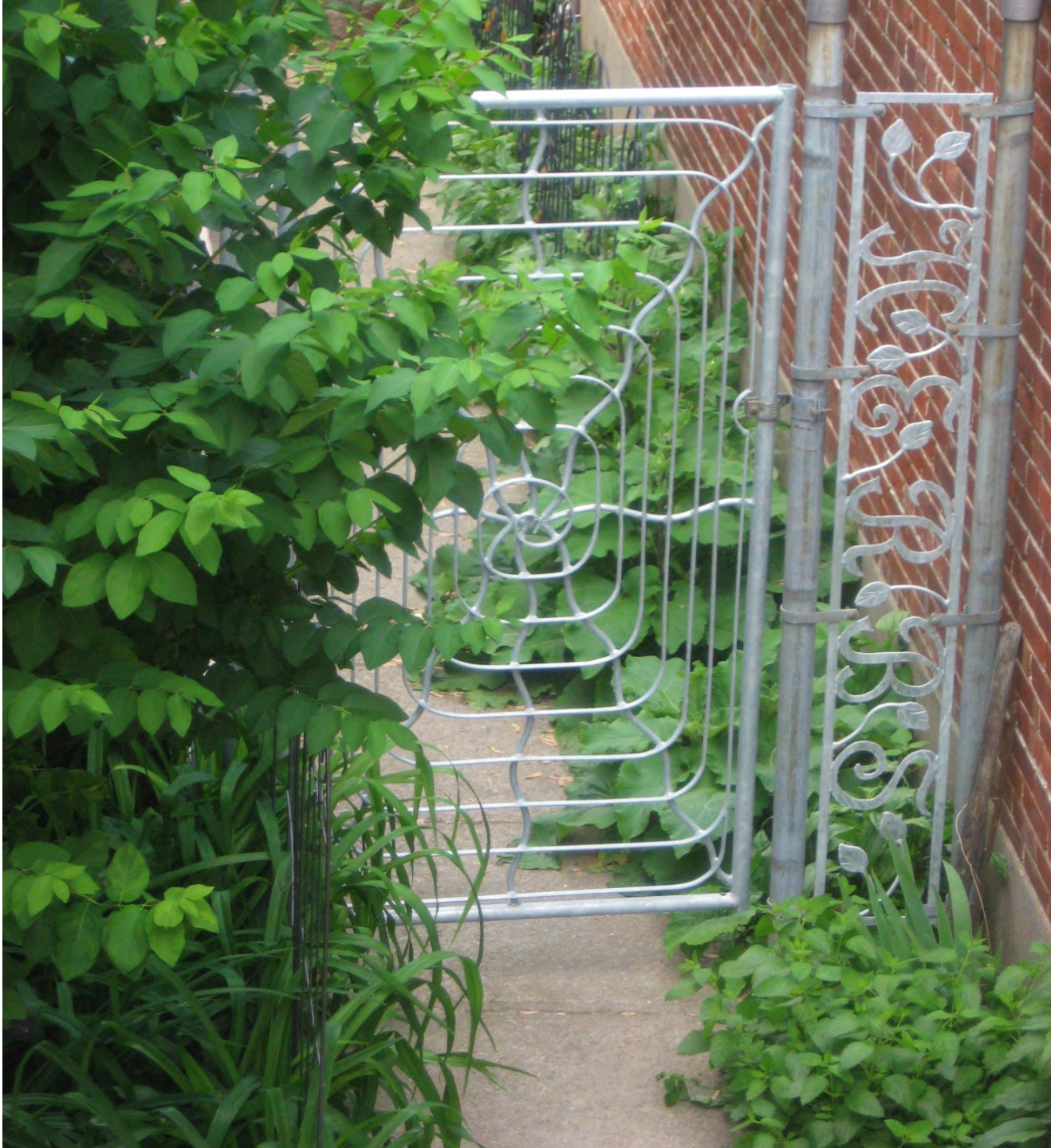
The WONDER of WEEDS

HERBS



Monica Giacomini

www.herbsontheside.com







The Physical Benefits of Gardening



WEIGHT LOSS



**BLOOD
CIRCULATION**



FLEXIBILITY



**REDUCED
BONE LOSS**



**STRONGER
IMMUNE SYSTEM**



VITAMIN D



STRENGTH



**IMPROVED
COORDINATION**

REASONS TO GET OUT IN The GARDEN!

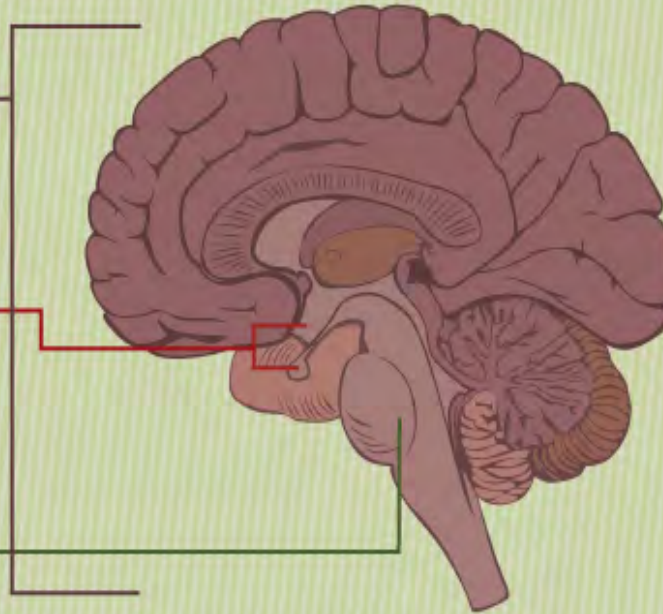
Source: Jane Gates is a writer, artist, garden designer, landscape contractor and author of **All the Garden's a Stage: Choosing the Best Performing Plants for a Sustainable Garden**. Schiffer Publishing (May 18 2012)

The Psychological Benefits of Gardening

Increased Neurotrophins
INCREASED MENTAL HEALTH
(Entire Brain)

Cortisol Reduction
STRESS RELIEF
(Hypothalamus and
Pituitary Gland)

Mycobacterium Vaccae Exposure
IMPROVES DEPRESSION
(Raphe Nuclei)



“ **MYCOBACTERIUM VACCAE** is a harmless bacteria found in soil that boosts serotonin in the brain, working as an **ANTIDEPRESSANT**. ”

www.fix.com/blog/health-benefits-of-gardening/



CANADA

Monarchs need more milkweed

A concerted national effort to plant the traditionally unloved milkweed is needed to reverse a precipitous decline in the monarch butterfly population, conservationists say. They're hoping the federal government will step up with money and moral persuasion to aid in an effort they say needs to include power line, road and rail agencies. Estimates are that the migratory monarchs have declined by 90 per cent across North America over the past two decades, in part because of the eradication of milkweed, the only food plant the butterflies use as caterpillars.



Welcome MILKWEEDROSE
into your garden!





Don't be too anxious to pull all those weeds

Experts claim that many common weeds are beneficial to the garden

STEPHEN BARRINGTON
CANADIAN PRESS

Diligent weeding has long been considered the tried-and-true path to an attractive, productive plot. But by being too diligent, Canadian gardeners may unknowingly be pulling out good with the bad.

Certain weeds are natural helpers, variously indicating poor soil conditions, providing always-needed nitrogen or promoting healthier, pest-free growth in nearby plants.

People need to be "less uptight about weeds," says Linda Gilkeson, research director for Applied Bio-Nomics, a Sidney, B.C., company that studies natural pest control.

"There are tremendous benefits if you have the right weeds. It's not a trivial effect, either. It's significant."

Such weeds as cornflower (also called bachelor's button, and often planted from seed as a wildflower), wild carrot (Queen Anne's lace) and goldenrod attract beneficial insects that control aphids, cabbage loopers and tomato hornworm.

In gardening lore, the herb valerian — also known as garden heliotrope — is said to strengthen nearby plants, making them pest-resistant. More practical, however, the weed attracts earthworms, necessary for good soil.

Weeds and insects

Goldenrod is one weed that allergy-sufferers can do without, but otherwise it can be important to a bloom-filled yard. Its many colorful flowers attract butterflies and bees, vital for pollination.

Milkweed is similarly helpful in attracting bees.

White, red and other varieties of clover are favorite stops for bees. But their main benefit is as a soil conditioner, since these leguminous weeds add nitrogen to the soil, making them natural fertilizers.

"Many people think gardening is a lot of work, that there's so much to do," Gilkeson says. "But it's a lot easier if they work with permanent native growth" in the garden, much of which is considered weeds.

Of all native growth, stinging nettles are perhaps the most annoying, especially to gardeners unfortunate enough to be stung. But out of the way near flower beds and vegetable gardens they repel aphids and plant lice.

Don't always blame the weeds that sprout up among flowers that seem frail — perhaps the soil is the problem.

Nature's litmus

English daisy and Queen Anne's lace will grow in relatively infertile spots, for instance. Growing in slightly better soil might be common groundsel, lambsquarters or chickweed.

Do you suspect that the soil may be either acid or alkaline, but don't know which? Look at any cornflowers growing in the patch — nature's litmus, the weed has blue blooms in alkaline soil, pink blooms in acidic.

Red sorrel, also known as sheep sorrel, usually grows in acidic soil. As an indicator it's not always ideal,

however, since it can tolerate soil that's neutral to slightly alkaline.

Some weeds are the preferred food of hungry bugs that might otherwise chomp on more productive vegetable or fruit crops. Wild radish attracts flea beetles from tomatoes, squash and eggplant, for instance.

Where there are apple trees, common mullein — a weedy relative of colorful flowering mullein varieties — distracts apple orchard stinkbugs.

Having beneficial weeds in the garden "doesn't mean you have to tolerate a big mess," says Gilkeson whose own garden includes a number of the natural helpers. "A few of them in with flowers and vegetables isn't going to hurt.

"If you want, you can relegate them to a back area of the garden, or keep them in a sort of wild area as a more permanent planting."

It's possible to have too much of a good thing, however. Even beneficial weeds can take over a plot. Uncontrolled, they can rob other plants of light, food, water and space.

GOLDEN ROD



Attracts beneficial insects that controls aphids & tomato hornworm.

VALERIAN



Makes nearby plants pest-resistant, and stronger & attracts earthworms!

Benefits of Goldenrod

1. Has 7 times the antioxidants of green tea
2. Stops seasonal allergy symptoms
3. Supports urinary system
4. Makes a tasty tea
5. Probably grows near you

www.HerbalRemediesAdvice.org











Rose

Pink Comfrey



Flowering Agrimony



Flowering Celandine



fresh

M E D I C I N A L

HERBS

Monkshood



Celandine



Meyer Lemon

Flowering Valerian



Chrysanthemum



Catnip



Valerian



Flowering Sage



Flowering Lungwort



Ginseng



Flowering Yarrow



Marshmallow



Sage



Flowering Marshmallow



Wood Betony



Santolina



Flawort



Rue



Sweet Woodruff



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UNLIMITED REFILLS

THE HERBAL MEDICINE BOOM

**It's great business, but is
it good for what ails us?**



| TRANSFORMATION | INSTRUCTIONS |
|--------------------|---|
| Herbal Infusions | Add boiling water to dried herbs in a mason jar. Fill to the very top! Infuse overnight/4 hours+. Strain and drink with all your senses... hot or cold. |
| Herbal Tea | Add boiling water to dried herbs, especially flowers, in a covered cup or jar. Infuse 5 to 10 minutes. Strain and drink with all of your senses! |
| Herbal Decoction | Simmer dried roots/fruit/seeds 20-30 mins. until spent. Strain and drink. |
| Herbal Vinegar | Add A.C. vinegar to fresh herbs/roots in a mason jar. Fill to very top! Infuse for 6 weeks. Strain and use in vinaigrettes, on veggies, or mix with herb honey. |
| Tinctures | Add 40%+ alcohol to fresh herbs/roots in a mason jar. Fill to very top! Infuse for 6 weeks. Strain and use 20-40 drops, BiD/TiD. |
| Herb Syrup | Simmer herbs in water for 20 - 30 mins. Strain and add honey to liquid to sweeten and preserve. Refrigerate in a glass jar. |
| Infused Herbal Oil | Add Italian olive oil to fresh but dry herbs/roots in a mason jar. Fill to the top and poke to remove air bubbles. Infuse for 6 weeks. Strain and use externally. |
| Herbal Poutice | Macerate herbs, place in cloth or place directly onto the desired area. |
| Edibles | Add some wild food to your diet! |

| Brand Name | % Hypericin (0.3% Industry Standard) | % vs. Industry Standard |
|---|---|-------------------------------|
| 1. Nutravite [Nutravite Pharmaceutical Inc.] | 0.36 | 120% |
| 2. Wampole [Wampole Canada Inc.] | 0.35 | 117% |
| 3. Adrien Gagnon [Sante Naturelle (A.G.) Ltee] | 0.31 | 103% |
| 4. Webber [Wn Pharmaceuticals Ltd.] | 0.26 | 87% |
| 5. Holista [Holista Health Corporation] | 0.26 | 87% |
| 6. Nature Made [Pharmavite Corporation] | 0.23* | 77% |
| 7. Jamieson [C.E. Jamieson & Company Ltd.] | 0.18 | 60% |
| 8. Swiss (Herbal) [Swiss Herbal Remedies Ltd.] | 0.13 | 42% |
| 9. Nu-Life [Nu-Life Nutrition Ltd.] | 0.12 | 40% |
| 10. The Root of Life [Laboratoires COLBA Inc.] | 0.00 | 0% |

| Brand Name | % Flavonol Glycosides (24% Industry Standard) | % vs. Industry Standard |
|--|--|-------------------------------|
| 1. Nature Made [Pharmavite Corporation] | 33.5 | 140% |
| 2. Nutravite [Nutravite Pharmaceutical Inc.] | 29.3 | 122% |
| 3. Webber [Wn Pharmaceuticals Ltd.] | 27.7 | 115% |
| 4. Jamieson [C.E. Jamieson Company Ltd.] | 27.0 | 113% |
| 5. Wampole [Wampole Canada Inc.] | 24.7 | 103% |
| 6. Nu-Life [Nu-Life Nutrition Ltd.] | 22.7 | 95% |
| 7. Holista [Holista Health Corporation] | 22.1 | 92% |
| 8. Swiss (Herbal) [Swiss Herbal Remedies Ltd.] | 13.5 | 56% |
| 9. Nature's Apothecary [Vita Health Company (1985) Ltd.] | 1.7 | 7% |
| 10. Adrien Gagnon [Sante Naturelle (A.G.) Ltee] | 0.0 | 0%** |
| 11. Lalco | 0.0 | 0%** |

* Samples met the standard advertised on label

Providing Super Food!

Some weeds make superior eating and have two or three times the nutritional value of spinach or Swiss chard.

- young dandelion leaves...raw in salads or cooked greens
- chickweed...raw in salads or pesto
- stinging nettle...young leaves cooked
- lamb's-quarters...cooked leaves
- ground ivy... in salad, vinegar or honey
- burdock root...pickled, baked or roasted
- purslane... raw or cooked
- Jerusalem artichoke root...boiled, baked, and then pan fried

Try them sautéed in garlic and olive oil and drizzled with lemon juice. Sprinkle with herb of choice!



Nutritionally, purslane has:

- 🌿 Seven times the **beta-carotene** of carrots
- 🌿 Six times more **vitamin E** than spinach
- 🌿 More **omega 3 fatty acid** than any other green

Significant amounts of:

- 🌿 **Beta-carotene**
- 🌿 **Vitamin C**
- 🌿 **Calcium**
- 🌿 **Iron**
- 🌿 **Magnesium**
- 🌿 **Potassium**
- 🌿 **Antioxidants...found abundantly in all plants**







DANDELION'S NUTRIENTS

in 100 g of LEAVES

| | |
|---------------------------|--|
| Vitamin A (~21-58,000 IU) | Support reproduction/heart / skin/vision/I.S./kidney function |
| Vitamin C (~ 35-652 mg.) | Encourages healthy I.S/collagen |
| Vitamin K (778.4µg) | Promotes bone formation/limits neuron damage in the brain. |
| Vitamin E (3.44mg) | Protects cell walls/antioxidant |
| Potassium(~400-2757 mg) | Helps reduce blood pressure & HR /counters sodium effects |

HEALTH BENEFITING FLAVONOIDS

- Carotene- β (5854 μg)
- Carotene- α (363 μg)
- Lutein- Zeaxanthin (13610 μg)
- Cryptoxanthin (121 μg)
- Carotenes help to protect from cancer, esp. lung and oral cavity
- Zeaxanthin may possess photo-filtering functions and help protect the retina from harmful UV rays

B-VITAMIN COMPLEX

- B1- Riboflavin (.29-1.8)
- B2- Thiamine (.23-1.9)
- B3- Niacin (.80)
- B6 -Pyridoxine (.251mg)
- B9-Folate (27 μ g)

Maintain
metabolism
and optimum
function of
enzymes on a
cellular level!

MINERALS

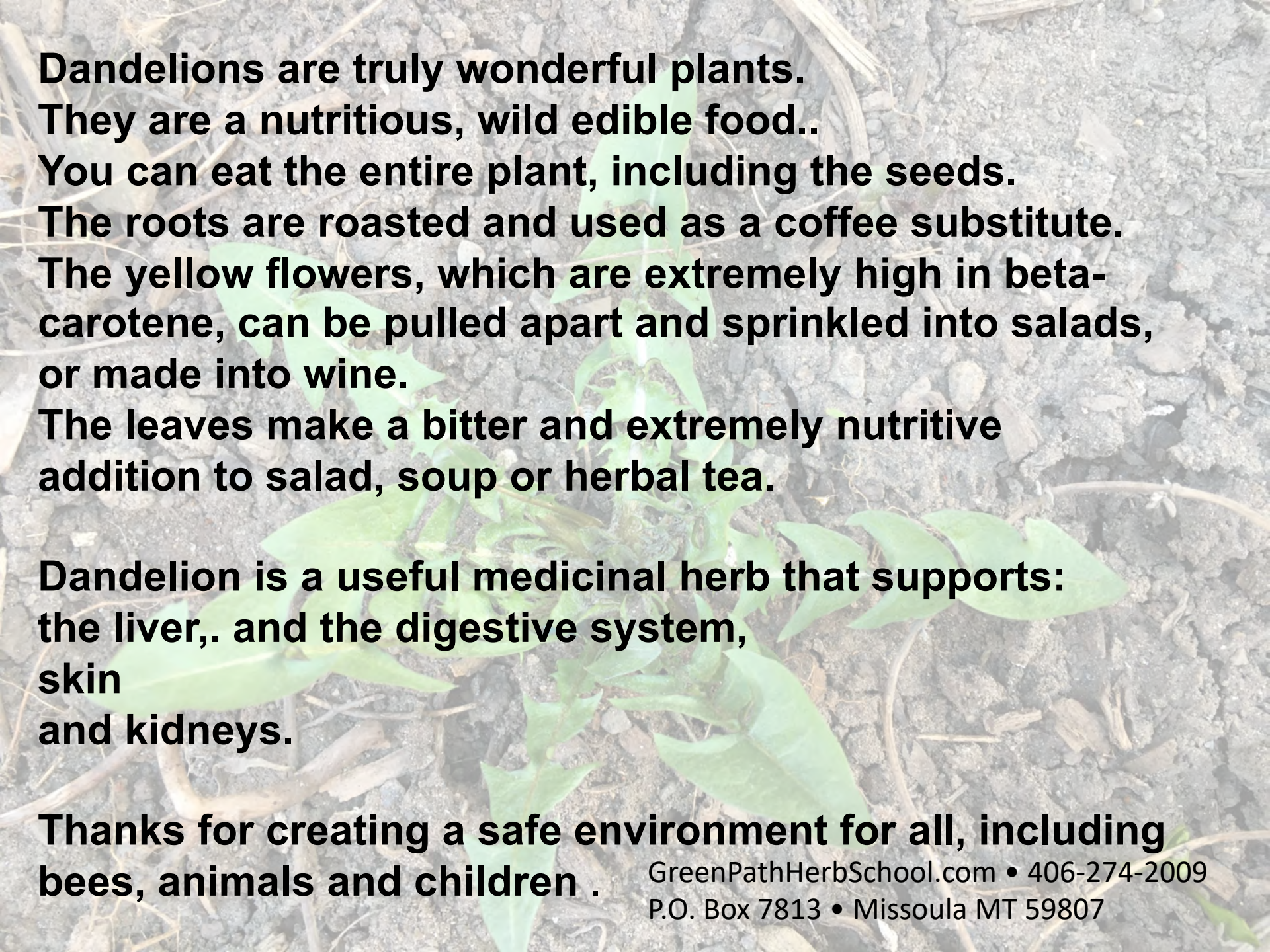
- Calcium (~252-4223 mg./100g)
- Iron (3-29mg)
- Magnesium
- Manganese
- Strong bones and teeth
- Iron promotes cellular respiration and red blood cell production.
- Regulates muscle and nerve function, blood sugar levels and BP
- Antioxidant production
co-factor for the antioxidant enzyme, *superoxide dismutase*.

- Protein 2.7g
- Fiber 35 mg
- Carbs 9.2g
- Sugar 0.7g
- Copper 171mg /Promotes red blood cell production
- Zinc .41mg /Helps I.S. fight infection & viruses/Aids in healing of skin wounds
- Bitter taste ~ to stimulate digestion!





**The Beloved and Despised Dandelion
Leaf & Root contain INULIN!**

A young dandelion plant with several green, lobed leaves is growing in dark, textured soil. The plant is the central focus of the image, with its roots and stems visible. The background is a close-up of the ground, showing small stones and organic matter.

**Dandelions are truly wonderful plants.
They are a nutritious, wild edible food..
You can eat the entire plant, including the seeds.
The roots are roasted and used as a coffee substitute.
The yellow flowers, which are extremely high in beta-carotene, can be pulled apart and sprinkled into salads, or made into wine.
The leaves make a bitter and extremely nutritive addition to salad, soup or herbal tea.**

**Dandelion is a useful medicinal herb that supports:
the liver,. and the digestive system,
skin
and kidneys.**

**Thanks for creating a safe environment for all, including
bees, animals and children .**

GreenPathHerbSchool.com • 406-274-2009
P.O. Box 7813 • Missoula MT 59807











HERBAL VINEGAR









LAMBSQUARTERS NUTRIENTS

A cooked half-cup serving (110 grams) of Lamb's quarter greens contains:

300 mg of calcium. (Swiss chard has 88 mg, spinach 9 mg.)

11,600 IU of vitamin A (Swiss chard has 6500, spinach 8100.)

B vitamins, especially riboflavin and folic acid.

more than four grams protein.













Chickweed's Nutrients

Vitamin C

Thiamine

Niacin

Rutin...strengthens capillaries (bruising, varicose, hemorrhoids)

Coumarins ...soothe vascular system

Magnesium

Omega 6 EFA

Iron

Silicon Compounds ... Immune System, Cardiovascular Health

Beta Carotene

Riboflavin

Bioflavonoids

Calcium

Genistein ...potent cancer fighter

Manganese

Potassium

Zinc

AMAZING Chickweed!

ACTIONS:

Astringent

Anti-Viral

Anti-microbial

Carminative

Demulcent

Expectorant

Laxative

Refrigerant

Vulnerary

Nourishes Lungs









Stinging Nettle/ Urtica dioica/l'Ortie

High in: protein, iron, calcium, magnesium, zinc, selenium, vitamin B, C, E, beta-carotene,

Nettle's Actions: Nourishing tonic, alterative, astringent, diuretic, expectorant, galactagogue, rubefacient, nutritive (food)

Nettle is strengthening to the whole body due to its high mineral content. It rebuilds blood making it an excellent choice for iron deficiency even during pregnancy and while nursing.

Nettles nourish the adrenals which may alleviate chronic problems such as fatigue, exhaustion, headaches, repeated bouts of cold/flu and/or urinary tract infections.

Long-term use helps to relieve allergies and hay fever









NETTLE-KOPITA



NETTLE OMELETTE



NETTLE QUICHE





NETTLE PESTO



NETTLE TIPS

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Nourishing HERBAL INFUSIONS



Nettles in a back corner of your garden helps to repel aphids and plant lice.







BURDOCK - *Arctium lappa*











W I V

Serve chilled

FENTIMANS
EST. 1905
BOTANICALLY
BREWED

TRADITIONAL

**DANDELION
& BURDOCK**

UPEND BEFORE POURING

Fermented Botanical
Dandelion & Burdock Drink
with Ginger Extract

275ml
Best before: See neck

TICKETS TO SOME OF THE MOST FANTASTICAL EVENTS OF 2014

TICKETS TO SOME OF THE MOST FANTASTICAL EVENTS OF 2014

Other Inulin-containing Roots



Jerusalem Artichoke











MULLEIN ~ *Verbascum thapsus*





















MULLEIN MÉLANGE POULTICE FOR A NECK INJURY

One day Joanne, a woman in my apprentice program, came to our circle a few days after being in a car accident. She had been diagnosed with whiplash. The whole area around her neck was inflamed, and she couldn't turn her neck at all. She was in severe pain. She was moving so stiffly that she seemed robotic, and looked like she wanted to cry—but that would hurt too much, so she didn't dare.

We gathered fresh herbs and made her an herbal neck pillow out of the heated and moistened herbs to wrap around her neck for comfort and healing. It was a combination compress-poultice-fomentation.

You can use fresh or dried herbs, or both. There are great herbalists who say to use only one or the other. Maria Treban says only fresh leaves will work for medicinal teas and infusions. Susun Weed says to use only dried leaves. Others disagree with both of them and have their own perspectives. Not knowing whom to believe, I finally came to see that *the plants keep working in all sorts of surprising ways while people disagree, debate and argue about how best to use them. Fortunately for all of us, plants neither read books nor attend herbal lectures.*

FRESH HERBAL NECK PILLOW

The Gift of Healing Herbs

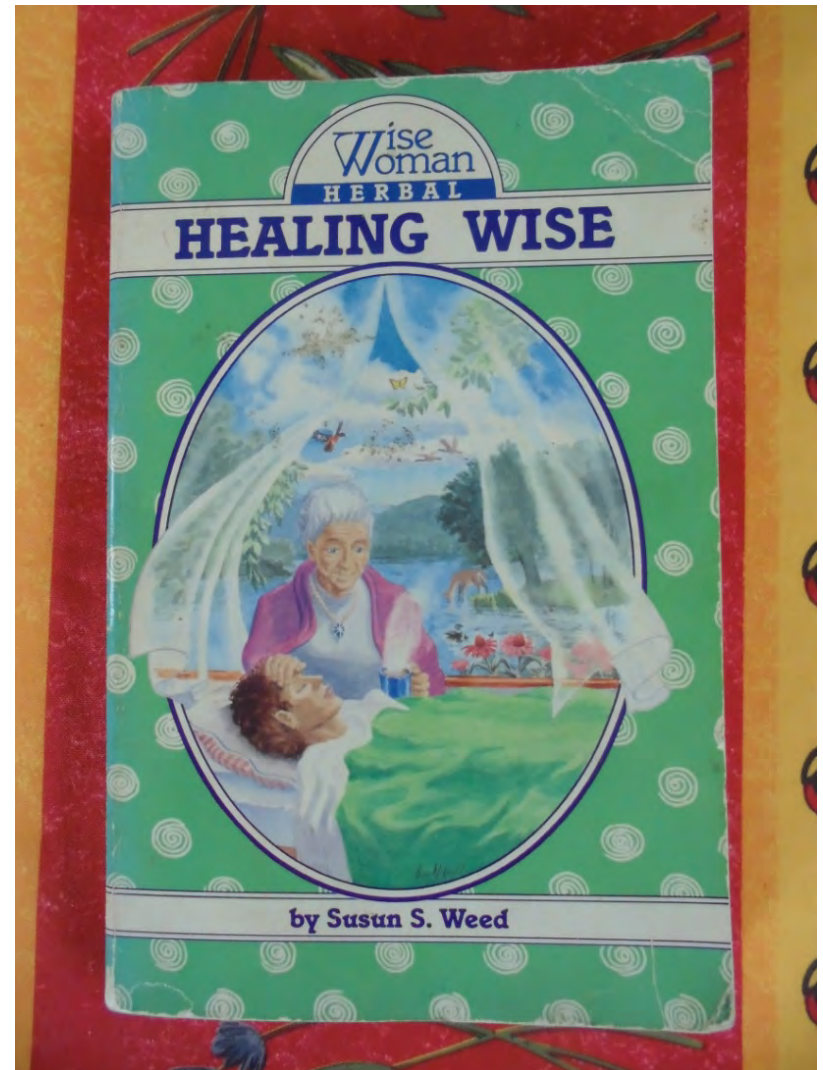
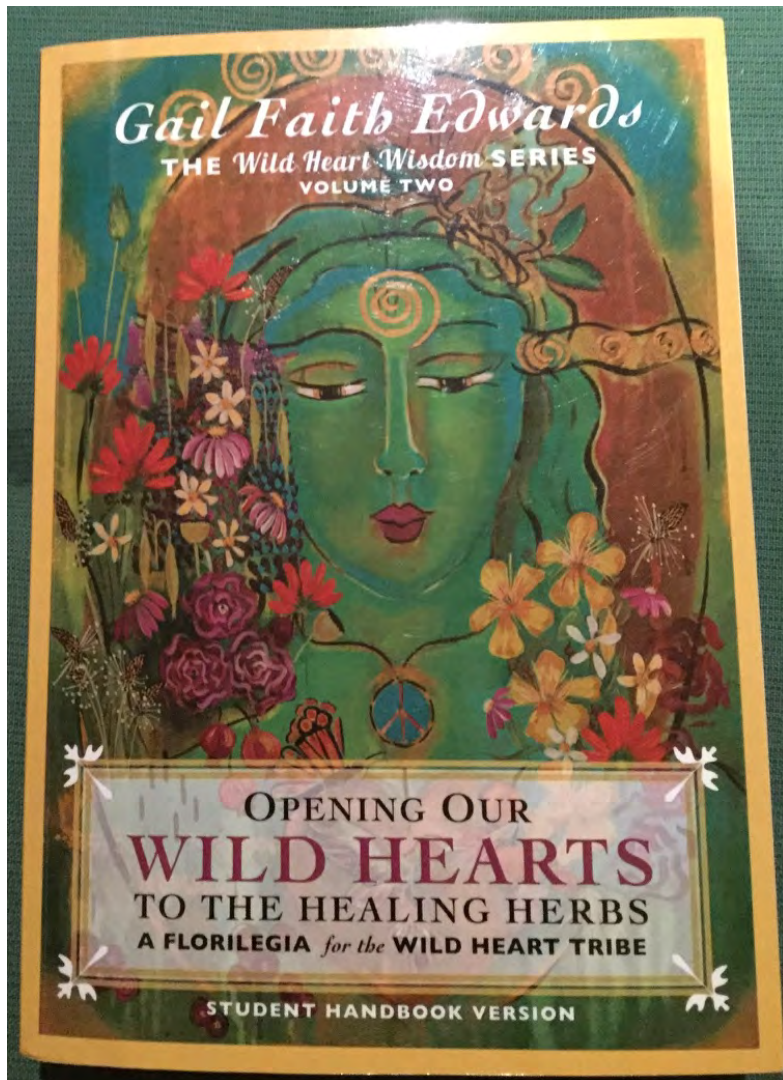
Plant Medicines and Home
Remedies for a Vibrantly
Healthy Life

Green Treasures from Mother Earth

ROBIN ROSE BENNETT

Foreword by ROSEMARY GLADSTAR

If you're going to buy ONE book...



GUILDE DES HERBORISTES



Le Journal



DE LA GUILDE DES HERBORISTES
VOLUME 17 - NUMÉRO 1 - 5,45 \$

Plantes médicinales comestibles

À déguster...

- Devenir sauvage pour redevenir humain
- L'art culinaire des plantes sauvages
- Le pouvoir des saveurs
- Aménagements et plantes comestibles
- Gastronomie
- La forêt nourricière des Amérindiens
- De la nature sauvage à l'assiette
- Recettes

Plante de l'année

- La bardane

Chronique

- Chronique littéraire
- Conte et poème





| PLANT (English) | PLANTE (Francais) | BOTANICAL NAME | Part(s) of Plant Used |
|--------------------|-------------------------|---------------------------|-------------------------|
| Dandelion | Pissenlit | Taraxacum officinale | flower, leaf, root, sap |
| Plantain | Plantain | Plantago major/lanceolata | leaf, seed |
| Lemon Balm | Melisse | Melissa officinalis | leaf |
| Raspberry | Framboisier rouge | Rubus idaeus | leaf, fruit |
| Horsetail | Prele | Equisetum arvense | young shoots |
| Mallow | Mauve negligee | Malva neglecta | leaf |
| Chickweed | Mouron des oiseaux | Stellaria media | above ground plant |
| Coltsfoot | Tussilage | Tussilago farfara | leaf, flower |
| Comfrey | Consoude | Symphytum officinale | leaf, root |
| Mullein | Molene | Verbascum thapsus | leaf, flower |
| Heal-all | Prunelle vulgaire | Prunella vulgaris | above ground plant |
| Stinging Nettle | Ortie piquante | Urtica dioica | leaf, seed, root |
| Goldenrod | Solidage Verge d'or | Solidago canadensis | flowering tops |
| Motherwort | Agripaume cardiaque | Leonurus cardiaca | flowering tops |
| St. Johnswort | Millepertuis commun | Hypericum perforatum | flowers, buds |
| Yellowdock | Patience frisée/ crépue | Rumex crispus | fall root |
| Burdock | Bardane | Arctium lappa/minus | root, peeled stalk |
| Wood sorrel | Oxalide dressée | Oxalis stricta | leaf |
| Red clover | Trefle rouge | Trifolium pratense | flower |
| Valerian | Valeriane | Valeriana officinalis | fall root |
| Yarrow | Herbe a dinde | Achillea millefolium | flower, leaf |
| Hawthorne | Senellier | Crataegus monogyna | flower, leaf, fruit |
| Milkweed | Asclepiade | Asclepias syriaca | buds, flower |
| Wild parsnip | Panais sauvage | Pastinaca sativa | spring root |
| Sweet Violet | Violette | Viola odorata | leaf, flower |
| Mugwort | Armoise vulgaire | Artemesia vulgaris | leaf |
| Chicory | Chicoree sauvage | Cichorium intybus | leaf, root |
| Shepherd's purse | Bourse-a-pasteur | Capsella bursa-pastoris | above ground plant |
| Wild Strawberry | Fraise sauvage | Fragaria vesca | leaf, fruit |
| Jewelweed | Impatiente du cap | Impatiens capensis | flower,stem.leaf,root |
| Pepper/spearmint | Menthe poivrée /douce | Mentha piperita/spicata | leaf, flower |
| Lavender | Lavande | Lavendula officinale | leaf, flower |
| Chamomile (German) | Camomille/Matricaire | Matricaria recutita | flower |
| Ginkgo | Ginkgo | Ginkgo Biloba | yellow leaf, nut |

ENJOY your WEEDS as you ...

- ♥ reap the physical and psychological benefits of spending time in the garden
- ♥ discover delicious and nutritious wild food
- ♥ make your own preventative medicine

Remember that gardening is scientifically proven to

- ♥ make us happier
- ♥ alleviate depression and anxiety
- ♥ diversify our microbiome...gut-brain axis
- ♥ give us a vital dose of Vitamin N !

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