Sample Mini-Magazine

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We’ve put together this miniature sample of the magazine to share so that you can get an idea of what we do here at The Essential Herbal. Many thanks to our advertisers for making this possible! Let them know you saw them here.

Hopefully you will find something useful to you and worth saving on these pages. The regular magazine is 32 full sized pages. Into each issue, we pack practical information, recipes, instructions, and ideas. 2016 is our 15th year in publication, and in 2012 we began offering print or pdf delivery options. About 95% of our readers choose print and we are determined to continue printing as long as that is the preferred option.

From our beginning in 2002, we have found that although we never know exactly what material we will have for each generally seasonal issue right up until the deadline, it always falls together perfectly with just the perfect blend so that there are projects and guidance to begin learning something new, keeping our readers busy right up until they start looking for the next one. We put out 6 issues a year, and each one is delightful.

So please enjoy this small sample. Hang onto it, and if you find that you’d like to become a part of it - as a subscriber, writer, or advertiser (or even all three!), you’ll find information on the inside back cover telling you how.

You can also find an additional full issue available free for download on our website www.essentialherbal.com.

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**NETTLE SOUP**

Mary Ellen Wilcox, herbaladie@aol.com

3 oz. young Nettle leaves  
1 T butter or oil  
1 small onion, chopped  
3/4 lb. potatoes, peeled and diced  
3 cups chicken or vegetable broth  
2 t cream

Wearing rubber gloves, pick only young Nettle leaves. Free nettles from stalks, wash and allow to drip.

Cook in pan without additional liquid, over very low heat, till tender.

Allow to cool, then chop.

Add potatoes and saute again. Add boiling broth

When potatoes are cooked, add Nettles and herbs. Allow to simmer for 15 minutes.

Let stand in warm place for 5 minutes.

Before serving, add the 2 tsp. of butter and 2 tsp. of cream
Hot seaweed baths, wraps and rubs, massages with warm sea water and mud body wraps are some of the essential components of thalassotherapy, a form of health and beauty care widely enjoyed by Mediterranean peoples, and by Asian peoples as well, though they may not call it by this name.

Thalassotherapy (derived from the Greek word ‘thalassa’ which means ‘sea’), uses the beneficial aspects of the marine environment; the climate, sea water, seaweed and algae, mud and sand—for therapeutic purposes.

For a super skin nourishing treat, try putting a small handful of dried seaweed into a cotton or muslin bag, or inside a facecloth, wetting it well with hot water under the shower, and then rubbing it all over your body. It’s incredibly soothing and skin rejuvenating! Your skin will feel so alive and tingly, clean and healthy afterwards, and it will be glowing. Or, soak in a seaweed bath.

The sea greens help to balance body and skin chemistry. Electrolytic magnetic action of the seaweed release excess body fluid from congested cells and dissolves fatty wastes through the skin, replacing them with depleted minerals, particularly potassium and iodine, according to Michelle Leigh, author of Inner Peace, Outer Beauty, a book about Japanese beauty customs. Leigh adds that the Vitamin K in sea vegetables helps regulate adrenal function, thus a regular seaweed bath helps ensure well balanced hormones and a more youthful physical appearance, as well as diminished symptoms of menopausal distress.

And seaweeds are famous for nourishing beautiful, healthy hair, as well. This effect may be due to all those organic colloidal minerals such as silica, calcium, iron and phosphorous, or the emulsifying alginates that cleanse surface toxins and de-acidify, or perhaps it’s the abundance of iodine, amino acids and B vitamins. Seaweeds help remove dirt and excess oil from the hair while imparting a rich supply of the essential nutrients necessary for strong, lustrous, easy to manage hair. You may want to try making a seaweed tea, letting it steep for thirty minutes, then use it as the final rinse over your hair, being sure to massage your scalp as well.

One more thing! Seaweeds are fabulous nourishers for both plants and soil. According to Shep Erhart’s book, Sea Vegetable Celebration, seaweed or seaweed-based products, “increase seed germination and root development, increase bloom set and size of flowers, relieve stress in plants due to weather, insect attack, drought and frost, increases microorganisms in the soil that fix nitrogen from the air, increases mineral uptake from soil and increases shelf life of fruits and vegetables.” Seaweed can be composted, spread directly on the soil, made into a tea and applied to the soil or sprayed on plants, mulched with, or tilled in.

No matter how you use it, whether in your garden, or on houseplants, you will be supplying a very broad spectrum of organic micronutrients that will nourish both plants and soil, just as they nourish our bodies, inside and out.
Our old house has a very small powder room off the kitchen on the first floor. This is the potty that we use most frequently downstairs and the one that our visitors use. I am always surprised at how many come out of the powder room and comment on how interesting the medicine cabinet is. I always want to ask them what they were looking for…..

Our medicine cabinet holds some basics – band aids and a cover for an ice pack. But we also have a variety of what others call “alternatives”.

Tea Tree oil: safe to use directly on the skin, a wonderful anti fungal, my favorite use is on my pierced ears when they get mildly infected. Also used on diaper rash, acne, wounds, and insect bites.

Lavender oil: again this pure essential oil is safe to use directly on the skin without a carrier oil. We use it for burns of all sorts, sunburn, stove burn. In my opinion it works better than aloe vera. It is also very relaxing and often relieves muscle pain and headaches. I also make a lavender floral spritz where I mix lavender essential oil with a small amount of alcohol (any kind) and then mix that with water. I put that in a spray bottle and spritz all through the little ones’ bedrooms to calm them down into a restful night sleep. You can also use this floral water to spray on linens before ironing.

Bach Flower Rescue Remedy: my absolute favorite Bach Flower Remedy, I have it in all medicine cabinets and in my purse. Just a couple of drops under the tongue or even on the wrist to calm and quiet any trauma: nightmares, vaccinations, bad falls, also severe emotional stress – like a death. It truly does rescue you.

Boo-boo salve: I make my own but there are lots of high quality salves available at herb shops and herb festivals. My salve is made with olive oil infused with calendula – very healing to the skin for cuts and scrapes, plantain which helps with itching from bug bites, yarrow to stop the flow of blood and finally comfrey a powerful a wound healer to heal broken skin. I add beeswax to the infused olive oil to create a thick salve. We always try to use a spoon or Popsicle stick to take the salve out of the small jar. This will prevent bacteria from being introduced into the salve. I also make small batches because it will go rancid over time. We use this on any dry cut, scrape, splinter, even chapped skin or lips and more. For anything that is oozing we use the dry powdered yarrow and/or comfrey leaf that we store in small yogurt containers.

Ginkgo Tincture: For mom’s headaches. I get very tight vice like gripping headaches. Gingko is wonderful for those headaches. It is a vasodilator and increases cerebral circulation thereby loosening that tight grip. If you get headaches that feel like your head is going to explode at any moment – feverfew is probably more your headache herb.

Again I make my own, stay tuned as herbal preparations will be covered in a future edition of The Essential Herbal.

Echinacea extract, both alcohol based for the adults and glycerine based for the kiddos: our favorite immune boosting herb for when you feel the crud coming on and for when you have the crud. We really use Echinacea heavily in these situations.

Motherwort: As the name suggests this is another herb for Mom, excellent for anxiety and irritation due to PMS or Menopause. It is also used for those “YOU KIDS* ARE ON MY LAST NERVE” moments. *feel free to substitute boss, husband, coworkers, lousy drivers, etc here. I keep a one ounce tincture bottle in my cabinet and the other ½ gallon refill bottle under the sink.

Making your own fresh herb tincture doesn't need to be intimidating. It is very easy to make your own tinctures using this tried and true folk method.
Simply take the fresh leaves of the herb plant (that could be motherwort, echinacea, feverfew, etc). Chop them up to expose more of the cell walls of the plant and add them to a wide mouth jar. It doesn’t have to be packed tight but it needs to be kinda full. Pour alcohol over that. You can use any type of alcohol as long as it is 80 proof or above. Eighty proof or more extracts the most properties out of the plant and eliminates bacteria or unhealthy organisms on the plant or in the jar. Vodka is a good choice. I like my medicine to taste good so I sometimes use Southern Comfort. Allow the herb and the alcohol to steep together for about a month. Shake it occasionally. Then strain out the herb and press as much of the alcohol out of the plant material as you can. The leftover plant material will be almost dried and crunchy. As easy as that you have made a single herb extract. I like to make single herb extracts and then will compound them into formulas like Bitters.

Finally Bitters: folks often ask me what I take on a daily basis. Bitters is the answer. This is a blend of warming and cooling bitters like dandelion root, angelica root, orange peel, gentian and peppermint. There are others but that is a formula that I like. It is bitter and you must taste it in order for the herbs to work. Bitters effect your entire digestive process from start to finish.

Taken 30 minutes before meals, the action begins in your mouth where it increases saliva production. The increase in saliva production tells your tummy that food is on the way and to increase hydrochloric acid production, this chain reaction continues the increase in hydrochloric acid production tells your liver to get into gear – that food is on the way in turn increasing liver, pancreatic and small intestine digestive enzymes. It is truly amazing on how it affects your absorption, and elimination. It is helpful for hypochloridia, malabsorption, chronic gas, indigestion and more. My herb teacher taught me to always remember and never forget “You are what you don’t excrete”

OK, I admit it. We have a few “alternatives” in our medicine cabinet. You will find a small bottle of acetominaphen tablets and some pink stomach relief tablets. They are so the visitors who sneak a peak in our cabinet don’t think we are totally off the wall.
Parsley
(Petroselinum crispum)
Cindy Jones, Ph.D. Sagescript.com

Parsley is an herb that has captured my attention lately. Although not as glamorous an herb as many are, it is packed with nutrients including vitamins K, A, and C, folate, iron, magnesium and calcium. Essential oils are also found in parsley as well as flavonoids which are powerful antioxidants.

There are over 30 different types of parsley at least one of which is grown mainly for the root and another grown mainly for the stem. The parsley most of us are familiar with however is the leafy variety that is either curly or flat leaved.

Besides its high nutrient value parsley is useful as a digestive aid and to treat bad breath; a good reason to serve it on a dinner plate. It also has a history of use as a diuretic to reduce swelling in the tissues and to treat menstrual cramps. My recent interest in parsley however is in skin care. Some studies have found that vitamin K can help reduce dark circles under the eyes making parsley a good candidate for this use. Vitamin C is necessary for collagen production and vitamin A is necessary for skin cell regeneration.

You can reap a lot of benefits from eating parsley in your salads and on your potatoes, including heart and joint health but also try it for skin care.

Put a few tablespoons of ground parsley in some full fat yogurt and apply that to your face as a mask. Leave on for 10 minutes while you drink a cup of tea. Wipe off and rinse with water. Your face will feel great.

My favorite way of ingesting parsley is in tabouli salad. I don’t really use a recipe for this since it is ‘to taste’ but it goes something like this:

**Tabouli Salad**

1 C bulgur (cracked wheat)
Handful or more of fresh chopped parsley (2-3 C)
1 small chopped onion
2 cloves garlic chopped
3-4 T lemon juice
3-4 T olive oil
3 chopped ripe tomatoes
1 chopped cucumber
Salt and pepper to taste

Pour boiling water over the bulgur and let set 30 minutes or until soft. Drain off excess water. Combine bulgur with remaining ingredients and mix well. This is a great end of summer salad which will supply you with plenty of vitamins and minerals. Enjoy. Since dried parsley has little taste, enjoy it now with all your garden fresh foods. Dry some however to use on your skin this winter!
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WITH LOOSE INCENSE, WE ARE ALL ARTISANS

Tina Sams
EssentialHerbal.com

We’ve all seen magicians toss magic powder into the air with a flourish, resulting in colored smoke, a disappearance, or a cute bunny showing up unexpectedly. In many ways loose incense has that same sort of magical effect (without the bunnies). Set some resin blended with herbs or woods to a sufficient heat source, and the air is infused with scents evocative of wooded glens, summer gardens or autumn cook-spaces.

Years ago my sister and I were the herb ladies at a local renaissance festival. We were known for our “herb walls”, pegboard lined walls which held hundreds of pre-weighed ounce packages of herbs. We kept what we called a “shake” bag of all the bits left over after weighing the pounds into ounces. Our antique scale never gave us more than 15 ounces per pound, so there were always leftovers. In order to create interest and draw customers, we kept charcoal disks burning and periodically sprinkled a pinch of this random blend over them. So began our love of incense making.

This loose form of incense is the simplest, and in many ways the most creative method. Whereas formed incense line cones and sticks require very specific measurements and ratios of ingredients, there are no such barriers for loose blends. Most often, a very scant pinch of the blend smolders upon a specially made self-igniting charcoal disk. Care must be taken because indoors the smoke can be overwhelming unless a light hand is used. Resins can be simmered in water; a blend of lavender buds and frankincense is lovely simmered or smoldered. Blends can be tossed into campfires or heated wood-stoves. For the most part though, incense
is burned.

Blending is where personal preferences come into play. For instance, to me a blend starts with a resin (pine, copal, myrrh, frankincense, dragon’s blood, etc) but may not be at all important to someone else. Yellow sandalwood was at one time de rigueur but in recent years it has become too precious and so we save it for very special blends and use it sparingly. Powdered or cut and sifted fragrant herbs and spices are good inclusions. Many other symbolic additions are possible in small quantities too.

We live on a Christmas tree farm, and the trees are trimmed each summer. In the fall and again in January, I gather the drying drops of sap that results from the cuts to the trees and put that sticky mixture in the deep freeze for a year to dry out. It is my favorite resin to use for personal blends because it means a lot to me.

Along with that, I blend herbs that I’ve grown over the summer. Lavender, thyme, lemon verbena, sages, basil, mints, and many other plants from the garden or found in the wild can be used. Incenses can be made in a way that uses the language of flowers to make them meaningful, they can be carefully designed, or they can be a haphazard mixture of the things that make you happy.

Sometimes burning changes the scents of substances in surprising ways. A great way to find out if a scent remains true is to light a charcoal disk and burn the tiniest pinch of each of the substances being considered. It was a surprise to us that orange peel was unpleasant when burned.

Essential oils (and synthetic fragrance oils) almost always retain their true scents when burned, and a very small quantity goes a long way.

As always, record the blend as it is being created. It would be sad to stumble upon the ultimate blend and not be able to duplicate it.

Make very small batches. If it is perfect and the recipe is recorded, more can always be made later. If it doesn’t turn out as was hoped, using a teaspoon measure or smaller as “a part” (as in one part resin, 1/2 part lavender, 1 part rose petals, 2 drops patchouli essential oil, for instance) means that much less material will be wasted.

Most importantly, enjoy the process and trust your own creativity. Going back to our shake bag from the renaissance faire, it should be fairly clear that it is difficult to blend a loose incense that is bad.

Some people require something like a recipe, so in that case here is one of ratios that I tend towards:

1 part resin (small chunks or powdered)
3 to 4 parts dried botanicals and/or wood powder
1 drop essential or fragrance oil per teaspoon (optional)

Store in an air-tight container out of the light and it will last for years. Depending on the ingredients the scent might fade somewhat as years pass, but I have some that is close to 2 decades old and is still delightful.

Some simple blends...

1 part myrrh
2 parts ground patchouli
2 parts ground lavender buds
4 drops patchouli essential oil
Mix well

1 part copal
3 parts white sage
1 part cedar tips or ground wood
Grind together in mortar and pestle

1 part frankincense
2 parts lemon verbena
2 parts rosemary
This recipe makes the most beautifully scented Diaper Balm, without adding any essential oil at all...the scent is a sweet blend of Lavender, Chamomile and Roses. Babies have such sensitive skin that products made for them should be as close to natural as possible. Whenever our friends or family have babies, I send them several jars of this bottom balm. Their parents have told me later that those babies never had diaper rash!

Gather the following ingredients and infuse the herbs in the oil by putting them in a jar on a sunny window sill for about 4 weeks. For a hurry-up gift, infuse in a crock pot for several hours, using very low heat. (100-110 degrees)

2 C Almond or Light Olive Oil
1/4 C ground dried Lavender buds
1/4 C dried Calendula Petals
1/4 C dried Chamomile flowers
1/8 C Plantain leaf
2 T Comfrey Root powder or crumbled dried Leaf
2 T Marshmallow Root Powder
4-5 Rose Geranium leaves
2 T ground Rose Hips

Strain well through a cheesecloth or old t-shirt, squeezing out every last drop of oil that you can.

Once oil is sweetly scented with the herbs, heat oil over med. heat to approximately 145 degrees.

Add 3-4 oz. Bee's Wax pastilles. Heat oil, stirring occasionally, until pastilles are melted.

Place a few drops of the mixture onto a plate or wax paper to check that the consistency suits you. It should be firm and shiny on the surface, but not hard all the way through. When pressed lightly, the surface should cave in a bit. Melt in another half to one ounce of Bee’s Wax if desired. In the summer months you may wish to use a little more Bee’s Wax to make a firmer balm, so it doesn’t liquify if left in a hot vehicle.

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ROSE PETAL ICE CREAM
Marita A. Orr, WithSeedsofIntention.com

Makes approx. 3 cups
1 C heavy cream
1 C whole milk
1 C sugar
5 large egg yolks
1-1/2 C loosely packed, very fragrant old rose petals, washed and spun dry

1. Prepare an ice bath by placing ice cubes in a large, flat-bottomed container that will hold the bowl where the ice cream will be chilled.
2. Place the sugar and the rose petals in a food processor fitted with the metal blade and make paste.
3. Place the heavy cream, milk and sugar paste in a medium sized saucepan and place on medium heat, stirring until the sugar dissolves. Bring to a simmer and turn off heat.
4. Place the egg yolks in a medium sized bowl. Whisk yolks until light; add the hot liquid slowly, while whisking until the mixture is homogenized. Return liquid to saucepan and cook on medium heat, stirring constantly with a wooden spoon, until it reaches a temperature of 180 degrees F on a candy thermometer or it coats the back of the spoon. Strain the mixture through a fine sieve into a clean container and place in the ice bath. Once completely chilled, freeze in ice cream machine, following the manufacturer instructions.
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**SUMMER RECIPES FROM THE HERB AND VEGETABLE GARDEN**
(excerpt)
Marcy Lautanen-Raleigh
BackyardPatch.blogspot.com

**Sage Honey Applesauce**

6 large McIntosh apples (about 2 lbs.)
½ C light honey
2 sage leaves
1 to 2 T lemon juice

Peel, core and coarsely chop apples. Place in a heavy saucepan; stir in honey, sage leaves and lemon juice. Cover and cook over low heat for 30 to 40 minutes until apples have softened. Remove pan from heat and discard sage leaves. Puree apple mixture in a food mill or food processor. Let sauce cool to room temperature. Store covered in refrigerator until ready to serve. Makes about 2 cups.

**Deviled Beets**

This is an older recipe, probably 1950s which is more like a hot relish than a stand alone side dish.
1 lb. Beets diced and cooked
3 T Butter
2 T prepared mustard
2 T honey
1 t Worcestershire sauce

Cook beets to tender consistency, then remove and drain. To the pan add remaining ingredients until blended and heat over low heat. Return beets to mixture and reheat. Serves 4 to 5 or makes 2 to 3 cups hot relish.

**Chas & Marcy’s DuPage County Home-canned Salsa**

5 pounds tomatoes peeled, cored & chopped*
2 large onions (I use white or sweet)
5 to 6 cloves garlic minced (more or less, to your liking)
3 to 4 green peppers (I have also used red Ancient sweets) or 6 to 8 sweet banana peppers
2 to 3 jalapeno or Anaheim peppers (more or less, to your liking)

I use 2 max for a recipe for myself which I don’t want to burn, more for my husband
1 1/4 C cider vinegar
2 t sea salt

Pepper to taste

**Herb Mixture**

In heavy-bottomed 6 to 8 quart non-aluminum pan, combine tomatoes, onions, garlic, mild and hot peppers, vinegar, sale & pepper. Bring to a boil over high heat, stirring often; then reduce heat & simmer, uncovered, stirring occasionally, until thickened (about 15 minutes).

Fill prepared, hot pint jars with hot salsa, leaving 1/2-inch headspace. Top with hot lids and grimly screw on bands. Process in boiling water canner for 20 minutes. Or omit processing and ladle into pint freezer containers, leaving 1/2-inch headspace; apply lids. Let cool; freeze or refrigerate. Makes about 5 pints.

*Note: I peeled & cored over a large bowl, to separate the juice from the meat of the tomato. Try not to get any of the tomato juice into this recipe or it is too runny.

**Herb Mixture - what my original herb mixture was is hard to say, as I have perfected a different herb mixture for salsa since then, but this is the basic idea. ½ tsp. oregano, ½ tsp thyme, ½ tsp. onion powder, ½ tsp. garlic powder, ½ tsp cayenne or red pepper flakes, 1 Tbs. dried cilantro, 2 Tbs. dried parsley. You add 2 Tbs. of the mixture to every quart of salsa after bottling and before lidding and processing. If you are worried about the heat had a couple pinches of salt. Salt tames hot peppers. Without salt you salsa is hotter.

Enjoy the fruits of your garden or farmer’s market this summer and you too will be hooked!
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Garden Time

Geri Burgert

My seven-year-old son keeps asking me to explain Einstein’s theories to him. I’ve can get through how matter and energy can be transformed but never destroyed, and most of the rest. But the one theory that I can’t explain is the idea of time warping. It happens to me every growing season.

From January until around March, I put my head down and try to finish projects. Everybody has those: unkept promises, half-completed knit sweaters, cluttered rooms that never really get thinned out. Papers get filed, calendars are on schedule. Progress is slow but sure. And then March hits. The lapse of time reminds me of those moving sidewalks you find in some airports. You get on and stand still while the world rushes by. It isn’t until you abruptly reach the end that you realize how quickly you’ve left behind where you had been. In March, I begin to germinate some of the packets of seeds I enthusiastically bought back in January. Of course, the logical approach is to start with the ones that need the most weeks of growing, such as parsley. I take a whole day to plant several flats of various herbs and vegetables, bring them down to my warming trays in the basement, and breathe a sigh of relief. The world is tidy and going according to plan. It takes a few days for the first signs of life to appear, those thrilling little dots of green emerging from the special soil. Soon as I locate even one leaf or shoot, the whole flat gets swooped up and carried to the fluorescent grow lights, where I lovingly mist them every morning. Then it’s time to start more flats for the warming trays. But that always happens the week when I receive three huge, rush work assignments, the kids have doctor/dentist/haircut appointments, my community groups have meetings, and daylight savings throws my sleep schedule into chaos. I walk around in a stupor, unable to accomplish anything without force or guilt. And everything slides a few days.

Suddenly, I get the call that my garden is ready for rototilling, and would I like to put down some organic manure and lime? And it’s time to plant the peas and beans, and perhaps the kale and lettuce that might possibly still be seeds sleeping in their packets. I triple-time the work, the chores, the playtime, and I make lists, The list grows longer, but the plants are still waiting for attention.

By mid-May, I’m frantic. Some seedlings are ready to be put out, some are not, there’s so much gardening work to be done already that I’m almost dreading it. I go to the garden at 9 in the morning, armed with tools, trays, and adrenaline. And then the old magic works its power. As soon as I put my hands into the dirt, I relax. The sun feels good on my shoulders, and I notice every teeny weed leaf poking through the soil. I sit cross-legged in the dirt and carefully plant every seedling, blessing it with hope and love. I can feel the upward energy from the earth converging with the downward power of the sun, meeting right at the center of my soul. And the time warp happens again … it’s 3 in the afternoon, time to meet my kids’ bus. The day has vanished, as if I have been hypnotized. The next morning is the same thing. There are no clocks in my garden, just the pleasant sunshine and occasional chirp of birds. I could stay there forever---whoops!

So this is my puzzle about the relativity of time. Garden Time is different from any other measure of the fourth dimension. Perhaps it’s the secret path to the fountain of youth. All I know is, it’s tremendously hard to wrench myself free from that other existence, where hearts beat slower and the plants grow according their own stubborn rate of speed. And the growing season has just begun!
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Although we prefer ads as graphics files, camera ready ads can be sent to The Essential Herbal, 1354 N. Strickler Rd. Manheim, PA 17545, or electronic files may be e-mailed. Files should be sent in GIF, PNG, JPEG or TIF format with a minimum dpi of 300.

SUBMIT AN ARTICLE

Submissions of articles to be included in the magazine are always welcome. Credit and contact information will be published (please include contact info with submission so it isn’t forgotten!). We would prefer submissions to be sent in Richtext (.rtx) file format if possible.
My favorite winter tea blend: 
**Heart Ease Tea** - lemon balm, chamomile & peppermint  
(lifts spirits, calms anxiety, eases an upset tummy or stuffy nose) 
Blend equal amounts of all the herbs, keep stored in an airtight container away from heat and light. Use one teaspoon per cup of boiling water steeped for 10 minutes. Sweeten if desired.

Although I can’t winter over all my herbs indoors I do enjoy seeing many herb and decorative green plants around my abode. The magic they inspire in me is pure joy and hope for the spring season just around the bend!

Especially good enjoyed in an herbal bath: 
**Herbal Pamper Bath Sachet**  
Two tablespoons lavender buds  
1 tablespoon rose petals  
1 tablespoon lemon balm or verbena  
1 tablespoon chamomile  
1 tablespoon oats  
*optional: 1/4 cup shredded soap  
Steep in tub, use as a cloth to cleanse and squeeze the bag of herbal decadence over your body. Breathe deeply and enjoy!