

Satisfy Your Soul



MOONRISE HERBS™

Quarterly Newsletter ~ Summer Solstice 2005

THE QUEEN OF FLOWERS



In my garden is a rose tree that has lived over 100 years. It is beautiful. Prolific white flowers exude an elegant scent that gently envelopes me each time I leave my house in the morning and again when I arrive home each night. The smell comforts me. When I leave for a trip my sweet husband will gift me with a bloom to accompany me on my journey and remind me of home. This rose has had cuttings taken from it over the years and several houses in the village of Freshwater, California now have smaller bushes adorning their yards. Many people are kissed by their delicate, sweet fragrance.

Fossils have shown that roses were in bloom 40 million years ago! Originally all roses had only 5 petals. In the wild they still do. Many multi-petaled varieties can hale their existence in thanks to France's Empress Josephine Bonaparte. From 1808 to 1814 Napoleon's wife established a rose garden just outside of Paris. She brought together all the roses known at the time. This garden was the inspiration to rose growers throughout the world and it sparked the subsequent hybridization of the innumerable rose varieties we have today.

Roses have been held sacred by many cultures. The history is long and rich with legend, myth, songs, poetry, and magnificent art.

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DELIGHTFUL ROSE PRODUCTS

Dr. Hauschka Rose Cream:

Created by combining science and spirituality this is a rich and luxurious cream. Through the process of biodynamic agriculture, and rhythmic preparations this lovely rose cream treats the skin like a royal robe for humankind.

Oshadhi Queen of Roses: A blend of Turkish rose, rose geranium, frankincense and a few secrets. This warm and slightly sweet scent calms, comforts and inspires. It can be used in a carrier oil for massage or body and makes a wonderful scent for men to wear, too.

Simplers Rose Hydrosol: Therapeutic grade made from organic rose damascena. A gentle rejuvenating addition to any skin care regime. After cleansing or showering use rose hydrosol to hydrate dry, sensitive, mature or oily skin. Just spray directly onto your face and enjoy.

Common Sense Jojoba Rose: This delicate skin salve combines the elegant fragrance and soothing properties of Rose absolute with the precious oils of jojoba, rose hip seed and borage. Can be used everyday for all skin types.

(The Queen of Flowers continued...)

For instance, Goddess tradition relates each of the five petals to part of a women's life cycle, birth, menstruation, child bearing, menopause and death. Rosicrucians chose a rose cross for their symbol. In Elizabethan times it was fashionable to gift a posy of flowers to convey messages from the heart. A red rose signified passion; a white rose, purity or innocence; a yellow rose stood for jealousy or falsehood. The white rose society was a secret society created by college students in 1942 in Germany; they spoke out for peace and against Hitler. The band Grateful Dead also adopted the rose as their symbol and rose was included in several of their songs.

In Julie Lawless' book on rose oil she shares several legends that reflect the origin of the rose. According to Arabic legend, when the prophet Muhammad was taken to heaven a drop of his sweat fell to earth and this became the first rose. Another story tells of a woman named Joun whose perspiration creates the white rose. In a Persian legend, the nightingale fell in love with the white rose and flew down to embrace it. But her breast was pierced upon its sharp thorns, and from the drops of blood falling on the earth there grew the first deep crimson rose. Greek myth suggests the white rose grew from the foam that covered Aphrodite at her birth. The red rose is said to have been born from the blood of Aphrodite's beloved Adonis after he was attacked by a wild Boar. The Romans went even further in their description of rose's origin. Roman legend tells of Flora, who upon finding the corpse of a beautiful nymph, a daughter of the Dryads, transformed her body into

the first rose with the assistance of Venus and the Graces. Apollo then blessed the flower, Bacchus supplied the nectar, Vertumnus the perfume, while Pomona gave her fruit and Flora crowned her with beauty. Another myth suggests that the first rose was white and red varieties came when Venus was pierced in her foot by a thorn. Her blood stained the petals crimson. It is truly amazing for one flower to be so important to so many cultures.

The rose distills a healing balm, the beating pulse of pain to calm (Anacreon). Roses have been used therapeutically from time immemorial. Preparations using roses have been found to be effective in traditional European, Chinese, Indian, Egyptian and Arabian medicine. In ancient Persia, said to be the birth place of rose, rose water was regarded as a panacea for what ever ailed one. Healing Balms have been made from the petals for topical uses and pastes have been created from ground petals mixed with honey and have been used internally as a remedy for angina and tuberculosis. The infusion of dried flowers is used to treat diarrhea and leucorrhea. Remedies also include enhancing the beauty of a complexion and treating complaints like headaches, eye and ear disorders, gastrointestinal illnesses, inflammation and healing of wounds. A syrup is used to comfort the heart. Rose petal tincture can calm nausea. Rose's feminine aspects lend itself well to female sexual organs by cleansing and regulating their functions.

The oil from rose was said to be discovered by accident during a Persian wedding fest. For the wedding feast of princess Nour-Dijhan and the Emperor Djihanguyr a canal was dug encircling the

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Dandelion Herbal Center

Herbal Journey to Provence, France

join Cascade Anderson Geller, Kathi Keville, & Jane Bothwell

July 2 - July 16, 2005

Clinical Herbalism

with Susan Weed, Rosemary Gladstar, Christopher Hobbs and more!

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(The Queen of Flowers continued...)

gardens it was then filled with roses and water. The heat of the sun caused the oil to separate and float to the top it was noticed as a kind of "scum". When the "scum" was examined and its true nature discovered, it was not long before the production of Persian rose oil began.

Rose oil is very precious and expensive. It takes 30 roses to create 1 drop of Rose Otto, 180 pounds of roses to make 1 ounce, and 3-5 tons of petals to make 1 pound. Petals are hand picked pre-dawn in order to ultimately capture its delicate fragrance. Rose oil reminds us of the sweet side of life, it nurtures our nervous system, digestive and vascular system and acts as an aphrodisiac. Rose Otto is the steam distilled essential oil from *Rosa damascena* and Rose Absolute is solvent extracted from *Rosa centifolia*. Rose absolute is a full deep bodied scent while the fragrance of Rose Otto is higher and more etheric.

Rose oil soothes the mind and calms the spirit. This is true for animals too. Recently I attended an Aromatherapy Conference in San Francisco CA. Practitioners from several countries led lectures primarily on the medicinal effects of essential oils used against viruses. Rose was mentioned several times used in combination with other oils. The story that struck me most however, was told by an Aromatherapist from Canada. We saw a clip from a TV program that had followed her to a ranch and a very aggressive ram. Apparently this formerly pleasant minded ram had survived Hoof and Mouth disease. Now, its disposition had become quite surly. In fact when the ram's owner entered the pen the ram would continuously ram him!

The owner had bruises all over his shins and was truly in need of help. The practitioner arrived with her box of essential oils and allowed the ram to choose what he needed. He chose rose. When the bottle was opened the ram started licking the air next to it and inhaled deeply for several moments. The owner then climbed back into the pen. This time the ram allowed the owner to pet him and was completely content.

The following recipes will help you to enjoy the beauty and bounty of the lovely rose. Have fun with them and don't forget to stop and smell the roses.



Written by
Irene Lewis Thorne
Certified Herbalist &
Owner of Moonrise Herbs

ROSEY RECIPES

Luscious Rose Cream

- 3/4 Cup Sweet Almond oil infused with .25 ounce dried rose petals
- 1/3 Cup combined coconut oil and shea butter
- 1/2 Ounce grated beeswax

Heat the above ingredients just enough to melt them in a double boiler, set aside and cool to room temperature (about 70°)

Combine:

- 1 Cup rose water or rose hydrosol
- 2-3 drops of rose essential oil

Pour the cooled oils into a blender or food processor. Turn Blender onto the highest speed and slowly drizzle the rose water mixture into the blenders whirling vortex. Turn off the blender as soon as the water is done entering into the oils. Pour into a container and enjoy.

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Zen Shiatsu *Bodywork for the Soul*

Zen Shiatsu massage is a gentle form of acupressure that relieves pain and stress, promotes healing, and brings profound relaxation to your body.

Sandy Ferguson, RN
(707) 822-8828

Blue Otter School Of Herbal Medicine

Intensive 400-hour program for the serious student interested in practicing Native American energetic herbalism. Located in the mountains of Northern California our sessions run April - July.
Instructors Karyn Sanders and Sarah Holmes

(530) 842-3784 www.karynsanders.com

(Rosey Recipes continued...)

Easy Rose Hip Jam

Fill a 4 ounce jar $\frac{3}{4}$ full with dried cut and sifted rose hips. Add unfiltered apple juice covering the rose hips and completely filling the jar. Let sit for a few hours and behold, you have a yummy sweet, tart jam rich in bioflavonoid and vitamin C.

Infused Rose Oils

Place dried rose petals in a glass jar. Cover them with an unscented oil (Sweet Almond, Grapeseed, Canola). Make sure the oil is about 2 inches above the level of rose petals. Seal the jar with a non- metal lid and let sit in a cool dry place. Gently jiggle daily for 2 to for weeks. Strain and enjoy.

Bath Bag

Combine 1 ounce rolled oats with $1\frac{1}{2}$ ounces dried rose petals. Fill a large muslin bag and tie it shut. While your tub water is running place the bag into the water. Climb in once the tub is full and squeeze the bag to help the herbal essence release. Use the bag as you would a wash cloth all over your face and body. You will love how soft your skin is and how the scent soothes your soul.

Treatment for Very Dry Skin

Add 15 drops Rose Otto or Rose Absolute to 1 tbsp. of jojoba or apricot kernel oil and 1 tbsp. of a rich oil like avocado, or rose hip seed oil. Apply every evening.

Eat your Roses

Fresh rose petals are tasty and can be added to a variety of foods. There is a bitter component in their white tips so you may want to snip that part off. Try sprinkling them on salads or put a few in a blender and blend into eggs for a delicate omelet. I've even made rose petal ice cream. Yum!

IRENE'S CAULDRON

Lately, conferences, symposiums, soup and salad have been my indulgences. Every other year the Pacific Institute of Aromatherapy puts together a conference with a focused theme. This year the theme was anti viral essential oils. I was able to learn from practitioners who traveled from throughout the country and from around the world to teach at this very special event. The people that attended the conference also arrived from all over the United States. We were saturated with knowledge for three full days. It was my second time attending this San Francisco conference and I would highly recommend it to anyone wanting an in depth understanding on the medicinal and spiritual uses of essential oils. The Northcoast Women's Herbal Symposium held at Black Oak ranch in Laytonville, is another wonderful event. I have attended for at least 10 years and have also taught there several times. This year I led two herb walks and taught the classes relaying information about our nervous system. I love it! The weekend prior to memorial weekend and memorial weekend are the spring dates. Over 300 women and children come together in celebration of the plants. Workshops include herbal studies, aromatherapy, and botanical arts. Other happenings include a talent show, a crone circle, a maiden ceremony for girls transitioning into womanhood and a marketplace filled with creative women, herbal products, plants and more.

From June 24th through June 27th I will be attending the International Herbal Symposium in Massachusetts. I am very excited! Herbalists will be arriving from around the globe. There will be much sharing of information and lots of play time too. I will let you know more after I have returned.

Moonrise Herbs has been happily serving the community organic soup and salad since April 1st. Lots of love has been infused into this project and people are really feeling its glow! Local farmers and producers of olives, herbal shortbreads, herbal sprinkles, tofu and dressings are represented here. We even jumped through all the hoops needed to be able to cook our own soups. It is so fun to be able to have a place for folks to come and enjoy nourishing their bodies with this vibrant food. Even the condiments are extra yummy. They include flax seeds, herbal immune sprinkle, cranberries, walnuts, pumpkin seeds, toasted soy nuts and nutritional yeast. The salad greens are have rose petals and other edible flowers scattered into the mix that create a visual feast as well as a tasty one. We have also added some refreshing drinks to cleanse you palate. Come in soon and indulge yourself. You'll be very glad you did.

Bright summer blessings to you all.



Certified Herbalist and Owner of Moonrise Herbs

FANTASTIC NEWS!

Very soon Moonrise Herbs will be adding a private consultation room! This beautiful healing space will be open beginning July 15th. Private appointments can be made by calling 822-5296 Mon thru Sat 10-6 and Sun 11-5. The initial consultation will run over an hour. The cost is \$65 dollars. Seated massage is now offered 4 days a week and soon we will also have Astrology readings.