

Satisfy Your Soul



MOONRISE HERBS™

Quarterly Newsletter ~ Summer Solstice 2006

HERBAL FIRST AID

by Irene LewisThorne

I am so glad summer is here! Camping and basking in the sunshine on the riverside are two of my favorite things. My family is in the process of slowly building our future home on remote property along the Mad River in Maple Creek, California. We spend any free time we may have there. As we are frolicking in the wild we are apt to encounter some kind of owie; sunburn, mosquitoes, ticks, poison oak, or bumps and bruises. Lucky for us, once again, herbs can come to our rescue.

Moonrise Herbs has an exceptional product called UV Natural. This sunscreen has a SPF of 30 and will give you protection from UVA, UVB and UVC sunrays for up to 4 hours. It is very thick and rich with the antioxidants found in green tea and grape seed extracts. These antioxidants are very good at protecting your skin against skin cancer and sun damage. The luscious oils of sesame, macadamia and safflower found in this product leave your skin feeling soft and nurtured. The active ingredient in UV Natural is micronized zinc oxide. The nice thing about the zinc being micronized is that your skin does not get tinted white when it is applied. A little goes a long way so the bottle can last all summer. If you do end up with sunburn applying St. John's Wort oil or Aloe Vera enhanced with a few drops of essential oil of Lavender can be very soothing and healing.

When exerting ourselves in the heat of the summer it is important to make sure we maintain a good balance of electrolytes in our bodies. If we don't, dehydration and heat exhaustion is a result. A yummy iced tea made with African Red Bush (Rooibos) can meet that need. Rooibos has a vanilla



Plantago lanceolata
Plantaginaceae
© G. D. Carr

after-taste and the tea is a wonderful way of replenishing the trace minerals needed to maintain electrolyte balance. Honeybush, Rooibos' cousin is similar and tastes a bit sweeter. Storing either with a vanilla bean helps to enhance their flavor. Kids love them too. Moonrise Herbs carries both of these teas as well as many other mineral rich herbs in our bulk herb section.

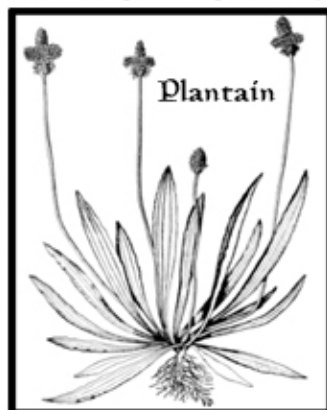
Pure essential oils can be remarkably protective against mosquitoes and ticks. If you don't want to use DEET the Centers for Disease Control (CDC) recommends the use of products containing active ingredients registered with the U.S. Environmental Protection Agency (EPA) for use as repellents applied to skin and clothing. Eucalyptus Citradora is one such ingredient. Moonrise Herbs has this

(continued on page 2)

(Herbal First Aid continued...)

essential oil available by the drop or by the bottle. The recommended dilution is 30% essential oil to 70% carrier oil. So, mixing about 1 ½ teaspoons of the essential oil to 1 ounce of carrier oil is appropriate. Simmons is a local company that for many years has made a product called Skeeter Skatter. In it they combine the essential oils of Citronella, Eucalyptus, Lavender, Catnip and Pennyroyal with a vegetable oil base. Even though this product is a 16% dilution many people find it quite effective. Skeeter Skatter can be purchased here at Moonrise Herbs. If you do get bit by a mosquito you will usually find the herb Plantain growing nearby.

Plantain is known as an antidote for the bites and stings of many venomous insects and animals. Plantain leaves chewed and applied as a poultice topically also creates a cooling anti-inflammatory effect. If the bite is causing a serious reaction, drinking the tea of Plantain leaves while wearing the poultice will help even more. Remember the longer you leave a poultice on the better. If you do not know who Plantain is, or would like the convenience of a product, Moonrise Herbs has several products from which to choose. Simples makes a blend they call Compound Help. It is a combination of the essential oils of Lavender, Tea Tree, and Moroccan Blue Chamomile. It is wonderful for stings as well as cuts and scrapes. An all purpose salve like Comfrey Balm by Irene's Dream can also be helpful. This balm combines Comfrey leaves and root with Calendula, Lavender,



Chamomile, Plantain, Yellow Dock root and St. John's Wort oil. The supplement Bromelain can also be very good at bringing down the inflammation from a bite or sting. Taking B vitamins will make you less tasty. If you want to make something to bring with you on outings, Kathi Keville has some of great recipes in a book she co-authored titled Aromatherapy the Complete Guide to the Healing Art. (See recipe box for two favorites.)

Once while we were clearing our land, I was pulling up a root of Poison Oak that was traveling up the wooded hillside. I was covered from head to toe with protective clothing but neglected to cover my face. The root snapped and came reeling back and hit me on my right cheek! I appreciate Poison Oak as a guardian of the earth but was quite dismayed that a juicy root had just hit me in the face! I rinsed my face with water then dug up a hairy bulb of the Soaproot plant that was growing nearby. I peeled the hairs away from the bulb and got to the juicy inner layers. I then applied the juice to my cheek. As the juice dried that side of my face started resembling a little old lady. I left the juice on all night. The next morning I rinsed it away with water. Thankfully my face returned to normal and I never got the painful itchy rash associated with Poison Oak. Soaproot had effectively eliminated the toxic effects of the Oak. If you have Poison Oak actively presenting itself to you on your skin then Soaproot (continued on page 5)

The Northwest School for Botanical Studies

Classes with Christa Sinadinos



Herbal Materia Medica I Class
September 28th to November 16th, 2006
Eight Thursday evenings from 7-9 pm
Tuition is \$250



This class will cover numerous medicinal herbs with an emphasis on local abundant plants. This program provides an in depth exploration of each plant discussed including: the medicinal use of the plant based on clinical observation; contraindications; optimum extraction methods and doses; Latin and common names.

Preregistration and a \$75 nonrefundable deposit are required. Classes fill quickly. To register for class call Christa @ (707)-826-7762 or email to herbaleducation@cox.net

Dandelion Herbal Center

with Jane Bothwell

**Herbal
Travel Adventures**

Trinity Alps, Belize,
Baja Mexico,
Provence France.

**Beginning
with Herbs**

September 19 - November 14

Tues eves. 7-9:30 pm at Moonrise Herbs
Inc. 2 herb walks, Oct. 3 & Nov. 5

Call 707-442-8157

www.dandelionherb.com ♦ janeb@arcatanet.com
4803 Greenwood Heights Drive, Kneeland, CA 95549

Irene's Cauldron

Circle of Light

Thanks to all of you our Spring Sale was a great success! It was such great fun having everything in our store 21% in celebration of our 21 year anniversary that we have decided to continue on with the celebration during our Fall Sale. Friday, September 8th through Sunday, September 10th all bulk herbs and teas will be 21% off and everything else in the store will be 10% off including Dr.Hauschka skin care products, books, music and jewelry! Plus we will also have our sidewalk table set up with savings of up to 75%. So if you missed our spring sale or you want to stock up on your herbs mark your calendars for the second weekend in September.

Once again changes are afoot here at Moonrise Herbs. We have decided to expand the store into our backroom and create a bookroom! Workers will be arriving soon to rip up the dingy old carpet of our old stockroom and in its place lay down beautiful wood laminate flooring. We are looking into fun lighting and Kat has been busy repainting the room before she leaves on her trip to Ireland. We are very excited! Now you can look forward to several new book sections including a section designated to permaculture. With the space we gain on the sales floor we plan on bringing in some more fair-trade clothing, yoga supplies plus some fun and tasty teas. Come in soon and see what's new. We will look forward to seeing you.

Bright Blessings to you all,

Irene




This is a new forum that meets on the first Monday of every month to provide participants the opportunity to hear practitioners speak on the subjects of personal growth, spiritual inquiry and healing, and to ask questions of the presenting practitioners. Each meeting will have two speakers give 30 minute presentations on different topics. Anyone is welcome to attend – there is no need to pre-register. Just come and enjoy!


Past speakers include:

Julie Caldwell
Marlene Smith
Michal Mugrage
Lezley Troxell
Mitch Lopate
Martin Stephan

Call in or drop by Moonrise Herbs on the plaza for updates on future speakers and topics!



**\$1.00 off a cup or bowl
of our regularly priced
Yummy Organic Soup
at Moonrise Herbs on the Plaza**



SCHEDULE OF CLASSES AND EVENTS

Healthy Kids with Lezley Troxell, Cert. N.E. and Herbalist
Monday, September 11th 7-8:30pm Free of Charge.
What do we feed the Children? How do we keep them Healthy?

Introduction to Shamanism with Michal Mugrage
September 18th 7-8:30 pm \$15
Learn about the shamanic view of health and well-being.
Michal Mugrage is an initiated shamanic practitioner, teacher and spiritual guide.

Beginning with Herbs with Jane Bothwell
Eight Tuesdays, Sept. 19th - Nov. 14th, 7-9:30 pm
\$275 includes samples of products made.
An excellent introduction to the world of healing plants for the beginner as well as those with more experience. Includes field identification, herbal first-aid, demonstration and use of medicinal preparations (salves, tinctures, syrups, pills, etc.), formula making and more, with lots of "hands-on" activities including 2 herb walks. This class is a prerequisite of the 10 month Herbal Studies Program at the Dandelion Herbal Center.

Herbs 101 with Irene LewisThorne
Wednesday September 20th 7:30-8:30 Free of charge.
Have you wondered just what the difference is between a tea and a tincture? Can herbs be taken every day? How should they be stored? Join us for a walk through the store, learn the basics on using herbs and have your herbal questions answered.

Astrology - Basic Concepts and Charts with Tricia Riel
Six Thursdays, Sept. 28th - Nov. 2nd, 7-8:30pm \$75
Learn fundamental astrological principals as you interpret your own chart. Tricia will discuss the traditional astrological meanings of the planets, signs of the horoscope and how they inter-relate. We will also discuss the significance of astrological principles as they apply in personal relationships. Fee includes your chart.

Tinctures and Elixirs with Irene LewisThorne
Wednesday, October 4th 7-9:00 pm
\$20 includes recipes and a sample of each.
Ever wondered how to make tinctures and elixirs? Join us for this hands-on class. We will discuss the different methods of making herbal extracts, and we will each make a tincture or an elixir during the class. (You will pick your tincture up two weeks later when it is ready.)

Food and Mood, Anxiety, Depression and Nutrition
with Lezley Troxell, Certified N.E. and Herbalist
Monday, October 9th 7-8:30pm Free of Charge.

Herbal Gift-Making for the Holidays
with Irene LewisThorne
Sunday, November 12th 12:00-4:00 pm.
\$50 includes recipes and lots of samples.
The holidays are fast approaching, and handmade herbal gifts are easy and fun to make and are always well appreciated. In this hands-on class we will make lip balms, lotions, aftershave, bath salts, spritzers and much more. Recipes and instructions for making cordials and other treats will be discussed. You will bring home samples of everything we make as well as handouts with recipes for making your own concoctions at home. Join us for an old fashioned afternoon of pre holiday cheer!

Healthy Nutrition on a Budget
with Lezley Troxell, Certified N.E. and Herbalist
Monday, November 13th, 7-8:30pm Free of Charge.

Healthy Holidays, Maximize Energy, Minimize Stress and make it Enjoyable
with Lezley Troxell, Certified N.E. and Herbalist
Monday, December 11th, 7-8:30 pm Free of Charge.

Circle of Light, 1st Monday of each month

Don't forget our FALL SALE
September 8th, 9th, and 10th

All bulk herbs and teas will be 21% off and everything else in the store will be 10% off.
On our sidewalk table there will be up to 75% savings. Mark your calendars!



(Herbal First Aid continued...)

will dry it up. Be aware though, that it will first become extremely itchy right before it dries. If you do not have Soaproot growing nearby there are several products that are available to purchase from Moonrise Herbs. Herb Pharm makes a spray with Grindelia and Sassafras. This spray has the added benefit of cooling menthol crystals. A popular liniment is Manzanita Magic created by East Hills House Herbals from Willits, Ca. This family recipe combines astringent, anti-inflammatory and anti-bacterial herbs with distilled water and apple cider vinegar. Lavender essential oil alone has halted the progression of Poison Oak when applied topically. You might also try a spray called Lavender Poison Oak Relief by Mountain Lavender Co-operative combining Epsom salt, Water, Lavender oil and love. All Terrain makes a Poison Ivy soap bar that comes with a resealable travel bag. This bar is specifically formulated to naturally clean, disinfect and soothe the irritated skin. The herbs they combine include Tea Tree, Neem, Plantain and Wild Oats.

Inevitable cuts and scrapes can be healed by applying the powder or poultice of Yarrow. This herb grows all around us and has long been associated with use on the battlefield. It is specific for stopping bleeding and acts as a wonderful anti-inflammatory. Simplers' Compound Help or Kathi Keville's First Aid Remedy can also be fantastic helpers. Or after a scab is formed Irene's Dream Comfrey Balm can be used to help enhance the healing process.

If you happen to sprain your ankle while hiking or playing a wonderfully effective poultice is the combination of St. John's Wort oil with a paste of fresh or dry Comfrey root. If using dry root you will need to slightly cover the chopped root with water then cook on a low heat for about a half an hour. If using fresh root you can just grind it up. Mix the paste with the St. Johns Wort oil then apply topically. Sleep with the ankle covered by gauze over night then re-apply the next morning. Arnica products are specific for sprains and Moonrise has a few varieties from which to choose. These are very convenient to take along with you. Comfrey Balm by Irene's Dream has also worked well for sprains.

If you want to know what plants you are hanging

out with during your summertime frolics, Moonrise Herbs carries several books to help you identify them. Many even have insight into the plants medicinal and utilitarian qualities.

As you are out and about this summer remember to protect yourself from sunburn and dehydration. If you are interested, learn what plants are growing around you that may be applied as a poultice, drank as a tea or infused into healing oil. If you prefer, bring along an herbal first aid kit. We would be happy to help you put one together. Most of all have fun this summer doing whatever brings you the greatest joy outdoors. I will.

*Irene LewisThorne is a Certified Herbalist
and owner of Moonrise Herbs*

First Aid Recipes Clay Poultice

12 drops essential oil of Lavender
1 tablespoon Bentonite clay
1 teaspoon each:
Tincture of Echinacea
Tincture of Chamomile
Tincture of Plantain

Combine 12 drops of essential oil of Lavender with 1 tablespoon Bentonite clay and 1 teaspoon each of the tinctures of Echinacea, Chamomile, and Plantain. Store the mix in an air tight jar. If it dries just add a little water before applying.

First Aid Remedy Oil

1 ounce of infused Calendula oil
3 drops each:
essential oil of Lavender
essential oil of Tea Tree
essential oil of Blue Chamomile
essential oil of Helichrysium

Combine all the above ingredients. This mixture is great for bites and stings as well as bruises and scrapes. The essential oils can be expensive so we offer all of the above by the drop from our Scent your Soul window.

THE WEEDS OF SUMMER

by Tim O'Leary



Occasionally someone will ask me when did I first get interested in herbs. Well, I must admit, my interest was sparked by making money. You see, when I was a kid growing up in Minnesota, the Freeborn County Fair was one of the big highlights of the summer. In order to be part of the thrills and greasy food consumption, one needed a tidy roll of cash. So what was a country boy to do but go out and make some money, and a perennial way to do that was to pull weeds.

The weeds I speak of were largely medicinal herbs and they were all over the farm where I grew up. There was your Plantain, Dandelion, Chickweed, Yellow Dock, Curly Dock, Oatgrass, Red Clover - all growing in the acre of strawberries we had north of the house. There were the Nettles, Burdock, Catnip, and Motherwort, all growing around the barn and out buildings. Then you had a whole other batch out in the soybean fields. We would be hired to walk up and down the miles of rows of beans pulling and hacking away at Milkweed, Ragweed, Lamb's Quarters, Buttonweed, Mallow, Quackgrass, and the notorious Cocklebur which if you didn't pull the whole plant roots and all and leave it upside down for the sun to dry, the pesky weed's roots would find their way back into the soil and the plant would continue growing. The Cocklebur was so obnoxious in the soybean fields that at times we would be told to just concentrate on

them. There was a bounty of 5 cents per weed. They could get so big that it would take two of us to pull one out. Of course we were only kids but child labor laws were unheard of in the back fields of our farm. Most of us wanted to work anyway to have money for the fair.

All kinds of other weeds grew out in the cow pasture. Many that we let be as they didn't pose a threat. We passed over plants such as Yarrow, Goldenrod, Horsetail, Mullein, Coneflower, Black-eyed Susan and Wild Chamomile. But we'd hunt for the Canadian Thistle and Bull Thistle, both of which also had a bounty. We'd cut them down, pile them up to dry and then torch them on the quiet star filled nights of August while the aurora borealis danced across the northern horizon.

In the summer of 1970 my brother Kevin and I were paid to pull a weed that grew all over the place. It had been growing wild for decades, ever since the powers that be declared it illegal to grow. The plant naturalized itself and could be found in ditches all over the Midwest. There was a newfound interest in the weed as it was quite similar to another plant that waves of young folk were discovering and smoking. Of course, you could smoke this weed all day long and only obtain a headache. But that didn't stop people from trying it out. So when the county sheriff heard that there were copious amounts drying in an old abandoned barn, and that maybe one of the O'Leary boys had something to do with that, my dad had us younger ones pull every plant on the farm, pile them up and burn them.

After that particular weed-pulling session I had plenty of money for the rides at the county fair. But, just like any other weed, it came back the following year. Now that was job security.

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Lezley Troxell

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