

Satisfy Your Soul



MOONRISE HERBS™

Satisfying Summertime

by Irene Lewis

For most of us the summer season is full of fun in the sun and outdoor activities. For me, that involves river frolics, gardening, building and sleeping under the stars.

In this newsletter I have decided to focus my attention on recipes and resources for nurturing your skin during the warmest months, and creating a gratifying outdoor living space.

Moonrise Herbs has an abundant array of books to help you unleash your creative self into the afore mentioned arena.

A wonderful book for skincare recipes is *Organic Body Care Recipes* by Stephanie Tourles Not only are there tons of cosmetic concoctions (ranging from creamy body butters &

lotions to herbal hair conditioners & foot soaks), but there are also thorough descriptions of different hair & skin types that each recipe will benefit. It even has a section on edible body potions that you may want to try on your "honey". Each recipe gives you just enough to yield about 1 to 2 applications. That way, you can decide which ones *(continued on page 2)*

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you like and which ones you don't before you make large batches. The author (an esthetician), gives a comprehensive list of the different properties of herbs, oils, essential oils, etc. that you can use in the recipes.

Another recipe book you may find useful is *Natural Beauty Care Basics* by Dorie Byers, R.N. Dorie is a Registered Nurse, a Master Gardener, and a lifelong herb enthusiast. Within the covers of her book you will find over 150 recipes. Summer time recipes include cooling foot powder, sunburn soaks and rinses, gardeners soap and a daily hand cream. This book offers practical advice and acts as a straightforward guide to making your own body care recipes.

Creating an inviting outdoor area is easy with Becky Bee's two books. You can make the *Best Hot Tub Ever* and *Cobb Builders Handbook*. These titles are really informative plus they are delightfully dappled with hand drawn images of each phase of the projects. The Hot Tub is made with a bathtub warmed by a wood fire. Decorating the sides with mosaic can make for a whimsical star gazing experience while soaking in a hot night time bath.

You may not want to build a cobb house, but a bench in your garden can be lovely, and the *Cobb Builder's Handbook* can give you the insight to do so. The best part is everyone in the family can get involved in this gooey building project.

Something that I think is really enchanting is creative walkways. *Paths, Steps and Footbridges* written by Peter Jeswald offers the fundamentals of planning, designing, and constructing creative walkways in your home landscape. I am the kind of person whom when I get an idea to do something creative dives in with spontaneous gusto. Sometimes the results are fantastic, other times, not. I wish I would have had this book when I created the stone steps up to our sloping meadow. The end result would have been much better. Practical application was needed and this book describes the process quite clearly. Details are given on how to calculate the slope, how many steps will be needed, how to prepare the ground and also how to layer the steps. Helpful pictures and photos are very good at guiding you too.

There is something about large stones that captivates me. The presence of stones in my surroundings gives me a deep sense of satisfaction and awe. Maybe it is the fact that they are so ancient and solid. That they may have cropped up from the center of

the earth or traversed miles carried by water. If you could hear them speak, stones could tell fascinating tales. You can introduce beauty, permanence, and serenity into your garden with stonework. *Outdoor Stonework* written by Alan and Gill Bridgewater describes 16 Easy to build projects for your yard and garden. Instruction on how best to cut stone and best fit them together is included. Some of the projects include building a stone trough, a sun dial, creating a cobblestone spiral and even a chamomile filled stone bench. (continued on page 3)

The Northwest School for Botanical Studies

Herbal classes with Christa Sinadinou



Fall 2008 Classes



Herbal Medicine Making Class

Tuesday evenings 7-9 pm
September 23rd - October 14th
Herb Walk September 28th 1-3 pm
Registration fee \$150

Herbal Materia Medica I Class

Tuesday evenings 7-9 pm
October 21st - November 18th
Registration fee \$150

Clinical Herbalist Training Class

Fridays 11 am - 2 pm
September 5th - November 21st

300 Hour Professional Herbalist Training Program 2009

Now accepting applications

Visit our website for more information;

Or view the enclosed insert

<http://www.herbaleducation.net>

Email: herbaleducation@gmail.com

Voice mail: (707)-826-7762

Healing Hydration Tonic

(used topically for face and body)

2 Cups distilled water
1 heaping teaspoon chopped comfrey root
1 heaping teaspoon chopped marshmallow root

In a small saucepan, bring the water to a boil, reduce heat to the lowest setting, add the herbs, cover, and steep for 1 hour. Then turn off heat and remove pan to cool for 1 hour. Pour liquid into storage container. Refrigerate for up to 1 week.

Recommended for all skin types, especially dehydrated, sensitive, sunburned, windburned, mature or environmentally damaged skin.

**Recipe from Organic Body Care
by Stephanie Tourles*

(Summertime, continued from page 2)

The simple lines of bent wood bring an inviting natural order to our surroundings and the natural beauty of wood inspires and gives form to limitless possibilities of bentwood construction. *Making Bentwood Trellises, Arbors, Gates and Fences* by Jim Long is an insightful book on harvesting the appropriate limbs and turning them into charming and useful bentwood projects. This book also includes a chapter on what vines to choose from to grow on your arbor or trellis.

Moonrise Herbs has a fantastic selection of gardening books too. Some titles include *California Master Gardener Handbook*, *Herbal Tea Gardens*, *Growing 101 Herbs that Heal*, and *Carrots love Tomatoes*. Although deer are adorable to look at, we all know how disappointing it is when they feast on our gardens! *Deerproofing Your Yard and Garden* is a book with surefire plants deer do not eat, homemade deterrents, innovative fencing and more.

I hope you have a great summer! Have fun creating nurturing treats for your skin and a vibrant and inviting landscape. Maybe I'll see you at the river.

Bye for now,



Picnic Cleanser

2 Cups water
1 Teaspoon pure grain alcohol or good quality vodka
2-3 drops lemon, lime, orange, or tangerine essential oils,
your choice
Sturdy paper towels

Add your choice of essential oil to the alcohol. Add the essential oil / alcohol mixture to the water and stir. Moisten sturdy paper towels in the mixture and place in a plastic bag (or jar) for use when needed. To use, wipe a moistened paper towel on dirty hands or faces and let them air dry. Any leftovers can be stored in a bottle and labeled for later use.

**Recipe from Natural Beauty Care Basics by Dorie Byers, R.N.*

Herbal Classes with Jane Bothwell

Beginning with Herbs

September 24 - November 12, 2008

This class is an excellent introduction to the world of healing plants for the beginning and intermediate herb student. It includes demonstration and use of medicinal preparations (tinctures, salves, pills, syrups, etc), field identification, herbal first aid, formula making and more, with lots of "hands-on" activities. *This class is a prerequisite to the 10-month Herbal Studies Program. Meets at Moonrise Herbs, 826 G St., Arcata (On the Plaza).*

10-Month Herbal Studies Program February - November, 2008

This 130 hour program designed for the serious herb student. Classes will focus on herbal therapeutics, materia medica, medicine making, plant identification, seaweeds, wild foods, herbal first aid, flower essences, herb gardening and the magic and spirit of plants.

Field trips will give us the opportunity to wildcraft herbs and seaweeds, visit local herb farms and manufacturing businesses, and explore and identify herbs growing in different ecosystems.

Pre-requisite: Beginning with Herbs or prior experience.

See enclosed insert

Register online or call 707-442-8157

www.dandelionherb.com

janeb@arcatanet.com

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Arcata, CA 95518



Big Red & the Garden



During the summer of 1979 I had one of the nicest gardens I have ever grown. It was the size of a community swimming pool and it filled an area where pigs had lived in previous years. Pigs, being natural rotor-tillers, had dug the ground up and me being young and with loads of energy and time, had done the rest with a spade. Looking back at photographs I can scarcely believe I did it all by hand.

The garden had a mix of every vegetable. Rows of sweet corn with hills of winter squash amongst the stalks. Along with three types of tomatoes and two varieties of potatoes, there were peppers, eggplant, broccoli, cauliflower, chard and kale. Cucumbers, pole beans and peas climbed wire structures. We had loads of woven wire around the place as my dad stockpiled the stuff. Whenever I could, I had the vegetables climbing wire fences to utilize space. The melons climbed six feet into the air. At night by the moonlight the garden looked like creatures were rising from the earth in massive lumps of foliage.

There were carrots, beets, turnips even rutabaga and kohlrabi. I was growing vegetables I never even ate. I had a row of cabbage that I planned to do something with. Make sauerkraut? My enthusiasm held no bounds.

One area of the garden was set aside for my sister Mary's group of disabled kids. She was the counselor with their summer camp. Mary and the kids planted a flower garden with many assorted flowers that when they were blooming attracted all the butterflies and birds in a five-mile radius. I watched hummingbirds do battle with each other over the zinnias and marigolds and the tea saucer-sized luna moths that showed up at twilight.

I spent the better part of my summer days in that garden, weeding, mulching, staking, and eating right off the vine. Sometimes I would crawl under the wire structures and lay there in the dirt looking up through the filtered sunlight at the mass of greenery and watch insects buzz and crawl about. One afternoon I saw a walking stick gracefully lumber by in slow motion. The warm

afternoon breezes along with the sounds of the farm – mourning doves softly cooing and the roosters crowing, calves calling for their mothers in the pasture and the far off chugging of a tractor cultivating soybeans – would lull a person to sleep and at times I would take a nap right there with the green canopy as my blanket. Time slowly slid by.

Well, that same summer we had one of the smartest pigs in the county living on the farm. His name was Big Red. Red and the other pigs had free range on another part of the farm among a grove of trees and in a mud wallow where they would lay to cool off. Even though Big Red had started off as a runt and was nearly dead when my dad got him for a dollar, he grew strong and became a curiosity in the barnyard. This pig was always coming up to people to see what they were *(continued on page 5)*



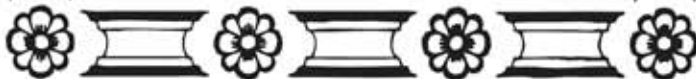
Sunburn Spray

(used topically for face and body)

- 1/4 cup distilled water or Calendula infusion
- 2 Tbsp aloe vera gel
- 1 Tbsp witch hazel extract
- 6 drops lavender essential oil
- 1 drop german chamomile essential oil
- 1 drop tea tree essential oil

Mix the essential oils with the witch hazel extract. Add the distilled water or Calendula infusion and the aloe vera gel. Store in a spray bottle. Shake well before using. Spray where desired. Avoid eye contact. For extra relief, store this spray in the refrigerator to chill the product before use.

*Recipe from Natural Beauty Basics
by Dorie Byers, R.N.*



doing and would look at you and make grunting noises as if trying to communicate. Then he'd kick up his heels and scamper across the yard sometimes running in circles like dogs do. Oh, and he could unlatch locked gates.

Three times that summer we received a call from the neighbors, "Is that your red pig walking down the road heading into town?" No matter how we secured the gates, Red would manage to pry them open with determination and a long snout. Or he would dig under the fence in an obscure part of the barnyard hidden by burdock.

My garden was secure from him though as I had woven wire buried two feet into the ground and three lines of barbed wire at ground level surrounding it. The gate was made of heavy oak boards salvaged from a collapsed barn and large rocks stood at its base. There was no way he could penetrate these barriers. Or so I believed.

Soon it was the peak of the summer and of the garden. I was digging up little red potatoes and eating them with string beans and peas. The tomatoes began to ripen and turn red. We ate sweet corn at every meal. Zucchini grew faster than we could possibly pick them. I could have won first place at the county fair for my eggplant and broccoli. The flower garden was in full bloom with towering sunflowers, wispy cosmos, statice and straw flowers ready to be harvested. I had created a garden showpiece.

Just at this time I left to go off on a week long summer tour with the Grateful Dead. As I was stretching my mind while dancing in worn out tennis shoes, celebrating life and youth, Big Red was expanding his own horizons and enjoying his life as a hog with no restrictions.

You can guess what happened. The first morning of my return I hurried out to the garden. I knew something was wrong when I saw one of the other pigs running across the yard dragging a vine of baby watermelons that bounced in the dirt behind it. The garden had been hit by a mob of four-legged crazed rotor-tillers. Not only had Big Red managed to dig under the fence but he also destroyed the gate and allowed the whole herd of hogs into the garden where they went, well - hog wild. It looked like a bomb had hit it. Everything was torn down, dug up, snapped off and plowed through.

Miraculously the flower garden was untouched. Mary said later that she had circled it with white light against swine.

I was devastated and wish I had continued touring on to Red Rocks. The pigs ran about the grove in apparent glee. Especially Big Red who actually ran up to me and smiled as I leaned against the fence shaking my head in disbelief. Then he ran off as I threw half eaten green tomatoes at him.

Well, I salvaged what I could of the garden and in the process learned another lesson in letting go.

The next day Big Red finally got to go to town. He got a ride in back of the truck. The smartest pig in the county also turned out to be one of the tastiest.

Soften Your Hands Cream

- 1 Tablespoon shea butter
- 1 Teaspoon coconut oil
- ½ Teaspoon wheat germ oil
- ½ Teaspoon vegetable glycerine
- 15 drops grapefruit seed extract
- 400 IU vitamin E
- 6 drops lavender essential oil
- 6 drops geranium essential oil

Mix the vegetable glycerine and grapefruit seed extract in a separate container and set aside. Place the shea butter, coconut oil, and wheat germ oil in a heat proof container and melt over boiling water. When the mixture has melted, remove it from the heat source. Add the Vitamin E and glycerine / grapefruit seed extract mixture and combine with the melted ingredients with a whisk. While preparation is cooling add the essential oils and mix them thoroughly. Store in a wide mouth jar.

**Recipe from Natural Beauty Care Basics
by Dorie Byers, R.N.*

Schedule of Upcoming Classes & Events

BEGINNING WITH AYURVEDA with Traci Webb, CAS
Tuesdays, August 5th through September 9th from 6:30-8:30pm, cost is \$185

An introduction to the ancient healing system of India called Ayurveda. This class is for beginners and experienced students alike. You will learn the Foundational Principles of Ayurveda including: History, Elements, Attributes, 3 Doshas, Seasons, Time of Day, Sub-Doshas, Home Remedies, Subtle Doshas (Prana, Tejas and Ojas) and the Maha Gunas (Sattva, Rajas and Tamas). Meets Wednesday Evenings for 6 weeks. This class is a prerequisite for the 6-month Ayurvedic Living Program. Traci Webb, CAS is a Certified Clinical Ayurvedic Specialist and Panchakarma Practitioner. She began studying Ayurveda in 1991 and has been in private practice since 1998. Traci is founder of the Northwest Institute of Ayurveda, in Trinidad, where she teaches Ayurvedic Herbal and Massage Programs and offers Ayurvedic Health Consultations and Panchakarma Detoxification Retreats. This class will fill quickly. Please call 227-8373 to sign up.

HERBAL SUMMER CAMP for Kids aged 8-13 years old
with Irene LewisThorne Herbalist and Proprietor of Moonrise Herbs Tuesday July 28th -Thursday July 31st from 10am-2pm, cost is \$75

Three fun filled days of botanically creative activities. Learn to create lotion, lip balm, cough syrup and more. Make and eat some Lemon verbena ice cream and go on an herb walk. Classes are held in Freshwater. For more information please email Irene@moonriseherbs.com or call Moonrise to pre-register. Limited to 12 participants.

Basic Milk Bath

½ cup powdered whole or nonfat milk
1 tablespoon apricot kernel oil, jojoba, sunflower, or favorite base oil
10 drops Roman Chamomile, lavender, geranium or rosemary

Recommended for all skin types and makes a wonderful soak for itchy, rashy, or weather beaten dry skin. It leaves the skin feeling silky soft.

Pour the powdered milk and the base oil together directly under running bath water. Add the essential oil immediately before stepping in to the tub. Swish the water with your hands to mix.

*Recipe from Organic Body Care by Stephanie Tourles

WITCHCRAFTING~ THE FERI TRADITION
with Kim Sequoia

Sunday, August 31st from 2-4:30 pm, cost is \$5.00

If you stopped searching to be healed, good enough, better -- who would you be?

The Feri Tradition, founded by Victor and Cora Anderson, is known for its beauty, depth, and rigorous approach to magic & altered states of consciousness. Feri celebrates the divinity in being human, and can bring significant transformation into one's life. We will explore what healing is, and is not, through Feri concepts; and how Feri may offer ways to map your path towards empowerment and self-knowledge. There is limited space available for this class. Given by K. Sequoia, Feri initiate; local healer & herbalist. To contact Kim Sequoia, email kimsequoia9@gmail.com.

Northwest Institute of Ayurveda



▼ Ayurvedic Training Program

(17-Month Certification Program. Sept. 13, 2008 - Jan. 20, 2010)

▼ 6-Week Beginning with Ayurveda Series

(Introductory class @ Moonrise Herbs: August 5 - September 9, 2008)

▼ Ayurvedic Living Program

(6-Month Self-Healing Program. Sept. 13, 2008-Feb. 15, 2009)

▼ Ayurvedic Massage Classes

(Herbal Body Therapies: July 26/27, Deep Tissue & Marma: Aug. 30/31 & Sept. 6/7)

▼ Consultations with Traci Webb

(Nutrition, Herbs, Cleansing/Nourishing Programs. Over 10 years experience.)

See enclosed flyer or website for details.

Registration: (707) 227-8373



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