

Satisfy Your Soul



MOONRISE HERBS™

A Cup of Tea and Thee...



by Irene Lewis

Earlier this autumn my dear friend Aliana, turned 5 years old. To celebrate, Aliana and her mother hosted a fancy tea party. Brightly colored tea pots and tea cups made of delicate china, hand painted with dainty floral designs, were displayed on the table. Each guest was able to choose the cup that most enticed them. After sipping Passion Tea by Tazo, a clear glass vessel was brought to the table and filled with hot water. A Jasmine flower blooming tea ball was placed within the hot water. We waited with bated breathe for the flowering tea ball to unfurl in the hot liquid and show us its contents. While we waited we nibbled carob raisins, maple cashews, tiny homemade zucchini muffins and freshly picked strawberries.

In China the drinking of tea (*Camellia Sinensis*) dates back thousands of years. Tea has been used as an elixir for

the gods, as medicine, and for a simple pleasure. According to legend the first cup of tea happened by a fortunate accident. The legend states that in 2737 Emperor Shen Nong was boiling a pot of water in the garden. A leaf from the *Camellia Sinensis* (*Tea*, continued on page 2)

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(Tea, from page 1) bush fell into the pot. The emperor felt refreshed and energized upon drinking the infusion. He then declared the brew to have medicinal powers. Since his discovery of tea, scientific research has agreed with the Emperor.

Tea parties were first described during the Tang Dynasty (618-907AD) and tea pots and tea bowls came along with the Song Dynasty (960-1127). During these eras tea parties transformed from a solemn ritual into tea tasting competitions. Much like a major sporting event, challengers, spectators and judges were all present. Even rulers and academics would take part in the competition. The contest between Su Shi (1037-1101), a poet, and Cai Xiang (1012-67) was one of the most notable. The story goes like this....

Cai made his concoction with high-quality leaves and chose the most esteemed Mount Huishan well water from Wuxi of East China's Jiangsu Province. This great calligrapher and author of "Record of Tea" (Cha Lu) had never lost previous tea contests. But to everyone's surprise, Su Shi used water boiled in burned bamboo (a kind of traditional Chinese medicine). The surprising tactic of boiling water in the burnt bamboo helped Su Shi win the competition.

Popularity grew and tea traveled from China to Tibet and into India and Nepal via horseback along the "Tea Road", a trade route that laced along the peaks and through the mountains of southern China.

Eventually the diffusion of tea from China to the rest of the world happened over land and by sea. In 1637 Merchant ships brought tea to Brittan. At first they brought green tea but the journey was so long that the quality of the tea degraded. Because of this, black tea eventually replaced green tea.

It wasn't until the 19th century; tea drinking became an essential part of British social life. But when it did tea parties and events were organized for all possible occasions, including family teas, picnic teas, tennis teas and elegant afternoon teas. Over the years, housekeeping manuals and cookbooks gave clear instructions about teatime invitations, etiquette, methods of brewing and serving, dress and table wares. The tea party was the very symbol of elegance and prosperity.

When the colonist from Britain came to America so too, did tea. To retain control over the colonists the British parliament levied a tax on the tea that came to America. This sparked the famous Boston Tea party and the beginning of the Revolutionary war...

Contrary to the history of tea, Aliana's Tea Party was not a politically spawned event. Nor was it a symbol of prosperity. Or even a competition. Aliana is a farm girl, who had a simple desire to drink tea from a fancy cup, wear a pretty dress, and enjoy the company of her friends while eating a yummy treat. *On Friday, December 5th from 6-9pm you are invited to do the same. Moonrise*

Herbs will be hosting our Holiday Open House and Tea Party! Come sample a variety of teas and indulge in some handmade and delectable herbal treats. If you like, bring a fancy china tea cup to sip with, and wear your favorite elegant attire. All bulk teas and herbs will be 20% off and everything else in the store will be 10% off the normal retail pricing.

The Art Of Tea

Tea blending is an ancient art. One of our favorite vendors "The Art of Tea" is amazingly gifted in this craft. Art of Tea is a boutique tea importer and wholesaler based in Los Angeles, California. They hand blend and custom craft some of the (Tea, continued on page 4)

Northwest School for Botanical Studies

Herbal Classes with Christa Sinadinou

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January 20th- June 12th



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- Herbal Materia Medica
- Herbal Medicine Making
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- Herbal Therapeutics
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Mistletoe

by Tim O'Leary

It was the darkest hour of the night and except for the rain splattering the windows and the occasional gust of wind shaking the wind chimes in the bare trees in the yard, all was quiet around the farm house. The revelers had all gone home or were asleep upstairs under quilts and blankets. Christmas lights adorned the downstairs rooms and their dim light they cast revealed the aftermath of the celebration. Plates piled high by the sink, wrapping paper and streamers littered the floor, empty bottles of spirits scattered about next to glasses and spilled drink, forgotten hats and scarves hung over chairs.

The house fairy crawled out from under the Christmas tree, sucking on a candy cane. Gliding across the room to the threshold between the kitchen and the dining room it stopped, looked up to the mistletoe and whispered, "Hey, are you there?"

An old voice answered from atop the kitchen counter, "I'm here." It was the mistletoe fairy sipping on the last of someone's leftover libation.

"Well, that was quite the party these humans put on tonight. I stopped counting the wine glasses being broke. And the action I saw under you almost made me blush."

The mistletoe fairy chuckled, "Oh, it was a good one alright, but not like the old days." It sat down next to a plate of cookies and sighed, "Those days are long gone. It's a marvel that they still have me take part. I'm one of the last remnants of the ancient earth symbols that the people's ancestors worshipped and celebrated."

The house fairy hopped up on the counter and sat next to Mistletoe and, nibbling on a cookie, said, "Oh do tell now. I love a good story even when I've heard it before."

Mistletoe took another swig and began. "Well, you know, back in the old country many years ago there were these folks called Druids. They loved trees and the natural world. Of course, that's all they had. They lived in the natural world. They didn't have all these distractions the humans have nowadays." The mistletoe fairy looked off into the distance and sighed.

"They really loved the mighty oak tree and where they lived the place was forested with them. They considered this tree a god. One reason being that it could get struck by lightning and still survive. There was powerful energy in that tree." The house fairy blinked as Mistletoe made a lightning bolt gesture.

"Well, guess who lived in the oak trees?" it continued. "Me! They figured my poisonous white berries were akin to the oak god's semen drops. Every year at the season of sacrifice the Druids would have a glorious ceremony. They cut me out of the oak, with a golden sickle no less, and caught my berries in a white cloth before they could hit the ground." Mistletoe paused and puffed out his chest. I was considered masculine and the key to the

underworld. They revered me, along with my friend Holly who has red berries. They equated her with the life giving lunar blood of the Goddess Hel. Well, with the two of us together, Holly being female and me being male, it was only natural that we'd make beautiful music together. The people brought us into their homes to adorn them at the winter solstice." The fairy chuckled. "If you knew how many drunken orgies I witnessed back then, it would make those ears of yours even perkier. This tame smooching under me now is a trivial glimmer of a shadow of what once was."

"Oh, I've seen a few things in my time," laughed the house fairy as it reached for an abandoned chocolate. "Great story, Mistletoe. I'm glad they still use you to decorate the house this time of year. The humans need more kissing activities."

The wind and rain battered the house. Except for some snoring from an upstairs bedroom and the ticking of the old clock, all was (Mistletoe, continued on page 4)

Northwest Institute of Ayurveda



Offering:

▼ Ayurvedic Herbalism Program

(10-months starts February 14th, 2009)

▼ "Beginning with Ayurveda"

(6-Week Introduction to Ayurveda - May 6-June 10, 2009)

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www.ayurvedicliving.com
839 9th Street
Arcata, CA 95521

(Tea, continued from page 2) world's finest organic teas and botanicals. Their teas are carefully selected directly from growers, each one offering a unique story. The seeds that formed the foundation of Art of Tea were first planted in 1996 when Steve Schwartz began his journey of extensive study in preventative medicine at the Ayurvedic Institute in New Mexico. Since then, Art of Tea has become a leading purveyor of organic and specialty teas. Each year Steve travels extensively, returning with rare and unique teas from around the world. Moonrise Herbs favorites include these dessert teas; Velvet Tea (Rooibos, mints leaves & chocolate). Vanilla Berry Truffle (succulent black currants, rooibos, hibiscus and vanilla blossoms) and their seasonal Pumpkin Pie (cloves, cinnamon, ginger and honeybush) These delicious tea blends tugged at our imaginations and our staff began playing with the idea of not just drinking teas but using them in our food recipes. We are pleased to share some of our recipes with you here in our newsletter and when we host our Holiday Open house and Tea Party come and taste even more!

A few Tea Facts:

Green tea, black tea, oolong, white tea, are all from the same plant the evergreen tea bush *Camellia Sinensis* that is native to Southeast Asia. The difference between the teas is the way in which they are prepared after harvest.

Green Tea is not allowed to oxidize and is steamed and then quickly dried, pan fried or oven fired to dehydrate the tea leaves for storage. This process retains many of the polyphenols, catechins, and flavonoids that are associated with the health benefits of drinking green tea.

Black Tea is allowed to oxidize which ripens the tea and creates a deep, rich, robust flavor with uniqueness based on the tea grower's knowledge and skill.

Oolong Tea falls somewhere in between green and black teas in the amount of time the leaves are allowed to oxidize. This tea has a very smooth flavor. Oolong can be green or amber in color depending on the length of time it is allowed to oxidize.

White Tea is picked before the leaf buds fully open and are still covered with fine silky hairs. The delicate buds are quickly air dried to produce some of the rarest and most expensive tea available. White tea is said to have three times more antioxidants than green or black teas.

Rooibos (Caffeine free) Native to Africa with a similar flavor to black tea but a bit nuttier and sweeter. Flavonoids and anti-oxidants in this tea have been shown to be anti-inflammatory, helpful to skin and digestion as well as allergies and aging. Japanese research has also suggested this tea may also be anti-viral. Unlike green and black teas the longer this tea steeps the better the flavor.

(Mistletoe, continued from page 3) tranquil.

"I'll chat later, Mistletoe. I'm off to visit my cousins in the barn. They're having a party for the solstice in the hay loft. So, cheers!" With that the house fairy slurped up some leftover eggnog from a cup and took flight towards the kitchen door.

"Right you are," chuckled Mistletoe as it took another sip, "Enjoy yourself. Tell them Happy Solstice from me and create peace wherever they may roam."

"I will," squeaked the fairy as it slid under the door into the storm blowing outside.

Mistletoe sighed again, "I love this time of year. I wonder who'll kiss tomorrow."

Dandelion Herbal Center

Classes With Jane Bothwell

Beginning With Herbs

January 21 - March 18, 2009 • 7-9:30 pm

Wednesday Evenings at Moonrise Herbs

Field Identification • Herbal First Aid • Salves • Pills
Tinctures • Syrups • Formula Making, and More.

Pre-requisite for the 10-month class

Both classes may be taken simultaneously.



10 Month Herbal Studies Program

February - November 2009 • 10am-4pm

Meets one weekend a month

3 weekend camping trips

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Plant Identification • Medicine Making

Herbal First Aid • Flower Essences

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Herb Gardening and the Magic and Spirit of Plants.

See enclosed insert

Register Online or Call 707-442-8157

www.dandelionherb.com

janeb@arcatanet.com

PO Box 4440

Arcata, CA 95518



Notes from Moonrise Buyers

Warm up this holiday season with a variety of new delicious teas from Art of Tea. You can indulge in the dessert teas of Pumpkin Pie, Kauai Cocktail, Cinnamon Fig, or try their Matcha Grade A Tea.

Matcha is a fine powdered green tea used in Japanese Tea ceremonies which center on the preparation, serving and drinking of the tea. Traditionally Matcha is placed in a bowl using a bamboo scoop called chashaku, and then hot water is added and whisked into a uniform consistency with a bamboo whisk known as a chasen. Drinking matcha is like drinking the highest quality green tea. Because Matcha is so concentrated it has 137 times the amount of the potent antioxidant EGCG that regular steeped green tea contains. Research has indicated that one of the main antioxidants found in green tea (epigallocatechin 3-gallate a.k.a. EGCG) has been found to be much more powerful than both Vitamins C and E. Compared to other known antioxidants, EGCG was found to be 100 times more effective than vitamin C, 25 times more effective than Vitamin E and twice as powerful as resveratrol at neutralizing free radicals. Free radicals are those pesky unpaired electrons that reek havoc within our bodies and create cellular damage that can lead to cancer, aging and several other diseases. (*Buyer's Notes, continued on page 6*)

Immune and Vitality Elixir

A formula by Alpine Meadow Botanicals

Contains: Astragalus (fresh or dry, organic), Reishi (dry, organic or gmp certified), Eleutherio (dry, organic), Schisandra (dry, organic or gmp certified), Poria (dry, gmp certified), Ashwaganda (fresh, organic), Pau D'Arco (dry, carefully harvested), Ligustrum Berry (dry, gmp certified), Codonopsis (dry, organic or gmp certified), Rehmannia (dry, prepared, gmp certified), and Don Quai (dry, prepared, gmp certified), in an a base of organic alcohol, spring water, and raw honey.

Immune and Vitality Elixir contains many adaptogen herbs. When a person consumes adaptogen herbs on a regular basis (as a tonic), they will likely notice increased resistance to infections and stress, as well as an increase in energy, strength, and stamina. Many people experience increased mental acuity, improved well being, and a deep sense of calmness from taking this formula on a regular basis. Others notice enhanced libido.

Another benefit of consuming the Immune and Vitality Elixir is that it contains many immune tonics. Immune tonics strengthen the acquired immune system and enhance one's Qi (Chi) or vital force. This formula can be beneficial for anyone who has experienced chronic, long term illnesses or for those who are recovering from an illness. It is also beneficial for those who feel tired, run down or fatigued. People may benefit from taking Immune and Vitality Elixir on a regular basis that experience the following conditions: Chronic fatigue, Epstein barr, H.I.V., A.I.D.S., cancer, general lowered immune resistance, and adrenal exhaustion. It can be beneficial as a follow-up treatment for chemotherapy and radiation. Immune and Vitality Elixir works most effectively if it is used on a regular basis.

Administration: Take 30-90 drops in water, up to three times daily. Contraindications: Do not use this formula during an acute infection.

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Recipes outside the cup

by staff member Elizabeth Brett

Peaceful Tea Soothing Syrup

- 4 ounces Peaceful Tea*
- 1 pint boiling water
- ½ cup honey
- lemon

Make a strong infusion of tea; bring one pint (two cups) of water to a boil; pour over four ounces (approx. ½ cup) of tea; allow herbs to steep for at least three hours. Strain herbs. Reduce the volume of the infusion by half. To do this, simply cook over low heat until roughly half a pint (one cup) of liquid remains. To this infusion, add ¼ to ½ cup honey** and half of a lemon, juiced. Store under refrigeration.

*Peaceful Tea is a Moonrise Herbs blend. It contains Chamomile, Passionflower, Skullcap, Catnip and Lavender. The syrup makes a lovely tension tamer. Also try the Immune Tea or Male Vitality Tea as syrups for winter health.

**Agave nectar and different forms of cane sugar are also good sweeteners.

Mocha Surprise Chocolate Cake

Simple recipes for chocolate cake will almost always call for one cup of water. The following recipe I've used for dozens of occasions substituting one cup of strongly brewed coffee in place of the water. Better still, brew one cup of earthy, aromatic tea! Moonrise carries several sweet and deep flavorful teas that add a subtle and almost intangible taste to this reliable standard.

- 1 ¾ cups flour
- 2 cups sugar
- ¾ cups cocoa powder
- 1 tsp baking powder
- 1 tsp salt
- 1 cup buttermilk
- ½ cup vegetable oil
- 2 eggs (at room temperature)
- 1 tsp vanilla
- 1 cup strongly brewed Mocha Surprise*

Directions

Mix the dry ingredients. In a separate bowl, mix the wet ingredients (except for the cup of tea). Add the wet to the dry. Stir in tea. Bake at 350 degrees for 35 to 40 minutes.

Powdered sugar makes a fine topping when lightly dusted. Follow the directions for making a syrup using the same tea used in the cake. This really gives the cake character.

*Mocha Surprise, a Starwest blend, contains roasted Chicory root, Carob, Allspice, Cinnamon, Nutmeg and Vanilla. Another fabulous choice to enhance your baking experience is Root 66, by Flower Power Teas—a blend of Sarsaparilla, Roasted Dandelion Root, Roasted Chicory Root, Carob, Cinnamon, Crystal Malt, Fennel Seed and Coconut..

Get creative! Try coconut milk in place of buttermilk. Create other fun toppings or flavorful herbal decoctions of your own! Enjoy!

For more recipes outside the cup,
go to www.teachef.com

Schedule of Upcoming Classes & Events

MEET THE MIDWIVES: PREGNANCY INFORMATION NIGHT with Monika Rosicka
Monday, November 17th from 7-9pm, a FREE class

RE: HOLIDAY OVEREATING with Sara Sunstein
Monday, November 24th from 7-8:30 pm, cost is \$5

POSITIVE ENERGY PRACTICES FOR PSYCHIC STRENGTH & PROTECTION - EARTH/NATURE INFLUENCES with Michal Mugrage
Tuesday, December 2nd from 7-9 pm, cost is \$20/\$60 series

BEGINNING WITH HERBS with Jane Bothwell
Wednesdays, January 21st - March 18th from 7-9:30 pm, cost is \$285

BEGINNING WITH AYURVEDA with Traci Webb, CAS
Wednesdays, May 6th - June 10th from 6:30-8:30pm, cost is \$185

Did you know you can check out the newsletter archives and class listings on our website? Visit www.moonriseherbs.com and go to the newsletter page!

(Buyer's Notes, continued from page 5) So Matcha is obviously a wonderful addition to your wellness arsenal and the ceremonial aspect makes it a great gift.

To enhance your tea drinking pleasure Moonrise Herbs has a wide selection of fun and functional tea pots and cups plus all the accessories to go with your tea; chasen, tea bags, strainers, glass tea wands and locally made bamboo bombilla straws.

Stop by Moonrise & check out our expanded "Make your own Section". Here you will find an abundance of the bulk items you'll need to make your own gifts; sweet almond oil, apricot kernel oil, bath salts, unscented bubble bath, hydrosols, essential oils and pretty silk pouches for filling with herbal blends to name a few. After many full-moon gatherings we've come up with several new recipes to inspire you & handouts we think you'll really enjoy!

Moonrise Herbs also has many books to guide you in your creations & a plethora of bottles to fill with your concoctions. We've made up gift baskets to give you an idea of what you can create or we now offer baskets to buy so you can fill up your own. You will find all of this next to our "Scent your Soul" window, where you can add your own essences to your creations. Feel free to come up with your own essential oil blends, by the drop, or pick one of our Moonrise Herb Blends to mix with our many oils, butters & salts...the possibilities are endless and as always we are here to assist you or just to share in the joy it brings to make your own gifts!

If you find that you don't have time this busy season to make your own gifts, you'll find many all time favorites, plus a wide variety of new items, filling our store daily. Look for beautiful stones, gorgeous jewelry, exquisite hand carved wooden plaques, diptychs, scented candles, bath teas, salts, organic lotions and soaps to pamper your loved ones with & more. You can have peace of mind knowing we offer many fair trade gifts from around the world & gifts that support our own local artisans as well.

Want to smell great and feel amazing? Try Mama Love healing perfume oils. These organic oils use flower

essences combined with aromatherapy and then are infused with reiki. These oils smell incredible and make you feel even better! For a more traditional aromatherapy treatment try our new reed essential oil diffusers. Simply pour your essential oil in the glass bottle and put 3-5 reeds in the bottle, it's that easy!

We also have Christmas and Douglas fir sachets to make all your drawers and cabinets smell like a Christmas tree, these sachets are real ground fir needles making you feel like you are hiking in the cascades!

So whether you're making your gifts, or looking for something special ready to go...stop by this holiday season, have a cup of our free tea & enjoy the essence of Moonrise Herbs!



**MOONRISE
HERBS™** Satisfy Your Soul!

**Holiday Open House
and Tea Party!**
Friday, December 5th from 6-9pm

*Come sample a variety of teas and indulge in some
handmade and delectable herbal treats!*

**20% off all bulk teas and herbs
10% off everything else in the store**

We encourage you to bring your own tea cup
and dress up for the occasion

On The Plaza 826 G. Street
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