

Creating Herbal Remedies From Your Garden

Morningsun Open House

May 6, 2023



The Northern California Unit of
The Herb Society of America



HEALING LEAVES

herbal & holistic wellness services

About Your Presenter

Lisa-Marie Maryott, Clinical Herbalist

- ▶ Trained in Western Herbalism - Berkeley Herbal Center in Berkeley, CA
 - ▶ Graduated from the Intensive/Apprenticeship certification program
 - ▶ Completed two years of clinical internship
 - ▶ Taught classes and supervised first year clinical interns at the center's clinic
- ▶ Owner of Healing Leaves, Herbal and Holistic Wellness Services - Danville, CA
 - ▶ One-on-one holistic consultations
 - ▶ Apothecary of herbs and herbal products
 - ▶ Education
- ▶ Active member, NCAL Unit Chair, and West District Membership Delegate of The Herb Society of America
- ▶ Active member of The American Herbalist Guild



Disclaimer And Safety Information

It is the policy of The Herb Society of America not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment.

We are not doctors and this information should not be considered medical advice. It is not meant to diagnose or treat disease, and it does not replace the relationship that you have with your physicians or their treatment protocols and advice.

The plants discussed today are generally very safe for use by most people - however, it is always good to make sure that you understand any safety related issues (allergies, etc) and that there are no known contraindications between these plants and any medications or supplements that you take.

Agenda

- ▶ A Very Brief History of Herbalism
- ▶ Types of Herbal Remedies
- ▶ Familiar Culinary Herbs and Remedies
- ▶ Familiar Tea Herbs and Remedies
- ▶ Landscape-Type Plants and Remedies
- ▶ Weeds and Remedies
- ▶ Q&A



History of Herbalism - in a Nutshell

- ▶ Has been around for A LONG time... plants have been a nutritional and medicinal staple for humans for thousands of years, as well as being used for construction and spiritual purposes
- ▶ Practiced herbalism (as the study and use of herbs for medicinal/health purposes) is 2,500-3,500 years old - handed down orally mostly - some early texts exist
- ▶ The method that village healers and early physicians used to heal people before the late 1800s/early 1900s when the pharmaceutical industry began
- ▶ Resurgence in the 1960s/1970s - the realm of the hippies
- ▶ Now much more mainstream - many plants extensively studied for their medicinal properties: Turmeric, Milk Thistle, Echinacea, Saw Palmetto
- ▶ People are looking for more natural ways to take care of their health and be less reliant on drugs.



Types of Herbal Remedies



A photograph of two glass cups filled with a golden-brown tea. The cups are garnished with fresh green mint leaves and slices of lemon. The cups are set on a dark, textured surface, possibly slate. The background is softly blurred, showing more of the same ingredients.

Teas and Infusions

- ▶ Made with plant material and water
- ▶ Mostly hot, but can make cold infusions
- ▶ Tea -
 - ▶ generally 1 heaping tsp of dried plant material (more if fresh) to 8-12 oz of hot water
 - ▶ steeped for about 5-10 minutes
 - ▶ Good choice for flavor and mild herbal actions
- ▶ Infusion -
 - ▶ At least 1 heaping tbs of dried plant material (more if fresh) to 8-12 oz of hot or cold water
 - ▶ Steeped for at least 3-4 hours, or overnight
 - ▶ Good choice for medicinal value

Decoctions

- ▶ Made with plant material and water
- ▶ Generally used with tougher plant material - roots, bark, seeds
- ▶ At least 1 heaping tbs of dried herb (more if fresh)
- ▶ Plant material simmered in water for at least 20 minutes until half the water has evaporated; strain plant material and compost
- ▶ Can be drunk, used as the base of another remedy like a syrup, or sprayed onto the body or surfaces



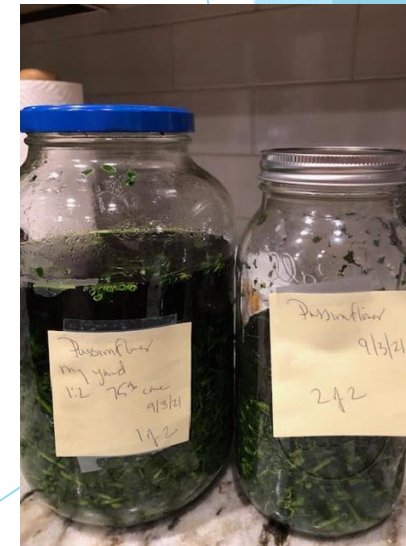
Infused Oils and Salves

- ▶ Made with plant material, oil, and beeswax
- ▶ Oils - Sunflower, Olive, Avocado, Almond, Sesame, Grape Seed
- ▶ Dried plant material is best - less chance of bacterial growth in oil
- ▶ Infused Oil - Folk Method
 - ▶ Fill a mason jar with dried plant material (1/2, 3/4, etc)
 - ▶ Pour oil into jar until plant material is completely covered plus 1"; put lid and label on it
 - ▶ Either let sit in dark, warm location for 2-3 weeks, or put in a warm water bath for 48-72 hours (crock pot on low or warm setting); strain and compost plant material (marc)
- ▶ Salve - oil with beeswax added to harden mixture
 - ▶ Warm infused oil in a double boiler
 - ▶ Add beeswax, 4 parts oil to 1 part beeswax; warm until beeswax is melted and take off heat
 - ▶ Dip a cold spoon into the mix to check the consistency - add oil or beeswax to get to the consistency you want
 - ▶ Pour into container and label



Tinctures and Extracts

- ▶ Extract made with plant material, a menstrum (alcohol, vinegar, glycerin), and water
- ▶ Easy to carry and take; more concentrated remedy
- ▶ Tincture - Folk Method
 - ▶ Fill mason jar with plant material
 - ▶ Dried herb: Pour at least 25%, 50 proof alcohol over plant until covered plus 1"; put lid and label on it and put in a dark, cool location for 4-6 weeks
 - ▶ Fresh herb: Pour at least 60%, 120 proof alcohol over plant until covered plus 1"; Put rocks onto plant material to keep it under surface; put lid and label on it and put in a dark, cool location for 3-6 weeks
 - ▶ Strain and compost marc, pour tincture into bottle and label. Good for 2-3 years minimum
- ▶ Vinegar extract - same as tincture, but pouring apple cider vinegar into mason jar and letting sit for 1-2 weeks



Syrups and Honeys



- ▶ Excellent remedy to ensure compliance in taking herbs
- ▶ Syrups
 - ▶ Typically made with an infusion or decoction, honey, and brandy; omit brandy for syrups given to children
 - ▶ Parts: 3 parts infusion/decoction, 2 parts honey, 1 part brandy
 - ▶ Warm an infusion/decoction in a pan; add honey and stir until melted/incorporated; remove from heat, add brandy, and pour into a jar and label
- ▶ Honeys
 - ▶ Made with plant material and honey
 - ▶ Fill a mason jar with plant material
 - ▶ Add honey, filling the mason jar so the plant material is completely covered
 - ▶ Let sit for at least a month; strain and compost marc (unless you'd like to keep it in the honey), label and keep in a dark, cool place

Familiar Culinary Herbs

Most culinary herbs and spices are *carminative*, meaning that they help warm and aid in digestion

Fennel



Thyme



Cayenne

Sage



Parsley



The Northern California Unit of
The Herb Society of America



Rosemary

Herbal Remedies with Culinary Herbs

- ▶ **Teas/Infusions**
 - ▶ Sage and Thyme Tea/Infusion - respiratory support
 - ▶ Fennel Tea - digestive support
 - ▶ Parsley Infusion - urinary support
 - ▶ Rosemary Tea - cognitive support
- ▶ **Steams - Rosemary and/or Thyme**
- ▶ **Syrups - Thyme Syrup**
- ▶ **Powders**
 - ▶ Dried Cayenne powder
 - ▶ Dried Fennel Leaves powder
- ▶ **Dried Herb** - added to food for digestive support; put into capsules for easier ingestion
- ▶ **Extracts/Tinctures** - alcohol, vinegar, or glycerin extracts can be made with any of these; easy to carry and use as needed

Garlic and Onion



- ▶ There are few (if any) of my meals that I don't have either Onion or Garlic - or both - in them!
- ▶ Garlic - "It's just magic" category due to its strong antimicrobial and cardiovascular properties
 - ▶ Contains important vitamins like B5, B6, C, and K
 - ▶ Actions: antimicrobial, antioxidant, anti-cholesterol, hypotensive (reduces blood pressure), anti-tumor, anti-inflammatory
 - ▶ Important constituent is Allicin - Released once garlic is diced/sliced/crushed
 - ▶ Cooking reduces some of the constituents responsible for garlic's healing properties, so raw or gently cooked is best
- ▶ Onion - has many of the same properties of garlic, but is much more cooling to the body
 - ▶ Great anti-inflammatory, antiviral/antibacterial, antioxidant herb
 - ▶ Best eaten raw too - "an onion a day keeps the doctor away"

Familiar Tea Herbs

Chamomile



Lemon Balm



Peppermint/ Spearmint



Ginger



Holy Basil/Tulsi



Herbal Remedies with Tea Herbs

- ▶ Well, obviously teas/Infusions!
 - ▶ Chamomile Infusion
 - ▶ Ginger Tea
 - ▶ Spearmint Tea
 - ▶ Tusli Tea
- ▶ Baths - **Ginger bath** - great during cold/flu season; can help reduce a fever; warms and relax muscles
- ▶ **Extracts/Tinctures** - alcohol extracts can be made with any of these; easy to carry and use as needed
- ▶ Plant material in its raw form
 - ▶ **Lemon Balm Infused water**
 - ▶ **Fresh Ginger added to dishes**



Medicinal Plants That Look Great in the Garden

Calendula



Lavender



Yarrow (white)



Aloe Vera



Lemongrass



Elder



Comfrey



Artichoke



Burdock



Very Large - need space

Herbal Remedies with Landscape Herbs

- ▶ **Teas/Infusions**
 - ▶ Lavender Tea
 - ▶ Yarrow Tea
 - ▶ Lemongrass Infusion
- ▶ **Healing Oils and Salves**
 - ▶ Calendula and/or Yarrow oil
 - ▶ Calendula and Lavender salve
- ▶ **Syrups - Elderberry Syrup - Yum!**
- ▶ **Tinctures** - alcohol, vinegar, or glycerin extracts can be made with any of these; easy to carry and use as needed
- ▶ **Plant Material in its raw form**
 - ▶ Yarrow leaves
 - ▶ Aloe Vera
 - ▶ Burdock
 - ▶ Artichoke leaf



And What About Those Pesky Weeds?

Many have medicinal value - so don't be too quick to throw them out! You can grow an intentional weed patch in your garden... and it can be quite pretty.

Plantain



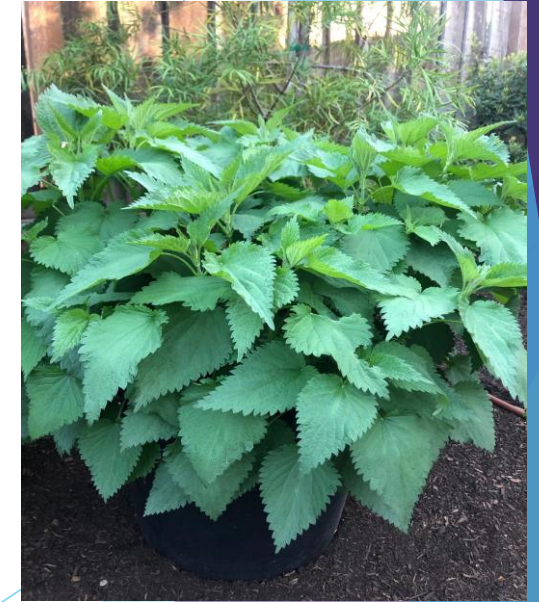
Dandelion



Cleavers



Nettle



Herbal Remedies with Weeds (that we consider herbs!)



- ▶ Teas/Infusions
 - ▶ Dandelion Tea
 - ▶ Nettle Infusion
 - ▶ Plantain Tea/Infusion
- ▶ Poultices - Plantain Spit Poultice
- ▶ Tinctures - alcohol or vinegar extracts can be made with any of these; easy to carry and use as needed
 - ▶ Cleavers
 - ▶ Dandelion leaf and root
- ▶ As Food
 - ▶ Nettle leaf
 - ▶ Dandelion leaves

Herbal Book Resources

- ▶ The Herbal Medicine-Maker's Handbook by James Green
- ▶ Alchemy of Herbs by Rosalee de la Foret
- ▶ Herbal Recipes for Vibrant Health by Rosemary Gladstar
- ▶ The Herbal Kitchen by Kami McBride
- ▶ Infuse - Herbal Teas to Cleanse, Nourish, and Heal by Paula Grainger & Karen Sullivan
- ▶ The Herbal Handbook - A User's Guide to Medical Herbalism by David Hoffmann

There are many resources out there about herbal medicine - make sure that you are sourcing reputable information. Look for blogs and articles from trained clinical herbalists, registered herbalists (“RH” behind their names) and herbalism schools

Questions....

And Answers (hopefully!)



Scan to get copies of our presentation
and handouts

Thank you!!

*Lisa-Marie Maryott
and Debbie Arnold*



NCU HSA Website