



Aromatic Herbs

The Stuff of Astounding: A Poem for Juneteenth
By PATRICIA SMITH



Unless you spring from a history that is smug and reckless, unless you've vowed yourself blind to a ceaseless light, you see us. We are a shea-shined toddler writhing through Sunday sermon, we are the grizzled elder gingerly unfolding his last body. And we are intent and insistent upon the human in ourselves. We are the doctor on another day at the edge of reason, coaxing a wrong hope, ripping open a gasping body to find air. We are five men dripping from the burly branches of young trees, which is to say that we dare a world that is both predictable and impossible. What else can we learn from suicides of the cuffed, the soft targets black backs be? Stuck in its rhythmic unreel, time keeps including us, even as our aged root is doggedly plucked and trampled, cursed by ham-fisted spitters in the throes of a particular fever. See how we push on as enigma, the free out loud, the audaciously unleashed, how slyly we scan the sky—all that wet voltage and scatters of furious star—to realize that we are the recipients of an ancient grace. No, we didn't *begin* to live when, on the 19th June day of that awkward, ordinary spring—with no joy, in a monotone still flecked with deceit—*Seems you and these others are free*. That moment did not begin our breath. Our truths—the ones we'd been birthed with—had already met reckoning in the fields as we muttered tangled nouns of home. We reveled in black from there to now, our rampant hue and nap, the unbridled breath that resides in the rafters, from then to here, everything we are is the stuff of astounding. We are a mother who hums snippets of gospel into the silk curls of her newborn, we are the harried sister on the elevator to the weekly paycheck mama dreamed for her. We are black in every way there is—perm and kink, upstart and elder, wide voice, fervent whisper. We heft our clumsy homemade placards, we will curl small in the gloom weeping to old blues ballads. We swear not to be anybody else's idea of free, lining up precisely, waiting to be freed again and again. We are breach and bellow, resisting a silent consent as we claim our much of America, its burden and snarl, the stink and hallelujah of it, its sicknesses and safe words, all its black and otherwise. Only those feigning blindness fail to see the body of work we are, and the work of body we have done. Everything is what it is because of us. It is misunderstanding to believe that free fell upon us like a blessing, that it was granted by a signature and an abruptly opened door. **Listen to the thousand ways to say *black out loud*. Hear a whole people celebrate their free and fragile lives, then find your own place inside that song. Make the singing matter.**

Traditional Uses of Aromatics

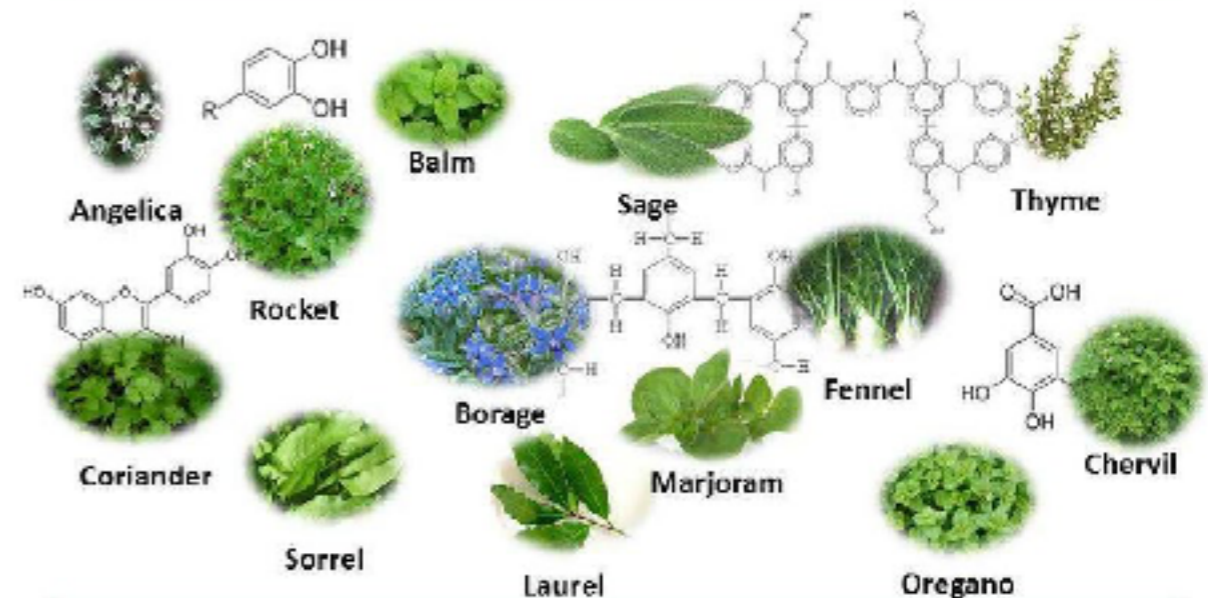
- Religious rituals and ceremonies
- White sage, artemisia, sweet grass
- Keep away evil spirits / germs
- Curanderas and plant sweeping
- Cooking
- Bathing - lavender, roman baths
- Physical, emotional and spiritual - re-connect all our parts
- Sacred plants - sage, elder, tulsi, mugwort, yarrow, sweet grass



Aromatic Constituents & how they help the body

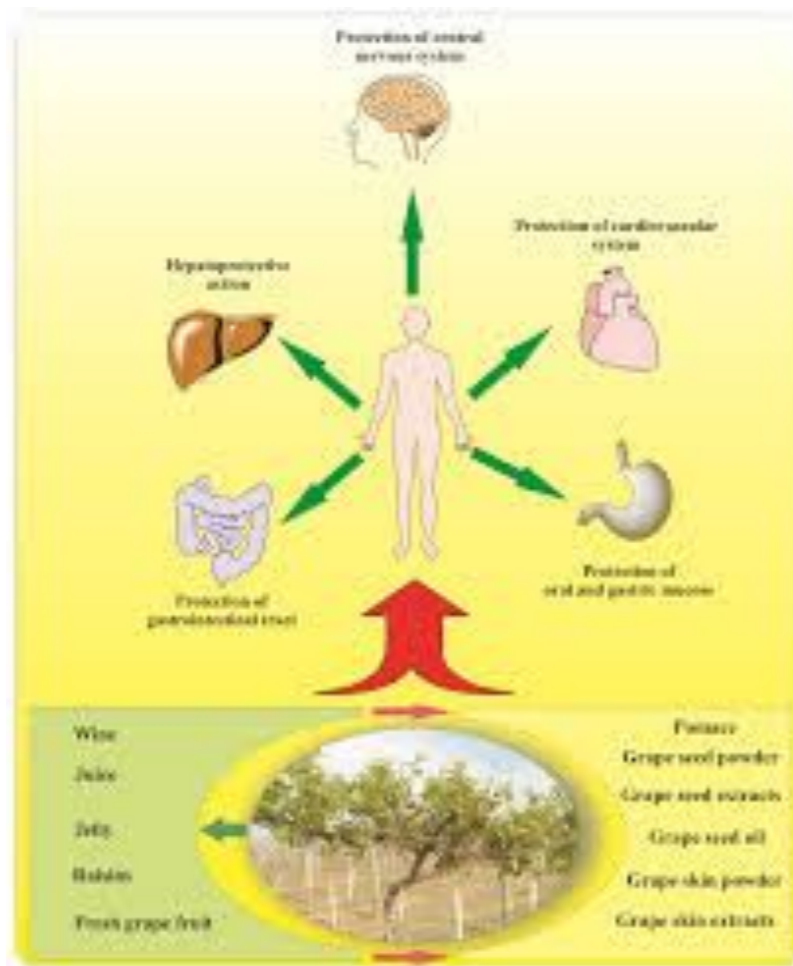
- Volatile Oils, Essential Oils
- What volatile oils do in plants - protect, when damaged & communicate
- Camphor, menthol, thymol, eugenol
- Polyphenols, flavonoids,
- Anti-oxidant, Anti-inflammatory, Anti-microbial
- Deter insects, clear air, bacteria, viruses
- Anti-allergic, anti-mutagenic, anti-thrombotic, and vasodilatory actions.
- Ability to both stimulate & relax
- Skin - circulation, stimulate, sedate
- Metal chelation properties (possibly)
- Phyto-remediation
- Dissolve mucus, open up congested and contracted blood vessels, and regulate the flow of qi (alleviate qi stagnation).
- Ask James Martiney

Bioactive compounds in culinary aromatic herbs and their effects on human health



The reported health effects vary according to the herb in question, but very frequently include antioxidant, antimicrobial, and antiviral effects, among others.

Aromatics & Systems



- Adapt to stress and change
- Nervous System - Mood and nervous system balancer, relaxed yet focused
- They support healthy tone and soothe excess tension. And more generally, their smell and their effects in the body uplift the spirits and support a mellow mood.
- Digestive System, liver, gall bladder
- Respiratory System
- Heart, Circulatory System - Anti-clotting and anti-atherosclerosis
- Immune System, infections
- Brain - particularly blue flowers
- Blood sugar balancer
- Cholesterol balancer
- Anti-microbial for many systems, UT

How to Use Aromatic Plants

- Teas
- Smudging
- Baths
- Steam Inhalants
- Oils
- Tinctures
- Elixirs & Cordials
- Vinegars
- Distillation



Each person will have a particular way that most appeals to them, but also know that a variety of ways supplies a variety of constituents - eg vinegars, water, alcohol, oil.

Spend more time today talking about how to make stuff.

Immune System

Sage - *Salvia Officinalis*

- Sore Throats- Gargle
- Drying - allergies, weaning, diarrhea, night sweats
- Sage brush, white sage



Rosemary - *Rosmarinus Officinalis*

- Head/Heart
- Wounds

Immune System

Thyme - *Thymus Vulgaris*

- Lungs, wet coughs, infections
- Steam Inhalation



Oregano - *Oreganum vulgare*

- Inhibits growth of candida
- Aristotle, tortoises, snake story

Thyme Honey Cough Syrup

INGREDIENTS:

- 4 tablespoons fresh thyme
- 1 teaspoon lemon juice
- 1 cup water
- 1/4 cup honey, preferably raw and local

DIRECTIONS:

Pour near-boiling water over thyme and steep, covered, for 15 minutes. Strain, then add honey and lemon juice. Refrigerate for up to 1 week. For children 12 months and older, give 1 to 2 teaspoons every 2 to 3 hours as needed. Teens and adults can take 1 to 2 tablespoons every 2 to 3 hours as needed.



Thieves Vinegar Recipe

Thieves Fire Cider

Makes about 1 pint.

Ingredients

- 1 part fresh sage
- 1 part fresh rosemary leaf
- 1 part fresh thyme
- 1 part fresh oregano
- 1/4 part fresh lavender (optional)
- 2 bulbs garlic, peeled and chopped
- Hot chilli peppers (optional)
- 1 tsp. organic black peppercorns
- Honey
- 16 oz. raw organic apple cider vinegar

Directions

1. Place sage, rosemary, thyme, garlic and peppercorns in a pint jar.
2. Pour cider vinegar into the jar with the herbs. Fill to the top.
3. Cover with a tight-fitting plastic lid. Alternatively, place a piece of parchment paper under a metal lid to keep the vinegar from touching the metal. Metal and vinegar don't mix!
4. Label with ingredients and date.
5. Store jar in a cool, dark place to extract for four weeks. Shake the jar every couple of days to assist in the extraction.
6. Strain vinegar through fine mesh strainer, potato ricer or sieve, pressing down on the herbs to release as much vinegar as possible.
7. Pour strained vinegar into glass storage jar or bottles.
8. Label and date!

Tips

- You can adjust the amount of herbs to your taste.
- If you want to use dried herbs, fill the jar about 1/3 full of the herbs. Then fill the rest of the jar with vinegar, infuse for a month, and strain.
- Use on salads (just add olive oil and salt), greens, veggies, marinades, or sip with a little warm water.
- Aids digestion, immune system and more.



The Mints

Mint - *Mentha spp.*

- stomach cramps, menstrual cramps
- lowers fevers (esp w. elderflower)
- headaches
- relax airways
- NOT with reflux/gerd (use catnip)
- menthol is anti-itch



Catnip - *Nepeta cataria*

- Reflux/gerd
- Inhibits H. pylori
- as with mint - fevers, colds, stomach aches, cramps

Nervous System - Aromatic Nervines

Lemon Balm - *Melissa officinalis*

- Insomnia, anxiety, depression, esp SAD
- ADHD, calming, relaxing
- Cold sores (also Tulsi)
- Nice for children
- Hyperthyroid (not for hypothyroid) ???



Rose - *Rosa spp.*

- Anti-depressant
- Relieves grief, sadness
- Lifts the spirits
- PTSD
- Sore throats
- Astringent



Lavender - *Lavandula angustifolia*

- gas, nausea, bloating
- inhibits H. pylori
- anti-depressant
- anxiolytic
- helps sleep well
- burns



Rose Petal Elixir

also Lemon Balm or Elder Flower Elixir



How to Make a Rose Petal Elixir

Supplies/Ingredients

- mason jar
 - size of your choice (choose based on how many rose petals you have access to)
- fresh wild or domesticated rose petals
 - please ensure they are not sprayed!
- raw local honey
- alcohol of choice (vodka is good)

Instructions

- Fill your jar with rose petals
 - Don't pack them down too much, but you do want it nice and full
 - If you don't have enough rose petals consider adding ginger, bee balm or some orange zest
- Fill your jar with about 1/4 of the way with your honey
- Top with your alcohol of choice
- If you are using a jar with a metal lid, use a piece of parchment paper between the lid and the elixir. This will prevent the lid from corroding and contaminating your elixir.

Allow your jar to sit in a cool and dark place for 4-6 weeks.

Whenever you think of it, give it a bit of a shake and some love.

When you are ready to use your elixir, simply strain out your petals.

If you have an amber dropper bottle, you can fill that for easier use.

Alternatively, if you would like to avoid the use of alcohol, you can simply make a rose petal honey use glycerine in place of alcohol.

Lemon Balm Cake

What you'll need... Cake 1/2 cup fresh lemon balm leaves 1 1/2 cups all-purpose flour 1 1/4 teaspoons baking powder 1/2 teaspoon baking soda 1/4 teaspoon salt 1/2 cup oil (such as olive oil) 1/2 cup honey 1/2 teaspoon vanilla extract 2 eggs 1/2 cup buttermilk or thin yogurt 2 teaspoons poppy seeds Icing 1/2 cup fresh lemon balm leaves (or 1/4 cup dried) 1 cup just-boiled water 1/4 cup honey 1 tablespoon arrowroot powder More poppy seeds for sprinkling Lemon balm leaves for garnish (optional) For the cake:

- 1- Preheat the oven to 350°F. Lightly grease a baking pan (see notes above).
- 2- Finely mince the lemon balm. (I use a food processor for this but a knife is fine too.)
- 3- Mix together the flour, baking powder, baking soda, and salt in a medium bowl.
- 4- In a large bowl, mix together the oil, minced lemon balm, honey, and vanilla extract. (I use a cake mixer for this step.)
- 5- Add the eggs, mixing them in one at a time, and then the buttermilk (or yogurt).
- 6- Add the dry mixture to the wet mixture in two batches. Mix on low speed until combined, and do not overmix. Mix in the poppy seeds.
- 7- Pour the the batter into the prepared pan.
- 8- Bake until it is brown around the edges and a toothpick inserted in the center comes out clean, about 30 minutes for a cakelet pan or 60 minutes for a loaf pan.

For the icing: Steep the lemon balm in 1 cup of just-boiled water for 5 minutes. Strain into a small pan. Add the honey and stir until it is dissolved. Separate two tablespoons of the lemon balm and honey mixture into a small bowl and allow to cool. Once cool, add the arrowroot powder and stir well. Add this mixture back into the small pan with the lemon balm and honey. Heat the pan on medium-low heat. Whisk the mixture continuously until it begins to thicken. Pull it from the heat just as it thickens; otherwise, it will continue to thicken and become overly gel-like. Spoon the icing over the cake. Sprinkle poppy seeds on top. Garnish with fresh lemon balm leaves if desired.

Text from <https://learningherbs.com/remedies-recipes/lemon-balm-cake/>
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Elder Flower Cordial

Rose Cordial



15 heads of elderflower (or roses or a mix)
500g caster sugar (i use much less)
4 tablespoons quality runny honey
2 unwaxed lemons
(i add vodka or elder flower tincture to help preserve and to add different constituents of elder flower or rose)

1. Wash the elderflower well, picking off any bugs.
2. Place the sugar and honey in a large saucepan with 1 litre of water. Gently bring to the boil, until all the sugar has dissolved, then remove from the heat.
3. Finely grate in the lemon zest and add the elderflower upside down, making sure the flowers are completely submerged.
4. Squeeze in the juice from one of the lemons, then slice the other and add it to the pan, too. Pop the lid on and leave to one side to infuse for 24 hours.
5. When you're ready to strain your cordial, line a fine sieve with muslin over a large bowl (if you don't have muslin, you can use good quality kitchen towel) and pour through the cordial.
6. Store in sterilised bottles or jars and drink diluted with water, soda or Prosecco.
7. Or make an **elder flower gimlet** with gin/vodka, elderflower cordial and some lemon or lime.



Lavender Oil(or any plant)

https://healingherbaloils.com/free-workshop?orid=6706&opid=89&utm_source=&utm_medium=&utm_term=&utm_content=This+is+the+secret+to+making+your+own+lavender+oil...&utm_campaign=



Ingredients

- A sanitized and bone-dry quart-size glass jar (mason jar works)
- Two sanitized and bone-dry 8-ounce glass jars for storage
- Sanitized measuring cups
- Measuring spoon
- Cheesecloth or muslin
- Funnel
- Carrier oil of your choice
- Dried lavender buds
- [70% Alcohol](#)

How to Make Lavender Body Oil

- Lightly crush dried lavender buds with a mortar and pestle.
- Sanitize a quart-size glass jar in a dishwasher or use a stove-top method. Make sure the jar is completely dry before use.
- Fill a glass jar with dried and crushed lavender buds.
- Add sunflower oil (or other carrier oil) and cover buds completely.
- Pierce vitamin E capsules with fork tine or paring knife. Empty liquid contents of pills into the jar. Stir well with a stainless-steel spoon.
- Top off mixture with more carrier oil to prevent air from remaining in the jar and seal with a lid.
- Store in a warm dark location for 4 to 6 weeks, and be sure to shake your jar every day gently.
- Note: If you prefer not to wait 4 to 6 weeks, you can heat the lavender bud and oil mixture in a double boiler to 100 to 120 degrees. Excessive heat will make the oil unstable, and the shelf life will be limited. Use a thermometer to make sure the temperature of the oil mixture does not go above 120 degrees.
- To finish your lavender oil, first, strain it by lining a funnel with muslin or cheesecloth. Then insert the funnel into the mouth of your sanitized 8-ounce jars. Pour the oil mixture in and discard the buds. If using the “quick method,” wait for the mixture to cool before straining and storing.

Shelf life of this Lavender Oil is between 1-2 years provided:

1. The carrier oil used typically has a long shelf life
2. The carrier oil is fresh and has not been sitting on the shelf for several years
3. Your work environment is clean
4. Stay between 100-120 degrees when heating the oil, as instructed

If you decide to try this fantastic recipe, be sure to take a photo and share them with us using #waxingkararecipes on [Instagram](#). We love seeing your photos!

<https://waxingkara.com/lavender-body-oil/>

Basil - *Ocimum basilicum*

Tulsi - *Ocimum sanctum/tenuiflorum*

- qualities of the rosemaries and the lemon balms
- lifts the spirits
- stress relief
- tulsi - tula - balancer for nervous, immune, blood sugar
- radio protective



Coriander - *Coriandrum sativum*

Fennel - *Foeniculum vulgare*

Coriander

- Chelate metals???? possibly can lessen toxic effects, decrease absorption of heavy metals, when eating foods high in heavy metals
- Garlic, Ground Ivy might be better for metal chelation



Fennel

- Digestion, reflux (w. catnip & chamomile)
- Galactagogue
- Babies colic
- Eyes
- Mouth freshener



Mint Pesto

also fennel, coriander, parsley, sage or any mix



Make as you make any pesto

- Mint, fennel, parsley, or any mix
- Garlic
- Nuts (pine nuts, walnuts, almonds, peanuts)
- Olive Oil
- Parmesan or pecorino cheese
- Salt & pepper
- Lemon juice (optional)



Aromatic Bitters

Yarrow - *Achillea Millefolium*

Mugwort & other *Artemesia spp.*

- Lavender
- Liver, gall bladder, digestion
- Stimulate appetite
- stop intestinal bleeding
- depression



Aromatic Wild Flowers

Honeysuckle & Elder Flower

- Fevers
- Cools, clears heat & inflammation, infections
- Potentiates antibiotics and helps against MRSA (honeysuckle)
- Skin (elder)



Resources for Recipes, Herbs Films & Books

- mabfilms.org (Tish's film site)
- queenmabscsm.com (Tish's herbal csa site)
- tishstreeten@gmail.com (Tish's e-mail)
- learningherbs.com (recipes and herbal info)
- <https://www.mountainroseherbs.com> (dried herbs & accoutrements & recipes)
- <https://kamimcbride.com> (classes, videos etc)