



The
Prairie Sage

The Herb Society of Manitoba Quarterly Newsletter
— Fall 2001 —

The Herb Society of Manitoba is dedicated to promoting knowledge, use and enjoyment of herbs through education programs, research and sharing the experience of its members with the community.

PRESIDENT'S MESSAGE

It is with great pleasure that I address you as your new president of the Herb Society of Manitoba.

Over the years our Society has grown into an active and dynamic organization promoting the many facets of growing herbs and their uses.

This is due in no small measure to the efforts of Anne Jackson and Sandra Ross, my predecessors as president.

We need the support and participation of all members to continue the growth of the organization. I encourage all of you to get involved in Society activities.

I would like to welcome the new members of the Society executive for this term: Pat Young, membership chair and Audrey Hosegood, secretary.

Also I would like to express our appreciation for the work done by those leaving the executive; Claudette Rodstrom (secretary) Angel Calnek (Treasurer) and Natasa Juck (herb garden), your contributions will be greatly missed.

The summer has been a busy one for Herb Society members. First of all, a very successful Herbfest was held on June 23 at Assiniboine

Park, our thanks to Diane Balez as co-ordinator of this great event.

Also we were invited to have a table at the Red River Exhibition as an informational activity to enhance herbal awareness among the public; our thanks to Anne Jackson for organizing the event.

McNally-Robinson invited us for another book launch party on July 26 to promote our cook-book. Anne Jackson gave a presentation about the history and activities of our Society while Pat Cooper and her hospitality committee baked goodies using recipes from the cookbook. These were served to those in attendance. Everyone enjoyed the evening and we even sold a few more cookbooks.

Summer activities were rounded off by our annual bus tour to visit gardens. This years tour to Teulon was highly successful and was enjoyed by all.

For this fall there are several events which you should watch for.

Firstly, the Society is sponsoring an all-day workshop on October 20 entitled "Potential of Herbs as a Cash Crop". Those of you who

HERBAL HAPPENINGS

**ASSINIBOINE PARK
CONSERVATORY,
Thursdays
@ 7:00 P.M.**

SEPTEMBER 13/01

SPEAKER: Traute Klein
TOPIC: "Companion planting for herbs."

OCTOBER 11/01

SPEAKER: Peter Ecker Jr.
FROM: Michelle's at McPhillips Station.
TOPIC: "Herbal infusions in cooking."

OCTOBER 20/01

OAK HAMMOCK MARSH
SPEAKER; Richard Alan Miller
FROM; Northwest Botanicals
TOPIC: "Potential of Herbs as a Cash Crop."
See "Herbal Courses & Work shops."

NOVEMBER 08/01

SPEAKER: Rebecca
FROM: Growing Prospects.
TOPIC: "Growing herbs hydroponically."

attended the Nutraceuticals Conference last February will welcome the return of Richard Alan Miller of Oregon, who has agreed to lead this workshop.

continued:

PRESIDENT'S MESSAGE

continued:

Information including how to register is available under Herbal Courses & Workshops, in the Prairie Sage.

Secondly, on November 13 an Herbal Delights dinner at Red River College is planned. Cost is \$25 per person and will feature dishes prepared using herbs. More information and tickets for this event will be available at our September and October general meetings.

The Herb Society will have its very own website very soon. Members of the executive have been working on this project since the spring and we are now ready to roll out the product. The website will be introduced to you at the general meeting in September.

Our first general meeting of the year will be on September 13, 7:00 pm with guest speaker Traute Klein on Companion planting for herbs. Hope to see you there.

If you have any comments or suggestions about the Society please call me at 669-7750 or email bnorunnalls@home.com

Bill Runnalls

HERBAL DELIGHTS DINNER

November Tues. 13, 7:00 pm

The Prairie Lights Cafe at Red River Community College.

A choice of meat or vegetarian entree with an herbal emphasis.

Menu will be available soon & more information will be given at future general meetings.

This is not a fund raising event.

The ticket price is what the college is charging.

Cost is \$35.00 (inc. taxes and 15% gratuity) per person.

Contact Bill Runnalls for tickets and information.

Telephone 669-7750 or email bnorunnalls@home.com

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H.S.M. LIBRARY NEWS

Three beautiful new books were purchased in June in honor of H.S.M. executive members leaving their positions after several years of invaluable contributions.

The Fragrant Herbal by Leslie Bremness was chosen to be dedicated to Past (and Founding) President, Ann Jackson, because it was through Ann's acquaintance with Ms. Bremness that the seeds for forming our society were planted.

Our immediate Past President, Sandra Ross, is also friends with an herbal author -Pat Crocker - so The Juicing Bible by Pat Crocker and Susan Eagle is inscribed in Sandra's honor.

Claudette Rodstom stepped down from her position as H.S.M. Secretary. She has a special interest in women's health issues and The Woman's Book of Healing Herbs by Sari Harrar and Sara Altshul O'Donnell is a tribute to Claudette.

Ellen Hanson

H.S.M. EXECUTIVE

PRESIDENT	
Bill Runnalls	669-7750
VICE PRESIDENT	
Diane Balez	897-7433
SECRETARY	
Audrey Hosegood	885-7615
TREASURER	
Judy Carnegie	1-204-642-7918
PAST PRESIDENT	
Sandra Ross	757-9868

COMMITTEE HEADS

HERBFEST	
Patricia Cooper	261-3699
PROGRAMS	
Pam Begg	489-7785
Bob Kitlar	837-6810
MEMBERSHIP	
Patricia Young	885-7615
TELEPHONE	
Irene Hyland	837-7698
HOSPITALITY	
Patricia Cooper	261-3699
NEWSLETTER	
June Harris	837-6765
LIBRARY	
Ellen Hanson	475-8083

MEMBERS AT LARGE

Bev Lloyd	255-7847
Anne Jackson	256-1998

HERB GARDEN REPORT

On September 8, 2001 a "Garden Planting Party" is planned.

Work will include adding an additional 20 yards of 4-way mix with an additional 30% more sand; moving some of the existing perennial herbs, depending on their moisture requirements; an additional 75 perennial herbs donated by Sage Garden Herbs will be planted plus harvesting the annual herbs for the hospitality committee to use in future refreshments.

We hope to have the garden work completed by lunch time, when a catered lunch will be provided to our hard working members.

Sandra Ross

HERBFEST 2001

The Herbfest was attended by about 2000 people on a bright and beautiful day. Many visitors indicated that they enjoyed the results of all of your work to make this an informative, accessible, and affordable event. A special thank you goes to everyone who staffed the tables, helped with setup/-take down, supplied baking, helped with the organizing and gave out flyers. This event happened because of a great deal of work by the following dedicated volunteers:

Pat Cooper, Olga Runnalls, Ellen Hanson, Grace Hicks, Karen Geisel, Sandra Cerqueira, Shirley Hull, Alice Moulton, Yvonne Crompton, Gail Buffington, Judy Carnegie, Faye Schmidt, Janet Meckling, Lucretia Ionescu, Anne & Irv Jackson, Pat Lumley, Michelle Funk, Doris Kopp, Carol Hiebert, Vivienne Babij, Anita Weselake, Evelyn Jaques, Josie Wasney, Maria Vieira, Norma Wilson, Astrid Zimmer, Nancy Preis, Christine Black, Debbie Ashen, Sherry Bailey, Helene Bouvier, Barbara Ann Carin, Beryl Hughes, Florence Kummen, Joyce Zink, Louise Wilding, Alicja Wojewnik, Pat Young, Verene Unger, Mariel Venzky, Jean Boyes, Geraldine Chalanchuk, June Harris and Sandra Ross, for organizing, preparing and serving all the wonderful baking and herbal drinks.

David Hanson - for a great presentation, making arrangements for Ken Beattie's presentation, for the indoor herb garden

June Harris and Faye Schmidt - for preparing the programs, introducing the speakers, conducting a garden tour, and many other details

Anne Jackson - for serving on the committee, booking Linda Kane, obtaining advertising for the programs, take down and more

Toni Ramsey - for organizing a beautiful art display in the Conservatory

Kaz Sawicz - for organizing all the set-up and take-down and looking after a multitude of details all day

Pam Begg, Bill Runnalls, Irv Jackson, and Sandra Ross - for set-up, take down, and general tasks during the day

Bev Lloyd for arranging a herbal medicine book table

Dr. Simm, Ken Beattie, Mary Jane Eason, David Hanson - for their excellent presentations

Lee Valley Tools, Richters Herbs, Shelmerdine Nurseries, Flyin Brian - for sponsoring the herbfest

Friends of the Conservatory - who assisted in many ways, including donation of herbs for the garden and sales of garden raffle tickets at the gift shop

Carol Carson and Linda Kane - for providing lively entertainment during the event

All of the vendors who provided interesting products and ideas for those attending

Total final sale of tickets on the Herb Garden Raffle was \$760.00, leaving a profit of about \$175.00 after expenses.

Winners of the Herb Garden Raffle:

Garden:	Janet Buhler, Treherne
2 Pots:	Gail Buffington
2 Gift Certificates:	Janet Meckling, Winnipeg

Sales at the ticket sales table were \$903.25. The breakdown is as follows:

Individual slices of loaves @ \$1.00	\$ 130.00
Lemonade, 270 cups @ .50	135.00
Silent Auction, 5 for \$2.00	144.00
Herbfest Garden Raffle, 16 @ \$10.00	160.00
Baking	334.25
Membership Table	\$ 441.75
Cookbooks \$160.00, membership renewal \$20.00, T-shirts and bags	\$ 261.75

Silent auction winners:

Manitoba Gardener and Shoppers	Helen Dyck
Herb Society	Anne Jackson
Manitoba Gardener, Richters gift certificate, stepping stone	Shannon Mosquin
Shelmerdine jacket	H.B. Gates
Dried flowers	Pauline Hein
DeLuca's basket	Sandra Ross

continued:

HERBFEST 2001, continued:

Shelmerdines gift certificate, doilies
Richters gift certificate, wreath
Winner of the Scavenger Hunt draw(Manitoba Gardener)

L. Norman
Lori Graham
Shirley Hull

*Diane Balez
Past Chairperson and Committee Head for Herbfest 2001*

HERBFEST 2002

We have completed our fourth Herbfest and now we are working on the next for Saturday, July 6th, 2002. When I was asked if I would be the Chairperson for Herbfest 2002, I was a bit hesitant as I realize that it is a huge responsibility. But then I decided to say yes for two reasons: firstly, I have a soft spot in my heart for Herbfest as it was the way in which I first heard of this wonderful group of people, and secondly, I know that you are a hard working group of members who will participate to your fullest as Herbfest is truly about each of us. It is a wonderful time to share with each other and with the public in general. It is a time to share that which is very important to each of us.

I am happy to say that Pam Begg has consented to be Co-Chairperson. Together we invite you to think about how you would like to participate in our next Herbfest and to let us know. We will be starting in September to form committees; so we look forward to hearing from you. Please e-mail or telephone us with your suggestions. We look forward to hearing from you.

Pat Cooper-
Pam Begg-

Email pacooper@mb.sympatico.ca
Email grassfinch@home.com

telephone--261-3699
telephone--489-7785

*Patricia Cooper
Herbfest Chairperson 2002*

A TRIBUTE TO NATASA JUCK

In the past we have honoured our members with the presentation of a plaque as a token of our esteem. This year it was our pleasure to present an acknowledgment of our appreciation to Natasa Juck, a Landscape Architect with Hilderman Thomas Frank Cram.

Since the inception of The Herb Society of Manitoba, we have had many happenstances that have developed into positive realities. Wendy Mackie telephoned me to see if we, as a group, could maintain a Herb Garden at Assiniboine Park. At the very next meeting I asked our membership (at that time about 35 strong) if they thought it would be possible. The response was unanimous and Natasa offered to design our Herb Garden.

She honed our mixture of experienced and greenhorn members into movers of pea gravel and layers of pavers, overseeing the placement of wheelbarrows full of soil and the planting of herbs. Always good natured and enthusiastic, working hard with her in the garden was infectious. It was encouraging and satisfying to see our Herb Garden taking shape. She has headed many work parties through all kinds of weather, including one time when it was raining and so wet she was stuck in the centre and had to be pulled out. Natasa also designed the arbours and with her connections and charm and time they too are now a beautiful reality.

Thanks to Natasa we have a very visible presence in Assiniboine Park. As well as developing the garden being a focus for her, she has also had a term arranging for our speakers and that year's bus tour, and she was number four on our original member list.



*Respectfully submitted
Anne Jackson
Past President*



WINNIPEG IN BLOOM CONTEST WINNERS

Frances Grosselle won first place for her garden in the category of large residential front gardens in the St. James area.

Doris and Herb Kopp won second place in small, residential front gardens category, in the Fort Rouge area.

Patricia Cooper won third place in the small residential front gardens in the Fort Garry area.

CONGRATULATIONS!!!!!!!



H.S.M. WEBSITE

Yes, we now have our own website

www.herbsocietyymb.com and the private password for members only is, sage.

This password will change with each quarterly news letter.

More information as to what will be on our website and how to use it, will be given at our next general meeting.

PRESERVING HERBS

Freezing is an easy way to preserve herbs. Rinse them quickly in cold water, shake, then chop coarsely. Place generous pinches of herbs in water-filled ice cube trays and freeze. Transfer these to plastic bags or air tight containers.

Or spread them loosely on a cookie sheet to freeze, then place in freezer bags. Do not re-freeze herbs after thawing.



THANKYOU TO ALL BAKERS

The Bake Table at Herbfest 2001 was a great success! We want to thank all of the wonderful bakers. The items were all delicious looking and those who tasted reported very satisfied tastebuds!!

Thankyou for your efforts on making Herbfest a success.

We look forward to the next Herbfest on July 6th, 2002. So, please start now to plan what you would like to bake for the bake table.

Patricia Cooper



RED RIVER EXHIBITION

Although our display visibility was not all we hoped. We did have a presence in The Potting Shed. A 'thankyou' to the following members that generously gave their time, some doing more than one shift, to promote our Society.

Bob & Deb. Kitlar, June & Cliff Harris, Sandra Cerqueira, Dan Bigelow, Anne & Irv. Jackson, Carol Hibbert, Lucretia Ionescu, Nancy Preis, Elizabeth & Christine Black, Donna Marten and Irene Hyland.



ST. VITAL AGRICULTURAL FAIR

We also had a display at this Fair, it was interesting to see how a small enthusiastic group showed off community talents. Thanks to, Lucretia Ionescu, Kaz Sawicz and Anne Jackson who manned our display.

*Herbally Yours
Anne Jackson*

HARVESTING HERBS

Herbs should be harvested when the oils responsible for flavor and aroma are at their peak. Proper timing depends on the plant part you are harvesting and the intended use.

Herbs grown for their foliage should be harvested before they flower. While chives are quite attractive in bloom, flowering can cause the foliage to develop an off-flavour.

Harvest herbs grown for seeds as the seed pods change in colour from green to brown to gray but before they shatter. Collect herb flowers, such as borage and chamomile, just before full flower. Harvest herb roots, such as, chicory, ginseng, and goldenseal in the fall after the foliage fades.

Begin harvesting when plant has enough foliage to maintain growth. Up to 75% of the current season's growth can be harvested at one time. Harvest early in the morning, after the dew dries but before the heat of the day.

Harvest before flowering, otherwise leaf production declines. Herb flowers have their most intense oil concentration and flavour when harvested after flower buds appear but before they open. Herb flowers harvested to dry for craft purposes should be picked just before they are fully open.

Annuals can be harvested until frost. Perennials can be clipped until late August. Stop harvesting about one month before the frost date. Late pruning could encourage tender growth that cannot harden off before winter. Harvest tarragon or lavender flowers in early summer and then shear the plants to half their height to encourage a second flowering period in the fall.



THE ASSINIBOINE PARK CONSERVATORY

UP & COMING PLANTS FOR '02

Instructor: Stefan Fediuk

Are you the type of person who likes to have something that no-one else has? You like to know what is coming out in the Manitoba and Canadian Hort. markets by way of outdoor plants? Yes, then this is the course for you. Our Outdoor Gardens' Supervisor, Stefan Fediuk, has been contacting various local garden centers and horticultural suppliers across Canada to help you find what's new and innovative for your garden. The lecture/slide presentation will introduce you to newly available varieties of trees, shrubs, perennials, annuals, and roses. Participants are provided with a listing and brief description of plants discussed, plus some more plants that Stefan feels you might want to try.

Time: 7:00-9:00 pm

Cost: \$20.00nm, \$18.00mbr

301-8A1 Tues. November 6

GARDENING FOR ALL SEASONS

Instructor: Stephan Feduik

Join Stefan for an in-depth tour of trees, shrubs, and perennials that will add texture, colour and structural interest year-round to your garden. Course is in 2 parts, payable separately. First session is a lecture/slide show that will display ideal plants for a successful year-round garden and explain their potential application in the landscape. 2nd is a walking tour of the gardens in Assiniboine Park to help show the various plants that are being used to add year-round interest. Fee for first session includes lists of plants with seasonal interest. Tour can be registered for separately. Lecture 301-7F1

Mon. September, 17.

Time: 7:00 9:30 pm.

\$20.00nm, \$18.00mbr

TOUR OF THE ASSINIBOINE PARK GARDENS

301-7G1 Monday, Sept. 24,

Starts at 6:30 pm

\$15.00nm, \$12.00mbr.

SECRETS OF FALL GARDENING

Inst: Christopher Tarrant

Let Chris show you how to make the most of your garden in the autumn! This course covers all the fun that you can have in your garden this fall. Learn about the basics of fall garden care such as soil amendments, perennial care for the fall, winter and an overview of pruning trees and shrubs. Discover how to reclaim tender plants from your garden to over-winter indoors. The course includes a handout package and a booklet.

Time: 6:30-9:00 pm.

Cost: \$25.00nm, \$22.00mbr

301-7E1 Tues. September 25

301-7E2 Wed. October 3

GARDENING WITH BULBS ON THE PRAIRIES

Inst: Christopher Tarrant

Be the first on your block to have flowers in the spring! This course discusses the bulbs hardy to the Manitoba region and how to plant them in your garden to get the maximum impact every spring and summer. Bulbs are valuable additions to the prairie garden as they can extend enjoyment of your gardening season from April to October. Included is a large assorted package of bulbs inc. hardy bulbs for your garden, some for forcing and a handout!

Time: 6:30-9:00 pm.

Cost: \$35.00nm, \$30.00 mbr

301-2A1 Wed. October 10

301-2A2 Mon. October 15

GARDENING FOR BUTTERFLIES

Instructor: Chris Pedersen

Learn how to garden in a butterfly friendly manner and do

your bit to increase the habitat for butterflies! Butterfly gardening requires some knowledge of what they require to survive and thrive in today's bustling world.

Discover the importance of both nectar and host plants in your garden plan. Course includes an informative booklet on butterfly gardening and a few packages of seeds for butterfly attracting plants.

Time: 7:00-9:00 pm.

Cost: \$25.00nm, \$22.00mbr

301-7C1: Tues. October 23

301-7C2: Tues. October 30

EDIBLE FLOWERS AND HERBS

Instructor: Sandra Ross

Learn how to cook with edible flowers and learn hands-on how to crystallize flowers and herbs for decoration on cakes and pastries. Course inc. information booklet and all hands-on materials.

Time: 7:30-10:00 pm

Cost: \$35.00nm, \$30.00mbr

301-5J1 Thurs. October 18

301-5J2 Thurs. October 25

PLANT YOUR OWN INDOOR HERB CONTAINER

Instructor: David Hanson
Each participant brings 2 containers to class and selects from a wide variety of herbs for sale that are suitable for indoor culture. David will instruct participants how to keep herbs healthy and happy.

Workshop inc. informative booklet. Participants bring own containers to class; one rectangular, (about 12" by 6" by 6" deep is perfect) & one 6" diameter pot per person.

Time: 7:00-9:30 pm

Cost: \$25.00nm, \$22.00mbr

301-5K1 Mon. October 1

GROWING HERBS INDOORS

Instructor: David Hanson.

Cook with fresh herbs all winter or just enjoy the aroma of the living plants! David will show everyone how to keep their herbs

continued:

HERBAL COURSES AND WORKSHOPS

continued:

happy and healthy indoors, as well as giving a demonstration of herb propagation. Each participant takes home four herbs & informative booklet. Time: 7:00-9:30 pm.

Cost: \$30.00nm, \$28.00mbr
301-5F1 Tues. September 18

HARVESTING YOUR HERBS

Instructor: Sandra Ross
Learn some tricks of the trade on picking, drying and storing herbs you have grown to give the best flavour and colour. Workshop inc. a booklet with suggestions on dried combinations for use in kitchen and a take-home sample.

Time: 7:30-10:00 pm

Cost: \$25.00nm, \$22.00mbr
301-5B1 Tues. October 9

INTRODUCTION TO GROWING ORCHIDS

Instructor: Ed Cormier
Discover the exotic world of orchids! Learn how to grow and care for these plants. Take home full colour book on care of orchids. Orchids available for sale at the class.

Time: 7:00-9:30 pm

Cost: \$25.00nm, \$22.00mbr.
301-4A1 Mon. October 22

GROWING ORCHIDS FOR INTERMEDIATES

Instructor: Ed Cormier
Course is designed for those that have experience in growing orchids. Course is part theory and part discussion. Orchid nomenclature, potting media, and explanations as to why some orchids are more difficult to grow and get to bloom will be discussed. Discussion session will help you to troubleshoot problematic orchids. You are encouraged to bring any 'problem' plants to get advice from an expert grower! Orchids available for sale at the class.

Time: 7:00-9:30 pm

Cost: \$20.00nm, \$22.00mbr
301-4C1 Tues. November 13

BONSAI TECHNIQUES: WIRING YOUR BONSAI

Instructor: Marcel Comeault
Learn how to wire your bonsai. Bring Bonsai, wire will be supplied at the class. Course inc. informative hand-out on techniques required. Time: 7:00-9:30 pm
Cost: \$25.00nm, \$22.00mbr
301-4E1 Mon. November 26

BONSAI TECHNIQUES: POTTING YOUR BONSAI

Instructor: Marcel Comeault
Learn to pot or repot your Bonsai. Bring Bonsai and your choice of container. Limited number of containers available for sale at class. Inc. an informative handout on techniques required.

Time: 7:00-9:30 pm

Cost: \$22.00nm, \$20.00mbr
301-4D1 Wed. November 28

PRE-REGISTER FOR COURSES. Call 986-5537, or send your name, course name, number and cheque to the Assiniboine Park Conservatory, 15 Conservatory Drive, R3P 2N5.

Bonsai Society is running the Introduction to Growing Bonsai as part of their membership initiation in Sept. Contact Marcel Comeault (253-5601), Stu Innes (269-7471), or Joe Grande (774-1960).

'THE ELEMENTS' FLORAL DESIGN SERIES

'The Elements' is a series of workshops that will be hosted by Winnipeg Flower Arranging Group at Assiniboine Park Conservatory. Participants bring own container and supplies to the workshops. For descriptions of workshops and inf, contact Bonnie at 253-4022 or Anthony at 667-0529.

LIVING PRAIRIE MUSEUM

GUIDED HIKES OF THE LIVING PRAIRIE MUSEUM

Each fall, tours are available in the evening for Guides, Scouts and other community groups. Cost is \$2.25 per

person, no charge for group leaders. For more inf. please contact us at 832-0167.

TALL GRASS TUNNEL OF TERROR AND GHOST HIKE
If, to a spooky party you would really like to go, as Halloween draws near, hasten to the place described below. At the request of the Living Prairie Museum, meet the ghosts of the prairie past at 2795 Ness Avenue. Wear a wig or at least a mask, come one, come all and we'll see who can last! Perfect for Halloween Parties, Birthday Parties, School Groups. From October 26th-31st. Cost is \$3.00 per hiker. 2795 Ness Avenue 832-0167
To register contact City of Winnipeg Registration Hotline 986-5663. Payment required in advance.

OAK HAMMOCK MARSH

In the Conservation Centre. Sat. October 20, 2001. Time: 8:30-4:00 pm
Topic: "The Potential Of Herbs As A Cash Crop." Speaker: Richard Alan Miller of Northwest Botanicals Inc. Fee: \$50.00 + GST nm, \$30.00 + GST mbr
For more information please call, Manitoba Food Development Centre at 1-800-870-1044 attention, Diane Miller or dmiller@fdc.mb.ca

MAPAM (The Medicinal and Aromatic Plant Association of Manitoba), are hosting the 6th Annual Western Canadian Conference, "Sharing the Knowledge." Held at the Royal Oak Inn, Brandon. FEB. 13,14 &15, 2002. We welcome all interested people to call the Portage La Prairie, Food Development Centre, ask for Ms. Diane Miller 1-800-870-1044. We have great speakers and purchasing agents coming from big companies, for e.g., Botanical Int. of California and Frontier Co-op, Iowa.

MY GARDEN OF HEALING

by PATRICIA COOPER

Last year on May the 18th, I stood on our front doorstep wringing my hands and quivering in my sandals with great anticipation as a robustious bobcat removed our entire front lawn.

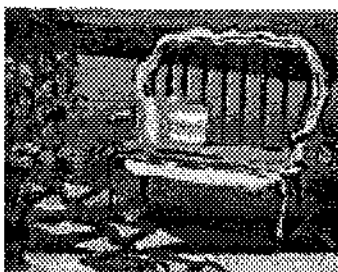
Was this my ultimate act of revenge for hours of laborious mowing?

No. It was the long-awaited realization of a childhood dream. *A front yard garden!*

This May, with family, friends and neighbours, I celebrated the first birthday of our "Contemplation Garden," my garden of healing.

In 1992, at the age of 47, I was unexpectedly diagnosed with multiple sclerosis. My world of marathon running and long distance canoeing fell apart. I wanted to die. Having to end my career as a social worker caused me to dig deep within myself for emotional survival. Much to my amazement I unearthed a wonderful childhood memory of walks in the English Garden at Assiniboine Park and reading my first book, *The Secret Garden*. Later, at a meeting of the Herb Society of Manitoba, Jennifer LaBella of Ivy League Landscape Design in Winnipeg gave a talk about Feng Shui gardening, the ancient Chinese art of creating a serene garden of harmony and flow. *Gardening and healing*--this was to be my answer!

With the help of Jennifer, my husband Randy, and Dave Hanson of Sage Garden Herbs, the garden that blossomed from my childhood memory has now become a wonderful source of *Sheng Chi*--positive ener-



gy--both for me and the neighbourhood.

The entrance invites a walk around the curved paths--to touch, smell, and taste the plants and enjoy the presence of the birds, butterflies, and even the insects.

There is no medication for my type of MS, so my garden has become my source of healing and strength. When I am in pain or my brain is so scrambled that I am confused and sad, I go to my garden and sit. I take in the soothing atmosphere--the colours, the scents, birds, and butterflies, and the sound of water gently falling in the fountain. Just watching a bird taking a bath brings a smile to my face and joy to my soul.

My garden has become a renewable source of supplies for crafting teas, soaps, and lotions--and for scrumptious baking. It is a place to have my early morning tea, to wave to neighbours, to listen to the mourning doves, to watch the birds gather material for their nests, and to end the day with children and adults visiting and then playing the chimes as they leave.

My garden fills my heart and soul. It is my sacred place to practice *metta*--loving kindness--for myself and all that surrounds me. As I nurture it, I am in return nurtured by it. As I practice mindfulness while savoring its rich atmosphere, I know that truly there is peace in

every step.

This article first appeared in the 2001, Summer edition of the Aquarian Newsletter, Winnipeg, MB, Canada.



COOKBOOK LAUNCH

On July 26th, 2001, we had another cookbook event at McNally-Robinson Bookstore in the cafe where we served refreshments from our Cookbook. The evening was a great deal of fun as we mingled with customers and chatted about our cookbook and the Herb Society of Manitoba. We sold 18 books and a number of people said that they will be attending our meetings. Many thanks to the following members for their efforts in making the evening a success: Anne Jackson, June Harris, Ellen Hanson, Grace Hicks, Olga Runnalls, Bill Runnalls, Pat Young, Geraldine Chalanchuk, and a special thank you to Louann Savage and the staff of McNally's for their graciousness.

*Here is a fun event to mark in your June 2002 calendar. We will be having such an event at that time at McNally's to promote Herbfest 2002; the actual date will be set in May. It is a fun event to share your baking and to talk about one of our favourite subjects--HERBS--.

Patricia Cooper

A very special thankyou to all those members who took time from their own gardens and busy schedules, to attend to our Herb Garden in Assiniboine Park, this Summer.

KICHAREE

Kicharee is an ideal food for cleansing or to take at the beginning of an herbal program. Kicharee is regarded in India as the most perfect balanced, healing food. It is said that if kicharee is eaten as the sole food for 3 weeks, it will cure all diseases. The entire blood chemistry, along with organic physiological processes, is brought into balance and harmony. The mind becomes calm and clear and the emotions are regulated. Many Indian yogis and ascetics, in order to further limit desires and attachments to the world, voluntarily choose to live on a diet of kicharee only.

1 cup	basmati or brown rice
1 cup	moong dahi (yellow lentils) or split mung beans
2 tbs.	clarified butter
1 tsp.	black mustard seeds
1/2 tsp. each	cumin, dill, fennel, ajwan (wild celery) and fenugreek seeds
1	medium size onion chopped
7	cloves of garlic (finely chopped)
1 inch	ginger root (grated or finely chopped)
1 tsp.	turmeric
3	green or black cardamom pods (cracked)
2	small red chillies (or 1/4 tsp. cayenne)
3	cloves
3	bay leaves or a pinch of neem leaves
1/4 tsp.	coriander seeds
1/4 tsp.	cinnamon bark chips
pinch	saffron
1/4 tsp.	black salt
pinch to 1/4 tsp.	asafetida
	vegetables to taste, peas, carrots, leeks, burdock root etc.

Instructions:

Melt the clarified butter in a large pot. Add the mustard seeds, cover the pot, wait for the seeds to pop. Sauté lightly. Dice the onion and sauté until translucent. Add the garlic and ginger, sauté a little longer. Add the rice and lentils (pulses) and cover with water twice the depth of the rice and lentils. Bring to a boil, then reduce the heat. Add the powdered spices (turmeric, cayenne) and the coriander, cinnamon, bay or neem leaves, saffron, cloves, and cardamom. After ten minutes, add those vegetables which take longer to cook (burdock root, cauliflower, leeks, or carrots). After another half an hour, add the peas and asafetida. When the lentils are tender, add the salt. For extra taste, add a bouillon cube (if salted, wait until the end). For extra energy, use a few pieces of astragalus or kombu. Be sure that the spices are not irradiated, but do not worry if you are missing some of the ingredients. It will taste just fine if you have some or most of the spices.

You can keep Kicharee in the fridge and reheat it as needed or you can add it to a nest of rice. Bon appetit!

Reproduced from the Herbwise news letter from the Winnipeg Wellness Centre with permission from, Rand Smith, Herbalist www.herbwise.ca telephone 888-0888 or e.mail at herbalrand@home.com

HERBFEST 2002 CONTEST

We are looking for a Theme for Herbfest 2002. In 1998 the theme was " What you can do in your own backyard " and in 1999 the theme was "Celebrating our Herbal Heritage " and in 2000 it was " Herbs for the New Millennium ".

Here is your chance to be creative in submitting your suggestion for a theme and to have the opportunity to win a prize if your theme is chosen.

The prize is the book **THE HEALING HERBS COOKBOOK** by Pat Crocker. The book will be on display at the September and October meetings with an entry box.

Please submit your entry by email to pacooper@mb.sympatico.ca or place your entry in the box at the September and October meetings. The winner will be informed at the November meeting .

We look forward to receiving your themes. Good Luck!

Patricia Cooper--Herbfest 2002 Chairperson

PELARGONIUM

GERANIUM (Geraniaceae)

There are approximately 75 different, fragrant species of scented-leaf geraniums.

The best for cooking are: almond, apple, apricot, coconut, lemon, licorice, lime, nutmeg, orange, peach, peppermint, and rose. The leaves are often used in pound cakes, jellies, compotes, custards, and even salad dressings.

The flavour and aroma of scented geraniums come from the oils contained mostly within their leaves. They are at their best when fresh, as oils dissipate with time. As it is preferable to use them fresh, growing them in your own garden is practically a must.

Pelargonium graveolens is the common geranium we see blooming in most gardens. This gives an essential oil which is clear and thin. It is obtained through distillation from both leaves and stems.

This oil has astringent properties and is very effective in toning lotions for the skin in addition to being used in perfumes. It has a balancing effect on the sebaceous oil glands, making it good for all skin types. Eight drops of essential oil in half a cup of grapeseed or jojoba oil feels great. Eight drops to half a cup of aloe vera, makes a good skin lotion or try witch hazel instead.

For a herbal beauty bath, tie 1/2 cup or more of a mixture of lovage, milfoil, lemongrass, and geranium leaves of your choice, into a washcloth, or small muslin bag. Let it hang under the bath spout while the water is running. This combination is particularly

good for oily skin.

Rose scented species and cultivars such as *P. Robert's Lemon Rose*, gives an oil which is a fragrance in its own right. (Often used as an adulterant of attar of roses, which is fairly expensive.) Plus, it is used as a flavour additive in the food industry.

P. capitatum (light green leaves) and cultivars related to *P. graveolens* (use fresh leaves for tea) and 'Radula' are grown for the production of geranium oil in parts of France, Italy, India, Egypt, Algeria and the former Soviet Union. These fresh leaves are used in cooking or dried for potpourris. The finest, known as "Bourbon oil," comes from the island of Reunion.

Many species are used medicinally in southern Africa mostly for digestive, bronchial or skin problems.

P. betulinum, camphor geranium (birch-leaf geranium), is a good decongestant and digestive.

Leaves of the *P. antidysentericum* (dysentery geranium) are infused and taken with lemon juice for gastrointestinal complaints.

The leaves of *P. acetosum* (sorrel leaf) have an acidic taste and are eaten raw in salads or added to soups.

P. crispum (lemon geranium) makes a good tea with the fresh leaves which can also be used in sorbets, sauces, ice cream, fruit punch and vinegars.

P. 'Mabel Grey' is also lemon scented but has blue/mauve or pink flowers and leaves which are 3" long and rough textured.

Fresh leaves from the *P. Fragrans* (nutmeg geranium) can be used as a rub for

tired feet and legs. The leaves also add a spicy flavour to coffee.

Then peppermint geranium, *P. tomentosum*, has large, fuzzy leaves which can be infused for tea, fruit punches and jellies. Use as a poultice for bruises and sprains. Due to its uplifting aroma this makes a good indoor plant, along with lemon, lime, rose and oak-leaf.

Several species such as *P. rapaceum* and *P. triste*, have tuberous roots that are cooked like a potato.

Most are produced from seed. Look for plants in these seed propagated families: Ringo, Bandit, Elite, Orbit, Pinto, Multibloom, and Lone Ranger. Cutting type geraniums that perform well in reds: Kim, Mars, Tango, Yours Truly, and Sincerity. Pink and other varieties include: Cherry Blossom, Helena, Katie, Pink Expectations, Pink Satisfaction and Rio. Most species are easily propagated and hybridized and the feasibility of producing aromas for the food and perfumery industries from plant cells grown *in vitro* has recently been examined.

To grow scented geraniums you will need a well-drained neutral to alkaline soil in sun. A minimum of 7-10 Celsius. Some varieties such as *P. crispum* and *P. tomentosum* will tolerate partial shade. Keep fading, flower stalks removed to reduce botrytis.

Propagate from soft wood cuttings, from Spring to Autumn. In Winnipeg it is a good idea to cut back, before bringing in for the Winter. They will be very happy in a sunny window throughout the cold months.

June Harris

HERBAL SOFT DRINKS - COTTAGE INDUSTRY SUPPLEMENT

by
Richard Alan Miller

INTRODUCTION:

It all began with natural, sparkling mineral waters that welled up from the earth. Because they were unique and reputed to possess healing and palliative properties, these waters became a valuable commodity which drew people from far and wide.

Attempts to confine their "sparkle" were unsuccessful at first. People found ways of sealing a glass bottle effectively against pressure of effervescence, and they figured how to trap wild yeast and cajole them into metabolizing sugars to produce (among other things) bubbles of carbon dioxide.

All that remained was to come up with innovative flavoring and soft drinks became popular items in commerce. These days, we tend to leave the brewing of soft drinks to commercial manufacturers but there is nothing sacred or difficult about brewing your own and flavoring them to your taste.

The ingredients required for brewing soft drinks are a liquid, sugar, yeast, and flavoring. Liquid usually is water, but can also be fruit juice or a decoction from a vegetable or herb.

Sugar supplies flavor for the palate and food for the yeast. It comes in many forms, all of them suitable for soft drinks: white or brown sugar, syrups such as corn syrup, molasses, or honey.

Yeast creates the fizz (and alcohol, if desired) in the liquid. Brewers' or wine yeast can be used and is best for alcoholic beverages because it is cultured for consistency. Bakers' yeast (cake, powder, or liquid) are less expensive and quite adequate for making soft drinks.

Natural flavorings generally contain acids whose tartness is balanced against the sweetness of sugars to achieve the ultimate flavor. For this article, I recommend those mints and herbs that have new market potentials.

The alcoholic content of a carbonated drink is determined by the amount of time the yeast is allowed to react with sugar. If the reaction is allowed to run its course, the yeast will consume virtually all of the sugar: about half of the sugar will be converted to alcohol and half to carbon dioxide.

If the process is terminated early (by bottling), only a small amount of fermentation will have occurred (enough to carbonate the liquid), and the result will be an essentially nonalcoholic drink.

Fermented alcoholic drinks (beers and wine) mature and change flavor in the bottle because fermentation continues, although at lower levels. However, in nonalcoholic soft drinks, the taste is the same after bottling and storage (not recommended for more than six months) as it was before.

This takes the guesswork out of flavoring. You can taste the flavored and sweetened liquid before adding the yeast and adjust to suit the desired taste. If it is too sweet, add sweetener. If the flavor is too weak, add more of the flavoring ingredient. If sediment develops on the bottoms of your bottles, carefully pour the liquid from each bottle into a large pitcher before serving, leaving the sediment in the bottle.

The following discussion is on herbal soft drinks as a cottage industry project for the mass-market.

BROWN PAPER BAG PROSPECTUS:

Costs: Most herb teas are purchased for more than \$3.00/lb. All bulk herb teas are sold as 1/4-lb. units. Therefore, the cost of herb ingredients per bag (or box) is \$0.75.

The bag used should have a glassine line, similar to those used for coffee. These cost less than \$0.02 each in quantities of 2,000.

An over/under-bagging machine can be made or purchased for less than \$2,000. This can reduce your labor requirements by more than 300 percent. Only two persons are needed to meet fairly high production requirements. The cost for producing a brown bag herb tea is given as

Bag	\$0.02
Label/Printing	\$0.02
Ingredients	\$0.75
Labor	\$0.05
Advertising	\$0.05
Overhead	\$0.05
Total Cost:	\$0.94

continued:

HERBAL SOFT DRINKS

continued:

Marketing: Previous sales experience indicates that 50 bags per week is an average bulk tea sale (one brand) in a typical mass-market store (Safeway). This is 50 lbs. of tea per week in each store.

A good retail price on a 1/4-lb. bag of bulk herb tea is \$1.89. This means that the warehouse will need to buy these bags at \$1.19 each, averaging a gross profit margin of \$0.25 per bag sold.

A District of 200 stores (Bellevue, WA) will sell more than 40,000 bags each month, representing 10,000 pounds of herb tea sold each month. This is a gross sale of \$119,000 per month, with gross profit margins at \$25,000 per month.

A national distribution system, like Safeway Stores (Oakland), represents more than 2,000 stores for a given Region of North America. This represents an increase of 10x a District's gross sale.

TEA BAG PROSPECTUS

Costs: Machine and paper costs average \$8.00/1,000 bags. There is a \$600 one-time plate charge

Preferred packing for a box of tea bags consists of 16 tea bags for a net weight of 1.5 ounces (average for most blends). Each tea bag holds 35-40 grains of herbs. There are 12 boxes per case.

There are 170 tea bags per pound of herb tea. Most herb teas can be purchased for \$3.00 per pound. Therefore, the cost of herb ingredients per tea bag is \$0.0132. Thus, the cost for ingredients in one box of tea (16 bags) is \$0.22.

The cost per box for bagging this tea is about \$0.13. From these figures, it can be inferred that the total costs are approximately given as

Container/box	\$0.08
Packing carton	\$0.10
Tea bagging	\$0.13
Ingredients	\$0.22
Advertising	\$0.05
Overhead	\$0.05
Total Cost:	\$0.63

Marketing: Previous sales experience indicates that 50 boxes per week are a normal average for tea sales (one brand) in mass-markets. This averages 4 cases a week, new product (under 1 year old). A normal District warehouse will service approximately 200-400 stores, averaging 500 cases per week in gross tea sales (first four months of sale). This figure increases to more than 1,000 cases per week within one year (with advertising).

Minimum orders to warehousing with this turnover should be 3,000 cases. A good retail price would be \$1.29 per box, makes an average serving less than \$0.08 each. The warehouse would buy 3,000 cases at \$0.92 per box, leaving a \$0.29 per box gross profit. The gross profit per 200 stores per month would be \$20,880, with gross sales of more than \$92,880 per month.

HERBAL COFFEE

The Brown Paper Bag prospectus might be how an Herbal Coffee might first be marketed. The tea bag prospectus is a future direction for the herbal coffee, if marketing wants to move in that direction. This would be for the institutional markets, like fast-food delis and small restaurants. If the cut is made correctly, the herbal coffee can be brewed in a machine. This allows you to go into the restaurant trade and the potential market expands to more than 10x that proposed in this document. You would sell bulk to warehousing (Farmer Brothers) and allow them to deliver weekly. Most formulas should include the following ingredients:

Chicory Root -	Traditional additive
Dandelion Root -	Another expected ingredient
Sorghum Seed -	Often used as a sweetener
Barley Grain -	Often used to add body to the drink
Chia Seed -	New additive, for body and flavor
Fenugreek -	New additive for sweetener
Honey -	Often used to sweeten the blend
Mormon Tea -	A non-caffeine stimulant
Kola Nut, Gaurana Seed, or Yerba Mate' -	All herbal caffeine sources.

continued:

HERBAL SOFT DRINKS

continued:

When I had the Beltane Herb Company, I put out a great morning drink (not an herbal coffee) called Golden Dawn - "An Herbal Caffeine Blast to Spiritually Rise with the Sun." It sold very well in Safeway Stores. The basic formula was:

Yerba Mate'	1.0	part
Mormon Tea	1.0	
Cinnamon	1.0	
Cassia (China)	1.5	
Licorice Root	1.0	
Fennel Seed	0.6	
Kola Nut	0.25	
Clove	0.5	
Cardamom Seed	0.25	

"NATURALS" A NEW HERBAL SOFT DRINK PROPOSAL

Most new farmers who think about diversification with herbs and spices generally begin their efforts with at least one or two mints. They are fun to grow, easy to cultivate, and have some history of successful production in most communities. The purpose of considering this cottage industry is to produce an herbal soft drink, as a new dietary beverage. It will widen the market options and profits from crops, primarily in the mint family. The primary mint list for those suitable for this venture include the following:

Peppermint	For the upset stomach
Licorice Mint	Great "chilled"
Orange Mint	A hint of citrus
Lemon Balm	For the hot days ahead
Apple Mint	Favorite flavor combo

Other single herbs to be considered, might be "Medicinals." This could include the following:

Comfrey	High protein drink
Chamomile	A light sedative
Red Clover	High in Iron
Prince's Pine	American root beer
Ginseng	Early American tonic
Strawberry Leaf	For headaches
Licorice Root	"Koff" medicine
Ginger Root	A tropical touch

The objective is to create a new market for a series of mint cultivars not previously marketed as tea ingredients. The timing is perfect for someone to now expand the current tea markets into the soft drink mass-market and in doing so, essentially create a new food market for North America. It is now estimated that with the right flavorings, the total market for this type of product is more than 100x larger than those for herb teas in either bulk or tea bags.

Beltane herb company (1974-82) formulas:

RED RACER

Hibiscus Flower	104
Rose Hip	70
Lemon Grass	52
Lemon Peel	34
Spearmint Leaf	70
Wild Cherry Bark	70
Orange Peel	70
Comfrey Leaf	34

NIGHT CAP

Catnip	92
Chamomile	92
Skullcap	92
Hops	30
Valerian Root	12
Strawberry Leaf	92
Peppermint Leaf	78

Basic recipes also exist for:

SPRING TONIC

CINNAMON SPICE

PINK TONIC

MU TEA

JASMINE SPICE

"JODY'S" TEA

LEMON SPICE

ORANGE SPICE

ALFALFA MINT

SPEARMINT SPICE

SPICED CHAMOMILE

BRAIN TEA

continued:

HERBAL SOFT DRINKS

continued:

SUMMER TIME TEA, LEMON LIME, COMFREY TEA, YOGI TEA, NERVOUS TENSION, LICORICE SPICE, LIGHT LAVENDER, OBESITY TEA, & GOLDEN DAWN

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TOMATO & AVOCADO DIP

3 Large firm hot house tomatoes or 4 Roma tomatoes

1 ripe but not mushy avocado

2oz fresh Greek basil or purple basil

2 tbs. fresh lemon juice

8 drops Tabasco sauce

Pinch of salt & pepper

Dice tomatoes and avocado as close to service time as possible. Combine all other ingredients and serve with fresh made baguette croutons or fresh tortilla chips.

*Courtesy of
All Seasons Catering*

VOLUNTEER AWARD 2001

"Picture the scene, if you can: by day, a mild-mannered CN employee; by night, he emerges from a phone booth to become SUPER-VOLUNTEER!

With apologies to Clark Kent, I am referring to Kaz Sawicz, the co-winner of the Herb Society's Volunteer of the Year award.

Kaz is an enthusiastic and obliging performer of the thousand and one things that need to be done to ensure the smooth functioning of our Society. He is always there to ensure that chairs are arranged for our meetings and that newcomers are properly greeted. He becomes a veritable whirlwind of activity during the Herbfest.

Kaz, an all round great guy, is very deserving of this years award."

Bill Runnalls

COMMON SENSE WARNING

Any information in this newsletter is not intended to prescribe or diagnose in any way or meant to substitute for professional help in any way. The intent is to offer general information and historical use of herbs. Those who are sick should consult their doctor.

LAVENDER TIPS

To propagate take two-to four-inch semi-ripe (pliable but will snap when bent) stem cuttings in summer.

Remove leaves from the lower inch. Dip the end into rooting hormone. Insert cuttings into damp soil-less mix and keep in a well-ventilated area. They will develop roots in several weeks and can then be moved into larger containers.

THE SEPT. 2000 TO JUNE 2001 REPORT OF THE HOSPITALITY COMMITTEE

The committee members Olga Runnalls, Geraldine Chalanchuk, Grace [unclear] and myself, Pat Cooper. Our goal was to provide [unclear] and tea or punch for [unclear] meeting. We tried to concentrate on one herb for each meeting, and to have that herb on display, as we wanted to not only familiarize ourselves with each herb but we also wanted to share that knowledge with the members. We did provide the members with some of the recipes.

This was the first year that a monetary donation was asked for the refreshments and the members were very generous as recorded in the accounting ledger. For the most part, the committee did not charge the Society for the ingredients of the refreshments as we saw this as our donation.

As a committee we did organize refreshments for other functions:

- 1) the book launch at McNally Robinson Bookstore
- 2) the growers' planning meeting
- 3) baking for the 2001 Herbfest Tea.

We are meeting this summer to review what we did last year and to see what changes are necessary. We will also determine our goals for the coming year.

As the Chairperson, I did send sympathy and other appropriate cards to members as requested by the executive.

*Respectfully,
Pat Cooper
Hospitality Chairperson.*

HERB TEAS FREE FOR THE PICKING

In my childhood, I learned to pick the ingredients for teas and salads in the ditches and forests of Europe. The rampant use of herbicides and pesticides in North America, however, has made me careful about where I pick my edibles. My organic garden is the safest place close to home, but whenever I am hiking or camping away from civilization's reach, I have no problem collecting a good assortment of wild plants for a refreshing tea or for a munch-as-you-go salad. All summer long, I use tea ingredients fresh. I only dry or freeze the surplus for winter use.

Let's see what we might find in my garden or along my hiking trails.

The various mints are well-known as herbal ingredients. Most of them are stimulating, but one of them, catnip, is a relaxant and may help to promote a good night's sleep.

Raspberry and blackberry leaves taste like green tea. They are a well-known aid for female complaints but can be enjoyed by the whole family.

Leaves from rose bushes have a flavor similar to those of raspberry leaves, and the delicate rose petals are reminiscent of jasmine flowers in Chinese teas.

Strawberry leaves have a delicate flavor. They are among my favorites.

The whole fireweed plant is the tea staple of the aboriginals of British Columbia. The flavor is quite mild.

Clover and alfalfa leaves are rich in minerals. Use them along with the flowers. The Vita Health's "Alfamint" consists of alfalfa leaves and spearmint. It is quite refreshing, especially as iced tea, sweetened by a touch of honey. The recipe is now available in many brands.

Red clover flowers are full of sweet nectar. Gerhard Seier, the founder of Vita Health recommends their daily use as a cancer preventive.

Calendula is called pot marigold in England, because the leaves are used in cooking. I only use the flowers and I prefer them in teas and salads. Go easy on them until you get accustomed to the taste.

Basswood leaves are a soothing ingredient when the flowers are not available. The basswood flower tea is often referred to by its German name "Linde" or its English name "lime." It is easily the most palatable tea even for small children. I recommend it when you have a cold, because it will make you perspire even without a sauna.

Hawthorn leaf is similar to basswood in texture. Like the flowers and berries, it is said to strengthen the heart.

Violet leaves and flowers also have a soothing texture like basswood and hawthorn. Mine never make it to the teapot, because I can't resist popping them into my mouth.

The needles of evergreen trees are good not only in baths, they give teas a taste of adventure. I learned about this ingredient from Canada's aboriginal people.

Rosehip is one of the best-known sources of vitamin C and is enjoyed by people who prefer a slightly sour taste. In some commercial teas, the acidity is intensified by the addition of hibiscus. The ascorbic acid, of course, is lost in water and heat, but the nutrients which accompany the vitamin C are not affected.

Many of the cooking herbs can also serve as tea. Thyme, for example, is one of the best remedies for respiratory congestion and inflammation, and rosemary is supposed to be a heart strengthener.

If the flavor of your concoction is too mild for your taste buds, you can spike it up for a few pennies worth of freshly sliced ginger or a blade of fresh lemon grass. Both are available in the produce department of your grocery store. And don't ever try dried ginger. I never use dried ingredients when fresh ones are available.

One more word of advice: Do not mix red and green ingredients. If you are an artist, you will know that mixing complementary colors gives disastrous results.

Did I give you some new ideas? Are you encouraged to do some experimenting of your own? You and your taste buds can best determine which ingredients you want to adopt for your favorite. Let them become part of your everyday living.

Traute Klein's writing is published weekly on several Internet sites.

Stories of Healing: <http://www.healinghug.com>

Environmental Gardening: <http://www.blogardener.com>

Natural Health: http://suite101.com/welcome.cfm/natural_health