The Peaceful Garden
Herbs to Lift the Spirit, Regulate Mood,
Boost Energy & Promote Sleep
Maria Noël Groves, RH (AHG)
Clinical Herbalist & Owner of

Bestselling Author of

Body into Balance &
Grow Your Own Herbal Remedies

Allenstown, NH | www.WintergreenBotanicals.com
About Me

Clinical Herbalist:
• Wintergreen Botanicals Herbal Clinic & Education Center
• Registered Herbalist with the American Herbalists Guild
• 20+ Years in Herbal Medicine
• Graduate of the SW School of Botanical Medicine

Educator: Live and online herbal study courses, guest lecturer at Herbal Academy, MUIH, AHG Symposium, and more

Author & Journalist:
• Body into Balance (2016) best-selling, award-winning
• Grow Your Own Herbal Remedies (2019)
• Freelancer for Herb Quarterly, regular contributor to Remedies, Taste for Life, Mother Earth Living, Mother Earth News…
My Books

- Classes, consults, books (of course)
- Seasonal recipes
- Virtual herb walk
- Recommended books, websites
- Where to get herbs
- Articles, class notes
On My Website & Mailing List

• Info on my classes, consults, books (of course!)
• Seasonal recipes
• Virtual herb walk
• Recommended books, websites
• Where to get herbs
• Free class notes and videos
• Blog full of articles

www.WintergreenBotanicals.com
Maria’s Safety Rules

Disclaimer: I am not a doctor and this information is meant to educate, not diagnose or prescribe. Discuss herbs and supplements with your healthcare provider before beginning a regimen.

- **Research**: Consult at least THREE good resources for uses/cautions before taking an herb.

- **Listen to Your Body & Intuition** to guide you on which herbs to take and determine which ones do or don’t work well for you.

- **Ensure the Identity 100%** before harvesting a plant.

- **Check with Your Pharmacist or Herbalist** for herb-drug Rx, and keep your doctor informed.
Botanical Medicine Basics

• Herbs are a great tool for the toolbox.
• They work best alongside good diet, exercise, and lifestyle habits.
• If a case is complicated or doesn’t respond effectively to herbs, seek professional guidance.
### NERVOUS-ENDOCRINE SYSTEM HERB CONTINUUM

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<th>Caffeinated/Very Stimulating</th>
<th>Stimulating</th>
<th>Less Stimulating</th>
<th>Balancing/Neutral</th>
<th>Calming</th>
<th>Most Sedating</th>
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<tr>
<td>High Caffeine</td>
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<td>Guarana*</td>
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<td>Kola nut*</td>
<td>Chocolate</td>
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<td>Licorice</td>
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<td>Coffee*</td>
<td>Green tea*</td>
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<td>Jiaogulan*</td>
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<td>Hops (cooling)</td>
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</table>

*These herbs have memory-enhancing, brain-boosting, and/or neurotrophic properties.

**Body into Balance, My expanded adaptogen chart**

The above chart/image is in your extra webinar documents.
Herbal Stress & Energy (Adrenal) Support

• Adaptogens (stimulating or calming)
• Nervines

1. Holy Basil (Tulsi)
2. Gotu Kola
3. Ashwagandha

Also rhodiola, eleuthero, codonopsis, schizandra…
Growing Peace

**Perennials**
- Lemon balm
- Motherwort
- Skullcap*
- Lavender*
- Blue Vervain
- St. John’s Wort*

*finicky*

**Annuals**
- Milky Oat
- German Chamomile
- California Poppy

**Tender Perennials**
- Holy Basil
- Ashwagandha
- Gotu Kola*
- Passionflower

**Trees, Shrubs, & Woody Vines**
3-10 years til harvest
- Mimosa
  (edge of zone in NE, invasive in mid Atlantic)
- Magnolia
- Schizandra
- Roses
- Linden
Holy Basil (Ocimum sanctum)

- Aromatic, uplifting, calming, balances cortisol, induces parasympathetic, nootropic, hypoglycemic
- Long history for medicine and spirit in India
- Zen-like state
- Adaptogen with cortisol balancing properties, hypoglycemic, supports parasympathetic response, anti-anxiety, nootropic
- Also digestive/carminative, antimicrobial, immune supportive, anticancer…
- Careful in hypoglycemia, thyroid, fertility, vata people, makes some people feel high

Growing It – Annual
Pinch flowers. Harvest aerial.

Clinical experience, Winston, Cohen, Mondal, Sampath, Bhattacharyya,
Holy Basil Study Summary

• Handful of small clinical studies so far
• 39% improvement in stress reduction vs placebo (1200 mg OciBest, 6 weeks), including reductions in sleep problems, headache, palpitation at rest, GI issues, cognitive issues, sexual problems…
• 2017 review of 24 clinical studies – most were for metabolic issues, some immunomodulation, and 4 for neurocognitive/stress/mood, 4-12 weeks
• ~1000mg/day extracts, 6 g crude herb

Saxena, Jamshidi
More Holy Basil Studies

• 2008 controlled trial on 35 people with generalized anxiety disorder (GAD)
• 500 mg extract capsule, twice daily after a meal for 60 days
• Nearly 20% reduction in anxiety at 30 days, 35% at 60 days
• Stress, depression, and attention improvements by 28-34% at 60 days (about half that at 30 days)
• Willingness to adjust, 25% improvement

Bhattacharyya
Growing Holy Basil

• Also called Tulsi, Sacred Basil. Newer Latin name *O. tenuiflorum* (Rama, Krishna, Amrita varieties, Kapoor?) *O. gratissimum* (Vana) also used *O. africanum*?? (Kapoor, Temperate, unnamed – most common in USA): fave, easy to grow, often sold simply as Sacred Basil (*O. sanctum* or *O. tenuiflorum*)

• Grow like culinary basil: loves heat, full sun, rich well-drained soil with moderate to regular moisture. Grows ok from seeds, well from seedling.

• Annual/tender perennial – tolerates pots, may or may not survive winter indoors.

• Hates cold, dies with frost.
Taking Holy Basil

- Multiple varieties, *O. gratissimum* also used
- Kapoor (often unnamed variety) = most productive in temperate garden
- Market quality is often poor
- Useful fresh or dried in any form – capsules, tincture, CO2 extract, oxymel, glycerite…
- Tea is a personal favorite – beneficial aromatherapy included! Also water, seltzer
- Blends well with green tea, lemon balm, rose
- Contra: hypoglycemia, thyroid??, makes some people spacey or anxious
Tulsi Green Tea

• 1 teaspoon holy basil (tulsi)
• ½ teaspoon green tea (preferably jasmine)
• Optional sprinkle of rose petals

• Steep in 12-16 ounces of near-boiling water for 3 minutes. Strain, enjoy.
Gotu Kola (*Centella asiatica*) Brahmi

- Feeble edible green with subtle but amazing healing properties – nootropic, nerve tonic/restorative, calming adaptogen, anti-anxiety.
- Gentle and building restorative.
- Vulnerary inside & out: Heals connective tissue, wounds, scars, gut… Circulation, vein/capillary tonic
- Mild but profound – best in high, long-term doses (1-3 ounces dry herb, extract pills, juiced) but tea, tincture, nibbled leaves also good.
- Calm energy, brain tonic (nootropic), heals tissue (skin, gut, etc.), improves circulation/blood vessel integrity.

Clinical experience, Khalsa Slides & Webinar, studies

Growing It – Zone 8-11
Annual or Tender Perennial
Taking Gotu Kola Leaves

• Powder or Dry Herb/tea: Up to 1-3 ounces/day, but start with a teaspoon and work up.
• Pill Extract: see product label (varies)
• Tincture: Fresh 1:2 in 95% or Dry 1:5 in 50-60% alcohol, 1-5 ml 1-3x/day
• Nice in broth, herbaceous tea blends, smoothies, nut-butter balls, juiced, mixed with other greens in food (i.e.: saag)

Clinical experience, Khalsa
Ashwagandha (*Withania somnifera*)

- **Spirit/Strength of the Horse - In India:** Take for 1 year = strength and vitality of a stallion for the next 10 years.
- Mildly boosts thyroid, may rebalance subclinical Hashimoto’s hypothyroid (common cause of depression, poor stress resistance) (1)
- Male/female fertility, libido
- Most research is on its anti-stress, anti-anxiety, antidepressant, nootropic effects (3)
- Anti-stress, Safe and effective alongside SSRIs (4) and for weight management via anti-stress effects (5)
- Caution: hyperthyroid, thyroid meds, nightshades. Appears safe for mood alongside most meds

**Growing It – Annual/Zone 8-11**
Annual or Tender Perennial

Taking Ashwagandha Roots

• Root Extract: pills most often studied, 120 mg – 600 mg daily in divided doses
• Powder: Traditional method in Ayurveda, 1-2 g daily as tonic, 15 g/day as acute tonic
• Tincture: Dry roots 1:5 in 50-60% alcohol, 1-5 ml 1-3x/day
• Hot Milk: ¼-1 teaspoon simmered, add honey, nutmeg, cinnamon, etc. as desired
• Also nice in decoctions, broth, nut balls

Clinical experience, Khalsa, Winston
Ashwagandha Chai

Simmer in 16 ounces of water for 20 minutes.

• Base Chai: • 1 tsp **ashwagandha**
• 2 **cinnamon** sticks • 8 cloves
• 2 **cardamom** pods • 1 **star anise**
• Optional: ginger, licorice, nutmeg, vanilla, bay…

• **Optional Additions**, ~ ½-1 teaspoon each per choice:
• **ashwagandha** (calm adapt) • turmeric (liver/infl)
• **codonopsis** (zip/energy) • gotu kola (brain/adapt)
• astragalus (immune) • chaga/reishi (immune)
• **nettle** (for nutrition) • oat straw (nutrition)
• marshmallow (gut) • burdock/dandy (liver)

**Bolded** personal favorites, but I like them all.
Calm & Mood Support

- Calming adaptogens
- Trophorestorative Nervines
- Anxiolytics

1. Lemon Balm
2. Motherwort
3. Lavender
4. Blue Vervain
5. Milky Oat Seed
6. Roses

Also mimosa, reishi, skullcap*, passionflower*, bacopa, gotu kola, holy basil, ashwagandha, Korean licorice mint/ anise hyssop, wood betony, schizandra…

* Might make you sleepy
Lemon Balm (*Melissa officinalis*)

- Long history of use and some clinical evidence to gladden the heart, lift and calm the spirits, increase focus, ease stress, benign heart palpitations, anxiety, possible MOA inhibition
- Aromatic, essential oil benefit
- Reduces anxiety and improves focus in one dose in one hour, high doses may sedate
- Also for digestion, herpes/antiviral, hyperthyroid

Growing It – Zone 4-9

Taking Lemon Balm

• Winston likes it combined with SJW (feels they’re better together than separate). It blends well with most nerve/mood herbs.
• Fresh is best! Tincture 1:2 in 95%, 1-4 ml 1-3x daily or as needed. Even the tincture loses potency within a few years.
• Quality dried tea has modest benefit, 1-3 teaspoons per cup as desired
• Studies mostly done on powder/capsules
• Oxymel or glycerine for alcohol-free
• Very well tolerated, child-safe, and likely fine even in hypothyroid conditions.
Lemon Balm – Holy Basil – Rose Tea

- 1 teaspoon holy basil
- 1 teaspoon lemon balm
- Sprinkle rose petals
- Steep in 12-16 ounces of near-boiling water for 3 minutes. Strain, enjoy.
- Also use fresh as infused water or seltzer
Motherwort (*Leonurus cardiaca*)

- Mint family perennial, aggressive self-seeder
- Fast and tonic/chronic relief from anxiety, mood swings, panic attacks, frustration, PMS
- Heart tonic, heart-stress symptoms/connection, relax
- Overworked, underappreciated, emotional roller coasters, healthy boundaries, tough love
- Very bitter, best fresh, tinctured

**Growing It – Zone 3-9**
Rampant self seeding perennial. Prefers to plant itself. Likes good soil, well drained, part sun, doesn’t need regular watering. Harvest aerial in flower (best) or happy leafy growth.
Lavender (*Lavandula angustifolia*)

- Use buds and flowers
- Most focus on essential oil but other forms are also useful – tea, tincture, hydrosol, etc. (strong)
- Aroma and ingestion calm, disperse energy, useful in “stagnant depression” (David Winston), sleep, anxiety
- Note potential estrogenic and anti-androgenic effects, also antimicrobial
- Prefers dry, sunny, open, sandy/rocky spaces
- Find a variety for your climate: hidcote, munstead

**Growing It – Zone 5-8**

Finicky perennial. Cuttings, layering. Prefers dry, sun, sand. Avoid mulch and competition. Choose a variety for your ecosystem. Harvest buds. Use fresh or dry on stalk.
Blue Vervain (*Verbena hastata*)

- Water-loving tall wildflower
- Relaxes emotional and physical tension (ticks, spasms, headache, neck/shoulder tension)
- Bitter, digestive, liver tonic/detox, metabolic wobbles
- Immune/diaphoretic
- Very bitter!
- Just a few drops to a few squirts of tincture

Growing It – Zone 3-7
Perennial. Sometimes self seeds.
Cold stratification.
Prefers rich, moist soil, wet places/near water, part shade.
Milky Oat Seed (Avena sativa)

• Alkaloid nervine, nerve tonic, restorative, for “wired & tired,” drug withdrawal, nice base for formulas
• Fresh 1:2 95% or vinegar, whir in blender, 2-10 ml/day – dried is “just” nutritious
• Caution in oat allergy, no gluten, but some gluten-sensitive people react to avenin
• Otherwise VERY safe

Clinical experience, mcdonald

Growing It – Annual
Grow from seed, direct sow, easy.
More nutritious in good soil.
Might attract wildlife!
Rose (*Rosa spp.*) Flowers

- Opt for unsprayed heirloom & wild species (seaside, dog, cabbage, Damask, apothecary…)
- Buds & petals - aromatic but astringent & bitter
- **Flowers** gladden heart, trauma, calm, workaholics. **Tannins** tighten, tone, nourish tissues
- Adds color to blends
- Cold/sweet preparations – more aromatic than astringent

Growing It – Zone Vary
Perennial. Sometimes invasive or finicky – depends on variety. Often a shrubby, creeping, spreading plant. Likes full sun, ok dry.

Clinical experience, *ABC Herbalgram*, *de la Foret*
Herbal Sleep Support

- Nervines, Anxiolytics
- Sometimes Calming Adaptogens
- Sedatives

1. California Poppy
2. Valerian
3. Passionflower
4. Skullcap
5. Magnolia

Also chamomile, hops, lemon balm, ashwagandha, holy basil, blue vervain, catnip…
California Poppy (Eschscholtzia californica)

• Sedative, pain reliever
• Safe, nonaddictive “opiate fuzz” (I would be cautious and avoid in someone with a history of opioid addiction)
• Useful for whirling thoughts
• For bad sleep/wake cycles
• Use whole plant. Best fresh in flower and seed, roots strongest

Clinical experience, traditional use

Growing It – Annual
Self-seeding annual. Direct sow in early spring or (better/cold stratification) in late fall. Prefers warm, full sun, dry spots.
Valerian (*Valeriana officinalis*)

- Binds to similar receptors as Valium, non-addictive, safe, minimal side effects
- Improves sleep latency, better in formula
- Valerian type: cold, anxious, tense, thin framed
- Makes some people agitated, others groggy
- Roots: Best fresh – tincture, phytocaps (stinks!)

Growing It – Zone 4-7

Clinical experience, traditional use, studies
Passionflower (*Passiflora incarnata*)

- Semi-tropical tender perennial (SE USA), to zone 6-7
- Strongly calming, cooling, and sedating, eases anxiety, anger, frustration, hot headedness
- Moderately strong sedative/nervine, anxiolytic, sleep aid, calms the heart, eases hypertension, pain
- One of the best herbs for sleep! 1 teaspoon steeped 15 minutes relieved insomnia; in a blend, worked well as Ambien
- Fresh or dry aerial parts as tea, tincture, etc. Market quality varies.
- May over-sedate some. Careful w/ meds, depression.

Clinical experience, Ngan, Maroo

**Growing It – TP Zone 6-9**

Semi-tropical/Florida. Likes warmth, good soil, some moisture, full sun, minimal competition. Overwinter inside or greenhouse. Climbing vine.
Skullcap (*Scutellaria lateriflora*)

- Mint family semi-perennial, picky about where it grows, may or may not come back.
- Likes moist, dappled sun, near rivers, sandy spots on the edge of lakes/islands (with bugleweed, wild mint)
- Sedative/calming nervine – sleep, anxiety, overstimulated, sensory overload, pain, digestion, nerves - cools, calms
- May over-sedate some. Careful w/meds.
- Best fresh tincture 1:2 95% 1-2 ml, 1-3x/day, but tea work ok. Dry carefully. Best fresh
- Quality matters: liver-toxic adulteration & loss of potency with poor quality/old herb

Growing It – Zone 4-8
Finicky Perennial. Cold stratify seeds. Divide if thriving. Prefers moisture, wet edges, dappled sun to full sun. May or may not come back.

Clinical experience, Moore, 7Song, Rose

Calm Relax
Cool
Bitter
Sleep
Sleep Tea

• ½ teaspoon passionflower (primary sedative)
• ½ teaspoon skullcap (nervine/sedative)
• ½ teaspoon lemon balm (nervine/calming)
• ½ teaspoon spearmint (flavor)
• 1 teaspoon honey (sleep support, sweeten)
• Steep the herbs in a SMALL cup – 4- to 6-ounce teacup – for 15-20 minutes, strain, and sweeten.
• Drink just before bed. Avoid large cups so you don’t have to pee at night.

Sleep Tinctures: passionflower, valerian, skullcap, California poppy, kava, or hops as singles or a blend

Links to my… sleep tea video, Growing & Using Peaceful Herbs
Magnolia Bark (*Magnolia* spp.)

- All species useful, varying potency, especially *M. officinalis, virginiana* – look for a delightful lemony root beer flavor/aroma
- Contains alkaloids and other compounds that reduce/modulate cortisol secretions, boost ACh(nootropic), activate GABA/ease anxiety, improve sleep
- 60 mg magnolia bark extract with 50 mg magnesium decreased psycho-affective and sleep disturbances in menopausal women

Growing It – Zone Vary
Tree! Full to part sun, decent soil and moisture. Often short-lived or prone to disease. Pick a species/variety suited for your site with good aroma. Prune any time but perhaps best midsummer.

Cooling Aromatic Calm Clear

*Mucci, Bove, Williams, Alschuler, Bove/Gaia*
Taking Magnolia

• Tincture: Fresh 1:2 95% or dry 1:5 50-60%, add 10% glycerine if desired, ½ - 2 ml, 1-3 times per day
• 60-300 mg bark extract, divided doses
• In the evening to reduce cortisol for better sleep/HPA cycles
• Note that key constituents honokiol and magnolol are not very water soluble

Mucci, Bove, Williams, Alschuler, Bove/Gaia
Uplifting Mood

• Antidepressants
• Heart Gladdeners
• Adaptogens, Uplifting Nervines

1. St. John’s Wort
2. Mimosa

Also lemon balm, ashwagandha, holy basil, lavender, rhodiola, motherwort, long-term milky oats, rose…
St. John’s Wort

- Hypericum perforatum Highlights
  - “Sunshine” nervine with strong clinical research as a safe SSRI-like herb for mild to moderate depression and SAD, PMS, menopausal mood, anxiety, insomnia
  - Approximately 100 clinical studies, generally good response
  - Usually slow acting (4-6 weeks), form/dose matters, products lose potency quickly
  - Many herb-drug RX – serotonin syndrome risk, CYP450/CYP3A4 drug clearance
  - Combines well with lemon balm, maybe turmeric

Ng, Lawvere, Winston, PubMed

Growing It – Zones 3-8
St. John’s Wort Study Summary

• 2017 meta-analysis of clinical studies
• Reviewed 27 clinical trials on 3808 patients, ranging 4-12 weeks of use
• Focus on mild to moderate depression
• In those with depression, SJW was showed comparable response and remission rate with significantly lower discontinuation/dropout to SSRIs
St. John’s Wort Study Summary

• 2016 double-blind, randomized study comparing SJW to Paxil (paroxetine)
• 64 patients suffering from major depressive episode with moderate symptom intensity
• 300 mg 3x/day standardized SJW (WS® 5570) vs 20 mg Paxil for 6 weeks
• SJW = better response (87 vs 61%) and remission rates (71 vs 42%) vs Paxil

Seifritz
## St. John’s Wort Study Summary

- 2008 double-blind, placebo-controlled trials
- 1,200 patients with *mild* depression

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<td>64%</td>
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<td>Remission Rate</td>
<td>57%</td>
<td>33%</td>
<td>62%</td>
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*Kasper*
Taking St. John’s Wort

- Best Forms (short shelf life)
- 300 mg standardized extract 3x/day (studied) = WS®5570 Nature’s Way Perika
- CO2 extraction pills, per label
- Fresh 1:2 bud/flower/tops tincture, 95% alcohol, 2-4 ml 3x/day
- Harvest in sunny spot, hot sunny week, place in sun while infusing to maximize beneficial pigments – the redder the better
St. John’s Wort Cautions

• May interact with ~50% of medications
  • Increased serotonin syndrome risk (agitation, rapid heart rate, twitching, dilated pupils…)
  • Increased CYP450/CYP3A4 drug clearance – lowers drug doses
• May increase TSH
• Semi rare: increased photosensitivity
• Slow acting, anecdotal poor response

Ferko, Gardner, Mosby, Herbpedia
Mimosa/Albizia (*Albizia julibrissin*)

- “Tree of Happiness” a.k.a. silk tree, sensitive tree
- TCM small tree naturalized/invasive in mid-Atlantic and California
- Fast-acting, makes you happy, alleviates depression and anxiety without sedation
- Useful in grief and heartache, possibly trauma
- Long history of use, a few preliminary studies, mainly on anxiety

Clinical experience, *Tierra*, *Winston*, *PubMed*

**Growing It – Zones 6-9**

Tree!
Invasive in Warmer Climates (DC area).
Full Sun, Moderate Water.
Graceful tree, can send up suckers.
Taking Mimosa

- **Best Forms:**
  - Bark = stronger, fresh (1:2, 95%) or freshly dried (1:5, 50-60%) as a tincture, 1-2 ml 3x/day
  - Flowers = weaker but popular addition (delightful, aromatic, flower energy)
  - Decocted tea may also suffice
  - “Albizia” tincture available in commerce (Herb Pharm, Planetary Formulas), Five Flavor Herbs, also dry from TCM suppliers
- Long history of safe use in TCM
- No modern data for herb-drug RX. *Maybe* ok with SSRIs?
Remedy Ideas

- **Great Tinctures**: All of them!
  - **Best Fresh**: Lemon Balm, Milky Oat, Skullcap, California Poppy, Motherwort, Valerian
    (the rest are good fresh or dry, I prefer Tulsi fresh)
- **Herbal vinegar or oxymel** as an alternative
- **Pills/powder** ok, preferably for those that are suitable dry unless phytocaps (Gaia). **Bonbons**: Gotu, Ashwagandha, Holy B
- **Great Glycerites**: Holy Basil, Skullcap, Milky Oats (may spoil), Lavender, Lemon Balm – aromatics See *Thomas Easley & Steven Horne’s Simmered Still Glycerite Method* and watch the Video
- **Great Teas**: Holy Basil, Lemon Balm, Passionflower, Skullcap (holy basil actually *tastes* good, the rest are easily blended with flavorful herbs like spearmint, lemongrass). Ashwagandha decoction or in hot milk.
Sample Recipes

Sleep Tincture
• 50% passionflower
• 25% skullcap
• 25% magnolia
1-5 ml at bedtime

My tinctures are
1:2 fresh in 95% or
1:5 dry in 50-60%

Calm-Uplift Tincture (or oxymel, glycerite)
• 20% mimosa
• 20% milky oat
• 20% holy basil
• 20% ashwagandha
• 20% lemon balm
2-5 ml at breakfast and
dinner (1 tsp+ oxymel
or glycerite)

herb weight : alcohol volume in percent alcohol | half proof = % alcohol
Where to Buy Herbs

• **Find your local herb growers/farms** for seedlings, fresh, and dried herbs! This is usually the *best* quality if not your own.

• **Mail Order Seeds/Seedlings**: Strictly Medicinal Seeds, Companion Plants, Crimson Sage Nursery, Richter’s

• **Online Dried Herbs**: *Farms* - Zack Woods*, iFarm*, Healing Spirits*  
  *Big* - Mountain Rose, Pacific Botanicals*, Starwest Botanicals, Monterey Bay Spice Company, Frontier Coop  
  *Also sell *fresh-cut* shipped herbs

• **Finished Remedies - Big Brands (Online, Natural Food Stores, Co-ops)**: Gaia Herbs, Herb Pharm, Oregon’s Wild Harvest, Herbalist & Alchemist, Wise Woman Herbals, MegaFood, Country Life, Avena Botanicals
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Body into Balance &
Grow Your Own Herbal Remedies

Allenstown, NH | www.WintergreenBotanicals.com
Additional Slides
Drying Herbs

Goal = 95-110°F for leaves and flowers with good airflow, low humidity.
Harvesting Leaves & Flowers

When the plant part looks happiest.
Ensure already clean(ish) pre-harvest (don’t wash, usually).
Remove anything icky, process immediately.
Tea: Infusion (steep)

1 heaping teaspoon or more DRY herb per cup
Steep 5-15 minutes or longer
Herbal Seltzer & Infused Water
Great for aromatic, fresh herbs
light – sweet – aromatic – refreshing
low in tannins and other properties
(long cold infusion for mucilage)

• Add about 1-2 small sprigs for a single-serving
• Or 3 or so large sprigs for 1 liter
• Let steep in cold seltzer or water for a few minutes
  (roses taste best after a few hours)
• Drink that day
Tincture (alcohol)

Fresh Tincture: 1:2 in 95%
- 1 oz herb (weight) to 2 oz alcohol (grain, vodka)
- Use high-proof alcohol (40-95%) – grain, vodka
- Or just shove jar full of herb, then to top with alcohol

Dry Tincture: 1:5 in 50%
- 1 oz herb (weight) to 5 oz alcohol (vodka, brandy)
- Use 40-60% alcohol – vodka, brandy
- Shake regularly
- Best dry: elder, alder, cherry bark

Strain after 1 month or longer. Keeps up to 10 years. One of the strongest plant extracts.
Acetum (vinegar)

- Raw apple cider = Best & healthiest
- BUT white vinegar shows off more color and flavor
- Chop and cover with vinegar
- Let sit 2+ weeks (to taste) - use a PLASTIC cap
- Usually shelf stable for 1 year

Oxymel = honey + vinegar, about 50/50 = tasty!
Herbal Glycerite (glycerine)
Using food-grade vegetable glycerine (2 method options)
1. Macerate (let sit, covered) in a jar for ~ 1 month
2. “Water bath can” in a jar with headspace and canning lid for 20-60 minutes, cool, strain.
   • Use 70-100% glycerine for dry herbs
   • 100% glycerine for fresh herbs (more apt to spoil)
   • Similar proportions as a tincture
   • Shelf life varies, dose is a bit higher than tincture
   • Sweet yet sugar free, safe for diabetics
   • Best for aromatic herbs
Bonbons/Balls (w/Powder)
Recipe from my Book!

BRAINIAC BONBONS

These tasty energy balls are limited only by your imagination! Opt for good- or decent-tasting herbs (so, go easy on the bitter bacopa), and make sure the powder is ground super fine.

2 tablespoons nut butter (such as almond)
1 tablespoon honey or puréed date, or to taste
1 teaspoon powdered herb(s) (such as ashwagandha, hawthorn, gotu kola, holy basil)
Toasted sesame seeds or coconut flakes for rolling

Mix the nut butter, honey, and herbs thoroughly together. Feel free to add other ingredients, like chopped nuts or fruit. Roll into small balls. Then roll/dip them in the sesame seeds or coconut. If you’re feeling particularly decadent, dip them in melted dark chocolate instead (chill the honey/nut butter balls first) and let cool on parchment paper or in mini baking cups. Enjoy one to two bonbons as a dose of herbs.

From Grow Your Own Herbal Remedies, Storey Publishing
By Maria Noël Groves. Photo of bonbons by Maria. Watch Video.
Creating Blends

• Primary Herbs
• Supportive Herbs
• Synergists (Movers, Shakers, Harmonizer)
• Good Vibrations

_Tannins_ don’t play well with others (alkaloids and other compounds) in long-term storage (ex: tinctures) – get gloppy. Barks are especially problematic. Add 10% glycerine to stave it off.

_Resins_ are also tricky, repelling water.