

July CSA
Ecotone Herbs

SAMPLE

Herbs:

1½ lb Oats
1 lb Mountain Mint*
1 lb Mullein
½ lb Beebalm*
2 oz Selfheal
2 oz Milkweed* flowers
handful Mullein flowers
+ 1/2 lb Blueberries

*plants native to the Midwest!

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Oats strong infusion

adapted from *the Modern Herbal Dispensatory* (Easley, Horne)

SAMPLE

ingredients:

1 oz (1 bunch) fresh oats

1 qt h2o

materials:

pot

cutting board/scissors/shears

strainer/muslin bag

jar/container for storage

- bring water to boil, then turn off/remove from heat
- cut up oats (scissors/shears work best), add to water & cover (option: put herbs in muslin bag for easy straining later)
- let steep 4-8 hours or overnight
- strain

folk method:

a bunch of oats, chopped, covered up with hot water & allowed to steep overnight

storage: in fridge, up to 3 days

use: drink 1 cup, 1-2x daily

This recipe is known as a strong infusion – like a basic tea infusion, but with a higher concentration and longer brew time to more fully extract the constituents from the herb. Make as much of this at a time as you'd like, and enjoy regularly as an effective and easy way to incorporate a high content of minerals into your diet.

Oats – *Avena sativa* – is a nutritive tonic for the nervous system. For all intents and purposes medicinally, cereal oats (like a bowl of oatmeal) and milky oats are the same herb. The former contains a higher calorie & protein content, the latter contains a higher mineral content – but you will receive the benefits of this herb by incorporating into your diet/self care in any form. The immature seeds (that will eventually become the cereal oat) are referred to as milky tops as a nod to when they are at peak harvest for mineral content - when you squeeze one of the seed heads between your fingers, it will exude a milky sap. A powerful **nervine** and high in minerals like silica, calcium, & iron, oats aids in cell repair, nourishing our body on a cellular level so that we can handle stresses in stride. The cereal is great for the skin topically, and a **demulcent** for the digestive system as it is much easier to digest than other cereal grains. Herbalist Sharol Tilgner notes in *Herbal Medicine from the Heart of the Earth* that oats is also a great herb for support in recovery from addictive habits – caffeine, alcohol, nicotine, etc. A great all-around herb for anyone including children, for pregnancy (especially with the dietary calcium in the oatstraw), and in the field as a cover crop and erosion control. No contraindications unless of course you have an allergy.

Glossary

SAMPLE

Astringent – contracts organic tissues; can dry up/reduce secretions and diminish swelling

Demulcent – soothes and reduces irritation internally and externally; and protects against further irritation

Nervine – soothes and revitalizes the nervous system; relief for mental & physical exhaustion, irritation/anxiety; improving the body's response to stress