



CONTENTS

CSH JULY

SCAVENGER HUNT FLORAL BOUQUET

Some flower friends from previous shares and some new botanicals as well. The visual beauty and aroma of flowers can relieve stress, reduce anxiety and bring joy. Your bouquet may include borage, calendula, catnip, chamomile, clover, dandelion, echinacea, feverfew, ground ivy, jewelweed, lemon balm, mint, monarda, mugwort, oatstraw, plantain, tulsi, or valerian. Can you identify them? Feel free to email questions or post on our Facebook page.

DRIED WHITE WILLOW BARK FOR A DIY PROJECT

Native to North America, white willow has been used by Native American healers for centuries as an Anti-inflammatory and Anodyne (pain relieving). In 1828, chemist Felix Hoffman isolated the active ingredient, salicin, which would be the basis for the aspirin used today. For general tincture making instructions see the provided handout. For this DIY project Pour 3 ounces of your chosen menstruum into the provided jar and follow steps 4-7 on your Tincture making sheet.

Dosage: Start with one ounce internally every four hours for acute injury/pain. Consult healthcare professional before use, especially if pregnant, nursing, taking medications, or giving to children/adolescents. Do not use if allergic to aspirin or with other medications containing aspirin.

Store in a cool, dry place, out of direct sunlight.
Shelf life: alcohol = 2 years or glycerin = 1 year

CULINARY BUNDLE

Culinary herbs are kitchen medicine, and an easy way to add herbal allies into your day. Dill seeds and cardamon are carminatives and anti-spasmodic herbs that particularly work on the digestive tract. Carminatives aid digestion and help expel gas and reduce stomach and digestive pains.

RED RASPBERRY LEAVES

Enjoy as an herbal tea and learn about this lovely plant that is currently abundant and in season in our area in the enclosed Materia Medica.

ARNICA & WHITE WILLOW SPRAY

To make this anti-inflammatory spray, we combined arnica tincture and white willow tincture. There are also some essential oils of wintergreen (similar active compounds to the birch in previous shares). Simply spray directly onto your skin to injury to relieve pain and swelling.

BORAGE FLOWER ESSENCE MOTHER

See enclosed sheet for information.

ENERGETICS CHART

Artwork from Briel's sister Dana, illustrating non-denominational energetics to describe a person, an emotional or mental state, or an herb itself, based on traditional western herbalism material by Jim McDonald.