

UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Winter 2010

SPRING SEED
GIVE-AWAY
TREES!

TUCSON HERBALIST
COLLECTIVE

SAVING TREES

UPS GRANT
REPORTS

THE POTTING
SHED

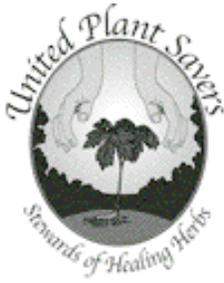
UPS' BOTANICAL
SANCTUARY NETWORK

SPICEBUSH

RICHO CECH'S NEW BOOK:
THE MEDICINAL HERB GROWER
VOLUME I

UpS is a non-profit education corporation dedicated to preserving native medicinal plants.

Birches © Nancy Scarzello



Winter 2010

A publication of United Plant Savers, a non-profit education corporation dedicated to preserving native medicinal plants.

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FROM THE GRASSROOTS

by Sara Katz, UpS President



Sara Katz

UpS is one of the most grassroots organizations I know! Grass holds the earth together by its thousands and millions of tiny individual roots, which combined as a whole comprise a strong and life-supporting collection of beings. Such are the members, staff and supporters of United Plant Savers.

2009 was a year when information about environmentally sustainable use of wild herbs was spread throughout the country by a series of wonderful UpS conferences. Maine,

Massachusetts, Rhode Island, Texas, Ohio and Oregon all had spirited, information-laden conferences that were very well attended. Big green thanks to the many members and board member volunteers who helped in these various locations. It's continually amazing how generously people offer up their time and enthusiasm for the cause of sustainable herbalism!

This year also marked the opening of the Talking Forest Trail at UpS's Goldenseal Sanctuary in Ohio. This 6-mile information-laden trail represents many years of effort by UpS staff, supporters and board members, as well as many, many hours of trail-clearing and sign-making by UpS interns. Speaking of which, the UpS Intern Program this year was a huge success as evidenced by the glowing comments and notable accomplishments by this summer's spirited groups. If Spring finds you near southeastern Ohio, I wholeheartedly urge you to travel to Goldenseal Sanctuary to experience the splendor of this forested herbal treasure chest.

I want to especially thank our Ohio staff and board members for taking such sensitive care of Goldenseal Sanctuary, one of United Plant Savers' most precious jewels. Green Man and UpS visionary, Paul Strauss; fabulous intern coordinator, Chip Carroll; Ohio resident Board member, Joe Viny; and Lee Wood, whose family has cared for the sanctuary land for generations, are all due a huge amount of gratitude for keeping the sanctuary home fires burning brightly.

One of the main ways that UpS creates a forum for sharing information amongst members is through our Journal and Bulletins. Voluminous thanks to Nancy Scarzello, a longtime UpS member who has played a vital role in editing UpS publications for many, many years. As Nancy's other interests are calling for more of her time, she will now share the coordinator role with long time UpS supporter and very experienced herbal editor, Beth Baugh. Beth is the administrator of the Foundations of Herbalism Correspondence Course, which she developed with Christopher Hobbs.

This year the board spent quite a bit of focused time visioning the future for this organization.

continued on next page

Under the guidance of board member Jim Chamberlain, we developed an ambitious Strategic Plan with many important and exciting projects that will be a joy to manifest in the coming years. Many thanks to Jim for helping the board to dream and plan.

UpS is so very fortunate to have a gifted, herbally passionate and lovely to work with office manager in Betzy Bancroft. Besides keeping UpS members and events very well taken care of, Betzy is also a very skilled clinical herbalist. You may have met Betzy as she journeyed out of her Vermont office several times this year to speak with UpS members at our various conferences.

And the shining star at the top of the UpS organizational tree is our amazing and beloved Executive Director, Lynda LeMole, whose enthusiasm for the mission of this organization and all of the people associated with it is palpable.

It is truly an honor to work with such talented and dedicated people. And like the wild grasslands, the collective manifestation is so much more than a sum of its individual members. On behalf of our green brethren, thanks to all of you who share this verdant journey. ❁

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..... United Plant Savers'..... **2010 INTERNSHIP PROGRAM**

**Hard Working?
Motivated to learn about medicinal plants?
Want to experience United Plant Savers'
360-acre plant sanctuary in Ohio?**

Join us in our UpS Sanctuary Intern Program!

Two 6-week Sessions for 2010

Spring: May 17 (check in - May 16) – June 25, 2010
(DEADLINE FOR SPRING APPLICATIONS: Thursday, April 1, 2010)

Fall: August 30 – (check in - Aug. 29) – Oct. 8, 2010
(DEADLINE FOR FALL APPLICATIONS: Monday, August 2, 2010)
Apply early for early acceptance!

A HANDS-ON, PRACTICAL APPROACH

Interns work 30 hours/week doing a variety of medicinal plant conservation and cultivation projects. Classes and opportunities to work with UpS staff teachers and Chip Carroll, Program Manager. Interns learn general plant propagation techniques working with at-risk and endangered species, general farm upkeep and maintenance, landscape care and maintenance, greenhouse work, medicinal plant identification, sustainable wild harvesting principles and practices and medicine making.

Limited to 8 participants.

Call or write for details and application. Details available online at www.unitedplantsavers.org.

Contact Betzy 802-476-6467 plants@unitedplantsavers.org

LET US HEAR FROM YOU!

UpS' Journal of Medicinal Plant Conservation is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants. We encourage you to send us your opinions and thoughts for submission to the *Journal*. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the *Journal* to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.



CULTIVATION CORNER

UPS SPRING SEED GIVE-AWAY...TREES!

by Richo Cech, from *Growing "At-Risk" Medicinal Plants*

This year's seed giveaway is a tribute to the trees, our woody friends that selflessly provide soil and shade for the smaller medicinal herbs that we so love. Planting trees promotes the health of the entire ecosystem. Due to their slow growth and great longevity, planting trees is a way of letting future generations know that we care. This seed set consists of four hardwood medicinal tree species that can be dependably grown from seed and perform well throughout the temperate U.S. We find that the best approach is to plant the seeds about 1/2 inch deep in fast-draining potting soil in gallon pots. Leave the pots outdoors in a sunny and protected location (the front porch?) or in the greenhouse. It's easy to keep an eye on a gallon pot, a watchful eye that is rewarded eventually by the bursting forth of the nascent tree. A gallon pot will hold its moisture better than a small pot and is less likely to meet with accidents. The deep soil gives the seeds plenty of room to throw down their roots once they germinate. After the seedlings produce their second set of true leaves, tease them out of the pot and repot them individually. Grow them out for a year or more until they gain sufficient size to survive the rigors of the landscape.

Chaste Tree (*Vitex agnus-castus*)

Family: Vervain (*Verbenaceae*)

Native to the Mediterranean and hardy to -20 degrees F. Foliage and beautiful lavender flowers exude exotic perfumes. Chaste trees tend to be multi-stemmed and are best when planted as a focal point in the garden or the landscape. They do not grow too large, can be kept trimmed back and provide colorful blossoms and nectar flow at a time when they are highly appreciated and needed—late in the summer. The seeds may be tinctured or chewed. They help alleviate symptoms of PMS. Chaste trees prefer a sunny, dry exposure. 50 seeds/pkt *Certified Organically Grown*

Hawthorn, Wild (*Crataegus monogyna*)

Family: Rose (*Rosaceae*)

Deciduous thorny bush to small tree. Native to Europe. Hardy in all temperate zones. Hawthorn berries or leaf and flower are the most effective, broad scale and gentle heart medicine known to herbalists. Sow very hard seeds in the spring, summer or fall for germination the following spring—a long wait, but

dependable. Hawthorn does fine in full or part sun, planted in regular garden soil or poor soil, requires little water, and it is a tough contender on the landscape. Prune to a single leader to encourage a large tree that will eventually grace the garden with its fountaining form—its white flowers and bright red berries. Alternately, hawthorn may be planted in a row at 4 foot spacing and the tops pruned back at hedge height. This will create a multi-stemmed, tough, thorny and impregnable hedge. 10 seeds/pkt *Certified Organically Grown*

Osage Orange (*Maclura pomifera*)

(Bow Wood, Hedgeapple)

Family: Mulberry (*Moraceae*)

Deciduous, dioecious tree to 60 feet tall, perfectly cold

hardy. Native to the south-central U.S. The brainlike, bright green fruits have a reputation of repelling spiders and other insects. This is a major hedgerow component, a large and gnarly hardwood that blesses the wide landscape with its weighty presence, yet



Osage Orange © edupic.net

shields small songbirds among its thorns. The pioneers planted legions of Osage oranges as living fences. The wood makes good firewood and cut into a post, it remains for a long time without rotting (that is, if it doesn't sprout roots and become a tree once again!). 10 seeds/pkt, *wild harvested*

Witch Hazel (*Hamamelis virginiana*)

Family: Witch Hazel (*Hamamelidaceae*)

Perennial shrub or small tree to 15 feet. Native to the Missouri Ozarks. Hardy to -20 degrees F. The leaves are the quintessential herbal astringent, making a harmless gargle for treating sore throat or a haemostatic and healing wash for treating wounds. The water extract can provide much post-partum relief for tissues stretched or torn in childbirth. Tree prefers sandy or rocky soil, partial shade to full sun. Sow fall to early spring. May take up to 6 weeks to germinate. 10 seeds/pkt *Certified Organically Grown*

Please see the details of the Give-Away on back cover

SAVING TREES (EVEN REALLY BIG, OLD TREES)

REAL LIFE LESSONS

by Cascade Anderson Geller, UpS Advisory Board Member

*Trees are poems that earth writes upon the sky,
We fell them down and turn them into paper,
That we may record our emptiness.*

~Kahlil Gibran

I started working on this article a long time ago because I love everything about trees. Though it sprouted and grew steadily for months, the sobering facts unearthed in the research made the writing fall dormant. Trees are having a rough go of it all the way around: blights, environmental degradation, development and agricultural practices, logging, bad policies and other issues make our human financial crisis look relatively tame. There was already so much depressing news for us all to wrestle with that I couldn't bring myself to pile on more and so the article was left fallow.

The article began to blossom again not because trees are less threatened. Actually, even more diseases have been identified that weaken the roots, reduce circulation, or just kill outright. More trees have fallen due to commercial and natural disasters, fear and greed for more money, or just more light. Many dogwoods (*Cornus* spp. Cornaceae), and the old stately live oaks (*Quercus* spp. Fagaceae) of California, have succumbed to killing blights. The high Appalachian mountains have lost most of their Fraser fir trees (*Abies fraseri* Pinaceae) from aphid and other infestations. The list of loss is lengthy.

I was able to revive the writing because, as always, amidst the sad realities there were also many stories of success, even when the odds were grim. The point is that trees can often be saved and their life spans extended when someone is willing to extend themselves. It is my hope that this article will provide support to a person wrestling with a decision about a tree, or a grove, or an entire forest that is faced with potential devastation.

Interest, and trust, in trees and the healing power of nature, is a family trait on both sides of my family. We like to give plants the benefit of the doubt as my mother did for our Russian mulberry tree (*Morus nigra* Moraceae) one early Thanksgiving morning. Visiting on her 80th birthday, we were awakened to her distinctive, deep-south dialect proclaiming that the mulberry tree had fallen down in the road.

The soil had grown sodden with days and days of drenching rain, and other trees in the region had come down with the autumn winds. The mulberry tree had

been in the ground for nearly a decade and was top heavy due to the grafting of the exotic mulberry onto a lighter-weight trunk species. Though it had been staked for years, we had recently removed the stake, obviously not a wise decision. A group of us gathered around the tree that had tipped over, its root wad intact. A neighbor said that it was a shame that the tree would need to be removed. We had no doubt that what she was really thinking was how thankful she'd be to be rid of a nuisance that bore staining fruit, dropping onto the walkway and street, for at least two full summer months. No matter how many times we offered, she would never taste the succulent berries.

Not missing a beat, my mother retorted that there wasn't a thing wrong with the tree that propping, staking, watering and feeding would not remedy. That's just what we did, and now over a decade later we still enjoy the masses of deep red, sweet-tart fruits that just keep on coming all summer long.

Though uncommon in the U.S.A., scaffolding, guy wires, props and other means of helping keep trees upright and safe are used throughout the world. In the town squares of Mexico, as well as many other places around the globe, large trees are preserved and contribute to the beauty and livability of the site. Look up into the canopies of these trees, and you may see cables stretched between heavy branches to provide support.

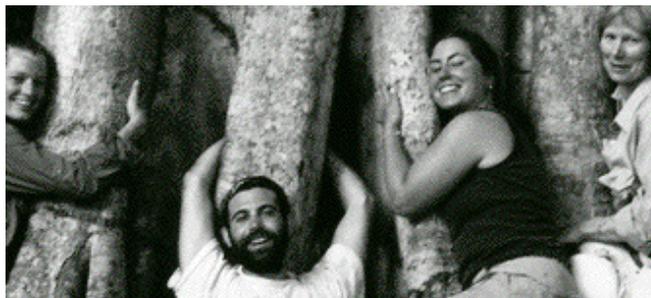
On the southern Greek island of Kos, the birthplace and teaching site of Hippocrates some 2400 years ago, there is a celebrated oriental plane tree (sycamore—*Platanus orientalis* Platanaceae). The tree has a massive hollowed-out trunk that would have been deemed unsafe long, long ago if it were in the middle of an American city. Here it is maintained with elaborate scaffolding, protected with an attractive low fence. Though this tree is only reputed to be about one-half a millennium old, it

still honors the place where Hippocrates, and other notables, taught under a plane tree said to be the relative of the current one.

Trees save themselves using ingenious methods when they have even half a chance. The woods near my home have numerous native wild cherries

(*Prunus emarginata* Rosaceae) that have toppled over on the hillsides where birds and squirrels have planted

continued on page 7



Tree Huggers in Ecuador © Cascade Anderson Geller



THE TOOL SHED

COME ON IN & LEND A HAND!

by Executive Director, Lynda LeMole



They say if you want something done, ask a busy person, so I decided that this year's Tool Shed article should be a list of ways our members can help UpS, other than renewing memberships and making donations. As growers of all things green, you know how much work it takes to keep a garden or farm maintained and thriving. It means digging in the dirt, shoveling, etc. I'll not ask

you for all that, but what you can do for UpS is share your expertise with us.

As a non-profit living through the economic freak-years, we're doing well maintaining our members and slowly gaining new ones. Our coffers are not hefty, but we've just had a good year (financial reports available to members upon request). Our main programs are sustainable and growing. What we need to do is outreach to more plant-lovers who want to learn about and/or grow "At-Risk" healing herbs in a targeted and earth-friendly way. So here's our list:

Membership drive – How do we reach more members without flooding either snail mail with throw-away paper mailings or barraging the internet with emails? We'd like to outreach without using excess paper, and we don't want to become an annoying spam-email. We are currently a few thousand memberships strong of friends and associates. If we could double our membership, we would be less dependent on grants and donations, making us more eligible for them! What are your ideas for a membership drive to find potential UpS members?

Social Networking – Included in the above is to outreach on the internet to the social networking sites – Facebook, Twitter, LinkedIn. Are you an internet savvy UpS member who wants to help us create such a profile and help us manage it? We have a Facebook page (join us!), but we'd like new and enticing ideas on what we can do with it.

Botanical Sanctuary Network – The BSN is one of our crown jewels. There are over 100 UpS Sanctuaries nationwide comprising thousands of acres of protected land. We publish their stories when they join and get regular updates from many of them. These are some of the most exciting plant sanctuaries in the world, stewarded by committed herbalists and naturalists. We'd like to make a an interactive internet map that would allow one to go into these sanctuaries on a virtual tour, to

show and teach more people how to create sanctuary. We already have some photos and videos, but we need more. If you have interest in this project, contact me and let's see if we can move it along.

"At-Risk" List – We need the help of plant academics or scientists who will assist us in filling in the matrix of plant information of herbs on the list. It is difficult to find the experts who know all the answers to the many aspects of understanding what makes a plant go "At-Risk". UpS made ground-breaking strides in understanding what western hemisphere plants are "At-Risk". You can view the list and read more about it on our website.

UpS receives help from many places, most notably the generous work done by our staff and Board. I have the honor and good fortune of working with Betzy Bancroft, herbalist and office manager extraordinaire; Nancy Scarzello, herbalist and editor; Beth Baugh, our newest editor; Sara Katz, our President and Rosemary Gladstar our founder. Each time we hold a Planting the Future Conference, teams of friends come together to make it happen – last year in Oregon (Herb Pharm), Rhode Island (co-organized by Ocean State Herbalists Assn.) held at the Apeiron Institute for Sustainable Living, and one in Arizona (co-organized by Tucson Herbalist Collective) held at the Arizona-Sonora Desert Museum, who donated their awesome space (see article on page 14). The work accomplished on the Goldenseal Sanctuary in Ohio happens because our land stewards, Paul Strauss and Lee Wood work tirelessly and generously to maintain our pristine 360-herb heaven. And twice a year for 6 weeks each spring and fall, our interns led by Chip Carroll maintain our trails and create new and amazing features on our sanctuary. The inauguration of The Talking Forest Medicine Trail last May began a new era of opening our doors to the world so visitors can experience more native medicinal 'at-risk' herbs than anywhere else in the world.

If you have experience in any of the ways we need help, what better way to help the public than to turn them on to the green world of the healing herbs? You know what it's done for you in your life, so please assist UpS in helping the herb stewards do their job! We value your ideas and input in making your organization a green beacon for the healing herbs. 🌿

Lynda LeMole has been Executive Director of UpS since 2003. If you have some ideas to share, contact her at: lynda@unitedplantsavers.org

them. With their root wad still attached to the ground, a downed trunk becomes a nurse log that turns branches into trunks growing straight up. Some of these trees that have been left alone for years now have become interesting trees with some of the stronger branch-trunks developing their own set of roots that reach down over the fallen log right into the ground. These new trunks are blossoming and bearing fruit now while the downed mother-log provides stability to the hillside and amends the soil.

When given the opportunity, giant trees can produce strikingly beautiful means of achieving stability on their own. Tropical rainforest trees can be seen with stupendous buttressed trunks and roots, making the most of keeping their roots close to the surface of the ground where the nutrients are harbored. When given the room to spread, the lowest branches of a colossal tree may reach down to the ground and then back up again in an effort that can only be described as beauty. These low dipping branches will root and help provide nourishment and much needed support for the great weight of the tree. They will keep a tree that is isolated from the network of forest roots upright even in strong storms. Like a human elder with a cane or a walker, the tree gains stability by creating more points of contact with the ground.

Most old trees are deprived of the ability to provide for their stability in this way since they are pruned for better access for mowing, walking or light. Many people are uncomfortable with plants that appear to have had little grooming from human touch and reach a large size. In the Pacific Northwest, some early loggers would brag in the taverns about the Douglas fir (*Pseudotsuga menziesii* Pinaceae) they felled just because it was "obscenely big."

When tree branches are able to make ground contact, a sacred "room" is created. Banyan trees are figs such as (*Ficus benghalensis* Moraceae). Also known as strangler figs, their seed, deposited by a bird, germinates in the bark of a host tree, and roots descend down to the ground and eventually surround the host. The fig tree thrives at the expense of the host, growing not only taller but expanding laterally with the aerial roots becoming sturdy prop roots. One of the biggest recorded trees in the world is said to be the ancient banyan (called Thimmamma Marrimanu in Gutibayalu, India) that extends out some two kilometers.

Here in the U.S.A., magnificent examples of prop branches can be seen in Hot Springs, North Carolina at the Mountain Magnolia Inn where there are two

astounding trees in the yard. One is the namesake tree, a big leaf magnolia (*Magnolia macrophylla* Magnoliaceae), and the other is a black walnut (*Juglans nigra* Juglandaceae). Other notables are the giant female ginkgo *Ginkgo biloba* Ginkgoaceae, planted in 1785, in Leiden's botanical garden in the Netherlands. On the trail that leads to the cave dedicated to Mary Magdalene, up through the sacred forest of mount Saint Baume in the south of France, there are many old trees, including marvelous ancient yews *Taxus baccata* Taxaceae with their many drooping, supporting branches.

More than three decades before the episode with the toppled mulberry tree, we pulled into our driveway only to find that the "mean boys" next door had snapped the red maple sapling that my dad had planted the year before. It wasn't broken clean off, but it was a mangled mess, and most people would not have believed that the tree could be saved. Without a word my dad immediately went to work setting a stake and then carefully matching the tree's tissues, like a surgeon, and wrapping the trunk tightly with wide strips of an old clean white sheet. Then he fed and watered the tree, and each day after work he would check on it before he had his own dinner. In deep shock, it dropped all of its leaves and looked like it was dead, but he assured everyone that it was healing just like a broken leg would heal. That tree is big and beautiful now and if you look closely, you can see where it is scarred from that long ago trauma.

The stories of saving the mulberry and maple happened with relatively young, small trees, but with the right equipment and determination even very old trees can be, and are, rescued. More than a decade ago, a construction project in Portland, Oregon was destined to destroy a century-old ginkgo. By sheer public pressure, advocates were able to convince the construction company, who had the necessary heavy equipment, to gently dig the tree up and move it to a site donated by a local private college about 5 miles away. The tree was transported and carefully replanted in its new home, and it has slowly recovered. I have visited ancient olive trees in northern Spain that have been transplanted miles from their original site that was destined for development.

That old trees can be transplanted is a marvel but not a wonder when you consider the tenacity and wisdom they embody. To reach such a ripe age requires the ability to bend with the winds of change and storms of conflict, to resist illness and heal. ❁

Trees are your best antiques.

~Alexander Smith



UPs' "AT-RISK" FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

~ "At-Risk" ~

- American Ginseng
(*Panax quinquefolius*)
- Black Cohosh
(*Actaea [Cimicifuga] racemosa*)
- Bloodroot
(*Sanguinaria canadensis*)
- Blue Cohosh
(*Caulophyllum thalictroides*)
- Echinacea
(*Echinacea* spp.)
- Eyebright
(*Euphrasia* spp.)
- Goldenseal
(*Hydrastis canadensis*)
- Helonias Root
(*Chamaelirium luteum*)
- Lady's Slipper Orchid
(*Cypripedium* spp.)
- Lomatium
(*Lomatium dissectum*)
- Osha
(*Ligusticum porteri*, L. spp.)
- Peyote
(*Lophophora williamsii*)
- Slippery Elm
(*Ulmus rubra*)
- Sundew
(*Drosera* spp.)
- Trillium, Beth Root
(*Trillium* spp.)
- True Unicorn
(*Aletris farinosa*)
- Venus' Fly Trap
(*Dionaea muscipula*)
- Virginia Snakeroot
(*Aristolochia serpentaria*)
- Wild Yam
(*Dioscorea villosa*, D. spp.)

~ "To-Watch" ~

- Arnica
(*Arnica* spp.)
- Butterfly Weed
(*Asclepias tuberosa*)
- Chaparro
(*Casatela emoryi*)
- Elephant Tree
(*Bursera microphylla*)
- Frangula
(*Rhamus purshiana*)
- Gentian
(*Gentiana* spp.)
- Goldthread
(*Coptis* spp.)
- Kava Kava
(*Piper methysticum*) (Hawaii only)
- Lobelia
(*Lobelia* spp.)
- Maidenhair Fern
(*Adiantum pendatum*)
- Mayapple
(*Podophyllum peltatum*)
- Oregon Grape
(*Mahonia* spp.)
- Partridge Berry
(*Mitchella repens*)
- Pink Root
(*Spigelia marilandica*)
- Pipsissewa
(*Chimaphila umbellata*)
- Spikenard
(*Aralia racemosa*, A. *californica*)
- Stoneroot
(*Collinsonia canadensis*)
- Stream Orchid
(*Epipactis gigantea*)
- Turkey Corn
(*Dicentra canadensis*)
- White Sage
(*Salvia apiana*)
- Wild Indigo
(*Baptisia tinctoria*)
- Yerba Mansa
(*Anemopsis californica*)

NATIVE PLANT RESEARCH FUNDING

The University of Kansas, workplace of UpS advisory board member Kelly Kindscher, has received funding for a five-year, \$5 million project titled "Innovation Center for Advanced Plant Design: Plants for the Heartland." The program will explore the potential of native plants from Kansas and the region as botanical remedies, dietary supplements, cosmetic products and pharmaceutical or veterinary agents.

Barbara Timmermann, university distinguished professor and chairwoman of medicinal chemistry, and Kindscher, who is also a senior scientist with the Kansas Biological Survey, will combine their experience in floristic studies and ethnobotany, as well as medicinal and natural product chemistry to conduct research on plants, their uses, production, conservation and potential for success in the marketplace. They will collect the plants and make ecological assessments in the wild.

"Study nature, love nature,
stay close to nature.
It will never fail you."



- Frank Lloyd Wright

PLANTS FOR LIFE: BALANCING VINEYARD ECOSYSTEMS WITH NATIVE MEADOWS AND ENDANGERED MEDICINAL PLANTS

by Phillip Knowlton

Commercial grape growers can look to a new model that affords beneficial ecological ways of being good stewards of the land. Many vineyards and wineries have been the target of environmental concerns, e.g. bug sprays, water runoff, monoculture issues (because local farms and rural neighbors fear a lack of biodiversity) and further pesticide problems.

A productive method for cultivating native grass meadows and endangered plants designed as part of vineyard landscape is described. The experimental prototype is being farmed by a small organic farm, Knowlton Farms, a new member to the UpS BSN. This Northern California vineyard is making efforts to change the environmental perception and also benefit grape growers, their neighbors and the medical world.

The Problem:

She was angry and shook her head as she drove past the rich green vineyards. Lyric Merryman was a committed environmentalist and felt commercial grape growers were contributing to the ecological destruction of her neighboring farmland. She had worked for years to help clean up the Russian River and keep toxic dumping out of it; she fought to preserve wetlands where native plants could be protected. And she practiced organic farming. Of the vineyards she thought, "They just don't get it."

Grape growing has become big business in Northern California. For the past decade more and more of the hills and valleys of both Napa and Sonoma County have gone into grape production. Neat rows of the 101-14 Wente Chardonnay vine and the Burgundy Pinot Noir vine have filled the pristine countryside.

Although farmland can still be seen, vineyards have become an iconic part of the region's commerce and culture. Recently some of the larger wineries and vineyards have sought a new trend of seeking ways to make their agricultural presence more positive and less intrusive on the land.

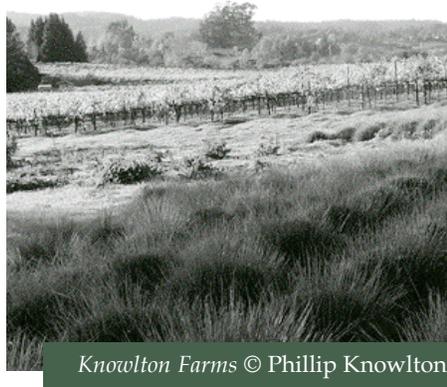
Many monoculture grape growers and neighboring land owners are concerned with the use of toxic pesticides that spread by wind and can cause soil and water contamination to neighboring land. This and other problems such as over use of water and contamination of local water sources are leading a few of the grape

growers to consider more integrative and sustainable practices. They seek more natural methods and products that can be used as alternatives to commonly used chemicals. Northern California growers have a rich viticulture and terroir (land from which the grapes are grown that imparts a unique quality specific to that region) but must also satisfy a rural community that is extremely eco-conscious. By doing so, grape growers could start to become more responsible stewards of the land and help towards a sustainable future.

Commercial grape growing business here has prospered as Sonoma and Napa wines have fetched staggeringly high prices. The Russian River Appellations agricultural environment of Sonoma County is one of these areas.

A Solution:

What could have been considered an onerous lack of stewardship by the vineyards has instead been viewed as an opportunity for a plant conservation experiment that began just a few years ago at a nearby Sonoma farm that now hosts an organic vineyard.



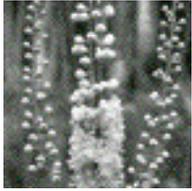
Knowlton Farms © Phillip Knowlton

The aim of the vineyard's design is to create a prototype where the vineyard landscaping supports a variety of native meadow grasses (graminoids) and "At-Risk" medicinal plants. This combination of plants provides significant ecological function through integration and ongoing renewal of "At-Risk" medicinal plants with the growth of native grasses that thrive easily and require little maintenance.

The project has begun to show the potentially positive impact of this vineyard landscape design on grape growing as cohabitation is supported and soil requirements appear to be met. In addition, preliminary results may be suggesting that the native meadows could reduce the use of high-maintenance foreign grass turfs that are typical in vineyard landscapes. Such integrative native meadows can work to restore and transition the ecology of plant conservation.

A preliminary literature review and a demographic study of several medicinal plants recently identified as "At-Risk" by United Plant Savers (UpS) inspired the attempt to show that these plants can be grown as permaculture within commercial vineyard landscapes.

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UPS GRANT REPORTS

United Plant Savers has a fund designated for community planting projects. UpS guidelines require the project have educational merit and that the land proposed for planting be protected either by individual ownership, or be a part of a school or park system. For application information please write to: UpS Community Fund Guidelines, PO Box 400, E. Barre, VT 05649

OHIO NORTHERN UNIVERSITY WOODLAND MEDICINAL PATH

by Vicki Motz

We used our UpS grant to establish our second medicinal herb garden on the campus of Ohio Northern University in Ada, OH. This second garden is in the form of a path through a patch of woodland and is an exciting step toward our goal of one garden project per year to raise awareness of medicinal herbalism and enhance the teaching of medicinal herbs and herbal practices. We hope our gardens will influence both our pharmacy students and the ONU community as a whole to develop an appreciation for the value of medicinal plants. The committee assigned to revamping our core curricula in biology is planning on including a tour of the medicinal gardens for all students in the first year course. We plan to create a center of medicinal herbal learning, which will be open to the college, the greater Ada community, and herb folks around the state and the country.

We started the quarter by hosting a booth at the Ada Harvest and Herb Festival. We made a poster about medicinal herbalism, displayed examples of medicinal plants and distributed UpS informational materials.

The plot of land we chose was heavily infested with poison ivy. As a first lesson in herbalism, we took the students to a patch of jewelweed, talked about plant identification, plant anatomy, location in the plants of medicinal components, extraction techniques, and formulation into a useful product. We made an aqueous decoction and an oil infusion, and after three weeks, combined them to make jewelweed soap. We tested it by removing the poison ivy from the path - no one reported any poison ivy rash! Using hand tools, we cleared a narrow winding path through the wooded area, which allowed us to preserve and highlight patches of pawpaw, Solomon's seal, Jack-in-the-Pulpit, and raspberry.

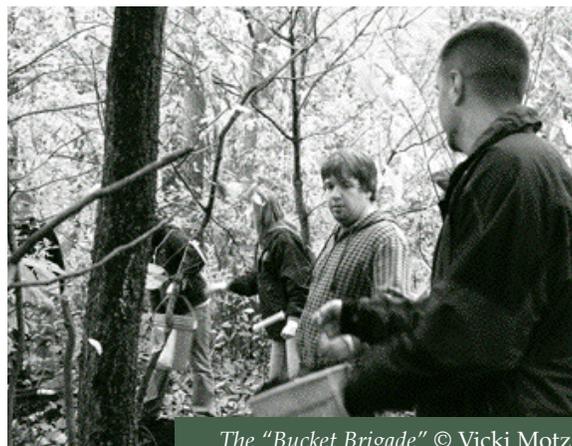
The students were given a brief introduction to woodland plants of the area with medicinal properties. Each student chose a plant to research and be their ultimate

contribution to the path. The soil was amended to accommodate the growing requirements of each plant. To broaden our students' exposure to other medicinal plants we purchased some dried herbs and harvested many of the plants from the garden we planted last year. They harvested horehound and made cough drops, and mint and chamomile to make tea. They decocted marshmallow for its emollient qualities and used purchased marshmallow root to make old fashioned marshmallows. They extracted St. John's wort in olive oil and learned to make a beeswax based salve. Lavender was harvested and dried for our day of aromatherapy.

When our plants arrived, we planted lily of the valley, witch hazel, black cohosh, goldenseal, ginseng, Jeffersonia, corydalis, bloodroot, wild ginger, wintergreen, mayapple, wood betony, and lungwort. Students learned about being non-invasive in the woods and how to water via "bucket brigade".

We created hardwood numbered posts to mark the individual herbs. Our students put together a self guided tour pamphlet - crediting UpS with funding the garden. Pamphlets were printed, and a pamphlet holder was purchased and mounted at the entrance to the garden. As part of the learning process, students developed PowerPoint presentations about the plant they chose for the path, including plant descriptions, distribution, history, and medicinal use of their plant. A website detailing our path, the plants, and what we learned about them was built and is currently being vetted for posting by the ONU site administrator. UpS's role in making our path possible appears on our home page, and we have a link to the UpS site.

Our sign was designed by a member of the Graphic Design faculty, cut from a sheet of copper, mounted on a cypress slab, and hung from a tree at the entry to the path. The garden was dedicated on Nov. 16, 2009, and the community



The "Bucket Brigade" © Vicki Motz

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MAKING MEDICINAL PLANT KNOWLEDGE ACCESSIBLE BOWMAN'S HILL WILDFLOWER PRESERVE'S MEDICINAL TRAIL PROJECT

by Rachael Griffith

Bowman's Hill Wildflower Preserve is a 120-acre nature reserve on the Delaware River just south of New Hope in Bucks County, PA that features nearly 1000 species of native wildflowers, trees and shrubs. Two-and-a-half miles of trails wind through its woodlands and meadows, offering a wonderful opportunity to learn about a diversity of plant communities and their importance to a healthy ecosystem. Since its reconstruction in 2007, the Medicinal Trail at Bowman's Hill Wildflower Preserve has been a source of tranquility, inspiration and reflection for visitors of the Preserve. Although relatively short in distance, the trail covers many different ecosystems and vistas, including a stream-side view, Piedmont woodland, and hilly terrain. The trail featured several different types of plants with recognized medicinal qualities that are native to the Delaware Valley region; however, many visitors expressed a desire for a means to identify and learn about the uses of these medicinal plants while on the trail. Naturalists who volunteer their time giving guided wildflower tours at the Preserve also expressed a desire for more medicinal plant species to make it more worthwhile to take interested tourists down the somewhat obscure trail.



American Ginseng © ehow.com

Under the direction of Jeannine Vannais, Plant Stewardship Index Coordinator; as well as Amy Hoffman, Education Director; Bob Mahler, Nursery Manager; and Miles Arnot, Executive Director, 2009, summer intern Rachael Griffith undertook the project of introducing species of native medicinal plants onto the trail that did not exist elsewhere at the Preserve. The plants chosen were those with the most known and widely-accepted medicinal uses. Some of the species include *Panax quinquefolius* (wild American ginseng), *Actaea racemosa* (black cohosh), *Caulophyllum thalictroides* (blue cohosh), *Dioscorea villosa* (American wild yam), *Ulmus rubra* (slippery elm), and *Hydrastis canadensis* (goldenseal). The plants were purchased with a generous, greatly appreciated grant from United Plant Savers. Nurseries from which plants were acquired were Russell Garden Center in Churchville, PA, Harding's Ginseng Farm in Friendsville, MD and Wetland Supply Co. in Apollo, PA.

Additionally, information about each of the plant's current and historical medicinal value was compiled into a booklet that is available to visitors on the trail and to take home with them. The booklet serves not only as an identification tool on the trail but also as a jumping-off

point for visitors to peruse at home and use to find additional resources and information on specific topics. Signage to identify the plants was purchased and placed along the trail for further identification, and two special medicinal trail tours are scheduled for the spring to additionally highlight our new offerings.

After five months of work, the project is near completion. The plantings of goldthread, trilliums, blue and black cohosh, and bloodroot await the spring thaw to spring to life. The ginseng rootlets and seeds were planted in two nine-meter square research plots—one easily accessible to visitors on the trail, and one 'hidden' in a more remote location to protect against poaching—where they will be monitored and studied in the coming years. Although one shipment of trees and shrubs has yet to be delivered, we were surprised by volunteer sassafras seedlings right on the trail, so that we did not have to transplant them—they did it themselves! We have had lots of positive feedback from visitors and naturalists thus far, and we expect even more in the spring when the Preserve comes alive again with color and visitation. This project greatly fosters the mission of the Preserve, and we have much gratitude for the aid and encouragement provided by United Plant Savers. 🌿

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ETHICAL WILD LEEK HARVESTING

by Marguerite Uhlmann-Bower

It's the season of wild leeks. Also known as ramps, this Lily family perennial is a wild green delectable edible food that is part of the garlic and onion family, though without the strong bite of garlic and the eye-watering intensity of onions. Ramps are found growing from Canada to the Appalachias. It's one of the first greens to show up throughout our woodland landscape with its timely presence reassuring us spring is here. Snow or no snow, ramps will grow. Of course, you might not be aware of this simple little green plant unless you're a wild foods forager or one who looks for a nice hot bowl of fresh potato leek soup at one of our local eateries.



Fresh wild leeks © John Himmelman

Geographically speaking, ramps have been a choice spring pot herb not only for the lure of its flavor but also for its nutritional value. The green leaves have 3 to 4 times more selenium and flavonoids (both powerful anti-oxidants) over the bulbs and are no less potent in flavor. Ramp popularity has grown so much over the years that they can be purchased at markets, roadside farm-stands and restaurants from Quebec to the Appalachias. They can also be bought over the Internet and shipped fresh to your door. Even some southern festivals are dedicated solely for the ramp season and ramp eating.

All this demand can bring about a reasonable concern for its future viability, especially when one considers the ratio of supply and demand. This wild edible can end up a very unavailable food in a very short time. To those who harvest wild leeks or know someone who does, please consider the following suggestions, as this will allow ramps for our future and our grandchildren's children's future. Suggestions are followed by statistics and supportive evidence. (*)

Consider this: Invest in ramps.

Leave at least 80% to 90% of the plants for adequate self propagation. For instance, for every group cluster of plants, remove only one or two single ramps. (*) It takes 2 to 3 years for a ramp seed to germinate and up to 6 years to fully mature.

Consider this: Keep their life force in the ground.

Leave ½ inch of their bulb root in the earth. Cut only the green leaves at or just below soil level. (*) It has been observed that keeping ½ inch or more of the bulb root in the ground will allow the plant to continue to grow for future seasons. Supportive studies have also shown that when harvesting a stand of ramps, picking as little as 5% - 15%, root and all, causes the stand to go below 'an

equilibrium level'. This means the stand is functioning at substandard levels and can take several years to return to normal as long as it is untouched for the next few years.

Consider this: Rotate harvesting stands.

Have at least 3 or 4 sources to harvest from and visit only one of them each year. (*) It takes 2.5 years for a stand to fully recover from general harvesting. In Quebec, Canada, permits given for ramp harvesting allow only 5 ramps per person!

Lastly and as importantly, consider: Think sustainability.

Share with all children the ethical wildcrafting way. Ask local merchants and restaurants to buy bulb-less plants from their wild harvesters. Lastly, this is the right thing to do for all of Nature to prosper. ❁

This report and considerations written by Marguerite Uhlmann-Bower, Herbalist and Registered Nurse - The Herbal Nurses and a wild foods enthusiast. Author of Healing the Injured Brain with Herbs and Natural Therapies. () Source of stats and further reading: "Having Your Ramps and Eating Them Too" by Glen Facemire, Jr. 2009.*

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To Order: Send a \$20 (plus \$5) S/H) check or money order to: UpS, PO Box 400, E. Barre, VT 05649 or visit www.unitedplantsavers.org

by **Richo Cech**

illustrated by **Sena Cech**

WINTER BLESSINGS

by Robin McGee

As winter finally settles in here in the South, I can finally get outside. I am so grateful for the reprieve from triple digit heat indexes with 100% humidity. The lake lice (power boats and sea-doo's) are hibernating, so a stroll along the shoreline is peaceful and meditative once again. Kids are in school, neighbors are at work, and I am alone in the woods. Ah, yes - this is my time of year.

It is easy to lose a day here just being, if you consider that a loss. I sit under an old white oak, close my eyes and breathe; I am one with Nature. I feel a stirring inside me and know that I must go down the hill to where the bloodroot grows. Though it will be a few weeks, late February/early March, before she shows herself again, and I return to visit, I have to go see if just maybe....

On a similar journey ten years ago I found the bloodroot patch. Her telltale leaves were scattered along the bottom of the hill near the creek. It was the first time I ever saw bloodroot growing wild. And it was in my backyard! I fell to my knees, and vowed to protect this tiny little powerhouse (how arrogant we two-leggeds can sometimes be). Last year the patch was the size of half a football field!



Bloodroot © Robin McGee

My annual pilgrimage will be coming soon. Every year when the honeybees buzz around the Oregon grape outside my door, I know the bloodroot is blooming. When it is time, I will gather the cornmeal, camera, and water, say goodbye to my husband, smudge, pray, and head out the door.

I find my true self as I enter the woods. I pass another grandmother Oregon grape that the birds planted decades ago. I smile and say hello, and keep walking. As I get closer to my destination, I begin to see an occasional white flower. I bend to pay my respect but keep going. The anticipation is at its peak. Then I see it! The edge of that beautiful blanket of white blossoms! As excited as I am, I dare not run for fear of trampling one of these precious gifts. I gingerly ease my way around to the other side and find my spot. I sit down and get comfortable. As I offer the cornmeal I begin to sing. After a while I lie down and am immediately taken away. This is what I have been waiting for: the best sleep of the year, cradled in the arms of the Mother in a bed of bloodroot.

When I awake I know that it will be dark soon. The sun is low on the horizon, the birds are singing their farewell to the sun, and it is time for me to go. It is bittersweet, the leaving. Parting is such sweet sorrow. But I am revived, filled with the essence of bloodroot, the trees, this sacred place. I am truly blessed. ❁

South Carolina herbalist, writer, and storyteller Robin McGee teaches herbal medicine classes, leads plant walks, speaks to school and community groups, and is currently creating an herbal education center and botanical sanctuary. Her line of herbal products, Wild Earth Botanicals, is found in local alternative health stores, and with her husband Mac, she raises grass-fed beef, chickens for free-range eggs, and organic herbs and vegetables.

OHIO'S WOODLAND, *continued from page 10*

was invited to a ceremony to celebrate this event. We served 'garden fresh' refreshments reflecting the plants in the garden: wintergreen brownies, raspberry muffins, and wild ginger lemonade. A bench, made of a huge slab of wood donated by three staff members, sits at the path exit, which opens to a grassy area adjoining a pond and invites contemplation. A local artist was so moved by our path that she is contributing a 'sculptural essay' that will be installed this winter. The essay will reflect the cycle of life and is intended to be a focus for wintertime, when the plants are dormant.

Students were surveyed at the beginning of the quarter and after the path was completed, 100% of our students said they had gotten more out of the class than expected. All expressed some form of bonding with the garden through the process.

Self guided tour pamphlets are available at the entrance to both the medicinal herb garden and the medicinal herb path and at the University Inn in Ada. The public is welcome and encouraged to come and share in what our students have created. ❁

"SLEEPING IN THE FOREST"

by Mary Oliver

*I thought the earth remembered me, she
took me back so tenderly,
arranging her dark skirts, her pockets
full of lichens and seeds.
I slept as never before,
a stone on the riverbed, nothing
between me and the white fire of the stars
but my thoughts, and they floated
light as moths among the branches
of the perfect trees. All night
I heard the small kingdoms breathing
around me, the insects, and the birds
who do their work in the darkness. All night
I rose and fell, as if in water, grappling
with a luminous doom. By morning
I had vanished at least a dozen times
into something better.*

TUCSON HERBALIST COLLECTIVE

by Marjorie Grubb

We, the Tucson Herbalist Collective, don't call ourselves an 'organization' because that would be a contradiction in terms. So, when asked to organize "Planting the Future" in Tucson, it was only our collective passion for the plants that gave a "yes" to it. Or maybe we were blissed out on fairy duster flower essence or homemade herbal limoncello. . . .

Our "Planting the Future" event attracted many different kinds of plant-loving people—educators, students, growers, research botanists, health-care practitioners and land managers, as well as herbalists. This made for lively discussions and exchanges of information. How did we do it?

We reached out in many ways to engage people who may not have known about UpS before the conference, and it helped us to draw in a diverse group of attendees. THC members spoke up at meetings of the Arizona Native Plant Society and other local groups interested in native plants and their uses. Inviting speakers from local organizations concerned with plant conservation led to a web of Internet "buzz." One of our members told me she received at least five emails from different friends telling her about the conference.

In early autumn in Tucson, several gardens and nurseries have plant sales featuring native plants or desert plants. At several of these, THC members set up a table with conference flyers and literature. We promoted the conference specifically, and the UpS mission in general.

We wrote articles about the UpS mission, mentioning the conference, and submitted them to local publications. Arizona's tax credit law allowed THC members to donate scholarships to City High School, a small public high school that has a garden plot and an active gardening class. Two students, a teacher and the garden's Americorps volunteer attended the conference. This started what we hope will be an ongoing relationship between our medicine plant conservationists and their gardening classes. Their school is organized around 'place-based education' and so they have a strong interest in the desert environment and ethnobotany. Three of our members were interviewed for a local radio show that focuses on ecology and conservation issues; the show aired the night before the conference.

Farmers' markets are popular in Tucson year round, and for several Sundays in a row

we set up a sandwich board promotion appended to a booth that sells goods from Native SEED/SEARCH, a Tucson-based food plant conservation organization.

Lucky us. We found a willing partner in the Arizona-Sonora Desert Museum—a zoo, botanical garden, art school, research center and more. Their mission is "to inspire people to live in harmony with the natural world by fostering love, appreciation, and understanding of the Sonoran Desert." Seeing United Plant Savers' mission as harmonious with their own, executive director Robert Edison donated classrooms, a display hall and an auditorium and helped us secure technical support and catering service.

The day began with R. Carlos Nakai playing the flute as we filed into the auditorium; the final notes, upon an eagle-wing bone, still linger. Donna Chesner spoke movingly in remembrance of Michael Moore, mentor, teacher and inspiration to just about everyone in the auditorium. Michael's spirit infused the conference, both in the love and respect for the desert medicines and in the ebullient joy we experience working with the plants. We observed a long moment of silence. Phyllis Hogan of the Arizona Ethnobotanical Research Association offered a moving keynote address. Then Dr. Richard Felger strewed the entire auditorium with armloads of wet creosote branches (*Larrea tridentata*), washing us all—as they were passed hand to hand—with the tarry aromatic breath of desert rain.

We then dispersed to various plant walks, workshops and exhibits. Speakers addressed, among other topics, the cultivation, harvesting and use of desert plants as foods and medicines, and food as medicine. After Meg Keoppen explained the use and cultivation of yerba mansa (*Anemopsis californica*), each student received a starter plant. (Thanks, Donna Chesner.) The participants, each cradling a black rubber pot, gazing with awe at the two tiny leaves in there, looked like a procession of muddy madonnas.

Although selling was not allowed (nonprofit facility), our exhibit hall was a sensual marketplace of herbs and locally made herbal products, as well as information about schools and organizations, botanical prints and photos by Frank Rose and many other delights.

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THC, Tucson Herbalist Collective

WHAT DO WE KNOW ABOUT HOW SOIL & FUNGAL ECOLOGY AFFECT THE QUALITY OF HERBAL MEDICINE?

by Michael Tims

The raw material for producing herbal medicine originates increasingly from cultivated rather than from wild-sourced plants as medicinal plant species and their native habitats have come under development pressure or have become endangered. What impact will this change in ecology have on the quality of herbal medicine? Our understanding of reciprocal influences that medicinal plant roots and rhizosphere (soil in proximity to the plant root) fungal community have on each other in their native ecosystem is woefully inadequate.

Some of my own research (Tims and Bautista, 2007) suggests that medicinally active alkaloids from goldenseal (*Hydrastis canadensis*) root influenced an endophytic relationship with pathogenic fungi, limiting the harm the fungus caused. I am aware of some unpublished data that was used to assess changes in both the levels and ratios of medicinally active plant compounds for several native medicinal plant species in response to seasonal variation. Most quality growers/producers generate this type of data to maintain high quality products. In the past, both United Plant Savers and the now defunct National Center for the Preservation of Medicinal Herbs conducted research on medicinal plants cultivated in forest settings. This type of data is invaluable.

In woodland settings, such as the Ohio, Appalachian mesic cove forest understory, the rhizosphere fungal community is stable, diverse and rich in symbiotic mycorrhizal fungi. Symbiosis between plant and fungi involves an intimate association that mutually benefits both species and occurs in a large number of plant species. The effect of such a stable environment is two-fold. First, pathogenic fungi that might harm plant tissue are kept in check. Secondly, these mycorrhizal fungi appear to stimulate the production of medicinally active compounds found in plant roots, including isoflavonoids (Harrison and Dixon, 1993), while reciprocally, the very same plant compounds increase mycorrhizal spore germination (Kape et al., 1992). In field grown conditions, because the soil has been disturbed, the population of pathogenic fungi is greater, and overall diversity is reduced. Are the changes in the root compounds of medicinal plants that occur as the result of AM symbiosis significantly different than the effects that pathogenic fungi have on the plants?

The larger community associated with United Plant Savers is diverse in interest and skills. We may or may not be able to generate laboratory data. However, we can certainly provide observational information that can ultimately inform future research and is also an end to

itself—providing growers and harvesters shared information on what makes good medicine. This then is an invitation to continue the dialogue. What will that conversation look like? Who is interested in the conversation? How can we use existing resources (web, newsletter, annual gatherings) to amplify the singular efforts of the many of you already thinking about these issues? ❁

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Michael Tims has been involved with medicinal plants for 30 years as a health food store owner, herbalist, teacher, researcher and writer. He recently completed a postdoctoral fellowship at the National Institute of Standards and Technology (NIST) developing botanical Standard Reference Materials (SRMs). Michael is currently teaching biology at Montgomery College and writing about medicinal plants.

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Within this corner of our Journal, "The Potting Shed" is where we hope to place ideas that we read about or that members send to us. They may not be complete articles, but thoughts that we think are important, and ideas that we think will sprout more discussion. Send us your seedling thoughts on this piece or other germinations!

THE PARADOX OF INVASIVE PLANTS

by Timothy Lee Scott

*Every plant is a teacher-
But as in every crowd,
There are always
A few loudmouths.*

Dale Pendell, *Living with Barbarians*

Many years ago, my wife imparted the idea to me that there is no such thing as a weed, and from then on I've tried to follow the assertion of Ralph Waldo Emerson that a weed is "a plant whose virtues have not yet been discovered." As a trained, practicing herbalist, I recognized these prolific plants as valuable healing remedies that have documented medicinal uses for thousands of years. A few years back I began writing an article to vent my frustrations to counter the mainstream version of these plants as insidious, noxious species sweeping over our lands with no benefit. Through my deepening work with these plants, I learned that these opportunistic species are providing essential ecological functions for the Earth by protecting, enhancing, and cleaning the soils and waters in which they live. This has led to my adventure into writing a book to demonstrate the benefits of 'invasive' plants and to uncover the origins of this fallacy of the 'bad' plant.

Today's 'War on Invasives' is full of 'scientific' theories and far-reaching policies based on opinions of 'good' plants versus 'bad' plants, in which the federal government, various corporations, nature-based organizations, and the puritanical public allocate *billions* of dollars trying to control the wilds of Nature. Deadly herbicides, destructive removal policies, and a hate mentality divert vast resources that could be better spent on more imperative issues like habitat preservation, studying plant medicines, and renewable resources. This war results from individuals and Big Business with vested interests, which have created the belief that the movement of a new,

'exotic' plant species entering a 'native' ecosystem is harmful to the surrounding inhabitants.

All plants have been on the move for hundreds of millions of years with numerous factors helping them along into areas they did not previously inhabit. The idea of a weed was born with the invention of the 'crop' some 10,000 years ago, as a plant that interfered with agriculture. The nature of a weed is opportunistic and we, as humans, have created enormous holes of opportunity for these plants to fill. Weeds have evolved to withstand the punishments that humans unleash upon them.

The plants considered 'invasive' today were brought here and spread around with the help of people and were cherished for food, medicine, ornament, soil enhancement, and scientific curiosity. Over time though, these plants have 'escaped' into the wilds and have found an ecological niche, in dynamic equilibrium, amongst the different species within the landscape.

Within their niche, all plants serve ecological functions for their environment. Mullein, for example, will blanket the land where fires cleared down forests. This appears as though the plant is 'invading' the land, but after a year or

two, new species emerge and diversity expands. Mullein has acted as a kind of Earth balm, that eases and 'blankets' the internal burns and helps regenerate new growth, which it also happens to do for the human lungs.

And while some plants provide food and medicine for inhabitants, some protect the land after improper clearing (blackberry, barberry, wild rose), some cleanse the water (common reed, purple loosestrife, water hyacinth), some rejuvenate degraded lands (wild mustard, Russian olive, Scotch broom), and some breakdown and clean up toxins and pollutants from the soil (Japanese knotweed, salt cedar, kudzu).



Purple Loosestrife © Nancy Scarzello

continued on next page

PARADOX, *continued from previous page*

The plants are here for a reason—to serve essential ecological functions *and* for us to use as medicine.

With the widespread appearance of these plants, we find the remedies growing all around us to cure our modern ills. The present day ‘invasion’ of plants appears to parallel the epidemic movement of pathogenic influences, revealing the symbiotic relationship between plants and disease. The plants are cleaning the industrial spills, healing the toxic and pathogenic illnesses, and providing restoration for both the land and endangered medicinal plants. The rampant wetland plant known as common reed has been found to effectively clean sewage waste and remove 14 heavy metals and at least 11 common pollutants from the water in which it grows. We see invasive plants arriving to treat invasive, endemic disease; i.e., Japanese knotweed is spreading in the same trajectory and at the same rate as Lyme disease throughout North America. And we find powerful plant remedies to replace the endangered ones that have been over-harvested for medicine, disturbed by development, and poisoned with industrial progress. There is Siberian elm as a substitute for slippery elm, barberry for goldenseal, and purple loosestrife for eyebright.

Nature is in constant flux. Plants have an intelligence of their own, and we have created habitats in which these ‘exotics’ flourish. I do know that many of our beloved places harbor these uninvited guests, but maybe we should let them have their space and make use of these plants when we can.

May we all come to our senses and begin listening to these bountiful green teachers of the land, who speak with an ancient eloquence of deep ecological understanding. ❁

Timothy Lee Scott is an acupuncturist, herbalist, writer, and gardener living in southern Vermont. His first book, demonstrating the benefits of invasive plants, entitled Invasive Plant Medicine, is to be published by Inner Traditions, Bear & Co. in August 2010 (www.InnerTraditions.com).

PLANTS FOR LIFE, *continued from page 9*

Seeds procured from Horizon Herbs of Oregon were introduced into the landscape of this vineyard and organic farm in the spring of 2005. The seeds include (a.) echinacea (*Echinacea* spp.), (b.) blue cohosh (*Caulophyllum thalictroides*), and (c.) ashwagandha (*Withania somnifera*). This vineyard plant conservation project shows that the incorporation of native meadows and endangered plants into commercial vineyard landscapes may offer one way to serve as an act of environmental stewardship and responsible commerce.

The experiment seeks to present another benefit that the conservation of endangered plants is also potentially one of the antidotes to the heavy commercial systematic harvesting of medicinal plants that have been depleting the overall density and high yields of medicinal herbs. These helpful plants once grew in abundance throughout much of North America’s public lands. Because mass harvesting of herbal plants is difficult to regulate, agricultural business has an opportunity to demonstrate a capacity to avert specific plant endangerment. On point, vineyards can become a sanctuary for endangered plants, thus working towards their renewal. The repopulating of native meadows and endangered plant permaculture within vineyards also aims to reduce water use and the vineyard’s negative environmental impact.

Long-term vision:

- (1) Develop and offer a prototype design for native meadows and medicinal plant integration that provides attractive and practical landscape around vineyards.
- (2) Become a source for seeds and seedlings of endangered medicinal plants and native sedge plugs for commercial farms and vineyards.

The desired outcome is demonstrating a responsible capacity to restore native sod and avert further plant endangerment to help create an environmental community that is more encouraging of agricultural business. This experimental conservation effort can be a practical model for developing sustainable commercial vineyard landscapes in the Napa and Sonoma Counties of Northern California’s premium grape growing region.

With the native grasses of sedge and rush meadows and medicinal plant conservation in the vineyard, Lyric may soon be able to appreciate vineyards for their positive ecological contributions. She may even want to join forces with them to work in concert to create innovative sustainable environmental conservation projects! ❁

Phillip Knowlton is involved in endangered plant conservation and managing natural growing environments for high quality chardonnay wines. He farms a small sustainable apple and mixed stone fruit orchard, works to support a multi-use wildlife habitat and utilizes non-polluting sources of energy in the San Francisco Bay Area. His vineyard provides organic grapes to legendary wine maker, Dan Goldfield of www.duttongoldfield.com



UPS SANCTUARY NEWS

WHILE YOU WERE AWAY: SANCTUARY MUSINGS

by Paul Strauss

Dec 2

It has been a long, beautifully drawn out fall season. This year's delicious Indian summer made appearances for two months. November was the warmest and most beautiful in 60 years. I harvested well over 350 lbs of butternut squash from just 4 hills. My neighbor was able to harvest sweet corn into October. Such a year will be remembered and missed. Even in early December I am harvesting kale, chard, beets and carrots from the house garden every day. Global warming, for now anyway looks pretty good here.

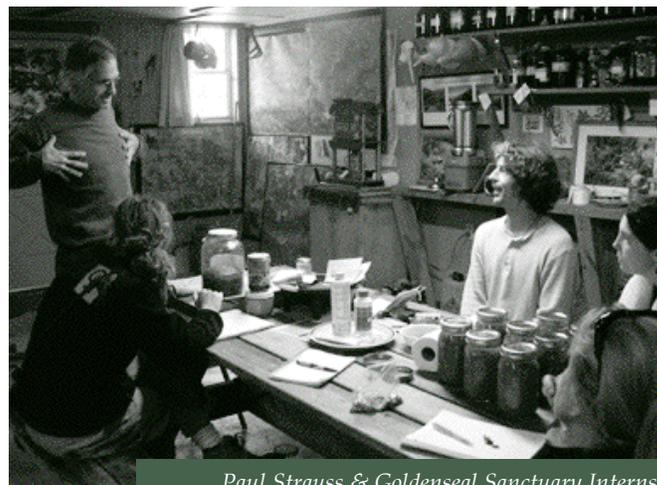
This fall's intern program was most rewarding, for the work done on the Sanctuary and for our great interns whose life is channeled and changed forever by this dynamic property. My work at the Sanctuary has been made easier by Chip Carroll's handling of our intern program, his understanding of understory and his woodland ways.

Little Lee [Wood], who grew up on this property, gives me solid advice on any subject I need to think about concerning this Sanctuary. Roads, trails, plumbing (both water and gas), the deer herd, ponds, creeks, neighbors, equipment maintenance—you get the picture. It is incredibly valuable for me to have his ear and opinion to make the correct plans and decisions for this property.

To have a solid friend, ex-intern, neighbor and board member like Joe Viny makes the Sanctuary a better facility. His experience and open, critical mind provide the perfect muse for my manic earth energy. Thanks to these guys for the great help.

Dec 4

Again this year I let an Ohio University botany student use my land and the Sanctuary for her Masters' work. Jen set up cameras to see what animals were eating and dispersing the seeds of goldenseal, Jack in the Pulpit, false Solomon's seal and blue cohosh. The cameras were sensitive and took pictures with either heat or motion detection. Everybody involved in her project seemed so amazed



Paul Strauss & Goldenseal Sanctuary Interns

at the concentrations and variety of wildlife and herbs we have here, though no surprise to those of us who live and work in this forest. I have no doubt that the animals and herbs are dependent on each others' lives.

The only real agricultural negative, and in the end it too is perfect, was the lack of mast (nuts) this year in our large oak, hickory and beech populations. (Walnut production was just OK in most areas.) After 2 years of heavy production, this year – nothing. The trees seem to be taking a well deserved break, which makes sense. It will be a leaner winter for our wildlife populations that have soared with such bountiful previous seasons. The Sanctuary forest and all forests and understories around us have made big growth this year with plenty of rain and sun.

Another unwanted reality that arrived was the possibility of more horrific, shortsighted human ecological degradation to our beautiful hills. The possibility of another coal fired power plant opening up in the area stimulated the purchasing of local mineral rights by one of the most reviled, fined, largest and wealthiest coal companies in America, Murray Energy. Two pieces of property right next to the Sanctuary were slated for re-strip-mining. For several months our local green community had meetings to deal with this impending disaster. They would start by clear cutting the forest that has regrown over the last 60 years on those old stripped hills and then dig off the coal, the pressed remains of a massive ancient rainforest to further pollute the planet. Something just makes no sense here. One of the most effective and simplest means of dealing with air pollution and global warming is to plant trees. We are such a shortsighted species.

We created flyers to help educate local land owners about the problem. This flyer can be used in any area this problem exists. Feel free to copy it (contact United Plant Savers, P.O. Box 400, E. Barre, VT 05649). After talking repeatedly to the owners of both properties next to the Sanctuary (one an Amish farm), both decided not to sell their mineral rights.

continued on next page

And two weeks ago they decided not to build the power plant altogether, stating the extreme rising cost of construction. It was with gratitude I felt this neighborhood stand up to fight back and talk of another path.

Hopefully by spring UpS will be given a nice grant issued as an environmental covenant by our local soil and water conservation district and the United States Fish and Wildlife Service. This came about because in 1993 mine water was released into the local watershed. The U.S. government set up an account “for the restoration and enhancement of water quality in the Leading Creek watershed.” This is a win-win situation. I know UpS can use the cash, and it provides double protection for one of the Sanctuary’s major riparian zones. During the 2-year process I was able to help craft an environmental covenant with Fish & Wildlife that works well for them and also for our Botanical Sanctuary needs, and most important the protection and maintenance of this beautiful intersection of creek, woods, prairies and fields. Time will tell.

Dec 10

Finally the season’s first real cold snap . . . strong winds, high temperature of 25, frozen ground. The sheep and donkeys are more insistent for their morning grain. I let Little Spot in, as her small Beagle body can’t stay warm in these cold conditions. A good day to commune with the new wood stove... think, dream, write, plan and, of course, finally rest.

I don’t know why it took me so long (33 years) to embrace some of the newer wood burning technology. I loved my old stove; it proved itself in some heavy winters keeping this 140 year old home warm. It became obvious that there was more to consider than just heat here. The old free flow never had ash pans that made for easy cleanout and a cleaner house. The new stove is fitted with a smoke reburner (not a catalytic converter), making for cleaner air and less creosote buildup. And most obvious are the large glass windows in the heavy cast doors—a view to the releasing of solar energy. How much have I missed for so long without glass! Yes, it may seem pitiful to some, but I know the story, species, area of the property it came from and the circumstances that led it to FIRE of every piece of wood in almost 3 cut cords of wood. Each burns with its own signature.

The morning sassafras log felled by last February’s storm had already been weakened by heart rot. Sassafras catches easily and buns hot, but quickly its oils create

snapping flames of different colors. On top of sassafras’s hot coals I put chunks of white oak and osage. These species burn hot but will be there for hours burning slow, real slow like the oak grew. The massive white oak, 7 feet in diameter, grew for 250 plus years on the fence line between Joe’s and my property. The old oak saw a lot in that time, certainly the native encampments down by the creek below the small cave where I find arrowheads and small knives and scrapers. She gave it up in 60 mph

frontline winds in a beautiful July thunderstorm. Her falling took out the osage below her 30 foot horizontal limbs.

This oak was there before fence lines, witness to centuries of native families gathering her acorns. How many squirrels, turkey, deer and bear have also come to gather your manna? Even in death, still giving warmth and reflection and deep appreciation in such a worthy life, such a perfect passing.

When my mind thinks of this Eastern deciduous forest, the first species I see is white oak and, of course goldenseal. To me they are royalty. I could go on and on about the white oaks’ myriad giving from medicine to utility, but that would be another article. Try

reading *Oak: The Frame of Civilization* by William Bryant Logan (Norton Press). Watch out – you might fall in love.

The osage or bow wood is even heavier than white oak. With its milky sap it burns with intense heat and popping. Its wood will even outlast black locust for fencing and any outdoor building. Bill taught me to use its wood to make the single trees and the double trees I needed for the mules. It’s like vegetable steel.

My mom just left after what might be her last visit to the farm, as even with a wheelchair assist, traveling is difficult. Time does move in leaps; where have the last 15 years gone? To slow it down we must appreciate the beauty of every moment often – and, of course stare into wood stove fires.

I think about time more now with my life swiftly approaching a 60/40 reality check – 60 years on the planet, 40 years on the farm. Time has finally given me the ever present awareness and appreciation of the soul of this forest I live in and the myriad species also dependent upon it.

I’m thinking of the many ways I use this forest. I laugh at the macabre sound of it when brought down to the reality of basics. And still it keeps on giving after such abuse. These trees know my reverence and impermanence and tolerate me. My life would not be my life without this forest. ❁

*I consume their flowers, fruit and nuts
(red bud, persimmon, hickories)
Their dead bodies heat my home
(oak, locust)
I bury their butts to build fences
(locust, osage)
I chop and then grind them into medicines
(elm, oak, walnut, goldenseal)
I mulch with their leaves (maple)
My bees rob their nectar (poplar) and steal
their pollen (maple, elm)
And then I mill their dead bodies into
lumber that I pound nails through
(ash, oak, poplar)
Something familiar here,
the ring of divinity
Paul Strauss*

THE MIGHTY OAK

by Sheila Kingsbury

Just the word “oak” invokes thoughts of strength and earthy stalwartness. Most people can identify an acorn and the indentations of the oak leaf. There are native oak species all over North America and Northern Europe. In ancient European cultures the oak often stood as a symbol of strength and paternal wisdom. How did these connotations develop? The wood of oak is particularly strong and used regularly for housing, flooring, tools and furniture.

Oak sustainability

Although oak bark can be used for medicine, it isn't necessary to chop down the tree to do so. The white oak, or *Quercus alba*, is a woodland fixture in most of the Eastern United States from the Mississippi river to the Atlantic and as far south as northern Florida. It does not tend to grow in areas that are more arid or too wet, and it does not grow in the higher elevations. Oaks can grow easily from seed; however, an oak tree growing in the wild has to be at least 50 years old before it can bear fruit. A 69-year-old oak tree in Virginia was known to grow more than 23,000 acorns in one very good year, but the usual average would be closer to 10,000 acorns per tree. Not all of these acorns make it to full development, and many are devoured by insects and animals. In the wild, the seeds would be distributed by squirrels and mice, and, in some areas, blue jays, who know exactly where to “plant” acorns so that they germinate. The oaks tend to grow nearly 2 feet per year but are still considered relatively slow growers.

One of the most dangerous pests for the oak is the wood borers, especially in weakened trees. In the wild, mixed forests with good layered canopies of trees, this is not usually a problem, but in large cultivation lots you will find weaker trees due to lack of variation of vegetation and canopy. There are also many leaf eaters, acorn eaters and gall formers that invade the oak but are not usually a major problem. If the oak is strong, it has plenty to offer all of these attackers while still maintaining at least half of its acorn production. The fungus *Ceratocystis fagacearum* causes oak wilt, a vascular disease, and can cause a fair amount of destruction limb by limb. The oak is fairly fire resistant, but the practice of fire suppression has allowed other trees to grow well and

has reduced the larger oak stands in areas like Wisconsin. However, frequent fires can threaten and weaken stands, too.

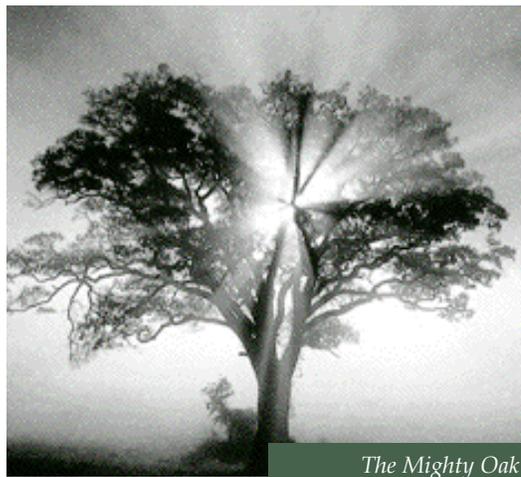
Logging and timber harvests are the most destructive agents to the oak habitat. It creates a situation that severely limits the growth of the oak—no company. Oak does not grow well in dense canopies but also cannot regenerate if the forest is entirely cleared. It regenerates best when it has had a light canopy in which to germinate and begin growth. If it is allowed to grow well for a couple of years and then the forest is thinned slightly, it will have much more success.

Oak mythology

The oak has earned a very old paternal or grandfatherly reputation and the association with wisdom that comes with old age. This probably stems from the oak's ability to outlast other trees in the understory of the woodland and for its longevity once established. The large village oaks were often chosen for sites for village council meetings where justice determinations were settled in most of Northern Europe. It is presumed that the age and wisdom of the oak was sought after when making these decisions.

Oak medicine

Quercus alba is the species most referenced for medicinal use. All parts of the oak are rich in tannins, but the acorns have the highest tannin content of all. The tannins are particularly good at toning mucosal tissues in the mouth and intestines because of their astringency. They tighten the gums in the mouth by binding mucosal proteins and decreasing mucus output all throughout the alimentary canal. This effect is especially useful on the intestines for conditions like diarrhea and dysentery. In Gemmotherapy it is often used for people who are overtaxed and wearing out their adrenal glands and, thus, their energy levels. It is a more energetic approach, of course, but it comes from the idea that the oak's strength and endurance then helps increase our own. ❁



The Mighty Oak

Sheila Kingsbury, ND, RH (AHG), is chair of Botanical Medicine at Bastyr University and Assistant Professor of Botanical Medicine and Pediatrics. Dr. Kingsbury lives in rural Washington in the Cascade foothills and has a private clinic in Kirkland, WA.

Z L h D J W a J

NO -DA -TSI A- DI -TA -S -DI

“TEA THAT MAKES FRIENDS OUT OF ENEMIES” SPICEBUSH, *LINDERA BENZOIN* (L.) BLUME

by Dr. Jody E. Noé, MS, ND

In the autumn time of the year when all of the leaves are off of the trees and we are preparing for winter, there is one little tree that gives the last bit of color to the forest. This little tree is the last to lose its leaves. That last bit of yellow color in an otherwise brown homogenous forest is our friend the Spicebush tree. Spicebush, a dicotyledon in the Laurel family (Lauraceae), is a perennial that can grow either in a shrub or tree form. It ranges from north to south in over half of the United States all the way to Texas! For the Cherokee people this is a plant with a wide versatility. It is used as an everyday household medicine for colds, flu and any upper respiratory disease. It is also used to make peace between two people, parties or clans, as well as a tea that is used to open up a conversation, a dialogue or a gathering. The literal translation means “Tea that makes friends out of enemies”. Once you have tasted the tea made from this plant you will soon realize that it is a friendly tea.

Northern spicebush is a deciduous perennial that can grow from 6-12 ft. tall. The leaves are glossy and slender, alternate on branchlets. The stems and branches are light green, with the bush overall having few single stemmed graceful branches that make it look like a shrub. Dense clusters of tiny pale yellow flowers bloom superiorly to the leaf placement on the branch. The flowers are umbel like and bear a glossy red fruit. The fruit, leaves, twigs and branches are all aromatic and can be made into an infusion, though the Cherokee favor the twigs. The Northern spicebush is also called the “forsythia of the wild” because it flowers early in the spring and gives the first hint of color to the deciduous forest. Spicebush is the last color we see in the woods in the fall and the first color we see in the woods in the spring up here in the north!

Traditional Cherokee use any part of the plant for its diaphoretic actions against colds, coughs, croup, phthisics or any upper respiratory infection. It is also steeped with pine needles and witch hazel and used as

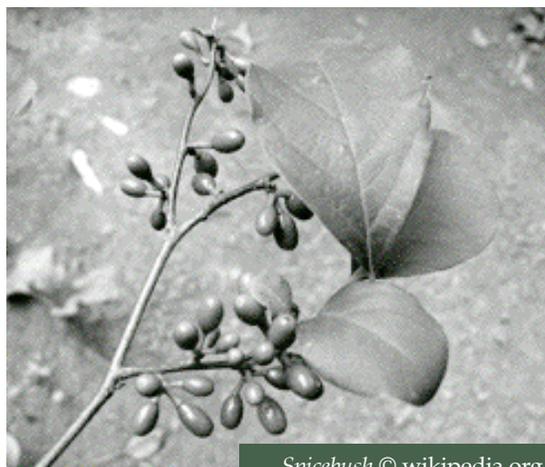
a diaphoretic infusion. Commonly, the Cherokee drink the tea of spice bush as a spring tonic. Other uses include anti-urticaria (hives) and female ‘obstructions’ or as a cooking spice, particularly with possum and groundhog. Current applications are based on the benzoin constituent, which acts as a diaphoretic, expectorant and antimicrobial. The oil of the leaves of spicebush is notably high in 6-methyl-5-hepten-2-one, β -caryophyllene and/or (E)-nerolidol. The oil of the twigs is notably high in 1,8-cineole, while the oil of the fruits is notably high in α -phellandrene and β -phellandrene. Not only does the tea taste good, but it acts as a preventative for initial onset of an infective

event (important in an immune compromised patient). The tea is an expectorant and diaphoretic that helps to ‘clean out’ an infection through the respiratory and prespiratory functions while having its own antimicrobial function, too!

The other traditional Cherokee use of spicebush tea is as a beverage made from twigs, bark, leaves and fruit offered as a ‘peace treaty’ inducing tea. The beverage is used to start negotiations with enemies as a

token of friendship and peace. If we use the ‘old way’ of making peace within ourselves and our environment, then the state of health is established because we are living in a disease-free state. As long as we have destruction of our Planet (the Mother of us all, EARTH), and as long as we have War, Poverty and Discrimination amongst the peoples of the EARTH, we can never have true health and be disease free...unless we make friends out of our Enemies! So, go out and gather some spicebush tree and enjoy for the betterment of your health, your environment and for the ‘greater good’ of making Peace. ❁

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University of Bridgeport College of Naturopathic Medicine,
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And Natural Family Health & Integrative Medicine
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Spicebush © wikipedia.org

UPS ATTENDS AHG CONFERENCE

by Lynda LeMole

Herbalists from all over journeyed to Santa Rosa, CA on October 23-25, 2009 to attend the annual American Herbalists Guild Symposium, "Herbal Medicine: New Possibilities for Primary Care". UpS was one of many other nonprofits and herbal vendors to set up booths and displays in the lovely halls of the Hyatt Vineyard Creek Hotel as 300 attendees moved in and out of over 40 educational sessions taught by some of our favorite herbalists. The American Herbalists Guild is an educational non-profit representing herbalists specializing in the medicinal use of plants. Their primary goal is to promote a high level of professionalism and education in the study and practice of therapeutic herbalism.

The UpS conference team included Executive Director Lynda LeMole, UpS President Sara Katz, UpS Board member Bevin Claire and UpS tech advisor, David Eagle (who was returning to the AHG fold after a long absence, having been one its early Board officers). Friends stopped by the cheery UpS booth to view and purchase our wares, including a video display of slides and the recent UpS video taken at the Herb Pharm Planting the Future Conference in May, 2009. Many good connections were made with herb students and teachers who joined UpS.

As a special offering, UpS had arranged for a donation of local organic wines for sale at the booth. Phillip Knowlton, founder of Knowlton Farms in Sonoma County and recent Botanical Sanctuary Network member donated incredible local wines for which we received donations. We also showcased organic roses donated by Organic Bouquet. One of the best parts of attending herb conferences is the camaraderie shared by herb friends who have known and worked with each other for years. We enjoy exchanging serious herbal knowledge, but we also enjoy laughing, dancing and just hanging out together.

AHG President Aviva Romm and Executive Director Tracy Romm and staff did a fine job of hosting a successful conference. If you are a serious herbalist, consider joining AHG (americanherbalistsguild.com) and don't miss their 2010 symposium Oct 1-3 in Austin, Texas: *The New American Herbalism: Exploring the Roots and Branches of Our Herbal Heritage and Bringing Theory Into Practice.* ❁

PARTNERS IN EDUCATION

United Plant Savers offers a special student membership fee of \$20 per student for all herbal schools, apprentice programs and training courses that enroll their students as a group. Each student receives a UpS membership package with all the benefits ~ informative Journals and Bulletins, Nursery & Bulk Herb Directory, plant/seed giveaway twice a year, membership discounts at UpS conferences and more. When your school/program joins Partners in Education, you will receive our publications, the UpS Education Guide and the Take Action! Guide, a copy of the UpS book *Planting the Future*, free rental of the UpS "At-Risk" Slide Show & DVD, a listing in both the UpS Journal and on our website, guidance from experienced educators and the opportunity to make a difference ~ *One Seed at a Time*. PIE students are welcome to apply for the UpS internship program at Goldenseal Sanctuary in Ohio. With a recommendation letter from the PIE school, students can receive a \$100 discount on the internship fee.

2009 ~ PARTICIPANTS

Chestnut School of Herbal Medicine

Juliet Blankespoor, Leicester, NC

Dandelion Herb Center

Jane Bothwell, Kneeland, CA

Earthsong Herbals Apprenticeship

Margi Flint, Marblehead, MA

Heartstone School & Herbal Medicine

Tammi Sweet & Kris Miller, Van Etten, NY

Herb Pharm Herbaculture Program

Williams, OR

Hocking College

Jeannie Faulkner, Nelsonville, OH

Living Awareness Institute

Kami McBride, Davis, CA

Southwest Institute of Healing Arts

JoAnn Sanchez, New River, AZ

Tai Sophia

Robyn Urbach, Laurel, MD

Vermont Center for Integrative Herbalism

Betsy Bancroft, Montpelier, VT

Yerba Woman Apprentice Class

Donna, d'Terra, Willits, CA

*Please contact Betsy at the office or see the website to find out how you can become a **Partner in Education**.*

A panel discussion on endangered plant species helped articulate problems that are contributing to the loss of important plants.

- The federal government owns 780 million acres of public lands, mostly in the western U.S. These wild areas are rich with medicinal plants. Yet 231 million acres are grazed by cattle, which consume about 800 pounds of plant material per cow per month. Of species listed as endangered in the southwest, 25 percent are threatened because of grazing.
- As the climate warms and dries, low-altitude species occur at higher elevations, while very high altitude plants—such as arnica, osha and the wintergreens—can't survive.
- Fire is a natural part of forest ecology, but many native species can't survive the increased size and intensity of modern wildfires. Invasives, more resilient, survive and thrive. Their spent vegetation fuels more and hotter fires, increasing the heat and drought at higher elevations.
- Along the U.S.-Mexico border, plant and animal life have suffered: from increased trafficking in drugs, from migrants, and the on-going efforts of Homeland Security to "secure" the border with miles of road, sections of fencing, and floodlights. Scientists who had been studying plant and animal populations for years have been forced to abandon their research, just when it is most needed.

Botanists, land managers and forest services representatives agreed that we need more communication so that we can collaborate more effectively. Take notes when you are in the field and share them with agencies that steward the land. What plant colonies are thriving? Are some in trouble? Report on plant health, illegal land use, any changes you observe. Document what you see, take photos, record dates and GPS. Develop relationships with the agencies that manage the land.

We herbalists have knowledge that these agencies need and want. Barb Phillips, of the U.S. Forest Service in Flagstaff said that harvesting permits currently issued by the Forest Service are only for timber species.

Pharmaceutical companies harvesting quantities of herbs require permits, but at present there are no guidelines for quantity or method of collection, or the sustainability of plant colonies.

Other positive outcomes of the conference:

- A possible UpS plant sanctuary
- Two growers growing out seedlings of UpS-listed *Asclepias tuberosa*
- And these promising words from a Pima County Regional Flood Control District manager: "I would

like to . . . begin a dialogue with herbalists about the characteristics of an ideal relationship between land managers and gatherers, for the benefit of the plants and people."

These are just a few of the things we at Tucson Herbalist Collective learned by hosting "Planting the Future." One scientist attending told us that what made this conference different from other conferences was that everyone was having so much fun. She is right. The plants make us happy. ❁

GINSENG MAN!

Spread seeds of hope and mirth with this great new short sleeved t-shirt!

White **organic cotton**
with red & green print.



Sizes: S, M, L, XL
Price: \$20 includes S/H

Send check or money order to:
UpS,
PO Box 400,
E. Barre, VT 05649

This poem was written by Natalie Laliberte of Windham, NH for a 4th grade poetry contest. She won recognition for it, and it will be published in the 2009 Young Poets book. Natalie likes to plant gardens and currently has 2 "secret" gardens, one located in NH and one in VT.

MY SECRET GARDEN

*Hidden deeply in the woods
My treasure is very hard to find
Once abundant, now endangered, because of mankind*

*Peeking through its compost blanket
Beneath the beech, birch and maple trees
Drops of rain and rays of sunlight help my garden
grow*

*Picked away by modern day, they're scarcely still alive
I'll always grow my ginseng and goldenseal garden,
To help them survive*



UPS BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

~Nancy Scarzello, BSN Coordinator

SILVER BOUGH FARM BOTANICAL SANCTUARY

Applegate, OR

Sanctuary Steward: Barbara Hughey

We moved to SW Oregon two and half years ago. When we first saw what would be our new home, we marveled at the different kinds of environments that were here. Forested hillsides gave way to bright sunny open fields, and from south to north there is a lovely creek, overhung with big trees. Alders, oaks and ash form the canopy. The creek is very beautiful. The sound of the water, and the wonderful plants, animals, birds and insects that are sustained by it create a peaceful sanctuary. We were enchanted. However, we realized right away that this place needed some attention. A "hands off" attitude towards nature had led this magic spot to be overrun by an invasive plant tangle of Himalayan blackberry.

I should mention that we were able to get started with this work with the help of our local Watershed Council. There are about eighty of them in Oregon. They do on the ground restoration projects all over the state to foster biodiversity and habitat enhancement. Through this wonderful organization, we were able to secure a grant to employ some expert help to get us on our way with a rather daunting task. Removal of the vigorous blackberry starts with a big dose of manpower. The highly experienced crew that came through, with chain saws and drip torches, to knock back the invader species, did a beautiful job. Despite the aggressive nature of this initial

effort, the delicate plants in the vicinity of the work were carefully considered, and they came through with flying colors and a new lease on life. We were also then able to introduce some important species that were lacking, such as Ponderosa pine, vine maple, and incense cedar.

After two and a half years, with a commitment to our job as responsible stewards and a diligent maintenance regime, we have really begun to see the fruits of our labor. The mint, mimulus, spikenard, equisetum, elderberry, trillium, dicentra, sarsaparilla, and hawthorn, among many others, all have more room, light, and water to help them really thrive, and reproduce.

To maintain this progress we still need to work hard, but we are managing to keep up with it. We have already been able to host a couple of group visits to our newly restored riparian zone. As a newly formed Botanical Sanctuary, we intend to do more of these, so as to help encourage others to take on these projects. It is our goal to honor and to protect the native diversity of this remarkable place.

As a life long plant person and gardener, I have always felt that if we participate with the right attitude, and a lot of learning, that we can be successful partners with our environment. I realized that the idea of our living separately from nature was a completely false construct. The healing nature of plants makes this abundantly clear, which gives intrinsic value to conservation. United Plant Savers reinforced this direction in my life's path. Now is a critical time for us to sincerely adopt an active role in a restoration of the balance. ✿



Thompson Creek at Silver Bough Farm

GREEN FARMACY GARDEN

Baltimore – Washington, DC

Sanctuary Stewards: Jim & Peggy Duke

*"Wintergreen's a breath of spring on the wintry forest floor
It makes a body sing when the songs don't come no more..."*

Nestled between the hustle bustle of the Baltimore-Washington, DC metropolitan region, where the piedmont meets the coastal plain in the Patuxent River valley, is the Green Farmacy Garden. The Green Farmacy Garden is home to over three-hundred native and non-native plants, red-shouldered hawks, song birds, myriad species of Lepidoptera, cicada killers, water snakes, tree frogs, white-tailed deer and Jim and Peggy Duke. Jim and Peggy have been collecting medicinal plants for over sixty years and in 1997 transformed part of their pasture land into a teaching garden highlighting medicinal plants, many of which are featured in Jim's book, *The Green Pharmacy*. On most days, while Peggy is working on botanical illustrations, Jim can be found strolling barefooted through the garden terraces or the forested *yin-yang* valley in search of plant material to add to his daily soup, greeting visitors, compiling information to add to his USDA database or composing new herbal verses.

*"Wintergreen, where you been?
You're the prettiest thing I've seen.
Breath of spring – throughout the year,
Summer's smile – Christmas cheer."*

"At-Risk" and "To-Watch" species are tended to along with plants from around the world in what we consider a Noah's Ark of medicinal plants. Plants from the garden have been analyzed for their growth, survival and occasionally for chemical constituents. Students of many backgrounds come to be introduced to the plants they know only from text learning. The garden also attracts local community groups ranging from garden clubs to church groups, government agencies such as the FDA, NIH and USDA and doctors of western and eastern practices. This past year, we were visited from journalists of well known publications and TV news stations.

Occasionally, individuals with specific medicinal conditions, such as Parkinson's disease, cancer



Jim Duke: Green Farmacy

and arthritis are interested in seeking alternatives to the conventional treatments and are drawn to tour the garden. For many of these individuals, the experience of just being in the garden surrounded by so many healing plants is therapeutic. Students from the Tai Sophia Institute come on a regular basis as a part of their curriculum and to hear the wondrous stories that Jim shares with them. We frequently receive students from local universities such as the University of Maryland and Johns Hopkins.

Current conservation projects include an effort to establish *Schisandra glabra*, which is native to the southeastern United States. Two years ago, twenty (20) one-year-old *Panax quinquefolium* were planted and monitored for their survival rate. The garden acquired rescued native plants, like wintergreen and trailing arbutus, from land development and has attempted to replicate their optimum growing conditions.

To visit the Green Farmacy Garden is to visit a plant sanctuary of medicinal plants in the distant shadow of the nation's capital, but it is also a visit to an outdoor amphitheater of poetry, prose and lyrics written and sung by Jim Duke. Here is one of Jim's songs:

MAYAPPLE LEMONADE

*Penobscot Indians up in Maine, Had a very pithy
sayin',
Rub the root most everyday, and it'll take the warts
away.*

*Farther south the Cherokee, echoing Menominee
Made a tea out of the roots, to keep the bugs off potato
shoot.*

*CHORUS: Mayapple lemonade, wildest thing my
momma made,
Coolest thing there in the shade, fruits of amber, leaves
of jade,*

*They couldn't know etoposide, nor of its aid to
homicide
Nor could they know the course it charts, for cancer of
the private parts.*

*I'll venture to prognosticate, before my song is sung
This herb will help alleviate, cancer of the lung.*

*CHORUS: Mayapple lemonade, wildest thing my
momma made,
Coolest herb in the summer shade, swing your
partner'n promenade.*

Duke, J. A. 1985. *Herbalbum; An Anthology of
Varicose Verse.*

SHINDAGIN HOLLOW WOODLAND

BOTANICAL SANCTUARY

Willseyville, NY

Sanctuary Stewards:
Suzanne Johnson & Jeff Joseph

It was our good fortune to become land stewards in 2003, when after a long search we purchased 33 acres of forestland in south-central New York State. We are both Biointensive gardeners and naturalists and have also studied primitive skills with Tom Brown's Tracker School. I have herbal certificates from Donna D'Terra's Yerba Woman program in Willits, CA and from The Northeast School of Botanical Medicine. Jeff is a woodworker, New York State Master Forest Owner and member of the New York Forest Owners Association. Our intention was to find a location we could caretake to bring the forest back to health while learning to grow and provide our own food, medicine, heat and shelter.

The property is part of the central Allegheny Plateau, at about 1100 ft. elevation, and lies at the northernmost edge of the Susquehanna River watershed. The entire region was covered by a shallow sea in the Paleozoic Era (+/- 370 million years ago); aquatic fossils are common in the sedimentary bedrock. The soils are glacial till left behind after the last glaciation, and on our property is a fertile, silty loam. Most of the region was cleared for agriculture before reverting to forest in the last 70-100 years, with limited pockets of older-growth forest characteristics in the many ravines that thread throughout the area - including one on our property. We have counted over 40 tree species on the land, including such rarities as cucumbertree (*Magnolia acuminata*) and American chestnut (*Castanea dentata*).

The closed-canopy forest habitat, and in particular the edges of the creek bed and adjacent slopes of the ravine have provided a refuge for a great number of medicinal herbs once common to the area, including at least six from the "At-Risk" and "To-Watch" lists. With endangered species of plants already growing on the land, we feel we have a special opportunity (and responsibility) to both protect what is already here, as well as to improve previously damaged areas while increasing diversity of all species (flora and fauna). As part of that process, we have begun to reintroduce medicinals no ...

continued on next page

LITTLE KNIFE WILD MEDICINALS SANCTUARY

Duluth, MN

Sanctuary Steward: Friede Rica

The Little Knife Botanical Sanctuary is located in a transition zone, ecologically speaking, between the southern hardwood forests and the boreal evergreen woods of the north. It consists of 19.7 acres situated 1 mile inland from Lake Superior and about 12 miles northeast of Duluth, MN along Hwy 61. We, my father and I, have owned the property for the past 15 years and have recently started to craft our vision of an environmental arts and herbal center. The Little Knife River cuts the property in two sections - the smaller section on the western side is being developed with a small garden, apple orchard and a couple of airstream trailers outfitted with wood-burning stoves. The larger portion is being kept wild with a few small trails for guided tours.

What makes this land special, beyond what makes all land and wild spaces special, is that it contains within its relatively small boundaries a diversity of ecological communities including a grove of virgin old growth white pines. This grove of grandfather and grandmother trees is very rare in northern Minnesota where the logging of the 1920s wiped out almost all of the pine forests. There are also northern white cedar groves and a mixed wood of maples, paper birch and aspens.

My goal for this spring and summer's conservation project is to scatter seeds of endangered wild medicinals that I have already found growing, including Solomon's seal, false Solomon's seal, nodding trillium and bloodroot. I am also planning on helping the white pine seedlings to get a foothold between the spruce, which are growing up fast

around them. We will begin having open hours for self-guided tours all day Friday, Saturday and Sunday (May-Oct) and guided tours one day a month.

In this life it is a blessing to have access to such beautiful wild space, and it is important for us to share it with others. Because of the history that surrounds land ownership on this continent and the stories our families hold of acquisition and loss, I am striving to create a space that is welcoming and nurturing for all life, both human and non-human. In the end we all come from the land, and we all return to the land. It is everything. ❁



American Chestnut Seed Pod © purdue.edu

HAWTHORN WAY BOTANICAL SANCTUARY

East Meredith, NY

Sanctuary Stewards:

Steven Bower & Marguerite Uhlmann-Bower

In January 2007, we walked and intuited what is now our 12 acres of hillside, woodland, wetland and open pasture for the building of our new home – and the dream I'd been waiting for, a UpS At-Risk medicinal plant sanctuary. What attracted us to this land was its feel. We sensed a solid grounding force and light loving connection. It is untouched by civilized man and perhaps only walked on in the days when natives passed through for food. It didn't take us long to realize why we were being pulled here, as we realized that finding where we would build and garden would be a great challenge. Much of the land has a 15% land slope and required some shifting of soil. It was hawthorn that dotted the landscape throughout and pulled our hearts to stay here. Preparing the hillside took time, patience and a lot of planning and re-planning. We wanted to ensure that pasture was left open for our neighboring goat farmers and the wetlands, woodlands and open hillside for wild and cultivated medicinal plant cultivation. I put the thought out that this would make a perfect plant sanctuary and almost like from the sky we were gifted with over 50 wild medicinals ("At-Risk", too) from Don White in Albany, New York. These included black cohosh, goldenseal, bloodroot, red trillium, wild ginger and Solomon's seal. Today, 2 years later, these plants have acclimated wonderfully and are accompanied by numerous wild edibles and medicinals, including (of course) hawthorn, which adorns nearly every trail, hedgerow and corner of our land.

All the transplanting was accomplished in a group effort by 6 dedicated students this past spring (2009). They have been the driving force, assisting in the preparation for a UpS Plant Sanctuary. We will continue to keep in the gathering spirit as we know it completes the circle of learning. Sharing, receiving, observing and transforming – a total inclusive experience.

Our plan is to introduce, through experiential workshops, "At-Risk" plants, wild medicinals and edibles, and medicinal herb cultivation using bio-dynamic principles to our youth, as they are the future stewards of our planet. This will happen through after-school programs each spring and summer with 3 internship mentors from spring, summer and fall. There will be development of plant species awareness, medicinal plant propagation, assisting in trail building, animal habitat preparation and upkeep, and development of a Monarch Habitat Way Station through fostering local milkweeds and other nectar plants. One weekend a month there will be a two-hour guided medicinal plant walk from May through September.

Each year interns will have the opportunity to create future year programs.

Overall we want to be exemplary earth stewards, who support biodiversity and maintain the United Plant Savers mission to protect native medicinal plants. And keep in plant awareness – If you listen, they will teach you. ❁

GROWING AT-RISK MEDICINAL HERBS

by Richo Cech, illustrated by Sena Cech

Provides organic farmers and gardeners with the information about the cultivation, conservation, and ecology of "At-Risk" native healing plants.



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requirements; propagation techniques; naturalization; medicine; harvest and processing; seed collecting, storage and longevity; conservation status and alternate species. 330 pg.

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SHINDAGIN, *continued from page 26*

... longer found on the land that were likely native at one time, including goldenseal, black cohosh, bloodroot, and wild yam, in addition to the dozens of more common medicinal herbs that we cultivate in our herbal gardens or wildcraft from the variety of ecological niches on the land. We also have a large organic garden from which we raise an abundance of produce, collecting and saving seeds from open-pollinated varieties, and an organic fruit orchard, which includes a number of antique or locally rare varieties.

Along with hands-on ecological stewardship, our long-term goals in purchasing the land included a strong desire to promote bioregional worldview, as we strongly believe that the best models of sustainable community and livelihood are the ones that exist all around us, in our unique place on the planet – in local geography and watersheds, the native flora and fauna, soils, weather patterns and in the deep well of knowledge developed by the local inhabitants over thousands of years. In our own small way we hope to become a model of that view and to help others along the same path. We are honored to join the UpS Botanical Sanctuary Network. ❁

ORCHARD VALLEY WALDORF SCHOOL
BOTANICAL SANCTUARY
 Central Vermont
 Sanctuary Steward: Jessica Rubin

Fifty-five acres of land nestle between the Worcester and Green Mountain ranges where two-leggeds are in the minority. Coyote, white tailed deer, ermine, moles, red fox, garter snakes, painted turtles, red efts, barred owls, turkeys, grouse, rose breasted grosbeaks, and June bugs are just a few members of the vast wild community living in harmony.

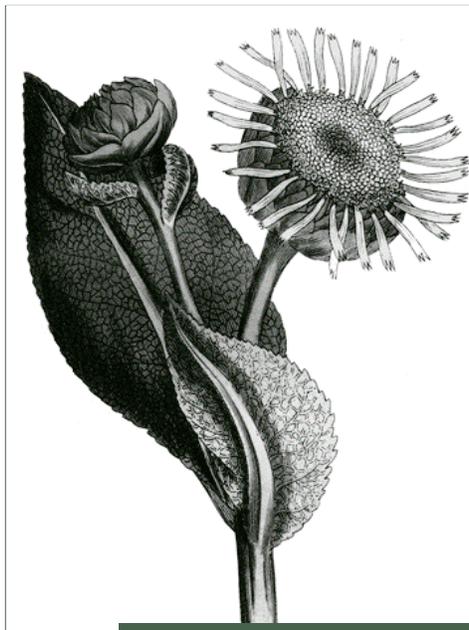
This land has previously been a commercial apple farm and a dairy farm. Route 14 borders the western end of the land, and Coburn road borders the southern part of the land. Just past the parking lots are Orchard Valley Waldorf School's buildings: an old farm house for nursery, kindergarten, and administration; the old packing house as our grades building and main office; and a straw baled yurt for our middle school. These buildings are bordered by curriculum gardens for food, kitchen herbs, dye herbs, dried flowers, bird and butterfly food, and fiber.

Apple orchards sprinkle the zone near the buildings and extend out to the edge of the forest. They are in varying states of health, but the Grace Farm Stewardship council has initiated an orchard rehabilitation plan. The first part of the plan in process is that the middle school has chosen a small orchard to caregive. Each student has adopted a tree, which he/she has sheet mulched and interplanted with comfrey, yarrow, chives, and mint to help keep the orchard habitat healthy and diverse.

Across from the orchard, gravel root radiates from a tributary feeding a horsetail edged swamp laden with cattails. Fields filled with goldenrod, aster, St. John's wort, Queen Anne's lace, elecampane, and milkweed surround the orchards until they transition into pine, hemlock, spruce, and birch forests. These woodlands are the wildest part of the land, as they are furthest from the road and connected to a multi-ecosystem corridor of adjoining riparian meadows and forested areas. This is where the vireos, warblers, and tanagers tremolo and nest in the summer. Ferns and goldenrod have regrown where trash once was, and just beyond this is where our endangered plant trail begins.

Old ways of 'storing' trash are replaced with reusing, recycling, and removal. Just beyond a pile of tires pulled out from the gulley, which we may use as a foundation for an earthlodge classroom, runs a seasoned deer trail that is now our endangered plant trail. Along this trail wild stands of blue cohosh, maidenhair fern, trillium, and wild ginger are thriving. With the help of the Grace Farm Stewardship Council, Volunteers for Peace, the Winooski Valley Perma-culture Collective, Waterbury

Community Action team, Zack Woods Herb Farm, Mandala Botanicals, and United Plant Savers we were able to further define the trail, add twelve more species of plants with wooden weatherproof signs, create a brochure to accompany the trail, and build entry/exit kiosk gardens. This project is ever needful of maintenance, so we give thanks for all the help and support we receive. As Vermont's cold winter approaches, it warms us to feel that this mini piece of earth is a safe haven for our wild friends to stretch out and live their abundant, glorious regenerative lives. ❁



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EAGLE FEATHER FARM

Madison County, NC

Sanctuary Steward: Robert Eidus

Nestled in the Blue Ridge Mountains bordering the Pisgah National Forest in Marshall, NC, lies a haven for herbalists, naturalists, and seekers of agri-tourism excellence. The Eagle Feather Organic Farm and UpS Botanical Sanctuary is stewarded by Robert Eidus and home to the Southern Appalachia School for Growing Medicinal Plants and the North Carolina Ginseng and Goldenseal Co.

Eagle Feather Farm is also a designated North Carolina Nursery by the NC Department of Agriculture. Since 1993, the NC Ginseng and Goldenseal Company has been growing organic medicinal herbs such as ginseng, goldenseal, and a variety of other woodland botanicals in a natural hardwoods cove.

The Southern Appalachian School for Growing Medicinal Plants holds classes at the Eagle Feather Farm. These classes teach many of the aspects of organic farming in the woods with forest crops. For class schedules see: www.ncgoldenseal.com.

Here's the update:

Eagle Feather Organic Farm had a wonderfully productive and bountiful year. The number of planting beds increased as the farm was host to 10 willing hands, including a homeless person, who is now off the farm and working. It was the first time 5 interns were on the farm at the same time, creating a wonderful challenge. In addition, the Hermitage (the Agritourism housing) was used for the first time this year.

On the physical side, Eagle Feather Farm now has three roof rain catchments leading to rain water gardens, as well as an above ground storage tank. This water will provide for the Hermitage, the Farm apartment, the new Herbal Kitchen, the Echinacea Medicine Wheel and Peace Pole.

On the legal side, the farm is negotiating with the Land of Sky Regional Council for a 6-acre, 300-foot deep Conservation Easement along the French Broad River, our eastern boundary. I was hoping to achieve this before the end of the year, since it has been about four years in the process.

As for the spring and fall classes on ginseng and goldenseal held at the farm, both were well attended, and the Ginseng Hunt in the fall was videoed and edited by Brother Christopher. The fall program was

viewed on URTV, where Plants and Their Friends have a new time slot of 7:00 to 8:00 PM, Thursday evening (EST).

On the plant side, some recent happenings include a new growing method for gotu kola, which is now in containers. We had bumper crops of nettles, jiaogulan, catnip, echinacea, valerian, slippery elms, ginkgos, garlic and Mexican sunflowers in the sunny garden. *Trillium luteum* was in abundance this spring as was wild geranium. The first trout lilies from a plant rescue a few years ago were sold. In the fall there was an abundance of stratified ginseng seed and goldenseal plants.

Along with these very big highs was a tragic death of the herbalist, Frank Cook. There is a TV show in the works about Frank and his life which will be shown in 2010 on Plant & Their Friends.

Now to shift gears and discuss the upcoming year. I want to mention the United Plant Savers' Medicinal Plant Conservation Award I was honored to receive this year, and I will be at the September UpS Ohio conference in 2010 for the presentation. I will also be speaking at the two-day Organic Growers School on Growing and Marketing Woodland Botanicals in March in Asheville, NC. There will be a spring workshop on ginseng and goldenseal April 18th and the fall Ginseng Hunt on August 29. Of course, the Spring Herb Festival will be the first weekend in May. So, come on down, as they say, and see a rare display of Southeastern rare and endangered plants and trees.

But, the big project for 2010 will be *Plants and the Projects*. The idea is to allow Housing Projects to grow plants on their roofs or in community gardens. It would also encourage neighborhood tailgates, Community Supported Agriculture (CSAs), Food Co-ops, and school gardens. It would be funded by people who have come out of the housing projects and foundations. It is hoped that the White House organic vegetable garden and the tailgate could get behind this idea and help "green" the present administration. A call for help is out there for any who read this. It should be obvious by now that all the work done on *Plants and the Projects* will go through URTV and be shown on the internet, so stay tuned in. ❁

Robert Eidus is a land steward of Eagle Feather Organic Farm, a 10-year licensed nursery, located in Madison County, NC. He is president of the NC Ginseng and Goldenseal Company started in 1994 and founder of the Southern Appalachian School for Growing Medicinal Plants started in 2001. Robert is the recipient of the UpS 2009 MPCAward.



GREEN THANKS & GRATITUDE

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS AND SUPPORT

We extend a special thank you to all members of UpS who continue to support us with memberships and donations. Your support, efforts and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plants. All donations and help, whether it be organizational, cultivating, educating or choosing medicinal herb products more consciously is appreciated. Great gratitude goes to the many in-kind donations of goods and services from companies and friends that support our work. We gratefully acknowledge the following long-time *Green Angels, Leaders, Lifetime Members and Donations in 2009*:

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Great thanks to everyone who donated so graciously to UpS this year!!

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Many of our members have herb businesses and have created ways for their “money green” to support the UpS green! We want to highlight several companies whose contributions to UpS come as percentage of sales of dedicated items. For example, The Herbal Sage Tea Company (www.herbalsage.com) makes a “UpS Tea” and \$1 of each sale of this tea comes to UpS. Another of our Partners, Woodland Essence, has been donating a percentage of sales of their “At-Risk” Flower Essence to us for years. You will see a section for Partners in the Green on the front page of the UpS website, and we’ve made it easy for you to link to these thoughtful businesses. By supporting these companies, you are supporting UpS!

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More Thanks

This year we have been especially blessed with conference sponsorships. The Arizona-Sonora Desert Museum generously donated the use of their beautiful new educational center for the Tucson Planting the Future, and since the grounds are a botanical garden, it was an ideal place for our event. Sponsors Traditional Medicinals, Tucson Herbalist Collective, Winter Sun Trading Co., Super Salve Co., Tucson Herb Store, Dr. Maureen Schwehr, Southwest School of Botanical Medicine, KuumbaMade, Lily’s Garden Herbals, The Herb Wyfe and Northeast Herbal Association all helped make our Planting the Future conferences great successes this year! Traditional Medicinals, BioSan, Mountain Rose Herbs and Sage Mountain all sponsored the NE Women’s Herbal Conference, and additionally New Chapter, Clayton College, Herb Pharm and Frontier Herbs sponsored the International Herb Symposium. All these sponsorships go to UpS to fund our work for the plants!

Two amazing groups of herbalists, the Ocean State Herbal Association and the Tucson Herbalists Collective, donated countless hours and truly made the Rhode Island and Arizona Planting the Future events possible. Thanks to each of you for your dedication and generosity!!

UpS has also begun receiving donations from wonderful programs like Network for Good, 1% For the Planet and Microsoft Matching fund. Thanks to Elemental Herbs!

Great appreciation is also due to American College of Healthcare Sciences, Warren Wilson College, Florida School of Holistic Living, Ohio Northern University Harvest & Herb Fest and Ohio Herb Education Center for making UpS info available at their events. Special thanks to NOFA-NH Garlic Fest, RI Sustainable Living Fair, CT Herb Fair and Monticello Fall Festival for graciously donating table space to UpS at their events this year!! This is especially helpful because we meet many new members and have a lot of opportunity to let folks know about native medicinal plant conservation at these kinds of events. Special thanks also to Kate & Dan Rakosky, Val White and Kathleen Maier for staffing these tables! Many other people make UpS information available at farmers’ markets, workshops and other events. We are deeply grateful for all this support! If YOU know of a great opportunity for plant-lovers to connect with UpS, we are happy to provide you with brochures, newsletters and more!

No Journal would be complete without thanking the friends who make our publications possible – Liz Butler and the graphics team at Herb Pharm, and Beth & staff at Accura Printing! We love you! ❁

BOOK REVIEW

RICHO CECH'S *MEDICINAL HERB GROWER, VOLUME I*

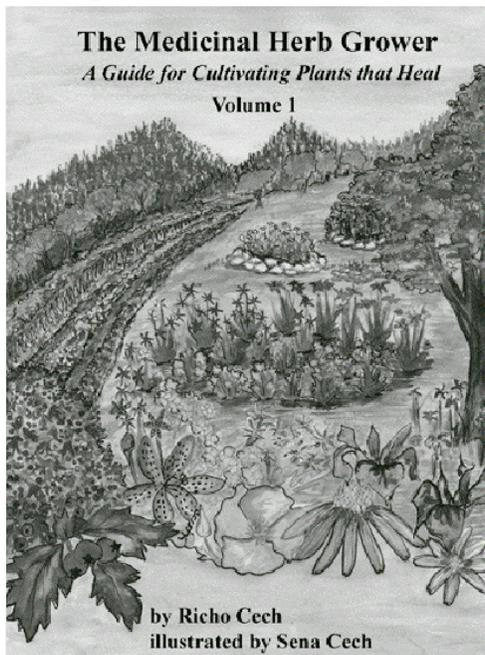
Reviewed by Beth Baugh

Richo Cech's *The Medicinal Herb Grower, Volume 1*, is not only a rich and comprehensive treasure of a guide for cultivating plants that heal, but is also imbued with the author's reverence for plants, for life, for spirit. Highly respected in the herbal world, Cech is also an accomplished storyteller, and this book is replete with stories illustrating his successes, as well as his mis-adventures with growing medicinal plants in his remarkable herb gardens in southern Oregon. The book contains extensive information on soil, seed, compost, potting soils, greenhouses and shade houses, and caring for plants. Additionally, there are two in-depth addenda at the end of the book concerning seed production and the harvesting and processing of medicinal herbs.

An important offering in this book is the emphasis on observing how plants grow in their native habitat in order to learn their preferences in regard to sun, water, soil, companion plants, etc. Some specific growing requirements are included for echinacea, black cohosh, ginseng, goldenseal, ashwagandha, mandrake, and milk thistle, among others. Also included are factors that "turn brown thumbs to green and make green thumbs greener". The author advises starting out small when growing medicinals, while you are finding out what kind of care the plants need, how long they take to grow, and how much medicine they yield, as well as choosing plants that are appropriate to your bioregion. There is a discussion about the benefits of planting from seed and how saving seeds from a plant like calendula can result in augmentation of the medicine that comes from its flowers. Also included is a check list to use in case your seeds don't come up. Instructions for making different types of potting soil and compost (animal and vegetarian) are included. There is even specific information about how much compost to use on essential-oil-bearing plants and what type of compost to use when growing goldenseal and bloodroot. A section on weeding includes this wonderful advice: "Feel free to deconstruct your own mental/spiritual/physical blockages while pulling weeds. Chant, sing, or be quiet and listen to the plants, birds, insects, and frogs.

Replace mental chatter with the soothing voice of nature. This is your moment in the sun, and life in the garden is good."

Another unusual offering is some eclectic information about such diverse topics as finger jingling (a tactile movement for massaging your soil), making tortugas (a raised bed technique), and using comfrey salve to heal wounds on trees.



The Medicinal Herb Grower, Volume 1 is a family endeavor, with Richo's daughter, Sena doing the illustrations and his wife, Mayche the editing. In his acknowledgements the author (ever the humorist) writes, "One does not normally like to sleep with one's editor, but in a garden of medicinal herbs, anything is possible." This book is a fount of easily accessible information for medicinal herb growers coming as it does from an herbalist with a sparkling soul, an enjoyable wit, and many, many years of growing experience.

Undoubtedly, UpS members will be clambering for Volume 2, which is a lexicon—400 medicinal herbs arranged by families showing preferred habitat and propagation techniques, sexual and asexual, further illustrated with drawings of seed, seedling, and adult plant. The plants cover the gamut of Ayurvedic, Chinese, and Western herbal medicine, including plants native to every continent and then some. The projected date of publication is 2010—patience, patience! ❁

WOODS

by Wendell Berry

*I part the out thrusting
branches
and come in beneath
the blessed and the blessing
trees.*

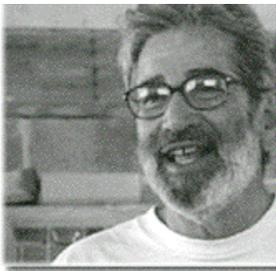
*Though I am silent
there is singing around me.*

*Though I am dark
there is vision around me.*

*Though I am heavy
there is flight around me.*

2009 MPCA RECIPIENT: ROBERT EIDUS

We are pleased to announce that Robert Eidus of North Carolina is the recipient of the prestigious Medicinal Plant Conservation



Award. Robert is an herbalist, teacher, land steward of Eagle Feather Organic Farm BSN, president of NC Ginseng and Goldenseal Company and founder of the Southern Appalachian School for Growing

Medicinal Plants started in 2001. Robert meets and exceeds the qualifications for this award described below as he has focused on "At-Risk" and native medicinal plants, inspired students and others to participate in plant rescues and most innovatively, is the producer of "Plants and Their Friends", a best talk show award-winning TV show with over 70 episodes, featuring over 130 plant lovers and experts discussing over 250 plants. The show airs live on Thursday at 6:30 EST. UpS is a proud sponsor of this 'first of its kind' TV show about medicinal plants. The program is on the internet at www.urvtv.org. Robert interviews some of our favorite herb stars like Richo Cech, Joe Hollis, Corey Pine-Shane and Doug Elliot.

Robert's Eagle Feather Organic Farm BSN was one of UpS' first three BSN's in 1998 and as far back as 1997, UpS reported on one of his early goldenseal plant rescues. Robert also made an inspiring video of a community plant rescue. We congratulate him for bringing intelligent TV programming to the air and internet and for continuing to teach and inspire others to participate in plant rescues and learn more about the healing herbs. Be sure to check out his TV show on the internet! ❁

*Knowing trees,
I understand the meaning of patience.*



*Knowing grass,
I can appreciate persistence.*

~ Hal Borland:
When The Legends Die

Sixth Annual UPS MEDICINAL PLANT CONSERVATION AWARD *Call for Nominations*

UpS announces a call for nominations for the Sixth Annual Medicinal Plant Conservation Award. We invite our members to take this opportunity to nominate a person and/or organization doing outstanding work to conserve and preserve North American medicinal plants. Projects can be on a grand scale or small, community oriented or individual. Any project, person or organization that has to do with the conservation, preservation and cultivation of native medicinal plants and their habitat will be considered, such as: Plant rescue projects, research projects, creating native medicinal plant trails and/or botanical sanctuaries, preserving habitat, or special articles, classes and programs on medicinal plant conservation.

The UpS Medicinal Plant Award is given annually to recognize a beneficial, inspirational and original project or person that supports native medicinal plant conservation. One need not be a UpS member to enter or receive the award. Current UpS Board Members, Advisory Board Members and/or employees of UpS are not eligible.

The UpS Medicinal Plant Conservation Award will be granted to an individual or group based on:

1. **Benefit:** long lasting benefits for medicinal plant conservation
2. **Inspiration:** inspiring others to become more active in medicinal plant conservation
3. **Original idea:** unusual or unique efforts will be considered first
4. **Focus:** on "At-Risk" and/or native medicinal plants

Let us know of anyone (including yourself) who is doing something outstanding to help At-Risk native medicinal plants that you would like to nominate for the Award. Send a one- to two-page report to the UpS office in Vermont describing your nomination by April 1st, 2010. It would be helpful to include additional information such as a brochure, report about the project or website if applicable. Include contact information so we can notify the nominee directly if they are selected. The Recipient of the Award will be notified by June 1st, 2010 and announced at a UpS event in 2010.

The Recipient will be recognized in the *UpS Journal* and website, receive a Medicinal Plant Conservation Award, free tuition to a UpS conference or event and a one-year honorary membership to United Plant Savers.

Former MPCA Recipients: Kathleen Maier, 2005; Monica Skye, 2006; Gigi Stafne, 2007; Phyllis Hogan, 2008; Robert Eidus 2009.



UP S EVENTS & GREEN NETWORK

BOTANICAL SANCTUARY NETWORK RESOURCE GUIDE

At last the BSN Resource Guide is available! All current Sanctuaries in the BSN should have received their copy, and it can be ordered over the UpS website under 'Publications' or by mail from the UpS Vermont office. It's over 60 pages, and the cost is \$20 for current UpS members and \$30 for non-members. The Guide is provided free with acceptance into UpS's Botanical Sanctuary Network.

The Resource Guide is a comprehensive collection of articles and listings of supportive publications, organizations and agencies to assist stewards of healing plants. The first part of the Guide features sections on "What Sanctuary Means", including examples of different Sanctuaries and sample BSN applications. The next section is devoted to UpS's Goldenseal Sanctuary in Ohio - the building of our Talking Forest Medicine Trail, our caretaking observations and more. There are practical suggestions for getting started with the process of understanding your own property, creating a medicine trail and finding or making labels for the plants and trees. The next two sections include articles on sustainable stewardship and the many

benefits Sanctuary can provide, not just to humans but all of life.

In the Resources section readers will find information on land trusts, helpful conservation organizations and grants and programs from government agencies. There are many books, websites and journals listed on everything from plant propagation to permaculture. UpS members will find the listing of native plant and wildflower societies by state particularly useful. There is also a comprehensive list of all UpS's resources including our Grant Guidelines, Slide Show and other publications.

Our deepest gratitude goes to the many contributing authors, and especially to the hands, eyes, ears and minds of Betzy Bancroft, Nancy Scarzello, Rosemary Gladstar, Sara Katz, and Lynda LeMole, who nursed this labor of time and love until it was born.

We hope the BSN Resource Guide will become a well-worn tool in fostering the stewardship of our wonderful medicine plants! 🌿

UNITED PLANT SAVERS PRESENTS:

PLANTING THE FUTURE

SATURDAY, MAY 15, 2010
9:00 AM - 5:00 PM

SONOMA ACADEMY CAMPUS – SANTA ROSA, CA



<p>Topics Include:</p> <ul style="list-style-type: none"> • "Insta-garden" workshop of hands-on planting • Identification & cultivation Healing Plants • "At-Risk" slideshow • Pharmacology of Healing Herbs • Clinical and Personal Strategies for Female Health • Much, much more! 	<p>Presenters:</p> <p>Amanda McQuade Crawford Christopher Hobbs Kathi Keville Cascade Anderson-Geller Richo Cech David Hoffmann Ed Smith Sheila Kingsbury Autumn Summers Leslie Gardener Denise Cooluris, ND And other local teachers</p>
<p>Cost: \$65 for current UpS Members, \$75 others (Vegetarian or Turkey Lunch, add \$10)</p>	
<p>Sponsors: CA School of Herbal Studies, Sonoma County Herb Exchange, Herb Pharm, Pacific Botanicals, Horizon Herbs & Traditional Medicinals</p> <p>There will be a Grand Herb Marketplace of supporting companies with exciting herb-wares for sale!</p>	

For more information or to register please email plants@unitedplantsavers.org or call 802-476-6467
UpS, PO Box 400, East Barre, VT 05649

PLANTING THE FUTURE

Goldenseal Sanctuary – Rutland, Ohio
Saturday October 2nd, 2010

A conference on the conservation and cultivation of native medicinal plants

<p>PRESENTERS:</p> <p>Paul Strauss Robert Eidus Maureen Burns-Hooker Cindy Parker Chip Carroll Rebecca Wood Camille Freeman Anya Syrkin Betzy Bancroft</p>	<p>Herb Walks in Herbal Paradise!</p> <p>Hands-on Planting and Medicine Making Workshops!</p>
<p>SPONSORS:</p> <p>Herbal Sage Tea Co. Twelve Corners</p>	<p>For more information or to register please email plants@unitedplantsavers.org or call 802-476-6467 UpS, PO Box 400, East Barre, VT 05649 www.unitedplantsavers.org</p>

MICHAEL MOORE MEMORIAL INTERN PROGRAM SCHOLARSHIP

Thanks to the great generosity of many people who contributed to the medical expense fund for our late teacher, UpS Advisory Board member and friend Michael Moore, his widow Donna Chesner has graciously endowed one full scholarship for this year's UpS Internship Program at Goldenseal Sanctuary in Ohio.

To apply for this special opportunity, we are asking for an essay to be submitted along with the usual internship application. The application is available online or by contacting the Vermont office. Essays should focus on your experience with Michael and/or his many publications and teachings, why you would like to attend the UpS internship and why you should receive this scholarship.

The recipient of this scholarship will still be responsible for travel to the program and personal expenses while there. It will cover the entire tuition fee. ❁

See the information about this year's Internship Program on page 3.



2009 Goldenseal Sanctuary Interns © J. Cummings

UpS INTERN TESTIMONIAL

Life is forever different and enhanced from my experiences at the sanctuary. The gifts and wisdom I received while there are exactly what I needed for the next step in my Green Man experiences and ideas. Life is grand.

*Autumn blessings from Nova Scotia,
John Cummings*

TRADITIONAL MEDICINALS: FAIR/WILD HERB TEA

Traditional Medicinals, the largest Fair Trade Certified Herbal Tea Company in the United States, is the first U.S.-based manufacturer to attain the new *FairWild* certification. This sustainability standard sets international social, ecological and quality standards for wild-collected plant species, with a fair deal for all those involved throughout the supply chain.



Based in Sebastopol, California, Traditional Medicinals has worked with plant collector communities for over 35 years to ensure high-quality herbs for its products. As part of a long-standing company commitment to social responsibility, environmental stewardship and cultural preservation, Traditional Medicinals was instrumental in first identifying a critical gap in sustainability certification for wild harvested plants. Out of 3,000 total plant species traded globally, only about 900 species – less than one third – are farmed, with the rest being wild-collected. These wild-collected species are not included under the existing Fair Trade standards. Until now, there has been no framework for measuring Fair Trade practices on these wild collected herbs.

FairWild certification offers a universal set of comprehensive social, ecological and quality requirements that fills in gaps in existing frameworks for verification of sustainable wild collection including respecting customary rights, fair prices and fair trade premium, preventing negative environmental impacts, maintaining wild resources, and applying good management and business practices.

“Traditional Medicinals has been a key driving force in getting our act together and putting business sense in the designing and applicability of our *FairWild* Standard”, says Bert-Jan Ottens, Head of Communication and Marketing of the *FairWild* Foundation. “Working with a private sector partner has helped us focus on priorities. We are therefore very happy that as a result they are now a frontrunner in the U.S. and other markets, truly incorporating all the important aspects of sustainability in their *FairWild* certified products.”



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SPRING SEED GIVE-AWAY TREES!

Compliments of Horizon Herbs

This spring's giveaway is a tribute to the trees! You will receive four hardwood medicinal tree species from Horizon Herbs – **chaste tree, hawthorn, Osage orange and witch hazel.** These can be dependably grown from seed and perform well throughout the temperate U.S. Planting instructions will be included with your order. (See *Richo's article on page 4 for more information.*)

Current members only, one order per member.

To order seeds, please send your name, mailing address and a check or money order for \$5 (to cover s/h) by April 1st to:

**UpS Spring Seed Give-Away
PO Box 400, East Barre, VT 05649**

*We'll send the orders out in early April,
but you will still be able to order after that date
while supplies last.*

