



HerbTalk

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JOY OF HERBS LLC HERBAL NEWSLETTER
ISSUE 3

Spring Fever

Have you noticed the tender shoots coming through the earth after a long winter's rest? The flowers are exploding in color. Spring is a time of energy and activity. After resting and reflecting during the winter months, in spring we spring forth with new ideas and excitement. Like the flowers bursting open in all their glory, we too are opening to the possibilities that surround our lives – new adventures, new gardens, and new exercise activities.



Spring Energy Brings Excitement

It's been an exciting 9 months since the start of my herbal consulting practice. Like a new baby, there have been baby steps and a few stumbles as the business continues to grow and expand. Joy of Herbs LLC is bursting with spring energy with these changes:

New Space – In February, Joy of Herbs LLC expanded into a new, larger space - Suite D at 164 West Main Street. This new space allows me to carry products for the convenience of my clients.

New Practitioners - Liganore Counseling and Wellness has expanded with new practitioners offering services in counseling, massage therapy, acupuncture, occupational health, yoga, pilates, reiki, life coaching, and more. We have an exciting Wellness Center that you may want to check out at www.liganorecandw.com. New Market has gone holistic!

New Products - Joy of Herbs LLC now sells products, both herbal and herbal-related. Check out <http://www.joyofherbs.net/page7-Products.html> for current products. These products are offered at less than retail for your convenience. Included are products from reputable companies with diverse and beneficial product lines. The 'storefront' keeps expanding so keep checking back for updates. Products can be mailed to you or picked up at the office.

New Opportunity – I am now an intern supervisor at the student clinic at Tai Sophia Institute one day per week. This gives me the opportunity to help budding herbalists and hone my skills to better serve my own clients.

"All through the long winter, I dream of my garden. On the first day of spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirits soar."

– Helen Hayes

New Workshops and Events – Joy of Herbs LLC will be offering the following workshops throughout Frederick County. Hopefully you'll get a chance to enjoy one of these events. More will be offered in the near future at Linganore Counseling and Wellness.

- ❑ **May 16, 2007, 7:00-9:00 (Wednesday) – *Growing an Herbal Tea Garden*** (Master Gardener Seminar Series) – Univ. of MD Extension Office, Montevue Lane, Frederick
- ❑ **May 19, 2007, 10:00-3:00 (Saturday) – *Wellness Open House*** – Linganore Counseling and Wellness, 164 W. Main Street – Fun and Educational
- ❑ **June 2, 2007, 2:00 (Saturday) – *Container Gardening with Edible Herbs and Flowers*** – Urbana Regional Library
- ❑ **June 28, 2007 (Thursday) – *Edible Herbs and Flowers*** – Thurmont Library
- ❑ **August 9, 2007, 7:00 (Thursday) – *Growing an Herbal Tea Garden*** – Walkersville Library

Grow an Herbal Tea Garden



Spring is a great time to plant, especially herbs. One of my pleasures is walking out to my garden and picking some fresh leaves, or using some leaves and flowers that I've previously dried, and making a cup of tea. I have joyfully and lovingly prepared and served teas to my clients with herbs (Lemon Verbena and Lemon Balm) harvested from my own garden. It's gratifying to know that you can nurture yourself and others with your own homegrown teas.

Some herbs to consider for tea gardens that grow well in our planting zone include Catnip, Lemon Balm, Lemon Verbena, Chamomile, Holy Basil, Sage, Lavender, Borage, Fennel, Hyssop, Rosemary, Mugwort, Peppermint, Spearmint, Passionflower, Skullcap, Feverfew, and Motherwort. For some health benefits of these herbs and more, check out an article I wrote for the Frederick News Post on April 30, 2007, entitled "Growing an Herbal Tea Garden". The article will soon be available for viewing at www.joyofherbs.net under Publications.

This spring, take some time to plan and design a little plot of land to plant herbs, plant herbs interspersed with your flowers, and/or plant some herbs in pots. Most herbs like a sunny location. It's rewarding and fun! I am available to answer any questions you might have on planting and nurturing your herbal tea garden. Grow with peace, passion and joy.

Get Groovy with Incense



Some of you may remember the 70's and burning incense as we sat cross-legged with our bell-bottoms and earth shoes, listening to *Hall and Oats* – yes I remember those days fondly. Incense is enjoying a resurgence, and now you can enjoy some high quality incense. Joy of Herbs LLC carries a lovely line of incense and burners from Shoyeido, a company that imports incense from Japanese Master Incense Blenders. Check out the different types of incense and different burners being offered at <http://www.joyofherbs.net/page7-Products.html>. Scroll down and you can see some pictures. Free samples are available if you'd like to try out any of the scents. Cost of the incense bundles (40 sticks) are \$4.50 and handmade incense wheels \$14.95.

Beauty



Even though spring is a time of great movement, and we live in a society where we are constantly on the move, it is important for health and wellbeing to take time to enjoy the moment and be present to the beauty that surrounds us each day. These words are from a small book entitled "Meditations for Women Who Do Too Much" by Anne Schaefer.)

Oh, it was a glorious morning! I suppose the best kind of spring morning is the best weather God has to offer. It certainly helps one to believe in Him (sic). – Dodie Smith

How long has it been since we have allowed ourselves to rejoice in a beautiful day? How long has it been since we allowed ourselves to notice that it even is a beautiful day?

Those of us who live and work in cities have given ourselves obstacles that challenge us to have to work a little harder even to notice what kind of day it is.

For women who do too much, the beautiful day may be noteworthy only in the absence of hassle that rain or snow might present. A beautiful day, then, only becomes the vehicle to get more done. There are other options.

I long for the awareness to say, "Oh, it is a glorious morning!"

Please feel free to share [HerbTalk](#) with those who may benefit.

THANK YOU!

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"Love is the joy of the good, the wonder of the wise, the amazement of the gods."

- Plato (427-347 BC), Greece

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We're on the Web!

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