

Dear Friends:

Ralph Waldo Emerson once wrote:

The tradesmen, the attorney comes off the din and craft of the street and in the eternal calm of shy woods and fields finds himself and becomes a man again.

I find this therapy to be true. Many years ago, my grandmother taught me the art of gathering herbs, plants, and flowers, when she and I would go out into the fields and woods. No day can be so distraught that a trip through the back 40 can't remedy.

When we were growing up, to have a doctor come was a rare occasion. Our childhood illnesses were cured from the supply of dried herbs, hung from the rafters in the attic.

Nothing was more delightful, on a late day in summer or early autumn, to see "Granny", as she was fondly called, tie on her bonnet, with basket over her arm and we children tagging along; head into the fields and by-ways to gather our winter's medicine. It was almost automatic that we learned peppermint was good for the stomach; elderberry berries and blossoms for fever; and yarrow to stop a cut from bleeding.

No loyal herb gatherer would omit that pesky weed called the "dandelion", perhaps the most versatile of all herbs. The roots could be dried and ground up, then used for coffee. The leaves were used for greens and salads. The leaves were also dried and made into a tea as a gall bladder flush and not forgetting the lowly blossoms, were used for wine.

The list of herbs you see in this folder were used for the ailments found in most households years ago, and in no way do they take the place of a physician. They are as stated earlier, remedies taught to me by our grandmother, Lucy Millard Berry. May your knowledge and enjoyment of herbs give you as much pleasure as they have given me. Remembering too, herbs are not drugs, but were part of the green vegetation of God's creation.

When making tea:
1 tsp of dried leaves is
sufficient for 1 cup boiling water.
Steep 2-3 minutes and
add honey and lemon
juice to taste.