

Holy Basil: Queen of Herbs

Holy Basil (*Ocimum tenuiflorum*) or tulsi, as it is known in Hindi, is an Ayurvedic herb that's finally receiving some well-deserved attention in this country. Tulsi has several nicknames, including "Mother Medicine of Nature" and "Queen of Herbs," both names that accurately illustrate the plant's strong and widely encompassing therapeutic qualities.



In Ayurveda, tulsi is thought of as a protector of life and is known to accompany one from birth throughout the lifespan, offering help in different ways along the way. Holy Basil is an adaptogenic herb, meaning that it offers a non-specific response to a wide variety of stressors, increasing the body's resistance to physical, biological, emotional and environmental stress. Tulsi is also anxiolytic

(calming), uplifting and enhances mental clarity; it is antibacterial and antifungal; and it is strongly anti-inflammatory. In addition, tulsi has also been found to be helpful in regulating blood sugar levels in diabetics.

Clearly illustrating the plant's ability to help during all stages of life, holy basil is a baby's friend, for it is an effective galactagogue (increases milk flow) in nursing mothers; this plant is also helpful to older populations with its protection against cognitive decline.

Tulsi is effective when used regularly as a dried-herb tea (remember to cover your cup to keep volatile oils from escaping), as a fresh herb used in salads and other foods, as a foot bath, as a tincture and also as a powdered extract. In India, tulsi powder is often pounded into ghee and used as a condiment. (Molasses and honey work well, too.)

Green Earth carries several flavors of tulsi tea, powdered holy basil extract by NOW and Herb Pharm tincture.

Sources: Mary Bove, Jim Duke, Todd Caldecott

Healthy broccoli sprouts

Researchers estimate that broccoli sprouts contain between 10 and 100 times the health benefits of mature broccoli. A healthy serving of broccoli sprouts in your salad or sandwich can offer many great health benefits. How many weekly servings of cruciferous vegetables do you need to receive noticeable anti-cancer benefits? Just three to five servings – less than one serving a day! (1/4 cup of sprouts = 1 serving.)

Green Earth carries broccoli seeds for sprouting, sprouting jars, lids and citric acid, which helps prevent mold from forming, a common problem when sprouting broccoli seeds.

Monthly drawing winners

Our November gift basket was won by Kathy Hinzman. The December basket was won by Liz Schoonveld. Congratulations! Don't forget to sign up every time you're in the store!

Remember Second Saturday Savings!

Just a reminder that every second Saturday of the month, you'll save 10% on all purchases at Green Earth (except food items).

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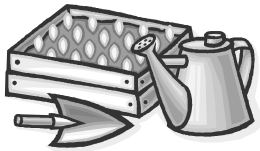
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Green Earth announces schedule of Tuesday evening workshops

Green Earth is hosting a series of practical and informative workshops featuring local speakers. The classes will be held at the store on Tuesday evenings at 6:30 p.m. Seats are limited and advanced registration is required. Please call, stop by the store or send in the registration form below to add your name to the class list. Fee per workshop is \$10 and can be paid in person, by phone or by mail. Registration must be completed one week before the scheduled class and will be refunded if class is cancelled by Green Earth or the presenter.

February 23 – Feng Shui – Today’s lifestyles have taken us away from our connection with the earth’s energy and leave us little time to consider the effects our surroundings have on us. We’re beginning to realize that our physical environment has a profound effect on our emotional and physical well being. Connecting and applying the earth’s energy to our surroundings is the focus of Feng Shui. When Feng Shui is applied to your personal space you’ll feel supported, balanced, and energized.

Karen Cooks has a degree in interior design degree and 15 years of Feng Shui consulting experience. She has taught workshops and consulted nationally.



March 2 – Indoor Seed Starting - This workshop demonstrates a complete, effective, and fun system for starting seeds and growing seedlings indoors. It uses soil blocks created with a soil blocker, homemade flats, and a homemade grow stand. The workshop suggests a good soil mix formula; demonstrates how to make blocks; and demonstrates seeding, watering, and maintaining seedlings. It also discusses hardening off and setting out. Participants will get hands-on experience making and seeding soil blocks, and will take home half a dozen seeded blocks ready to start growing. A resource guide will also be provided.

Jim Nies is a professional educator, a Master Gardener and helps school districts secure grant funding to establish their own gardening programs.

March 9 – Corrective Exercise - This presentation will highlight the benefits of using fitness balls and foam rollers to increase flexibility and mobility, as well as balance, effective movement and, above all, enhanced dynamic posture. We’ll also look at the use of kettlebells in a well-balanced fitness program.

Ken Carpenter has more than 25 years of rehabilitation, fitness

and sports performance coaching experience. He uses that experience to bridge the gap between training competitive athletes and men, women and children seeking to enhance their personal health and fitness.

March 16 – Lowering Cholesterol Naturally - This workshop will look at the health issues posed (or not) by high cholesterol levels. We’ll look at what it means to have high cholesterol and the drugs used to lower it. Supplements and herbs used to lower cholesterol will also be discussed.

Dave LaLuzerne has been an herbalist, pharmacist and store owner in the Madison area for more than 20 years.

March 23 – Living Foods - Making your own fermented foods is safe, fun, easy and costs a fraction of what you’d pay for these foods in the store. Fermented foods not only add zest to your life, research now shows they are key in promoting a healthy immune and digestive system. We’ll explore kefir, kombucha and other foods from around the world!

Leslie Esser-Reitano is a certified yoga Instructor who leads programs in health and wellness at hospitals, schools, corporations and retreats. She is an avid cook and loves sharing the “yoga of eating” with others.

March 30 – Aromatherapy - Learn how to use essential oils for emotional support. Topics will include information on the history of aromatherapy; the plants, oils & purity levels; suggestions for use at home and in the office; and safety tips. The facilitator will also recommend books on using aromatherapy for physical support.



Mary Jane Manthey, NHD is certified as a Natural Health Consultant, Reiki Master/Teacher and Practitioner/Teacher for Australian Bush Flower Essences. She is board-certified with the American Association of Drugless Practitioners.

Workshop Registration Form

Name _____

Phone _____

Workshop Name _____

Amount _____

Health benefits of Chia seeds and Chia bran

A serving of chia:

- Is nature’s richest vegetarian source of Omega-3 essential fatty acids.
- Is an excellent source of protein with high levels of 18 amino acids.
- Has three times more iron than spinach.
- Has five times more magnesium than broccoli.

- Has six times more calcium than milk.
- Has four times more protein than kidney beans.

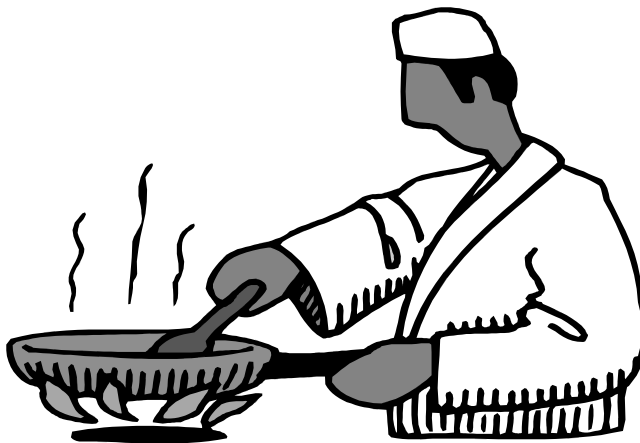
Chia seeds or bran may be added to jams, jellies, shakes, smoothies, hot and cold cereals, yogurt, ketchup, sauces, breads, cakes, sprinkled on salads, etc. Source: Shiloh Farms

Grass-fed Ghee now available at Green Earth

Ghee is prepared by melting and simmering butter until all the water evaporates and the milk solids settle at the bottom. The remaining butter oil, which is skimmed off, is very stable, giving it a high smoke point -- approximately 400 degrees -- which makes it an excellent choice for deep fat frying, baking and sautéing. (At the smoke point, the chemical composition of fats/oils is changed, reducing flavor and nutrition and generating cancer-causing compounds.)

Ghee is casein and lactose free, making it suitable for people who are allergic to dairy products and for those who are lactose intolerant. Because of its low moisture content it can be stored without refrigeration for long periods, so it's perfect for traveling and camping.

In India, ghee that is more than 100 years old is considered especially healing and is very valuable. In that part of the world it's not only used in cooking but also in administering herbal remedies and as a balm for the skin. (It is especially helpful in healing dry lips!). A small amount applied to the navel area is thought to nourish the entire body.



Why Grass-fed?

- Pasture-grazed cows have 500% more conjugated linoleic acid (CLA) in their milk than grain-fed cows. In animal studies, CLA has been shown to fight cancer, improve bone formation, reduce body fat, enhance muscle growth and enhance immune function.
- There are high levels of Vitamin K2 in the fat of ruminants that graze on rapidly growing, green grass. Vitamin K is a critical nutrient for optimal health.

Ideas for using ghee:

- Ghee has a slightly sweet and nutty flavor and can be used in place of regular butter or other cooking oils.
- Use on oatmeal, on rice or in soup.
- Drizzle ghee on steamed vegetables or baked potatoes.
- Use on popcorn or spread on toast.

9 ounce jar - \$9.95, 16 ounce jar - \$15.85

Marshmallow Root (It's not candy!)

Marshmallow root has been used for thousands of years as a soothing herb for a wide variety of conditions including cold-related cough (especially when a cough is harsh, dry and tight), sore throat and bronchitis, stomach inflammation and ulcer, urinary tract irritation and inflammation, and even blood sugar control. Made into a tea and applied topically, marshmallow has been found to be helpful in the treatment of many skin conditions, including psoriasis.

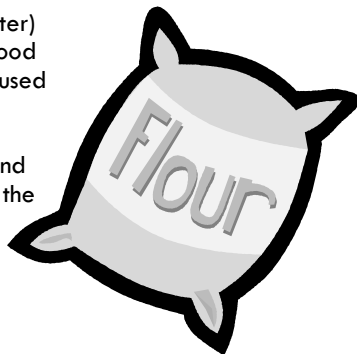
According to herbalist Christopher Hobbs, a cold infusion of marshmallow (4 teaspoons dried marshmallow soaked in a quart of cold water for eight hours or so and then strained) sipped throughout the day is very helpful in soothing the burning of a bladder infection. This preparation is also the correct one to use in the case of stomach irritation and ulcers, and when blood sugar control is the goal. To relieve cough, a tea made with 2 teaspoons dried herb per cup of boiling water and steeped for 5-10 minutes before straining and drinking can be very helpful. (Jim Duke).

Green Earth carries organic bulk marshmallow root, Herb Pharm marshmallow root tincture and Solaray marshmallow root capsules.

Sprouted flour and your health

When whole grains (or any food for that matter) are sprouted they're converted into a living food with more vital nutrients that are more easily used by the body than non-sprouted versions.

100% organic sprouted wheat flour, in two- and five-pound packages is kept in the freezer in the back of the store. Just ask and we'll be glad to get some for you.



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608-831-2845
www.greenearthherbs.com

To receive Green Earth Notes by email, jot your email address on this page and drop it off at Green Earth along with address label.

It's time for Green Earth's



20/20 Coupon Sale



During the month of February, present this coupon for 20% off of any purchase totaling more than \$20.

Coupon must be presented at time of purchase, and may not be used with any other discount or coupon.
Coupon valid February 1 – 28, 2010.

(Food items on the "Essentials" rack aren't included in this sale.)

Green Earth 6771 University Avenue, Middleton, WI 53562 608-831-2845

Herb discussion group still accepting members

Our informal herb discussion/study group still has room for a few more people! Meetings are held at Green Earth with exact dates and times determined by the members. This is an intermediate level discussion group, but anyone with an interest in sharing knowledge and learning more about herbs is welcome. Please call Green Earth for more information. (608) 831-2845

Green Earth Notes available by email

Green Earth's next newsletter will be available both by regular mail and by email. If you would like to receive it by email, just let us know your email address: call the store, or jot it on the address label above and drop it by next time you're in the store. Don't worry, if we don't hear from you, we'll keep sending the newsletter to you by regular mail.

Green Earth continues to add new products to the shelves. Stop by soon to check out the many new selections!