



# GROWING WITH THE TIMES

SPRING 2012



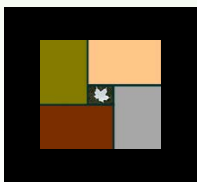
Ahhhhhhh... SPRING IS IN THE AIR...

Spring is HERE, the season of renewal, regeneration and new growth. Gardens and landscapes all across America are preparing for this important season, where a little foresight and planning, proper plant selection and good gardening methods will pay off handsomely with the color and magic of new spring blooms. While flowers often steal the show with their flash and color, this year our Spring eNewsletter will highlight some more practical elements of the spring garden with a focus on herbs and vegetables you can grow in your garden. We highlight some indispensable herbs, fragrant spring teas, a gathering of wholesome medicinal herbs, edible flowers and recipes for unique sleep pillows for a "scentsational" night's rest.



## WHAT'S WITHIN

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Are you ready for spring? This is the time to check your soil conditions, see about fertilizers, make your early season planting schedule and to check to see if your watering timers are set properly for the new season.

Spring is also ideal for your early cool season vegetable plantings. We'll give you special gardening tips, month by month through this important season, so you can schedule and plan the things most important to your spring project.

Nick Williams can also help you bring that perfect splash of color and spring life to your garden, or work out a plan for vegetables and herbs. You may also want to consider adding some new features or elements to your setting. Water elements, such as fountains, ponds, or even a babbling brook can add life and tranquility to any garden, and fire elements like a fire pit, fireplace or even the addition of new outdoor lighting can add warmth to make your setting more hospitable and comfortable. And speaking of comfort, don't forget to check out Nick's new Longridge collection of outdoor furniture which offers a range of chairs, dining and end tables, lounges, sofas and more.

Call Nick today and he'll be happy to come out and walk through your garden with you to offer advice, planning and suggestions on how you can meet the new season in style. Sometimes even small changes here and there can make a big difference!

MY GARDEN OF FLOWERS IS ALSO MY GARDEN OF THOUGHTS AND DREAMS  
-ABRAM LINWOOD URBAN

## WHAT'S NEW AT NICK WILLIAMS AND ASSOCIATES

You can check the new section on our website called What's New (see the menu bar) to keep up to date on what's going on at Nick Williams and Associates and more!

### NICK WILLIAMS AND ASSOCIATES HAS A NEW OFFICE

We moved in last November to our new facility located at 23013 Ventura Blvd., Woodland Hills, CA 91364. Our new phone number is 818-222-7477, and FAX 818-222-7478

### ENEWS-Check out our Seasonal eNewsletter

We've also started a new E – newsletter which we are excited to share with all of our Internet fans and followers. It will feature news of recent and upcoming events, information on all of our ongoing projects, and some great new products from Nick Williams and Associates just in time for the summer gardening season!

ARCHIVED -**Winter 2011-2012; Fall 2011**

CURRENT -**Spring 2012**

UPCOMING -**Summer 2012**



## CALENDAR OF EVENTS

### APRIL

**APRIL 14, 2012 THE GARDEN AWAKENS...**Paul and Sue Weinberger- One of our clients is hosting a Garden Showing at their home- for information call the office 818– 222-7477 (See flyer)

**APRIL 29, 2012 WESTLAKE GARDEN TOUR** -Nick is pleased to announce that one of his special garden designs will be featured in the thirty ninth annual **Westlake Garden Club tour**. Focusing on landscaping designs of exceptional elegance and beauty, the Westlake Village Garden club selects five of the very best designs each year to be showcased in this annual tour. You can get your tickets today by contacting:  
[www.westlakegardenclub.com](http://www.westlakegardenclub.com) (link to website new article)

### MAY

**MAY 4-6 GROW! A GARDEN FESTIVAL! LOS ANGELES COUNTY ARBORETUM-** GROW! A Garden Festival will be a great way to celebrate the spring gardening season with one-stop shopping and entertainment. It will offer favorite attractions of the LA Garden Show plus much, much more Grow your Arboretum experience and explorations with a weekend of festivities. [www.arboretum.org](http://www.arboretum.org) This year the arboretum does not have the Display Gardens but they will be having a Garden Festival/Marketplace for one stop shopping and entertainment. (When you there be sure to take a look at our permanent Sunset Cactus Garden installation near the front entrance)



GET COMFORTABLE!  
NICK WILLIAMS' NEW LINE OF OUTDOOR FURNITURE  
LONGRIDGE COLLECTION

Check out Nick's newest line of outdoor furniture, a new design called the **LONGRIDGE COLLECTION**. Created specifically to harmonize with his unique outdoor room living space designs, Nick has created a line of beautiful crafted outdoor furniture to add that livable factor to any outdoor setting. Relax in a comfortable sofa or lounge chair with Ottoman, or add the simple beauty of a patina ginkgo leaf, and tile inlaid coffee table to center your outdoor room and give it that warm, cozy, contented feeling of home, right under the open sky.



NICK WILLIAMS' OUTDOOR FURNITURE LONGRIDGE COLLECTION  
The GINKGO LEAF



*Ginkgo biloba*, is a very ancient plant, a living fossil. Ginkgo is considered the oldest tree species to survive on earth, with a history dating back over 200 million years. *Ginkgo biloba* is the only surviving member of the ginkgo family. Ginkgo is even mentioned in the bible.

Historically/Medicinally -Ginkgo Biloba is often used for its ability to improve blood flow to the extremities of the body, hands, feet and brain. Ginkgo may aid in the feeling of warmth due to improved circulation and traditionally used to help maintain peripheral circulation.

## DONT THROW OUT THE OLD! or CAN'T PART WITH THAT HEIROOM?



Now is the time to start thinking about the outdoor furniture you'll want to be enjoying in your spring and summer environment. So your existing furniture is looking dull and lifeless these days, but you are just not ready to let it go? No worries... Nick Williams & Associates specializes in custom refurbishing of all indoor and outdoor furniture. He can restore the luster of the finish, shore up any structural defects, and give new life to saggy cushioning to restore its appearance and comfort so you can pass those treasured heirlooms on to yet another generation.

In addition Nick's "Furniture jewelry" can be added to create your own unique finishes.

## CHECK OUT OUR LIGHTING DISPLAYS



NICK WILLIAMS AND ASSOCIATES

23013 Ventura Blvd., Woodland Hills, CA 91364.

We now have our lighting collection showcased at our new office location.

SANTA ANITA WESTFIELD MALL

on Baldwin Ave in Arcadia, in the Belgard Demonstration Area at the SW Entrance.

LIGHTCLUB USA

9811 Owensmouth Ave, #1, Chatsworth, CA 91311 -Full collection on display

JFK PAVERS

28378 Roadside Drive, Agoura Hills, CA 91301

## CHECK OUT OUR VIDEOS, SLIDE SHOWS and MORE:

### NICK WILLIAMS INTERVIEW (THE LARGEST ROOM YOU HAVE)

Designer Nick Williams shares a few thoughts about his passion and full time love, landscape design, and takes pride and satisfaction from the fact that his work has helped so many people experience the transformative and healing experience that living outdoors can bring. "It's the largest room you have," says Nick, and he has devoted himself to crafting wonderful outdoor settings, gardens, landscapes and "outdoor rooms" for over 50 years.



### NICK'S NEW PING PONG VIDEO!

And for a little fun, Check this out

Many of you know not to ask for a meeting or get together with Nick on a Thursday Evening! Because for the past 20 + years on Thursday nights you will find Nick and friends playing ping pong, enjoying the game, a little friendly competition as well as letting loose and letting go....and allowing for all new and exciting creative energy to grow and flow! Share the fun.

### LISTEN TO NICKS INTERVIEW WITH RADIO TALK SHOW HOST CINDY DOLE

Slide Show soon to come



### ONLINE GARDEN TOUR

Check our website [www.NickWilliamsDesigns.com](http://www.NickWilliamsDesigns.com) for our fun and fabulous ONLINE "Garden Tour," which will showcase some of Nick's designs in a series of tours at beautifully landscaped homes by Nick Williams & Associates. You'll see examples of outdoor rooms, garden settings, redefined exterior patio space, cooking and conversation areas, spas, pools and so much more. Learn how Nick incorporates natural elements, furniture, water features and good old fashioned home comfort into his designs! There is a special section on our website to give you snapshots of all the homes featured, so you can take your own virtual Online Garden Tour

#### Part 1 # 1-15

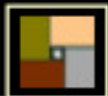
1. "SUBURBAN PARADISE" (Appears in Sunset and other Publications numerous times)
2. "FAMILY LIVING"
3. "LIVING THE GOOD LIFE" (Recently in American Lifestyle Magazine)
4. "KEEPING THE KIDS AT HOME"
5. "A SERENE EVENING RETREAT"
6. "HILLSIDE WONDERLAND"
7. "FAMILY GARDEN"
8. "A SECOND LIFE"
9. "OUTDOOR RETREAT" (This home will be on the Westlake Garden Tour, April 29, 2012)
10. "A HIDDEN DELL"
11. "HERE A MOUND, THERE A MOUND"
12. "SPANISH STYLE MASTERPIECE"
13. "THE LABYRINTH RETREAT" (See also CSUCI Labyrinth)
14. "THE HAMPTONS COME TO MALIBU" (Broad Beach Furniture Collection)
15. "DESIGNING PARADISE" & (THE NW POOL PROCESS)

#### Part 2 # 16-26 COMING SOON TO OUR WEBSITE

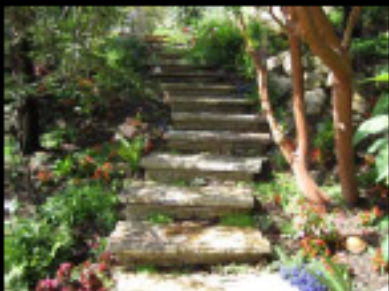
16. "WONDERLAND"
17. "CALIFORNIA RANCHITO"
18. "GARDEN GENTS"
19. "A BACKYARD SAFARI"
20. "TUSCAN HIDEAWAY"
21. "FAMILY STYLE COMFORT"
22. "ADVENTURE COMES HOME"
23. "A RAILROAD RUNS THROUGH IT"
24. "HILLSIDE RETREAT"
25. "GRAND PARTE' HOUSE"
26. "TOPA TOPA MOUNTAIN RETREAT" & NW QUALITY



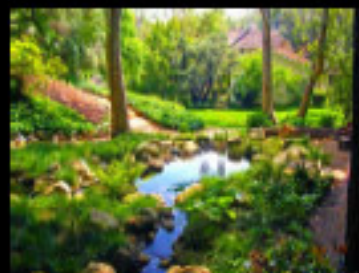
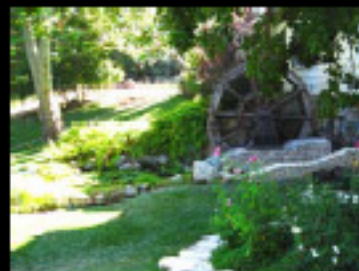
# ONLINE GARDEN TOUR



## NICK WILLIAMS PRESENTS "ONLINE GARDEN TOUR"



Join us for  
Nick Williams  
Online  
Garden Tour  
Where you will  
view many  
beautifully  
landscaped  
outdoor  
gardens,  
some right out of  
Sunset



## COMMUNITY PROJECTS

### CHUMASH VILLAGE — LANDSCAPE HISTORY

Landscaping isn't only about bringing style and beauty to an environment, but also capturing the essence of what environmentalism means—preserving the land in a holistic and sustainable way, for the enjoyment of future generations. This is why noted landscape designer Nick Williams was so enthusiastic about the opportunity to contribute to a unique new project now underway in the gentle, rolling seaside hills of Southern California. There, at Nicholas Canyon County Beach on a 5 acre parcel of land in partnership with Los Angeles Beaches and Harbors, a living Chumash Indian village is being lovingly restored by the Wishtoyo Foundation through the vision and direction of Chumash Ceremonial Elder, Mati Waiya and his wife, Luhui Isha. (see full article)



*Chumash house called 'aps*



CHUMASH CENTER- WISHTOYO



## CHUMASH CENTER



*The new women's ceremonial circle and sweat lodge at the Chumash Village in Malibu with a Dracaena Draco Tree in the back*



*From L to R-Mati Waiya, Luhui Isha, Marji Boething, Nick Williams*



*New Trees on the site donated by Boething Treeland*



*A ceremony at the Chumash Village in Malibu, in the sil 'T'yik,*



## NICK'S SPRING TIPS

IT IS A GOOD TIME TO HAVE NICK WILLIAMS AND ASSOCIATES COME OUT AND ASSESS WHAT NEEDS TO BE DONE TO GET EVERYTHING ALL READY FOR YOUR SPRING AND SUMMER GARDENS...AND THEN HANDLE THE FOLLOWING FOR YOU:

- Help with choosing new plants for the garden..perennials, trees, and shrubs for spring planting.
- Adding color, cut down last year's perennial foliage, rake mulch from beds planted with bulbs before foliage appears, check fences, steps, and pathways, lighting etc.
- Re-set your watering time clocks to account for those warmer, sunny days. In general we recommend 4-6 minutes 1 time per day for shrubs and trees, 4-6 minutes 1 time per day for established lawns - with more water on those windy, dry days. But always be careful to watch the watering - more plants are killed from over watering than not enough.
- Plant bare-root trees, shrubs, and perennials by early spring.
- **Prune Trees and Shrubs** -Remove dead, damaged, and diseased branches from woody plants. Thin and trim summer-blooming shrubs such as butterfly bush, hydrangea, and most roses, except for old-fashioned once bloomers. Prune cold-damaged wood after plants resume spring growth. Prune spring-blooming shrubs and trees after flowering.
- **Get Ready to Mow** - Clear the lawn of winter debris, and look for areas that need reseeding before mowing.
- **UNSIGHTLY VIEWS**—A product we are recommending for unsightly views is tennis court screening mounted on existing or new fencing. It comes in several colors and makes a great background screen for those immediate needs









# SPRING VEGETABLE GARDEN



Establishing your own spring vegetable garden is a a lot of fun, rewarding & overall a great idea.

Before you can begin planting you need to prepare the area you are going to use for your vegetable garden. Start by tilling the area you are planning to use and remove any clumps of grass. Or if you can till deeply you can incorporate the organic matter into the soil.

You are going to find that growing your first vegetable garden will be easier if you start with seedlings. If you do start with seeds, then you will want to start them indoors for about eight weeks before you plant them outdoors.

Planting your own spring vegetable garden can be great fun and very productive. You may even have vegetables that you can use in as little as four weeks. Make sure that you keep on top of the **spring vegetable garden** by pulling out any weeds and keep it well watered but not so that it becomes muddy.

If you would like or need help getting your vegetable garden going, give us a call at Nick Williams 1-818-222-7477

## SOME OF NICK FAVORITES TO PLANT WITH GREATEST REWARDS

TOMATOES –Nick’s Number one choice ...A Tomato Garden

SUGAR SNAP PEAS- “Super Sugar Mel” edible pod

BEANS –”Blue Lake” and “Romano” (yellow)

BROCCOLI “Mercedes” (sprouting) will allow harvest of small quantities over a long season.

CARROTS/RADISHES-mix 1 radish seed to 4 carrots seeds (Nantes) and plant in one row.

The radishes will be up and gone be the time the carrots start growing

CORN “Early Glow”-2 or 3 ears on a 4 1/4 foot stalk

CUCUMBER-”Sald Bush”-vine spreads to 2 feet—train in small wire cage.

## OTHER VEGETABLES FOR YOUR GARDEN

ONIONS

CABBAGE

SQUASH

LETTUCE

SPINACH

CILANTRO

DILL

BEETS



“It’s difficult to think anything but pleasant thoughts while eating a homegrown tomato—Lewis Grizzard



*Here are a few vegetable gardens Nick installed (including the structures)  
They're lovely and safe from garden critters!*





# HERBS- CHOICES FOR YOUR SPRING GARDEN

## HERBS IN THE KITCHEN

Remember that herbs should enhance rather than overpower: add in small amounts, tasting as you go. It's best to add the more delicate herbs in the last 5-10 minutes of cooking, so you don't cook away their volatile oils and flavors. Dried herbs are generally about twice as strong as fresh ones, so measure accordingly in converting from one form to another. Try an unfamiliar herb on your taste buds by snipping a small amount into a bit of butter or cottage cheese. Let the mixture sit for about an hour to blend, then try it on a plain cracker.

### SOME ESSENTIAL CULINARY HERBS - PARSLEY, SAGE, ROSEMARY AND THYME....

#### **PARSLEY (*PETROSELINUM*)**

**Growing tip:** Start new plants each year. Plant in early spring (provide partial shade in hot climates)

**Harvest tip:** Pick outside leaves so the center of the plant continues to develop new ones.

**Uses:** Bouquets, garnish, cheese sauces, pestos, soups, stews, stuffings, vegetables, and as a garnish. I love Italian Parsley too!!!

#### **SAGE (*SALVIA OFFICINALIS*)**

**Growing tip:** Keep plant on the dry side once established. Avoid planting near a lawn where the soil stays wet. Give afternoon shade in hot climates

**Harvest tip:** Cut just above where new growth emerges; don't cut into old, woody growth.

**Uses:** Beans, breads, butters, cheeses, gravies, lamb, marinades, soups, stews, and tomatoes.

#### **ROSEMARY (*ROSMARINUS*)**

**Growing tip:** These are tough plants that take wind and salt spray, or inland heat if given moderate water. Too much fertilizer and water produce rank growth and woodiness.

**Harvest tip:** Prune regularly to encourage new growth.

**Uses:** Breads, cheeses, dressings, eggs, legumes, marinades, oils, potatoes, poultry soups, stews, stuffing, and vegetables.

#### **THYME (*THYMUS*)**

**Growing tip:** Use as a low edging for vegetable or herb gardens.

**Harvest tip:** For best flavor, cut back before flowers appear. Hold foliage like a ponytail and shear it to about 6 inches tall.

**Uses:** Bouquets garnishes, breads, casseroles, cheeses, eggs, fish, grains, marinades, meats, mushrooms, poultry, soups, stews, tomato-based sauces, and vegetables.



## OTHER KITCHEN HERBS FOR YOUR GARDEN

#### **BASIL (*OCIMUM BASILICUM*)**

**Growing tip:** Basil thrives when the soil is warm and nighttime temperatures are above 60°, so don't rush springtime planting. To encourage branching, cut back stems to just above the first set of leaves when plants have developed three pairs of leaves

**Harvest tip:** Prune often to avoid flower formation. When a stem has developed four pairs of leaves, cut each stem down to just above the first set. Continue cutting plants back throughout the summer, or set out new seedlings in succession a month or so apart and harvest the entire plant for pesto.

**Uses:** Eggs, marinades, meats, pastas, pestos, salads, soups, stews, and tomatoes.

#### **CHIVES (*ALLIUM*)**

**Growing tip:** Increase the number of plants by dividing in winter every two years or so.

**Harvest tip:** Gather chives by snipping the spears to the ground (otherwise you'll have unsightly brown foliage mixed in with the green).

**Uses:** Butters, cheeses, eggs, cream cheese, potatoes, rice, salads, sauces, soups, sour cream, stews, and vegetables.

#### **CILANTRO (*CORIANDRUM SATIVUM*)**

**Growing tip:** Cilantro grows best in cool weather. Plant in early spring after last frost (autumn in the low desert). If practical, start from seed; cilantro has a taproot and transplants poorly. Plant in succession every few weeks through summer. Once it goes to seed, the flavor changes.

**Harvest tip:** Cut off leaves as needed. Harvest the entire plant before it starts to flower.

**Uses:** Beans, curries, fish, lamb, Mexican dishes, pork, poultry, salads, salsas, sauces stir-fries.

#### **OREGANO (*ORIGANUM*)**

**Growing tip:** Needs especially good drainage. Plants thrive on little to moderate water.

**Harvest tip:** Oil is strongest when the plant is in bud but before flowers open. Cut back to 4 inches tall in late spring, summer, and fall.

**Uses:** Beans, cheeses, eggs, meats, pastas, salsas, sauces, soups, stews, and vegetables.

#### **SWEET MARJORAM (*ORIGANUM MAJORANA*)**

**Growing tip:** Needs especially good drainage. Plants thrive on little to moderate water.

**Harvest tip:** Oil is strongest when the plant is in bud but before flowers open. Cut back to 4 inches tall in late spring, summer, and fall.

**Uses:** Cheeses, eggs, fish, gravies, meats, pastas, poultry, rice, sauces, soups, stews, and vegetables.



## RECIPES

### ITALIAN HERB BLEND RECIPE

An excellent Italian herb blend. Can mix it with olive oil, add it to any tomato based dishes, your favorite soups and all recipes calling for Italian seasonings!

#### Ingredients:

1/4 cup dried marjoram, crumbled  
1/4 cup dried oregano, crushed  
1/4 cup dried rosemary leaves, crushed  
1/4 cup dried thyme leaves, crushed

#### Preparation:

Combine all ingredients in a medium bowl and mix well. Transfer to an airtight container and store in a cool, dry place.



### BASIL PESTO RECIPE

What to do with all that basil in your gardens?....Basil Pesto for sure!!!

#### Ingredients

2 cups fresh basil leaves, packed  
1/2 cup freshly grated Parmesan  
1/2 cup extra virgin olive oil  
1/3 cup pine nuts or walnuts  
2 medium sized garlic cloves, minced  
Salt and freshly ground black pepper to taste  
*Special equipment needed: A food processor or chopper*

#### Preparation:

Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more.

Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.



## HERBS: EDIBLE HERB FLOWERS

Why not be one of those innovative home cooks to revive the lost art of using flower blossoms to add elegance to your cooking! The flavors of flowers range from spicy to sweet to herbal: most, you'll find, are simply a milder form of their fragrances.

### HERB FLOWERS (FROM YOUR HERB GARDEN)

**BASIL**

**CHIVES**

**OREGANO**

**ROSEMARY**

**SAGE**



Flavor/texture: They taste like the herb's leaves, but often with a touch of sweetness. They can be tiny and delicate, so pick right before using, or snip the entire blossom stem and put it in water until ready to use.

Growing tips: Most of the common perennial culinary herbs are Mediterranean in origin- full sun, good drainage, and light to moderate irrigation. Annual culinary herbs generally need more water and perform better in enriched soil, especially herbs of tropical origin, such as basil. Although a perennial, garlic chives also need regular water.



### MORE EDIBLE FLOWERS

- **AUSTRALIAN VIOLETS**- dress up salads desserts and fresh cut fruit.
- **CHIVE BLOSSOMS**- These lovely lavender-pink blossoms are great eye catchers and delicious additions or garnishes for salads, eggs, potatoes, cream cheese and any dish where a mild, subtle onion flavor spurs the appetite.
- **NASTURTIUMS** - Cool Season Flowers The leaves and flowers are edible, with a peppery taste and they look beautiful as well as garnish for cheese platters and more. Fun to add to spring salads!

### RECIPE

#### CANDIED VIOLETS RECIPE

Nick likes to use Australian Violets in his gardens the flowers are edible (as long as your not using pest sprays)

#### Ingredients

40 Violets

1 egg white, beaten frothy

1/2 cup confectioners sugar

2 drops almond extract

1 tablespoon water



#### Preparation:

Wash violets and drain. Do not attempt to remove the green calyx (the two green parts of the flower that enclose the flower while in the bud stage). Add extract to water and softly beaten egg white. Brush on violets, covering each flower well and lay on wax paper. Sprinkle with confectioners sugar, completely covering both sides. They can be dried in a sunny window in 2 or 3 days or in the oven at 200° for 20-30 minutes.

Store in glass jars. Garnish desserts with the violets.



## HERBS: TEA

For pure fresh ingredients, nothing beats growing herbal tea plants right in your own garden. Their naturally sweet, caffeine-free, and aromatic flavors are both inviting and restorative. Use their leaves and flowers to steep by themselves and serve with honey and lemon. You can even blend with regular tea for interesting, new flavors. Whether you serve it hot in steaming mugs to comfort and sooth, or iced in tall glasses to refresh and cool on a hot day, herbal teas are a welcome pleasure for all ages.

**LEMON BALM**- Sweetly cordial lemon flavor and citrus aroma

**CHAMOMILE**-restorative tea with an apple/pineapple scent.

**ANISE HYSSOP**- lavender flowers and green leaves make this a naturally sweet anise-scented tea.

**MINTS**- best grown in large pots to keep them from growing wild.

There are many varieties beyond the old **PEPPERMINT/SPEARMINT** plants ( though they remain some of our favorites)

Some new varieties on the market worth a try in iced teas, punches and garnish.

**APPLE MINT**- Sunny, sweet scent, warmly flavored of minted apples.

**ORANGE BERGAMONT**- Scented like minty Earl Grey tea.

**GRAPEFRUIT MINT**- herbal citrus/mint scent.

**LAVENDER MINT**- Woodsy, floral lavender scent combined with mint.

**PINEAPPLE MINT**- Fruity/mint scent.



## RECIPE

### HERBAL TEA RECIPE

[Herb tea](#) is a delicious alternative to sugary, caffeinated drinks. No matter if you buy it already in the bag, or mix up your own recipe, you can follow these simple directions and end up with the perfect cup of herb tea.



### Ingredients

Glass or china cup and saucer

1 Cup of boiled water

Your choice: 1 teaspoon dried herb, or 3 teaspoons fresh herb (or 1 tea bag)

(A favorite of ours is from the Mint family and Chamomile Blend--ummmm ummmm good!)

Honey and or Lemon if desired

### Preparation:

Heat water to just boiling.

Add measured amount of [herbs](#) to cup (or teabag )

Pour boiled water over herbs.

Cover with saucer to keep the oils from escaping with the steam.

Steep 3 to 5 minutes Strain out herbs

Add honey and lemon to taste if desired.

### Tips:

With either fresh or dried herbs, crush with the back of a spoon before adding water. This releases the oils in the herb. These oils are what impart the flavor to the water.

Remember, cover your cup of tea immediately after adding water. You will enjoy the taste of the tea much more.



## HERBS : MEDICINAL

- **ALOE VERA** is a plant that grows commonly in the southwestern United States. The leaves produce a mucous-like substance that possesses cooling and healing properties. It can be used against sunburn, kitchen burns, and other skin irritations. In a juice form, aloe vera is used against ulcerative colitis, constipation, and other digestive diseases.
- **SAGE** is a cooking herb as well as a medicinal plant. It was often used to help indigestion, flatulence, depression, and menopausal symptoms.
- **PEPPERMINT** Besides its delicious smell, peppermint has been in use since ancient times for its medicinal properties. It is used to help upset stomach, spastic colon, and irritable bowel syndrome, as well as to reduce fevers.
- **CALENDULA** is an important addition to a healer's garden. Its striking orange flowers are used as a soothing skin wash, tea and salve. They are edible for a cheerful addition to a salad as well. Because it is so gentle, calendula is often an ingredient in diaper salves and other baby related skincare items. Calendula offers a beautiful spot of color in any landscape. The flowers will readily reseed themselves, so consider this when planting. Look for plants that are sticky with resin, for this is the medicinal quality that you need. There are many cultivated varieties that may or may not work in the medicinal sense. Look for *Calendula Officinalis*, to be certain it is the right variety
- **CHAMOMILE** Besides being known as a soothing tea, chamomile can be used for a number of ailments, including a cold, diarrhea, earache, toothache, digestive disorders, eczema, and common wounds. Chamomile is a sweetly scented, light tasting herb. Its many uses have been known for many years. Chamomile is a gentle soother for teas and skin washes.
- **EVENING PRIMROSE** -The roots can be eaten and the shoots can be added into a salad. A tea is often made from the roots to treat obesity and bowel pain. Leaves and bark, which are made into evening primrose oil, treat rheumatoid arthritis, eczema, acne, and premenstrual disorders.
- **ECHINACEA** This lovely flowering plant is known as one of the most important medicinal herbs in any medicinal garden. It can be used to treat wounds, burns, insect bites, and even snakebites. It is also used to strengthen the immune system in fighting allergies.
- **FEVERFEW** is a very old medicinal plant that has been used for hundreds of years to treat colds, fevers, and arthritis, as well as for bruises, swollen feet, and to help with migraine headaches.
- **FENUGREEK** The seeds of fenugreek are nutritious and are taken to treat inflammation of the stomach and intestines. It can also be used for the treatment of late onset diabetes, to lower cholesterol levels, to prevent cancer of the liver, and for labor pains.

### Precautions When Using Medicinal Plants

Pregnant or nursing women should not use medicinal plants unless under the supervision of their doctors. Always let your physician know what medicinal plants you have been using. If there are any changes in heart rhythm, vision, mental processes, dizziness, itching, rashes, or abnormal bleeding, discontinue use of medicinal plants and consult with your physician.





## HERBS: SLEEP PILLOWS

Sleep pillows are an age old tradition. Aromatherapists explore the role of fragrance in bringing about significant physiological and emotional effects. Because olfactory neurons are connected directly to the brain, simply inhaling a scent can stimulate the release of hormones that generate a range of feelings and responses; they can calm fear or anger, relieve stress or pain, and yes, bring sleep. There is thus foundation for the belief that a pleasant fragrance in one's pillow can alleviate mental and emotional stress, a frequent cause of sleeplessness.

Sleep pillow sare made of bits of fabrics, and can be of any size, but are better small and relatively flat so that they will lie smoothly and unnoticed in a standard pillow case. Try some of the below...a favorite is Lavender, Rose Petals and Chamomile...Ahhhhhhhhh!

- **LAVENDER-** Sedative effects. It has pleasant associations for many people and is said to be able to dispel headaches.
- **ROSE PETALS -** An afternoon in grandmas garden. Roses is said to sooth emotions, relieve headaches, and generally make you feel better.
- **CHAMOMILE-**Respond to discourage nightmares.
- **SWEET WOODRUFF & SWEET CLOVER-** Smell of grass on a summer day. Sweet woodruff combines the fragrances of vanilla and new-mown hay
- **EUCALYPTUS-** Great for anyone with a cold.





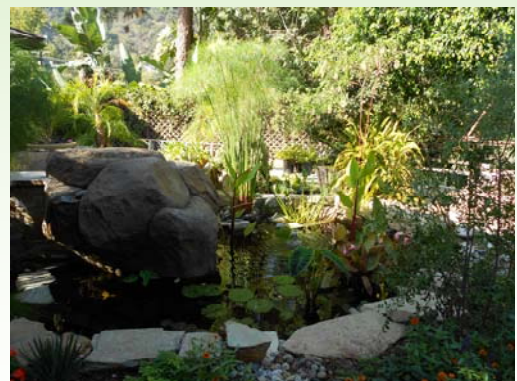
## NICK WILLIAMS... SPRING GARDENS



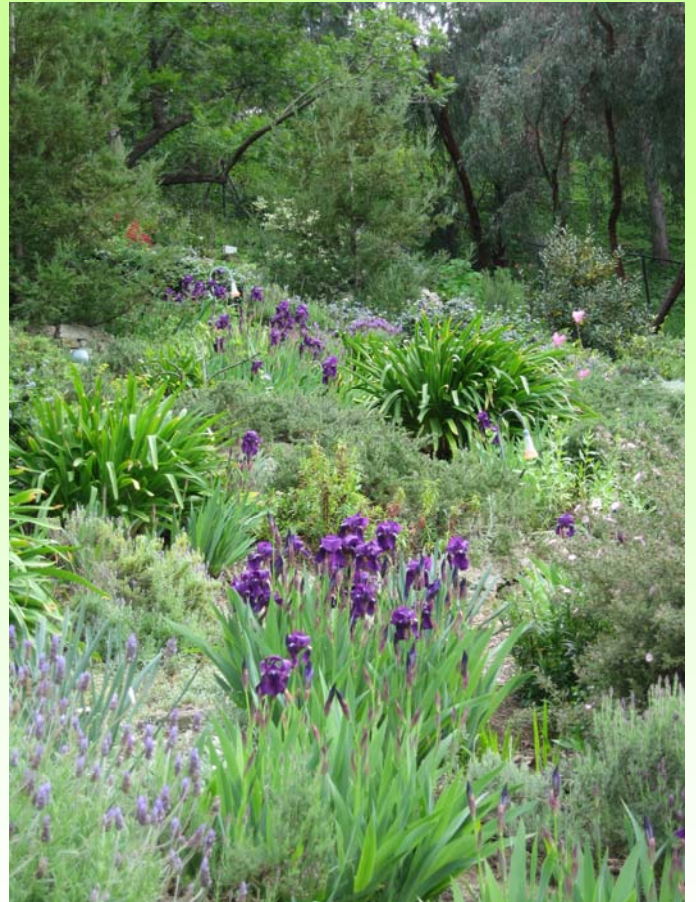




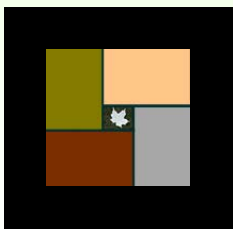
IN THE SPRING, AT THE END OF THE DAY,  
YOU SHOULD SMELL LIKE DIRT –Margaret Atwood











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