



Summer/Fall 2022



Queen Anne's Lace (seed)



Solomon's Seal (fruit)



Lobelia inflata



Elderberry (fruit)

OUR MOUNTAIN Herbs NEWSLETTER

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**RENEW YOUR
MEMBERSHIP**
wverbassociation.org



Letter from the WVHA President

Hello Herb Enthusiasts!

In the words of Joni Mitchell, *and the seasons, they go round and round*, and as we move through Autumn, towards winter, I begin to slow down. There will be a few roots to dig, but most of my harvesting and processing is completed. I have come, over the years, to appreciate the quiet of winter. Like the weeds that I love so much, I allow myself to become somewhat dormant in the winter months. I am more silent and still, I rest more, I appreciate the longer nights and the time to be introspective.

Our society has developed into one of having to be constantly busy and “productive”. What we have forgotten is that stillness, quietness and rest are also productive. In stillness, quietness and rest, we rebuild and rejuvenate our Bodies, Minds and Spirits.

I encourage everyone this winter to be like the plants. Become still and quiet and dormant. Feed your roots so that when spring arrives, you can burst forth with refreshed and vibrant energy!

I look forward to seeing everyone at the conference.

Blessings ~ Barbara Volk

Fall Conference 30 Year Celebration ~ 1992-2022

Saturday, October 15, 2022 ~ See insert for more details
Seed Exchange | Children's Planting & Coloring Table

Location: WVU Jackson's Mill Conference Center, 160 Jackson Mill Rd, Weston, WV 26452

<https://jacksonsmill.wvu.edu/>

Bring your friends, family and children to celebrate and learn about our native plants and medicinal herbs from other herbalists, mentors and naturalists to deepen your knowledge of using, growing, collecting and sharing.

ENTRANCE FEE: \$25 non-members and \$20 for members, which includes all classes and nature walk. Arrive between 9:00-9:45am to register & browse booths, or pre-register on-line (see page 4). If you want to volunteer to help you can gain free entry! Children under 12 get in free with paid adult.

VENDORS: Reserve by September 30, booth fee is \$10 and includes entry pass. Educational tables (non-profit or other educational activities) are available on a limited basis for no charge.

For an application [email info@wverbassociation.org](mailto:info@wverbassociation.org)

*Our gardens are gifts to us.
They can also become our teachers.
As guardians of these little patches of the
planet, we can work hand in hand with the
land to restore each other's health.
Every fragment of soil, plant or tree that
becomes recognized, respected and loved has
a healing affect on the entire planet.*

Mary Reynolds from her book
The Garden Awakening



About Us

Founded in 1992

West Virginia Herb Association is a non-profit, educational organization whose mission is to promote the ethical and environmentally sound propagation, cultivation, harvest and use of herbs in West Virginia. The WVHA provides a forum for those interested in herbs by creating opportunities for members to get to know one another, to network, share knowledge and experience, and build community. We are a diverse network of people with a wide range of knowledge across many regional states.

Our primary focus areas are: herb cultivation, medicinal herbs, culinary herbs and herbal crafts.

2022 WVHA Board

President ~ Barbara Volk
Vice President ~ Laura Yokochi
Secretary ~ Jane Birdsong
Treasurer ~ Theresa Gain
Members At-Large ~ James McCormick
and Joan Beard
Newsletter Editor ~ Jennifer Geib

Our Founders

Nona Conley	Sue Meyer
Marion Harless	Nicole Molnar
Dot Montgillion	Linda Cristen
Myra Bonhage Hale	Nicole Gauthier-Schatz

How to Join

Yearly membership fees
Individual: \$20.00
Family: \$30.00
Business: \$50.00

New members can join any time.

Membership dues are due on or before April 30, and renew annually each April.



See page 3 for our contact information.
Join and receive the complete newsletter.
[Click here](#) for membership information or scan QR.

Viola: 2022 Herb of the Year

Jennifer Geib

When I was little, I noticed that both my grandmother and great grandmother had teacups with little purple flowers on them, and I loved them so much. As I reached my early teens I started studying and identifying wild plants on our property and learned that the teacup plants were various types of violets. I thought they only came in purple, but discovered that in the wild they are violet, purple, white, spotted, yellow and sometimes a little pink. Some wild varieties are mixed with colors with of yellow, white, and purple to pinkish. Pansies were one of the early spring flowers that my mom always planted in pots, but I didn't realize the flowers were in the same genus, *Violaceae*, until I started studying medicinal herbs, horticulture, and garden design. My grandmother brought teacups back from her numerous travels overseas, buying only one of each design. When she died I was pleased to inherit a number of her teacups and teapots which were decorated with violets. Now their smiling faces grace my shelves.

*Even if fall she must, it was to lie on the earth
and moulder sweetly into the roots of violets.*

– Virginia Woolf

I think the humble violet often gets forgotten as a medicinal herb. They are considered a weed and pulled from our lawns with vengeance, banned from the garden beds (except pansies), and in general overlooked as a wildflower. But, for those of us who enjoy violets in our yard they are an easy and welcome addition to our lawns and beds. Most violets prefer the cooler months and will accept copious amounts of shade. Some die back to the ground when it gets too hot, just to pop out again as the cool fall weather emerges. They have two types of flowers to ensure pollination. One blooms for the early spring bees and one flower self-pollinates below the leaves. When ripe, the seed pods fly open like a monster's mouth with three sided pods that fling the enclosed seeds far and wide. Many violets also spread by runners. Did you know that in the late 1800's violets were a very popular flower and hundreds of greenhouses were scattered throughout the Northeast just to grow violets? Rhinebeck, NY was the violet capitol of New England with over 400 greenhouses.

*Stars will blossom in the darkness, Violets bloom
beneath the snow.* – Julia Caroline Dorr

To read the rest of this article,
please become a member.

The State Folklorist's Notebook: "People need to know about plants": Herbarist Marion Harless

by Emily Hilliard for Goldenseal magazine.

This article appeared in the Spring 2019 issue. Reprinted with permission.

Some people speak in complete sentences. Marion Harless speaks in entire paragraphs, punctuated by laughter. The first time I went to interview her at her home in Kerens in Randolph County, she spent two hours meticulously preparing us a lunch of traditional Mexican food (even plating it on Southwestern-themed dishes) while regaling us with stories of her work as a comparative psychologist in Venezuela; quoting author Nikki Giovanni; and offering instruction on how to prepare dandelion fritters, what herbs make good root beer, and the best natural deer repellent. We never actually got to the interview, but I'm glad I had an excuse to return for more (on the second visit, we skipped the meal).



Marion, 83, calls herself an herbarist rather than an herbalist, explaining, "An herbarist is a person who grows herbs, and uses them, and an herbalist is a person who uses herbs medicinally and doesn't necessarily know anything about the plants! Often herbalists buy everything that they use and I like to grow things. And so, even though I may use them medicinally, I'm still interested in the growing part of them too." "Interested" is putting it mildly. Marion's knowledge of gardening, cultivating, harvesting, and using both wild and cultivated plants is deep and broad, dating back to her early childhood.

"I've always been interested in plants my whole life and I guess I just learned things by osmosis the way kids learn the difference between carrots and cabbages and lettuce. I learned all those, plus many, many, many other plants," she says. She grew up in Weirton, where her family kept a large garden, orchard, and vineyard. Her parents also knew wild plants like ironweed and jewelweed (though they disagreed on some of their names), and often ate foraged food like black walnuts, butternuts, wild berries, bitterweed, and dandelion greens. Marion remembers canning hundreds of quarts of fruits and vegetables each year, including peaches, tomato juice, grape juice, vegetable soups, sassafras tea, and wild black-cherry cough syrup. They also made wine. "We made wine out of everything you can think of," she says, laughing, "strawberries, blackberries (we didn't have blueberries), currants, peaches, plums, and grapes. Grapes, grapes and grapes."

In 2018, Marion was a master artist in the inaugural West Virginia Folklife Apprenticeship Program, leading a yearlong study in "green traditions" with Kara Vaneck of Weston. Marion was also a master in the former Augusta Heritage Folk Arts Apprenticeship Program and taught various green traditions at Augusta for 32 years. "Green traditions is very, very broad because I didn't want to say we're just going to do natural dyeing or we're going to do papermaking or we're going to learn how to graft fruit trees or etc.," Marion explains. "And so we left it as broad as we possibly could and decided that would be a good title for just passing along information that I have picked up over the years."

Marion's garden is large, wild, and busy, covering every bit of her land and spilling over onto the porch as if the house were a plant, too. Herbs like dill, basil, and mint grow next to tomatoes and other vegetables, which grow next to day lilies and lobelia flowers. There are no straight rows, no visible empty plots, and no "weeds."

Along with access to her extensive plant knowledge, Kara says that Marion's garden was a main selling point in her decision to study with her. "Knowing that I would get to come and spend time with her in her garden with more frequency was really enticing," she says. "It's just been so wonderful to watch the garden change over the course of the year and learn new plants every week and take home cuttings and seeds to propagate."

When I asked Marion why she felt it was important to pass on her botanical knowledge to apprentices like Kara and the thousand or so other students she's taught, she replied, "Because the world cannot live on plastic alone. I think if people knew the many uses of plants, that we would have so many fewer problems in the world, like the opioid crisis."

She spoke of the power of plant-based medicines for pain, rashes, and other ailments, and expressed concern for tree species that are being lost to disease and invasive species. Kara elaborated, sharing another lesson she's learned from Marion, whether directly or through osmosis, "Aside from all of the uses of plants, once a person experiences growing plants, it becomes such a pleasure. It's something to live for—if you have a garden, every day something new is happening, so maybe there are some seeds to collect or maybe one of the seeds you planted is coming up or the leaves are changing color—for me it's a purpose of life!"

<https://wvfolklife.org/2019/03/22/the-state-folklorists-notebook-people-need-to-know-about-plants-herbarist-marion-harless/>

WVHA Business Partners

Businesses can join the WVHA as members and once a year they get a place in the newsletter. Please support these businesses who support us!



<https://www.smokecampcrafts.com/>

sales@smokecampcrafts.com 304-940-1142

Kara Vaneck, 515 Center Ave, Weston, WV 26452

The Smoke Camp Crafts outpost farm stand is open seven days a week during daylight hours. Over 50 varieties of herbs are available for purchase. The farm stand operates on the honesty system, so please bring exact change. Jams and Jellies, dried herbs, herbal teas, tisanes and culinary blends are available on our website or through the Turnrow Farm Collective.



Arcadia Studios

www.etsy.com/shop/arcadiastudios

Lynn Degen 304-655-8654

degenlynn@gmail.com

Arcadia Studios creates tie-dye clothing, unique vintage jewelry re-imagined, shawls, scarves, tunics and more. Most designs are one-of-a-kind, or one-of-a-series, each slightly different. I use new and vintage parts, up-cycled or recycled, so most items cannot be duplicated. I try to have something for everyone, plain



Shady Grove Botanicals

Ed & Carole Daniels

edcarolandkatedaniels@msn.com

<https://www.shadygrovebotanicals.com/>

Shady Grove Botanicals is our small, family business offering ethically wild crafted wild native Appalachian ginseng and select forest botanicals, along with organically grown industrial hemp and vegetables. We offer a variety of herbal products to suit your needs including native Appalachian Ginseng roots, leaves and rootlets, to Golden-seal, Ramps, and other non-timber forest products (NTFP).



CONTACT US

West Virginia Herb Association

Weston, WV 26452

www.wvherbassociation.org

Facebook:

WV Herb Association

Email:

info@wvherbassociation.org





The Witch Hazel tree (*Hamamelis virginiana*) is easily identified at this time of year as the one tree that has fuzzy yellow flowers. The trees tend to seek water and can be found growing by streams and rivers with their branches extending out over the water. The limbs create perfect “Y” shapes, with both branches of the “Y” having very similar diameters. Traditionally, the “Y” of the tree was cut to be used as a dowsing rod to “witch” water that is flowing underground. You may have heard the tale of the dowser coming to a relative’s farm to find the underground spring and the site to start digging the household well.

To read the rest of this article, please become a member.

GATHERING FALL HERBS



Fall is a lovely time to be outside enjoying our gardens and wild nature. There are many medicinal and culinary herbs reaching their pinnacle. Here are some things to do this fall:

Collect seeds and nuts, both medicinal, culinary, flowers and heirloom vegetables. Be sure to read how to preserve them properly. Most seeds just require drying, but some need pre-fermentation before drying. This is also the time to harvest culinary herb seeds like fennel, dill, coriander and others for use in cooking. Nuts are also dropping and you can collect them for cool storage all winter.

Cut culinary and medicinal herbs for drying. Hang in little bunches on a clothesline in your house/garage or lay out a big piece of paper on a spare bed or table and spread out the plants to dry. When completely dry, strip leaves from stems and store as whole as possible in tight-lid jars. Before use, crunch them up into smaller pieces.

Make a green pesto. Before you pull out greens, basil, chard, spinach, make a last batch of green pesto. You can even add some wild greens, dandelion, nettle, chicory to the mix. If you want to freeze for later use, don’t add cheese or nuts, just add olive oil, or other oil, lemon juice or vinegar and puree. Put in little canning jars and freeze. You’ll be so happy to pull out this pesto in the deep of winter. Add chopped nuts and cheese before serving.

Roots can also be harvested at this time. Some that are high in inulin are best harvested after first frost. These include burdock, dandelion and others. Note that some roots are poisonous when fresh. Learn and know your herbs! For example *Angelica* and *Orris* roots must be dried to deactivate their poisonous constituent.

Collect mushrooms (freeze & dry), berries, edible grass seeds, rose hips, hog peanuts, ground nuts and more!



A garden is the mirror of a mind. It is a place of life, a mystery of green moving to the pulse of the year, and pressing on and pausing while to its own inherent rhythms. In making a garden there is something to be sought, and something to be found. To be sought is a sense of the lovely and assured, a garden permanence and order, of human association and human meaning; to be found is beauty and that unfolding content and occupation which is one of the lamps of peace.

Quoted from his book *Herbs and The Earth* by Henry Beston, 1888-1968

West Virginia Herb Association's Fall Conference



Celebrating 30 Years of Herbalism in West Virginia

October 15, 2022 ~ Jackson's Mill near Weston, West Virginia

In person gathering. All ages are welcome!

Our 30th year Fall Conference of workshops and classes from a wide spectrum of herb and medicinal plant lovers, protectors, teachers, growers, writers, seed collectors, herbal crafts people. Celebrate our native and medicinal herbs.

October 15, 2022

Registration starts at 9:00 am

Conference 10am - 5pm

WVU Jackson's Mill Conference Center

160 Jackson's Mill Rd, Weston, WV

jacksonsmill.wvu.edu

Cost \$25, Member price \$20

Children under 12 are free with paid adult

More information - Register & pay in advance

<http://www.wvherbassociation.org>

Register, but pay at the event, please email

info@wvherbassociation.org

CASH ONLY at the Event

Bring your friends, family and children to celebrate our 30th year anniversary. Learn about our native and medicinal plants.

REGISTER ON-LINE:



Want to sell your products or services or promote a non-profit? Please email us for an application.

**Connect with Herbalists!
Fun & Learning!**

Speakers & Happenings

Keynote: Susun Weed

Abundantly Well: Seven Medicines. The Complementary Integrated Medicine Revolution. Learn about the seven medicines for optimal health.

Presentations by local speakers:

Eve Von Deck: *Prediabetes and Diabetes, Prevention and Herbal Maintenance.*

Joan Beard: *Research Support of Medicinal Plants for Common Conditions of Aging*

David Hawkins: *Help for Your Immunity with Anti-viral Plants*

Melissa Dennison: *Mosaic Crafting with Broken Pottery and Ceramics*

Sierra Cox: *Herbs for WVDA Veterans & Heroes*

Bette Angle (O'Steen): *Making Herbal Medicine & Wild Food Foraging*

Christina Adams: *The Best Herbs for Honeybees*

Eugene Breza: *Making Colloidal Silver and Its Various Uses*

Ed Daniels: *Medicinal Plant Propagation*

Panel Discussion: *What we learned at the Comfrey Conference.*

Vendors: *Local rafts-people and artists,herbal products, tie dye clothing, jewelry, vegetables, leather goods, bee products, books and more.*

Happenings: *Seed swap & children's table*



KEYNOTE SPEAKER: Susun Weed

Abundantly Well: Seven Medicines The Complementary Integrated Medicine Revolution. Learn about the seven medicines which encompass options for optimal health through the Wise Woman Way, from serenity medicine to pharmaceutical medicine.

Additional Local WV Presenters

Eve Von Deck, WVUMG&M, CH

Prediabetes and Diabetes: Prevention and Herbal Maintenance for a Healthy Lifestyle

This class will cover how to avoid and possibly reverse prediabetes using herbs, short fasts and simple diets. We will also discuss the latest research on diabetic conditions including: traditional uses of medicinal herbs (some wild and native), efficacy, contraindications and precautions for herbs in recent diabetic studies and methods of avoiding and possibly reversing type 2 diabetes. Eve is a partially retired teaching artist and Certified Herbiologist, owner of Great Spirit Herbs and former president of WVHA.

David Hawkins

Help for Your Immunity with Anti-viral Plants

As we face many new challenges that affect our wellbeing; our immunity becomes a primary focus. Learn about our plant kingdoms power to balance, modulate, and protect us. David was a former president of WVHA. He has been a practicing herbalist for 40 years and developed his own line of products named Earthworks. You can catch Dave every Wednesday morning on his radio talk show, Highway to Health, on WVNT 1230 AM/103.5 FM or streaming live from www.motherearthworks.com. He also conducts the Healthy Living Series, a free education program promoting holistic health and wellness concepts.

Joan Beard, M.A.

Research Support for Efficacy of Medicinal Plants in Common Conditions of Aging.

I will discuss current research findings on the efficacy of medicinal plants for various common conditions of aging -- such as osteoarthritis, osteoporosis, high blood pressure, etc. This will include information on plant parts used, mechanisms of action, search methods, and precautions such as interactions with medications. Objectives: 1) Will learn search methods and current research findings on efficacy. 2) Will be able to relate plant parts used and results from some studies. 3) Will appreciate the importance of mechanisms of action and possible herb-drug interactions. Joan is currently serving on the board of the WVHA as a member at large.

Melissa Dennison

Mosaic Crafting with Broken pottery and ceramics

Take old pottery and ceramic pieces and use them to make a new creation. Supplies will be provide but you can bring your own broken pots, plates, dishes and ceramic to add to your creation. Hands-on workshop.

Sierra Cox

Herbs for WVDA Veterans & Heroes

Sierra will discuss the Veterans and Herbs program under the umbrella of the West Virginia Department of Agricultural (business development division). She will share the possibilities and opportunities for not only veterans but also former law enforcement, firefighters and EMS in various aspects of agriculture in West Virginia. A Parkersburg, West Virginia native, Sierra graduated from the United States Naval Academy in 2010

and was commissioned as a Surface Warfare Officer. She served at Naval Station San Diego aboard USS BOXER (LHD-4) and USS McCLUSKY (FFG-41) completing a 2011 Western Pacific deployment and a 2014 Counter-Illlicit Trafficking deployment.

Betty Angle (O'Steen)

Making Herbal Medicine & Wild Food Foraging

Learn to make salves, tinctures, balms and syrups for life's trials and learn how to identify the plants you need to use and eat in your yard. Bette is a Master Gardener and herbalist for over 15 years. She wrote a newspaper column for the Nicholas Chronicle called Bette's Beds (a gardening column) for 12 years. She also taught the hard-of-hearing and was a wilderness survivor instructor.

Christina Adams

The Best Herbs for Honeybees

Learn which West Virginia native plants and herbs that honeybees like the best. Most are easy to grow and all will support both hive honeybees and other native bees and pollinators. Knowing which plants to plant in your yard will ensure the survival of all our pollinators. Christina is a beekeeper and will be sharing her knowledge and love of bees.

Eugene Breza

Making Colloidal Silver and Its Various Uses

Find out how to make a lifetime supply of Colloidal Silver for under \$50. Explore the many potential applications for external and/or internal treatment for human and animals alike along with spraying plants to bolster their immunities to disease. Colloidal silver kills every single celled organism there is; bacterial, fungal and viral, while leaving multi-celled organisms and organs intact and healthy A 2020 report from Japanese scientists prove it works on COVID 19 and I'm sure it will work on COVID 33.

Ed Daniels

Medicinal Plant Propagation

Ed will be demonstrating and discussing ways that we plant, propagate and harvest at-risk forest medicinals. He hopes that participants will gain knowledge and have an interest in forest farming to help ensure the future of these at-risk plants.

Discussion Panel

What we learned from the Comfrey Conference

Active discussion with members on the May 2022 Comfrey Conference.

VENDORS (Partial listing)

Smoke Camp Crafts <https://www.smokecampcrafts.com/>

Arcadia Studios www.etsy.com/shop/arcadiastudios

Shady Grove Botanicals <https://www.shadygrovebotanicals.com/>

Spotted Horse Farm (Barbara Volk) <https://www.spottedhorsefarm.com/>

Fayes Sweet Addiction Apiary

Educational table: Wild Edible & Medicinal Plants

Children's Learning Table