



Winter/Spring 2022



bloodroot

wild violet

mahonia

mayapple

OUR MOUNTAIN Herbs NEWSLETTER

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See enclosed renewal form



Letter from the WVHA President

Hello Herb Enthusiasts!

As I write this it is deep winter and very cold at my house. The ground has been covered with snow for several weeks, nighttime temperatures have dipped below zero. For me, winter is a time of slowing down, reflection, and resting, as it is for the plants around me. Although I don't really enjoy the cold, I value it. Many of our native plants need the freeze to stratify their seeds for spring germination. I take my cues from the plants and use this time to germinate ideas and plans for the year to come. The cold, snow and grey woods of winter help me to have more appreciation for spring. Soon we will begin to thaw, and I will start watching for the coltsfoot flowers which are one of the first wildflowers to bloom here. I always get so excited when I see them that I do the happy dance.

I hope all of you are warm and enjoying the deep cold of winter and I look forward to seeing you at the Spring Gathering in April.

Blessings ~ Barbara Volk

SPRING GATHERING

Our Mountain Herbs

Growing, Collecting & Sharing Our Woodland Plants

Saturday, April 23rd, 2022 ~ See page 4 for more details
Seed Exchange | Children's Planting & Coloring Table

Location: Tygart Lake State Park Lodge, 240 Paul Malone Road near Grafton, WV www.tygartlake.com

Bring your friends, family and children to 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: \$10 which includes all four classes and nature walk. Arrive between 9:30-10:00 am 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: 12 vendor booth spaces, reserve by April 14, 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@wvherbassociation.org](mailto:info@wvherbassociation.org)

*As they prayed, we heard the song the old ones
used to sing at dawn.
Their voices blended with the wind that swayed
the star-filled branches of the cottonwood tree.
We heard a song that was our own,
sung by humans who were born of the prairie.
Love the seeds as you love y our children,
and the people will survive.
Wachékiye*

*Quote from The Seed Keeper
a novel by Diane Wilson*



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.

Be Kind to Your Liver

Jane Birdsong

To read the articles on pages 2 & 3 please become a paid member of the West Virginia Herb Association using the links provided in the left column.

Thank you!



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



HERBS IN THE NEWS

Plants are our source of food, health and bring beauty to our lives. We, as herbalists, have a deep and profound connection with the earth and plants we use as medicine. It is interesting to see science catch up to our innate knowledge.

2021 Medical Cannabis report by State. Published in February 2022, free report

Americans for Safe Access Grades States on patient access, affordability, equity, product safety and more. The report evaluates the effectiveness of each state cannabis program from a patient perspective and assigns a grade using a rubric that reflects the key issues affecting patient access broken down into over 100 categories, including barriers to access, civil protections, affordability, health and social equity, and product safety as well as penalties for harmful policies. <https://www.safeaccessnow.org/>

In Memory of Jim Turner

Jim Turner's activities and accomplishments as a longtime health and health freedom advocate are legendary. An original "Nader's Raider," Jim at the age of 30 authored The Chemical Feast – an exposé that called attention to the U.S. Food and Drug Administration's regulation of food additives. For the last decade and more, Jim has focused much of his attention on communicating a message of unity to counter political and social differences. Jim was a force to be reckoned with in the health freedom community for over half a century. Listen to Jim's interview with Susan Leopold: <https://unitedplantsavers.org/jim-turner-in-memoriam/>

Herbal Supplement Sales Increase by a Record-breaking 17.3% in 2020!

Total annual sales of herbal dietary supplements in the United States surpassed \$10 billion for the first time in 2020, according to the American Botanical Council's 2020 Herb Market Report. Sales of immune health, stress relief, and heart health supplements grew during COVID-19 pandemic. It is expected that the 2021 report to come out later this year will break the record again. Free report here: <https://www.herbalgram.org/media/16783/hg131-hmr.pdf>

Everlasting Health and Beauty

Laura Yokochi



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Knotweed ~ Barbara Volk



Japanese Knotweed, *Reynoutria japonica* (synonyms *Fallopia japonica* and *Polygonum cuspidatum*), is considered one of the most invasive plants in the world. People hate it, and great effort is being put into eradicating it. I however ask, “what is this plant telling us?” If you pay attention to the plants that show up around you, they will often say, “I’m here for a reason. Check me out. I am useful.” So rather than having that knee jerk reaction, let’s look at knotweed from a different perspective, because it is here to stay.

If you have ever tried to dig knotweed roots, they are almost impossible to get out of the ground. To make medicine from the roots, even the smallest pieces require pruners to cut. This plant is deep. It is tenacious. So, in my mind, it is a plant who’s healing will go deep into our bodies and help us heal from the most unshakable dis-ease that we are carrying around with us. As Stephen Buhner states “it cultivates internal strength.” Knotweed is referenced in three of his books, *Herbal Antivirals*, *Herbal Antibiotics*, and is discussed in depth in *Healing Lyme*.

Japanese knotweed has so many actions on and benefits to the human system. Most of what you will see on the internet is about resveratrol. That is only one of its constituents, and to view this plant from the narrow mindset of one constituent does a great dis-service to the plant and its ability to help us heal.

Knotweed is anti-bacterial, anti-viral, anti-fungal, anti-inflammatory, antioxidant, and more. It truly is a profound healer. Buhner calls it a “...broadly systemic plant which modulates and enhances immune function.” The constituents cross the blood/brain barrier and have anti-inflammatory actions on the central nervous system. It enhances blood flow to the heart, skin and joints.

This plant has been used in Traditional Chinese Medicine for several thousand years. There are at least 100 prescriptions using the root in TCM. As a bonus, knotweed is a delicious wild food that can be prepared in a number of ways.

My challenge to everyone is to embrace rather than despise this astonishing and mighty plant that while it is feeding us and helping us it will also assist us in relieving the pressure on the native plants that have been over-harvested for too long.

Autumn Olive Liquor

Dr. Mark Piacentini

A sweet and mildly sour delicious delight, and a roadside invasive plant (*Elaeagnus umbellata*) that I have collected and snacked on its berries for quite a few years. The first year I was trying to identify the plant, I found a patch off to the side of the road, and I was so excited that I jumped out of my truck and started to collect them. Well, I had forgotten to close my car door and a police officer stopped and asked me if I was ok, and what I was doing. When I told him in my excitement I was collecting autumn olive berries, he looked at me oddly and left, asking me to please shut my truck door.

Autumn olive berries are reportedly rich in lycopene, and antioxidants like vitamin C, E, flavonoids and fatty acids. Don’t mistake autumn olive berries with wild honeysuckle (*Lidocia*). They grow in similar areas and are very bitter. Autumn olive berries have a sweet, sour taste whereas honeysuckle berries are bitter and, well, you would spit them out!



This last year I made a liquor from the berries. I have to say the flavor was worth the wait! Here is my recipe:

- 32 oz mason jar
- 16 oz of fresh autumn olive berries
(Usually the berries ripen around August)
- Puree them in a blender to begin the process
- 1/4 to 1/2 cup natural maple syrup
- A teaspoon of lemon rind
- Place in jar. Close and wait for 3- 6 months
- Store in a dark cabinet and shake periodically
- After 3-6 months strain the extract with cheese cloth, extracting every last drop of flavor and color and then enjoy.

SPRING GATHERING

**Our Mountain Herbs: Growing, Collecting & Sharing
Our Woodland Plants**

April 23, 2022, Tygart Lake State Park, Grafton, WV

Registration starts at 9:30 am, Conference begins at 10:00 am

Cost: \$10, Children <12 free with paid adult CASH ONLY AT DOOR

Register but pay at event email: info@wvherbassociation.org

Register and pay in advance at our website: <http://www.wvherbassociation.org>



PRESENTERS

Ed Daniels of Shady Grove Botanicals | *Business Planning for Botanical Forest Farmers*

For beginners and experienced herbal people alike! With Ed’s extensive background in growing medicinal herbs of the forests of wild West Virginia, he will discuss their somewhat challenging propagation and the value of growing at risk and other medicinal herbs whose native habitat is the forest. He will outline the basics of starting an herb business with a focus on growing, harvesting and selling roots like ginseng, golden seal, black/blue cohosh as well as ramps and other native forest plants. <http://www.shadygrovebotanicals.com/>

Julia Flint of Yew Mountain Center | *Farming in the Shade: Ecosystem Opportunities in West Virginia*

Our West Virginia forests are home to a variety of plants that have historically been harvested for food and medicine. Many of these can also be cultivated either in a forest setting, at the woodland edge, or in shady areas of your yard. Julia is a coordinator with the West Virginia Forest Farming Initiative (WVFFI), a collaborative effort to expand the economy for non-timber forest products (NTFPs) in West Virginia. By cultivating woodland medicinal plants, landowners can earn premium prices for harvests while conserving and renewing wild woodland ecosystems. <http://www.wvforestfarming.org/>

Barbara Volk of Spotted Horse Farm | *Let the Wild Weeds Talk*

Plants speak to us. They share their wisdom. I love the weedy weeds – the ones that many people try to eradicate. They seem to show up right when we need them. I will discuss a number of common weeds and wildflowers and their uses as both as food and medicine. By using these weedy, but medicinal plants, we can take pressure off native plants that are being over-harvested giving them an opportunity to flourish again. <http://www.withthespiritofthehorse.com/>

Audra O’Dell of Random Rabbit | *The Ethos of Permaculture*

With 14 years of experience, Audra will outline the founding tenets of Permaculture, which allow us to live in a more sustainable world through conscious choice and gently driving change to provide us with happier, healthier lives, as well as a thriving ecosystem by all pieces working together. Permaculture encourages considerate personal choices, becoming observant, watching patterns, opening to greater diversity, caring for the earth, caring for people, knowing when to harvest and minimizing waste. <http://www.wvfoodandfarm.org/>

Tygart Lake Park Naturalist | *Woodland Walk*

A park naturalist will lead us on a hike around Tygart Lake where we can apply some of what we learned to identify useful spring woodland plants. <http://www.tygartlake.com>