



Celebrating
25
YEARS
1994-2019

COMPENDIUM

Journal of
MEDICINAL PLANT
CONSERVATION

A United Plant Savers Publication

Volume 1





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Journal of
**MEDICINAL PLANT
CONSERVATION**

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VOLUME 1

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Newsletter

Fall 2000

A non-profit education corporation dedicated to preserving native medicinal plants

Why "At-Risk"?

by Richo Cech

The air hung as limp as weeping willows over a muddy creek. Kentucky can be like that, the oxygen dense, rising from the blue-green hardwood forest, the daylight slow and full like a southern drawl. Called out by the lure of seed collecting, I stood at the edge of a fallow, overgrown field bordered by rank elder and poke, my plastic bucket in hand. I could already distinguish the dried tops of boneset and blue vervain among the grasses, draped over in places by the limp leaves of passion flower promising green, wrinkled fruits that would pop underfoot once I waded in. The twin pods of dogbane were snarled at knee level, and the whole array was lorded over by

the billowing heads of gravel root, in island-like patches and more abundant at the lower, presumably damper margins of the field. The early summer grasses would have been made into hay, disallowing the later development of this diverse array of interesting medicinal weeds except for the foresight of my friend Charles, who decided to let it go unharvested in anticipation of my coming. When he told me how he'd saved the field for me, I

looked him in the eyes and said, "Charles that's about the nicest thing anybody ever did for me." Now feeling a bit sheepish that I had so little time to make use of such a large gift, I nonetheless made ready to collect what I could.

Before I harvest seeds, I like to rest my mind and have a little one-sided conversation with the plants, which usually goes something like, "Greetings plants. I love you! I have come to spread your seeds here in this place, and to take them away for myself and for other people to grow for plant medicine. Thanks for this. I will take care of you..."

This time, as I began to quiet my mind I felt a thrill up my spine and cocked my head to the side to listen. As if conducted into chorus by the tentative chirrup of a single cricket, the plants began to sing to me in high, ecstatic voices. A slow, inexorable smile interrupted the

path of sweat that worked its way from under my hat band down into my tee shirt. The plants were singing all right, now in full force, the boneset and the blue vervain, the passion flower and the gravel root, even the baying voice of the dogbane joining in. The words of the song came to me freely. "Glee!" They sang. "Glee, glee, glee! We are happy here in this place. We were not cut for hay. Now we can spread our seeds. This would not have happened except for you! Glee, glee, glee!" My smile accompanied me as I broke from this beautiful reverie and began to shake the seed heads into the bucket, and has remained as an inner

smile ever since. I know that all beings are looking for happiness, the plants included. I remain convinced that when we assist plants to survive and prosper, they willingly and consciously reciprocate by giving us their bodies, their oxygen and their medicine so that we can live well on this earth.

Poised here at the beginning of the 21st century, herbalists are challenged to serve the burgeoning human population while at the same

time the wild plant populations, the main source of our traditional materia-medica, diminish at an alarming rate. Farnsworth and Soejarto reported that we are currently losing around one plant species per day. They suggest that by the year 2000 we will have already "driven to extinction medicinal plants worth \$40 billion annually in the United States alone."

There are many similarities among the 20 plants that comprise the at-risk list. Most come from very distinct habitats, environments that are under siege by development, grazing and/or logging. In fact, native plant habitat in the United States is disappearing at the alarming rate of over 2,400 acres daily. The at-risk plants have been traditionally utilized in medicine, with substantial historical or current trade that has led



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continued on page 11



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Greetings From UpS

This is the season of change. Already here in the northern climes the leaves are touched with gold and the first cold breezes blow in from the north. Last night, as if in early tease, reports of first frosts had us clambering about with stained sheets and old blankets transforming the front yard into a clothes line of colorful fabric. My bedroom once again is a jungle as the cold-sensitive plants move in to join me for the long months ahead. It is a season of change. A passing, of letting go.

As many of you may have already heard, our dear friend and fellow herbalist Gail Ulrich recently passed away. Diagnosed in early May with an aggressive form of liver cancer, she spent the last months at her home surrounded by family and loving friends. Always an example of joy and vibrancy, she was even more so an example of courage and determination in her last months of life. She died peacefully at home on July 23 surrounded by those she loved most. She will be missed greatly in this circle of green friends. Gail was an unrelenting advocate for the plants, a supporter of United Plant Savers since its founding in 1994, president of the NorthEast Herb Association and Founder of Blazing Star Herb School. Gail taught at the UpS Botanical Sanctuary in Ohio and at several other UpS events and was a well known teacher and author.

Death brings to those of us still on this journey an ever deepening awareness of the gifts of life and those who are closest to our heart bring us many gifts in their passing. Gail touched so many people's hearts with her grace and radiance, and she'll continue to live on in the hundreds of people whose hearts she touched through her kindness.

The day following my last visit with Gail, I left for a week camping trip to Nova Scotia. Seeing how frail Gail was, I felt time was of the essence and made plans to come visit her again the day after I returned. Just a couple of days into the trip, camping in the wild green of Nova Scotia, Gail came to me in a vivid dream. She was almost fully recovered, had gained back most of her weight, and was looking radiant. We were in a small group of her friends. She was trying on beautiful dresses asking us if this one looked right for her journey. And, of course, we were all telling her how gorgeous she was. I awoke, knowing she had passed on, comforted by the fact that even in her passing she was thoughtful and kind enough to leave tracings of her footsteps so we'd know she was traveling in the light. Many others told of similar stories.

I spent the next few days walking closely with death, thinking about it, Gail, life, friendship and the journey that awaits us all. It was a quiet peaceful time, the moment I needed, and allowed me come to peace with the missing of one so dear to me. One day on Nova Scotia's Evangeline Trail I came across a large grove of American Elms. I had been noticing the elm trees growing still quite abundantly throughout the peninsula and was surprised and excited to see them, but noticed, also, they had a peculiarity about them. Growing up the trunks and spreading to every branch were what appeared to be hundreds of new leaves, vine like from a distance. I thought it might have to do with ice damage and decided to investigate. Walking into the old elm grove, I was taken by the nobleness of these tall handsome trees and the stillness that emanated from them. I could see that what at a distance had appeared oddly beautiful, was in fact the deadly Elm disease. It had spread its cancerous canker sores up the entire length of the trees and no matter how healthy, how young, or how old the tree, it didn't have the defenses to fight this 'new' disease. Yet, they continued to grow, quietly, peacefully, proudly, putting forth new leaves even as they were dying. There could be no more powerful teaching offered to me at the time and it helped me come to grips with the insidious effects of cancer and how random it seems in its selection.

A few weeks before Gail was diagnosed with cancer, she had asked me ~ had asked several times, in fact ~ to send her a poem I had read to her months earlier.

" For years I never knew whether the twilight was the ending of the day or the beginning of the night. And then suddenly one day I understood that this

did not matter at all. For time is but a circle and there can be no beginning and no ending.

And this is how I came to know that birth and death are one.

And it is neither the coming or going that is of consequence. What is of consequence is the beauty that one gathers in this interlude called life"

~ W.O.Abbott

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The UpS Newsletter is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants. We encourage people to send us their opinions and thoughts for submission to the newsletter. Though many of the articles presented express opposing and/or controversial viewpoints we make an effort to print as many of these articles as space allows in an attempt to present the many views of this subject. It is important when reading the newsletter to remember that the articles are the opinions/ experiences solely of the authors and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review and as part of an educational process. We invite your comments. P

Greetings from UpS cont.....

There are few people I know who walked the beauty way more than Gail did. May her journey be in beauty, beauty before her, beauty behind, beauty above and below. Beauty all around. May she know beauty always in her heart and continue to spread beauty on her journey into the spirit world.

*In the spirit of the green,
 Rosemary Gladstar P*

*Here in the Wild Fields
 By Gail Ulrich, 7-30-80*

Here in this wild field devic spirits surround me.

The very being and essence of sunflowers,

Black eyed Susan, Wild bergamot and

Blazing Star

Sooth me

Here

In this quiet kingdom,

The sweet cacophony of birds

And drone of bees I am at peace

My medicine is here

I need no doctors, no shamans,

I am bathed in color and sound

Violet heals my spirit

Golden yellow heals my mind

Sun and earth glorify these devas

I need no shaman

My medicine is here

In this wilderness

Is my medicine



Box Tree Fairy

Fairy illustrations by Cicely Mary Barker

UpS MISSION STATEMENT

United Plant Savers' mission is to conserve and restore native medicinal plants of the United States and Canada and their native habitats while ensuring an abundant renewable supply of medicinal plants for

Voices from the Green

Dear Editor,

As a pharmacist, I am aware of an IUCN published list of endangered medicinal plants. Protecting and ensuring sustainable cultivation of these natural plants is becoming my professional commitment. Hopefully through mutual cooperation, sustainability will one day be a reality. Through your help, we will prevent the natural plants' reserve from being depleted by careless greed and ignorance.

Sincerely Yours,
Julia Yu

Dear UpS,

This past fall, I initiated a Native Plant Sanctuary Project on Rappahannock County Public School property. With approval from the school board, we will establish native plants on school property. The intention is to inspire and educate the greater community through work and research at the schools. We want to involve as many community groups as possible with this project ~ the extension office, scouts, garden clubs, etc. Headwaters, which is our public education foundation, awarded us a \$200 mini-grant to get started this spring and a young man working on his Eagle Scout project will be helping me map the property and work on other "foundation" necessities. How exciting! Thanks for being there, doing what you do. We've only just begun and Mother Earth smiles!
Lorinda Bosch

Dear United Plant Savers,

I have been a member in spirit since your inception as my teacher, David Winston urged us to support UpS several years ago. Now it is time I become an official member. I have moved to an area of our nation where wild plants abound but also an area that needs the philosophy of UpS. As I build my practice and begin to teach, I wish to share the need to protect that which is the foundation of our love and work, the Green Nation. So, I gladly send in \$35 to become a member and to let you know that I will be offering the wisdom of UpS to all that cross my path.

As a new volunteer for the Wintergreen Nature Foundation, whose goal is to encourage understanding, appreciation and conservation of the natural resources of the Blue Ridge Mts. of central Virginia, I will be learning of the indigenous plants of this area and what is at risk. It seems that the Foundation can greatly benefit from the resources that UpS offers. I look forward to a continuing relationship with you.

Annie Briddell, Nellysford, VA

Dear UpS,

This poem is real. I weep when I recite it. Sometimes I just hope and pray that coming generations here in West Virginia (and other states as well) will stop selling their souls and resources to old man money and realize the riches they throw away. Big Mr. Timber and his brother Mr. Coal have misled generation through generation. We are trying to end it, little by little. People will open their eyes to a new way of life, which is actually only a rebirthing of the God Head Plan to live symbiotically. All things effect all things.

Mark English

*I walked into the woods to see
But gone they were...the trees
Was it me?*

*I sat and pondered there for hours
Reached out to touch and smell a flower
A withered stem and there it lay
Someone dug up its roots today
I held it there so still and limp
The tears formed as for a friend
For twenty feet around
All that grew in fertile ground
Lay upon the land dead
While in my head
All hope was dying
I saw the aged and sickly lying
Along with all that grew
Some took a thousand years or two
The earth and I have shared a breath
My head hangs low, what shall I do
But go and plant a seed or two*

Dear UpS,

Thank you so much for sending UpS Broch u res and newsletter issues for the meeting of the National Acupuncture and Oriental Alliance in San Francisco. Your literature disappeared at a steady clip from our trade show table and was completely gone by the third morning. Medicinal plant conservation and sustainable cultivation have become hot topics among this group of practitioners, and the response to our table and presentations was truly gratifying. The current rate of expansion of earth consciousness is almost overwhelming to those of us who offer concrete suggestions, and I'm sure you're feeling it too.

Jean Giblette, Director
High Falls Gardens, Philmont, NY

Dear Ki-ta-ni-gha,

I received a copy of your letter through the email and wanted to personally thank you for taking the time to voice your feelings. As an active member of United Plant Savers, I wanted to respond to your comments and concerns. I, too, live in Vermont, teach herbalism and lead herb walks here from my home at Sage Mountain. I'm definitely a flatlander and will never qualify for 'Vermont status', but I do love living here and try to walk gently on this part of Earth Mother. I agree fully with your letter and the points you made, but feel I need to respond to your remarks about feeling attacked by UpS kinds of individuals. We state many times in our literature that habitat destruction is the primary cause of loss of plant resources and that wildcrafting, especially practiced in the manner of earth sensitive individuals such as yourself, is the least of the causes. However, we do advocate the organic cultivation of native medicinal plants, in part, to lessen the demand for wildcrafted sources and to steer the ever increasing demand to sustainable cultivation. It doesn't matter if you and I harvest ethically from the wild. So long as the demand is out there, there will be others harvesting with profit as their prime motive.

We purposely haven't called and don't intend to call for a moratorium on the use of wildcrafted plants because of situations such as yours and because we feel that the answer rests in education and public awareness, not a moratorium. However, we've gotten letters from individuals 'on the other side' of the issue who feel that we have 'sold out' (I'm not sure who to) because we don't call for a moratorium on wildcrafting. The issue is sensitive; we are just beginning to understand the complexities of it and the serious nature of the problems. UpS's part in it? Our main effort is towards education and raising public awareness. We have been active in educating the herbal consumer to

**APRIL 1ST IS THE DEADLINE
FOR THE UPS SPRING 2001 NEWLETTER**

This newsletter is the collective voice of United Plant Savers and is the main vehicle of communication between members. We'd love to hear from you. In fact, we **need** to hear from you. Please send us your articles, comments and thoughts. Articles should be no more than three pages and should focus on issues pertaining to : ecological herbalism, replanting projects, news briefs on "at risk" medicinal plants, articles on companies & individuals who have started replanting projects, action alert issues concerning medicinal plants, book reviews, and other articles pertaining to "at risk" American medicinal plants. If possible, please submit your articles either through email: info@www.plantsavers or on disk.

make responsible choices, have worked endlessly with the herbal industry getting them to be a part of the solution, not the problem and are beginning to work with the drug companies moving into the herbal market place. We're involved in organic cultivation research projects to help small farmers develop sustainability with native medicinal crops. And we're hopeful that each of us who love and work with herbs become actively involved in finding solutions. Together, I'm convinced, we can make a difference.

In the spirit of the plants,
Rosemary Gladstar

Green Thanks and Gratitude To:

Thomas J. Elpel of HOPS Press who donated \$1 from every copy sold of "Botany in a Day" to United Plant Savers. First quarter sales generated \$401 to UpS! Thank you Thomas for the generous donation and a terrific book (see pg22).

Thanks to the American Herbalists Guild who voted to donate 5% of the proceeds from the sale of their Educational Directory to UpS. The directory will be for sale for one year and they anticipate contributions to grow steadily.

Christine Dietsche of Soul Tonic, a home-based aromatherapy company in Bloomington, MN, donated 2% of sales to United Plant Savers.

Thanks again to Joel Dufour of Earth Tools who continues to donate a percentage of the proceeds from sales of his BCS Tractors to UpS. Joel offers a discount to UpS members and can be contacted at 600 Mt. Vernon Ridge, Frankfort, KY 40601

Mothernature.com is helping promote UpS by including membership brochures in 20,000 outgoing orders

Naomi B. Stephenson Memorial Jennifer Ernst and Elaine Eastwood of Bowling Green, KY sent a memorial check in memory of Naomi B. Stephenson. "Our friend's mother was a true naturalist and spent years disseminating information about the uses and preservation of wild flowers and medicinal plants. Her 300-acre farm, located next to Carter Caves State Park, remains a haven for plants and wildlife. We have chosen your organization as the ideal place to contribute funds, in the hope that the efforts of people such as Naomi will continue."

American Herbalists Guild: the AHG Council recently voted to donate 5% of the proceeds of sales of their Educational Directory. Thank you AHG!

My teacher, the late Evelyn Snook, gifted me with valuable hands-on plant identification, gathering techniques, and medicine making. She showed me special places to gather herbs. One of these places was a large goldenseal patch which I hadn't visited for many years ~ until I heard that the construction of a new highway would obliterate it. A client, whose daughter, Lisa, happened to be working on her Master's degree in conservation and propagation of native medicinal plants, mentioned that she had been surveying the goldenseal patch to observe the ecological processes associated with goldenseal habitat. Upon visiting the patch together, we were devastated to discover how far the clear-cutting had progressed. The patch was in grave danger.

We contacted people in the community to help with transplanting and were able to keep ahead of the loggers, digging and transplanting as much as we could get to.

In the meantime, we enlisted our friend Rick, who had special 'phone skills', to contact people to see if we could stop, or at least slow down, the destruction until the plants were removed. Rick immediately contacted the Pennsylvania Department of Environmental Protection to inquire about the status of Goldenseal in our state. Goldenseal, as it turned out, is not on the protected species list, but was considered vulnerable and, as such, a license is required for wild-crafters to harvest it. The Pennsylvania Department of Conservation and Natural Resources (DCNR) monitors the level of harvesting. Goldenseal is exported from Pennsylvania at a rate of about 2,000 pounds a year. The DCNR was also the agency responsible for evaluating habitat along the construction site of the new I-99. It was explained that public hearings had already been scheduled during the planning phase to allow citizens to comment on the proposed roadway. The path of the roadway was, in fact, rerouted as a result of these hearings. Many local landowners opposed the original route, including one gentleman who turned out, interestingly enough, to own the land where the goldenseal was located. The proposed route would have split a farm he owned in the valley in half.

It was suggested we contact this landowner, Don Spackman, to talk about the possibility of his having any

interest in conserving the goldenseal and its habitat. Though he was unaware goldenseal grew on his property, Dick was interested in the plant and expressed gratitude that someone was trying to save it by transplanting it to other areas. He called back the next day and asked if we could walk the land together to see if there might be a safe area where some of the plants could be relocated.

The next day he showed up in his pick-up truck with his seven-year-old granddaughter, Abbie. As we drove down the rugged logging road, I apologized for trespassing and removing the plants in an effort to relocate them. He chimed in gracefully to tell me that he considered himself to be a steward of the land and added, hadn't I noticed there weren't any "No Trespassing" signs? His land was for all to enjoy as long as no one abused this privilege. He explained that the highway placement had caused the government to landlock 20 acres, so that he painfully had decided to clear-cut that acreage to invest in more land elsewhere.

As we ambled around the area where the forest was most damaged, we found several small patches of goldenseal leading to the grand patch. Don asked us to teach Abbie what Goldenseal looked like so that she would remember these plants in the future. We had had walked some distance and already come across several nice patches when the owner stopped and looked me intensely in the eyes, "Do you mean to say that you are asking me not to cut over any of this Goldenseal and give up a good income? Is that what you want?"

Preserving Hawaiian “Awa” Varieties

by Ed Johnston

Kava (or ‘awa in Hawaiian), is a tropical shrub, a member of the pepper family, and is found throughout the Pacific Islands. The traditional beverage made from the pulverized root produces a mild and legal narcotic effect used for enhancing both ceremonial and social occasions.

In Hawai‘i, ceremonial and social use of ‘awa persisted well into this century, but eventually became all but unknown as traditional Island practices were replaced by modern ways. Even as Native Hawaiian use of ‘awa waned, however, Western enchantment with the plant grew. In the 1800’s German botanists introduced ‘awa into their pharmacopoeia, and its popularity grew to the extent that, in 1893, 17,000 pounds of dried root was exported from Hawai‘i to be sold in Europe as a treatment for bladder infections, menstrual problems and nervous disorders.

Western interest in the plant has again surged in recent years. In Europe and the U.S. ‘awa is frequently prescribed to treat anxiety, stress and mild depression, as well as for its mood-elevating and muscle-relaxing properties.

The Association for Hawaiian ‘Awa (AHA) was founded in 1998 in response to this surge of interest and to help set standards for farming and marketing of Kava with respect for the plant as a cultural treasure.

Over the thousands of years of indigenous cultivation of ‘awa, cultivars unique to Hawai‘i were selected and preserved. Studies indicate that the Polynesian voyagers brought only one or two cultivars with them. Over the centuries, through cultivation and selection, the Hawaiian farmer produced at least 13 distinct varieties with specific uses and purposes, which we now know reflect their kavalactone combinations. The Hawaiians understood this over 1,000 years ago.

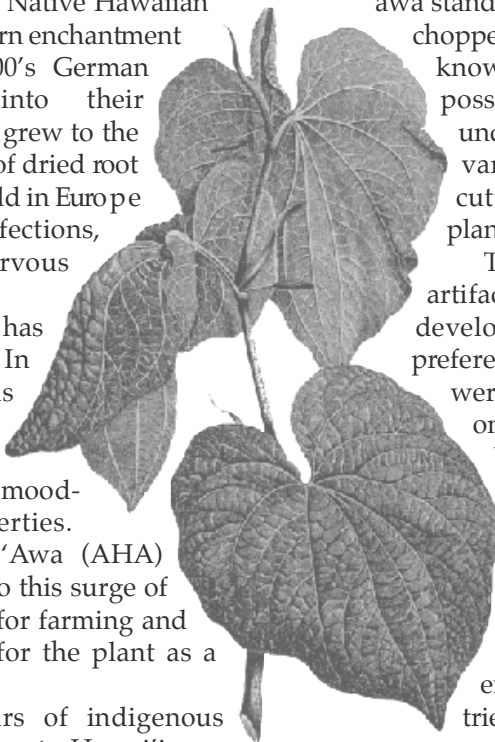
Kava spread throughout the Pacific with the help of sea-going islanders who took various varieties with them in their voyaging canoes and carefully cultivated them in each new home they reached. Since domesticated ‘awa, a sterile mutation of the wild plant, cannot be propagated without the help of humans, “this means that in a real sense the plants that still grow in remote places in Hawai‘i were planted by our ancestors,” says Hawaiian cultural historian, Kepa Maly. “Our native varieties of ‘awa are cultural artifacts.”

According to Ed Johnston, founder of the AHA, there are compelling reasons to get the word out on Hawaiian ‘awa. The old ‘awa plantings, he says, left for so long uncultivated in remote corners of the islands, are now being uprooted by ‘awa “thieves.” Even plants that are severely chopped back, but not dug out, are exposed to danger. It leaves the roots susceptible to diseases which could well finish the plant off. Unfortunately it is not uncommon to revisit an old ‘awa stand to find it has been almost completely chopped up. Hawai‘i has fourteen or fifteen known varieties of ‘awa, though it is possible other varieties still grow undiscovered in remote valleys. These varieties have all been cultivated with cuttings from the remnants of ancient plantings.

These old plantings are Hawaiian artifacts. The varieties themselves were developed by Hawaiians to suit their preferences and medicinal needs, and they were deliberately planted by Hawaiians on the forest sites. “Awa is propagated by cuttings and changes by somatic mutation – occasionally a stalk within a plant would have a different appearance from the rest. When the stalk was propagated and grown out, note would be taken of the quality of the drinking experience. Medicinal uses would be tried. If it was found to be good, the new variety would be retained and propagated. Each precious Hawaiian ‘awa variety is an important achievement of Native Hawaiian horticulture.

Not only was each ‘awa in the forest developed by the Hawaiians to suit their uses, but it was, in all probability, placed on its site by Hawaiians and should be left on site as a living monument. From the late 18th century, native Hawaiians were devastated by disease and political upheaval, and many monuments were callously destroyed by foreigners. Hawai‘i’s ‘awa plants should be accorded the respect denied to so many other treasures of the Hawaiian people.

When you want to take a few cuttings, make sure it’s permitted by the property owner. Fertilize the site and replant. Clean away the other weeds. Don’t purchase cuttings if you don’t know how the seller came by them. And, if you know someone planning to pull up old plants, try to talk them out of it.



Continued on page 8

Bloodroot ~ Who Rescued Whom?

By Nancy Scarzello

The tree-lined dirt road that I live on winds its way through a small valley running along side Shepherd Brook and ends at the National Forest. It is a popular road for walkers and I use this two-three miles for my exercise every spring through fall. Along this route are common roadside plants as well as some rare species, making this an herbalist's cornucopia of weeds, trees and other treasures. One small area in particular always caught my attention each spring when I could see the bloodroot blooming near the side of the road. Each year I would rescue one or two plants that had crept into the ditch where the town would be cleaning in the summer. I had noticed a "For Sale" sign on the property last fall and had made a mental note to find out who the owner was and ask if I could rescue the plants before any construction began. This spring, however, I found myself too busy to take time for myself and gradually my personal wellness had somehow fallen to the bottom of my many lists. I didn't begin my walking routine and I had missed the blooming of the bloodroot.

Early summer came and I was feeling stressed and stretched to my limit. I made an appointment for a physical and the results were as I had suspected ~ lack of exercise and stress had resulted in high blood pressure. Determined to bring it back under control, I began my walking routine that afternoon. I was feeling less stressed already, just taking some action, and I also realized how much I had missed my walk and familiar plant friends along the way. As I came to the place of the bloodroot my heart sank ~ I saw a house half built on the property and a new driveway roughed in where the bloodroot once stood! I was devastated at the loss and felt entirely guilty that I had not taken the time to notice that this was about to happen and rescue the



Bloodroot, photo by Deb Soule

bloodroot.

Berating myself for this neglect and apologizing to the plants I made my way up the new drive to see if there was any hope. I crept down close to the edge of the drive where the earth had been peeled back by the dozer. I was completely awed by what lay before me ~ several bloodroot were dangling over the edge where the dozer had swept them, the spring had been very wet so their exposed roots had not dried out and upon my gentle touch they practically leaped into my hands! I walked the rest of the way home with half a dozen bloodroot wrapped in ferns to plant in the woods behind our home. The next day I went back, scooped about a half dozen more. This time there were seed pods beginning to open and although I handled them very gingerly, the pods continued to open the rest of the walk home. As soon as I reached home I let the pods spring their seeds into a little dish. Not knowing the best way to plant the seeds I consulted my library and learned that close monitoring of the plants is necessary because when the seeds are ready, they just drop one day. I was there that day, the day the seeds would have dropped into the new driveway. I was able to rescue twelve bloodroot plants and plant over 200 bloodroot seeds back into the wild where they would be safe to grow and flourish.

Bloodroot taught me a very valuable personal lesson that day. When I had not taken the time to take care of myself, I was not there for the plants either. The very day that I took charge of paying attention to my health and taking care of myself I was able to pay attention and take care in rescuing the plants and seeds of bloodroot. Thank you bloodroot, you have helped treat my high blood pressure, and in an unexpected



Preserving Hawaiian Kava Varieties cont.....

Cultivars from this ancient parent stock are free from the plant disease plaguing 'awa crops elsewhere in the Pacific. If we can protect this resource, we can develop a great small-scale farming industry here in Hawai'i, and we can be a source of healthy plants for other Pacific Islanders. To protect this gift from the ancients, the AHA is working with the state Department of Land and Natural Resources to designate old forest

plantings as historic sites.

AHA is a non-member, 501-C-3 non-profit organization that fosters research, education and preservation of the cultural and medicinal values associated with the 'awa plant. They are supported by donations and are willing to provide whatever information they can to people who inquire about 'awa.

Thank You for Your Generous Contributions & Support

We'd like to extend a special thank you to all of the members of United Plant Savers. Your support, effort and concern are what really make a difference in the protection and conservation of our important medicinal plant species. As eloquently stated by Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world: it is the only thing that ever has."

We wish to gratefully thank the following folks for their financial contributions

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Paul Strauss

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Help Request for Greg & Mary Tilford

The fires in the west this summer cost a huge loss of property for hundreds of people. Herbalists Greg and Mary Tilford are among those whose home and possessions went up in flames. They escaped with their lives and their animals. They're feeling pretty desolate right now, so a little help from their friends would help.

There are many people needing help, but Greg and Mary are our herbal brothers and sisters, and to get them back on their feet as soon as possible is good for everyone. To lose all your belongings and your business as well is a tough one. They are hoping they will be able to rebuild on their land next year.

There has been an amazing outpouring of warmth and concern for their welfare. Donations of books to help rebuild their library (that was one of their big losses), or financial contributions to help rebuild their lives would be greatly appreciated. Other items people could send include: tincture equipment, tinctures for Mary's practice, directories, office supplies, a baby tree to plant on their land next spring....imagination can run wild here. Lots of well wishes to keep their spirits up and encouragement going.

Send donations to: Greg & Mary Tilford, 721 N. 5th Street, Hamilton, MT 59840

UpS "At Risk" Forum

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

Readers are invited to contribute their observations on the distribution and health of our Native American medicinal plants.

Please send comments to:
UpS "At Risk" c/o Horizon Herbs,
Box 69, Williams, OR 97544
email: Herbseed@chatlink.com.

~At Risk List~

American Ginseng
(*Panax quinquefolius*)
Black Cohosh
(*Cimicifuga racemosa*)
Bloodroot
(*Sanguinaria canadensis*)
Blue Cohosh
(*Caulophyllum thalictroides*)
Echinacea
(*Echinacea spp.*)
Eyebright
(*Euphrasia spp.*)
Goldenseal
(*Hydrastis canadensis*)
Helonias Root
(*Chamaelirium luteum*)
Kava Kava
(*Piper methysticum*) (Hawaii only)
Lady's Slipper Orchid
(*Cypripedium spp.*)
Lomatium
(*Lomatium dissectum*)
Osha
(*Ligusticum porteri*, *L. spp.*)
Peyote
(*Lophophora williamsii*)
Slippery Elm
(*Ulmus rubra*)
Sundew
(*Drosera spp.*)
Trillium, Beth Root
(*Trillium spp.*)
True Unicorn
(*Aletris farinosa*)
Venus' Fly Trap
(*Dionaea muscipula*)
Virginiana Snakeroot
(*Aristolochia serpentaria*)
Wild Yam
(*Dioscorea villosa*, *D. spp.*)

To Watch List

Arnica
(*Arnica spp.*)
Butterfly Weed
(*Asclepias tuberosa*)
Cascara Sagrada
(*Rhamnus purshimia*)
Chaparro
(*Casatela emoryi*)
Elephant Tree
(*Bursera microphylla*)
Gentian
(*Gentiana spp.*)
Goldthread
(*Coptis spp.*)
Lobelia
(*Lobelia spp.*)
Maidenhair Fern
(*Adiantum pendatum*)
Mayapple
(*Podophyllum peltatum*)
Oregon Grape
(*Mahonia spp.*)
Partridge Berry
(*Mitchella repens*)
Pink Root
(*Spigelia marilaandica*)
Pipsissewa
(*Chimaphila umbellata*)
Spikenard
(*Aralia racemosa*, *A. californica*)
Stone Root
(*Collinsonia canadensis*)
Stream Orchid
(*Epipactis gigantea*)
Turkey Corn
(*Dicentra canadensis*)
White Sage
(*Salvia apiana*)
Wild Indigo
(*Baptisia tinctoria*)
Yerba Mansa
(*Anemopsis californica*)
Yerba Santa
(*Eriodictyon californica*)

GREENLines

from GREEN, a project of Defenders of Wildlife designed to serve grassroots wildlife and wildlands advocates. 1101 14th Street, NW, Suite 1400, Washington, DC 20005

HERBAL MEDICINE IMPERILS WILD PLANTS

The growing use of herbal medicines because of "population growth and the rapid expansion of the Western market" is "threatening the survival" of endangered wild plants says Reuters 4/13. With trade in 14 plant species already restricted, CITES delegates are considering trade restrictions on 6 more.

OZARK NATIONAL FOREST

GINSENG HARVEST MORATORIUM

The Arkansas *Democrat Gazette* reported on 5/20/00 that the Ozark National Forest has banned ginseng harvesting for five years "because its numbers have drastically shrunk" and the Forest Service hopes the closure will keep the plant from becoming endangered.



baby fairy

Autumn is a second spring when
every leaf is a flower.
~Albert Camus

to over harvest in many cases, thereby challenging their sustainability in these wild environs. These plants are harvested mainly for their non-renewable portions, either the entire plant or the roots, so that the harvest of the medicine usually spells the end of that individual. For the most part the roots of at-risk plants are quite small and therefore it requires the harvest of many individuals to fill a given harvest quota. These are mainly long-lived, perennial plants that may not quickly or reliably reproduce in the wild once the adult seed-bearing individuals are harvested. They are challenging to cultivate. In many cases, the cultivation methodologies have not been well established because these plants require very specific germination and growth conditions, or because they are difficult to start from seed and when started from seed may require many years to develop to harvestable size. Therefore, perpetual harvesting pressure continues to bear on wild populations, as these wild plants are the cheapest or in some instances the only source of raw material for the manufacture of herbal products.

An annual or biennial plant that reproduces readily from seed is generally sustainable even in the face of wholesale harvest. There is usually an intact seed-bank in the soil that produces ample regrowth the next year, and seeds may even lie dormant in the soil for decades until the right germination conditions are encountered. However, the harvest of a long-lived perennial plant has much greater impact, because it can take many years for the plant to be replaced in nature. Older, seed-bearing individuals are the repositories for the genetic and regenerative potential of the population. Robyn Klein has done excellent work on compiling the age ranges of some of the plants on the at-risk list, reporting that American ginseng (*Panax quinquefolium*) can live for 50 to 60 years, *Echinacea angustifolia* 17-44 years, helonias root (*Chamaelirium luteum*) 30-80 years, trillium (*Trillium ovatum*) 72 years and yellow lady's slipper orchid (*Cypripedium calceolus*) 30-100 years. It gives one pause to consider that the plant being harvested for medicine may actually be older than the human it is destined to treat.

The historically dwindling supply of wild ginseng, goldenseal and Venus' fly trap has resulted in their regulation in appendix 11 of the Convention for International Trade in Endangered Species of Wild Fauna and Flora (CITES). Without further conservation and cultivation we are likely to see others of the at-risk herbs listed by CITES in the near future, with black cohosh and osha already under consideration. Although CITES listing tends to slow exportation of the herb (although only in the raw form), it has no power to limit domestic trade. We can only hope that these tighter regulations on trade will be augmented

by more proactive efforts by government, industry, non-profit and educational institutions. Monitoring wild populations, educating the public about the source of the herbs used to make their medicines and researching appropriate cultivation methodologies would more successfully protect these wild resources.

The tides of consumer demand strongly impact the sustainability of our wild medicinal plant populations. For instance black cohosh has recently registered increased consumer demand resulting in "the largest gain for any single herb... rising 477% from the first eight months of 1999 compared to the same period in 1998: \$586,469 to \$3,385,393." Even though the cultivation of black cohosh is relatively rapid and easy, American growers have not yet taken advantage of the rising demand for this herb. Cultivation efforts remain in the fledgling stage, and the vast majority of black cohosh used in manufacturing is therefore taken directly from the American forests.

The story really starts in the eastern hardwood forest biome, where Native Americans first introduced the settlers to ginseng, black cohosh, bloodroot, blue cohosh, goldenseal, helonias root, lady's slipper orchid, trillium, virginia snakeroot and wild yam. The ongoing utilization and sometimes exploitation of these plants is a matter of history, resulting eventually in their listing on the UpS at-risk list. Even as early as 1898 the eclectic physicians Felter and Lloyd wrote of goldenseal: "Once plentiful along the Ohio river banks, it is now found only in isolated spots, having suffered extermination as fast as the woodland yielded to the pioneer's axe." So the fate of these plants is linked to the forest which nurtures them, and the plants are further threatened by massive harvest for use in domestic and foreign manufacturing. In 1997, Joy Welvey Bannerman reported that "the annual volume of goldenseal entering the United Kingdom [was] approximately 10 metric tons with an estimated value of US 1.55 million. At a minimum of 200 roots to the pound, that 10-ton import amount for the U.K. alone suggests a staggering annual harvest..." In fact, the yearly wild harvest of goldenseal plants from the American forests was computed by Joseph Brinkman and myself at between 45.4 and 68.1 million plants. And for wild Ginseng, the situation is similar. For instance, according to John Lentz of The Herbal Exchange, during the 1997-1998 season in Ohio alone, over 8,000 pounds of dry, wild root was purchased and certified. This equates to a minimum of 2,500,000 plants dug from a single state in a single year. According to John, the wild "roots have become so scarce that tiny juveniles are illegally dug and dried." The slippery elm tree (*Ulmus rubra*) has also found its way onto the UpS at-risk list, due to concerns of loss of

Continued on page 12

habitat, extensive harvest, and loss of trees to Dutch Elm disease. The inner bark is a much-utilized demulcent, available at health food stores in bulk quantities, is the main active constituent of several popular throat lozenges, and is also an ingredient of the Essiac anti-cancer remedy.

Three plants found primarily in the Southern United States are also found on the UpS at-risk list. The grassy roots of true unicorn (*Aletris farinosa*) which is primarily found in the sandy soils of Florida across the Southern States to Texas, are still in commercial demand. These are rarely available due to their minimal mass, limited habitat, the paucity of wild populations and the lack of cultivated material.

Venus' fly trap (*Dionaea muscipula*) is found only in a few scattered bogs of North and South Carolina. Due to popularity as a novelty plant, the wild populations were very early reduced at a rapid rate. More recently, as the anti-cancer effects became known, wild resources were again compromised, and as a result of these pressures the plant has been given a CITES listing. Although a certain amount of poaching still occurs, greenhouse cultivation of the plant is well understood and the majority of plants for the novelty and medicinal trade are now cultivated. Use of wild plants for any purpose is certainly a travesty, given their extremely limited distribution.

Peyote (*Lophophora williamsii*) was once abundant in its native southwestern desert habitat, but has been increasingly challenged with over harvest over the last thirty years. Although cultivation is possible by seed and by cuttings, this cultivation is also illegal, therefore in recent history the wild plants have been continually utilized. According to Rabbi Matthew S. Kent of the Native American Church "In recent years we have become alarmed that peyote is threatened with extinction in its native habitat in south Texas. Destruction of the peyote fields and incorrect harvesting techniques have created a serious shortage of holy plants in Texas, which also creates a serious threat to the existence of our church. The Mexican government listed peyote in 1991 as an endangered species, and permits harvesting for religious use. It is a fact that peyote has a wider range and grows more abundantly in Mexico than in Texas." The elders of the Native American Church approached United Plant Savers in 1996, requesting that the plant be included on the at-risk list. After reviewing the evidence, and given the frequent and widespread Native use of this cactus in healing ceremony, we responded by listing the plant. The elders then replied with the following words: "Thank you for your good works. Peyote is a sacrament and an endangered species. We hope you are not prejudiced against it because of the government's

hostile position."

Crossing the Rocky Mountains into the western states, we find another group of popular native medicinal plants that UpS has determined are at-risk. These include *Echinacea angustifolia*, lomatium (*Lomatium dissectum*) and osha (*Ligusticum porteri* and other *Ligusticum* species). Though these plants are widely distributed and locally abundant throughout their prairie, Rocky Mountain and Western mountain range habitat, they are known to be slow to reproduce. For instance, even *E. angustifolia* (which reproduces rapidly in comparison to lomatium and osha) has been reported to take an average of 2-3 years in the wild to produce a mature flowering plant.

These species reproduce by seed, but they maintain their populations primarily because they are long-lived. Therefore the harvest of too many adult individuals can seriously compromise the wild populations. In fact, a recent thesis on wild *E. angustifolia* suggests that in order to maintain the current range, wild populations can withstand a maximum yearly harvest of only 5% of the total population.

Echinacea angustifolia is the easiest of these three herbs to grow, and in reaction to a rising public outcry against use of wild Echinacea, many manufacturers are now utilizing cultivated material, especially *Echinacea purpurea*, as a viable substitute for the wild plant. Sales of Echinacea products in American health food stores exceed \$80 million annually. However, there is still a major problem with poaching of wild Echinacea species. Christopher Robbins of Traffic USA puts it mildly when he states of Echinacea "collection in the wild in some cases may be greater than what the population can withstand."

The age of harvestable-sized plants of lomatium and osha has not yet been accurately determined, but it is clear from my own experiments in growing these plants that many years may pass before they achieve adequate size to produce seed. On the dry slopes where they reside, it is very common to find a population consisting only of older individuals, without any seedlings present. Insects and other wildlife eat the seeds, and should they successfully disseminate and sprout, seedling mortality in these dry conditions is very high. Cultivation scenarios have been established for lomatium and osha, but we are far from producing the first commercial crop, and given the slow growth, it will be a long wait. I would also like to mention that *Echinacea*, lomatium and osha are considered "big medicine" by many of the Native American tribespeople, who view them as cultural resources to be used only by initiates. Despite this Native view, these plants are very common in commercial trade.

Another plant of the mountains of the west, which is more common in Alaska than in any other state, is sundew (*Drosera spp.*), a tiny insectivorous plant found growing only in cold water bogs. These red-green, glistening plants are extremely delicate and are entirely dependent on a very limited and distinct ecosystem, which is the reason for inclusion on the UpS at-risk list. Cultivation methodologies have been established, with reproduction both by seed and by division of the basal bulb. The plants are sold mainly as a curiosity for the nursery market, but the herb is also used medicinally. Given the rarity of sundew in the wild, only cultivated plant material should be utilized.

Crossing the Pacific Ocean to the island of Hawaii, we find Kava Kava (*Piper methysticum*), a member of the pepper family. Kava root is traditionally used in the South Pacific to make a relaxing, mildly psychoactive beverage. Kava has also long been utilized in European and now American phytomedicine as a sedative, a muscle relaxant, and as a treatment for menopausal symptoms.

Kava does not spread without human assistance, as it reproduces only from cuttings. Since it cannot reproduce sexually, the genetic diversity of existing strains is severely limited and the plant is therefore susceptible to systemic disease. Kava has within the last five years become extremely popular and remaining "wild populations" (patches of ancient plants long ago planted but forgotten) are threatened by rediscovery and wholesale harvest. These wild populations act as essential genetic reservoirs, can be nurtured to provide cuttings of new and useful strains of Kava, and will prove invaluable in the event that the cultivated fields are adversely affected by disease. UpS at-risk listing is meant to support efforts to preserve these ancient Kava plants as a part of the Hawaiian heritage.

This article was meant to provide additional background and justification for the listing of plants found on the UpS At-Risk list. These few plants represent a very obvious "tip of the iceberg" and should not be viewed as the only plant conservation challenge faced by modern herbalists. As was all too graphically demonstrated by the devastating loss of forest and plant habitat in the recent plague of fires affecting widespread areas in the mountains of the west, our wild lands and the life they hold cannot be viewed as a limitless or permanent resource. We are all responsible for maintaining the diverse ecosystems that serve as the original homes for the plants that provide our livelihood, our medicine and our inspiration. May we treat these places as true members of our most precious and immediate family, for in our interconnectedness, the fate of these wild places becomes the fate of ourselves. P

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*"From wonder into wonder
 existence opens"*
 ~Lao-Tzu (6th century B.C.E)

Northern Consumers, Southern Products

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Many products today are advertised as being environmentally safe, or harvested sustainably. In the United States, one fourth of new products introduced in 1990 advertised themselves as being "ozone-friendly," "recyclable," "biodegradable," or something similar - claims that half of all Americans recognized as pure gimmickry.

Many "green" products claim the remarkable ability to "save the rainforests." Such product claims appeal to those of us who are conservation-oriented. But sometimes these products are not as "green" as we would like to think. Does buying rainforest products really help combat deforestation and land degradation in the tropics? How does your own consumption of trendy tropical products impact rural peasants in the region it was produced? Who really profits from your purchase? Who loses? How can we make ethical decisions when we are thousands of miles from the source?

Rainforests are the subject of much popular interest these days. Producers and advertisers are quick to notice this, and have capitalized on the concern of many environmentally-minded consumers in Europe and the United States. Attractive labels, lush air-brushed artwork of tropical plants and animals, and socially-conscious claims help to market such products. A quick look around natural food stores reveal a wide range of edible and nonedible tropical products, and a surprising number of products that are advertised as actually originating from rainforests. However, a closer look reveals some interesting facts.

Most ingredients in 'Rainforest' cereals include rolled oats, honey, raisins, brown rice and malted barley flour, whole wheat flour, and soy lecithin. These ingredients are produced mostly in the northern hemisphere. The tropical products listed on the labels include brazil nuts, cashews, vanilla, and pineapple syrup. All four of these tropical ingredients are produced commercially using chemically intensive methods to suppress weeds, insects and diseases. In particular, cashews, brazil nuts, and vanilla are either nuts or seed pods from tropical trees grown in controlled monocultural plantations, and are uncommon rainforest trees. These tropical products are generally grown on land that was once forested, but

has since been converted to agriculture.

Brazil nuts, and especially cashews, found on the labels of many "rainforest" products, are produced on monocultural tree crop plantations using energy-intensive and other unsustainable farming methods. The brazil nuts and cashews in some rainforest products are produced on an "experimental extractive reserve" set up by the Brazilian government. The nuts are then exported to the U. S., where they are marketed as "green" products to conservation-minded consumers in the northern hemisphere.

Sustainability: more questions than answers

This venture has been criticized by environmentalists, tropical foresters, and forest economist who study issues of sustainability. Many forest economists believe that products advertised as having origins in rainforests will actually increase demand and extraction rates for tropical products, hastening land degradation and deforestation. "Green" advertising is largely unregulated and unverified, and many products sold as being environmentally sound actually have the potential to put greater extractive pressure on tropical ecosystems. There are few details (such as project descriptions and evaluation reports) available about the socioeconomic development programs supported by these manufacturers, and not much information about what percentage of profits are donated to "save" rainforests, or the identity of the recipients.

For those nuts that are actually collected ("sustainably harvested") from rainforests - how then is the natural regeneration of these trees impacted by removal of germplasm (seeds and nuts) that ends up in our breakfast cereal? Scientists have much to learn about rainforest ecosystems and natural regeneration in rainforests - no one really knows at what point the rate of extraction exceeds natural regeneration.

The term "sustainability" is often used by advertisers, and is the latest buzzword. But the term is falling into disfavor among environmentalists and scientists. At last count there were more than sixty definitions in use, with a wide range of meaning. There is little consensus on what sustainability means. In practical, operational terms, sustainability means



whatever you want it to mean. A manufacturer can claim that something is “sustainably harvested” without giving details as to exactly how a food product (such as a nut or seed) is extracted, in what quantities, or how natural regeneration or reproduction is affected. Tropical foresters now have a system in place to monitor and certify the extraction of tropical hardwoods and timbers that are marketed in the United States so that consumers can make an informed decision. No similar system exists for foodstuffs.

Who is really consuming the rainforests?

The main agents of rainforest deforestation are loggers, cattle ranchers, and resettled farmers. But northern consumers are also contributing to the trend by their increasing demand for forest-based tropical food ingredients and products. Northern consumers also contribute to unsustainable overuse of tropical lands by our demand for non-food products such as tropical hardwoods, fibers (rattan and wicker baskets, incense, plants, live-caught birds, reptiles, animals and aquarium fish, and other “natural” products).

Rainforests and boreal forests

Many environmentalists are puzzled by the popular American fixation with exotic rainforests, as compared to other types of ecosystems that are threatened. Other types of global forests are under even greater pressure than rainforests due to deforestation – cloud forests, mangrove forests, African and Asian semiarid open forests, and boreal forests to name a few. Many environmentalists note that so much popular attention is focused on “saving” tropical rainforests that we are blind to the large-scale logging and destruction of the boreal and sub-boreal forest ecosystems of Minnesota and Canada on a scale that rivals that of rainforests. Biological diversity is equally threatened in boreal forests by logging and over-extraction.

Costs of high-input production and consumption

The tropical ingredients in “rainforest” products are imported. The energy required to transport tropical food crops (and to preserve them during transport) is considerable. In some cases the energy and transport costs are higher than the value of the good itself, which

ultimately raises costs to distant consumers. Our food chain is becoming increasingly far-flung and energy-demanding.

On the environmental side, the method of production is of concern. Large-scale, export-oriented monocultural plantations are prone to soil loss, and are large consumers of energy and agrochemicals. Biological diversity has already been lost, especially on farms that are monocropped.

The ease with which we can obtain and consume products from other parts of the planet is something that we have become accustomed to, and even expect and demand; but the globalization and commercialization of our household economies has cost the natural world dearly in terms of energy, wastes and garbage, and depletion of natural resources. These global supply lines leave indelible marks on the terrestrial and aquatic ecosystems they traverse.

Malaysian planters spray lindane and aldrin (chemicals forbidden in the United States) on the cocoa that becomes sweets for consumers in the North.

On the social and economic side, large-scale high-input production and marketing systems perpetuate inequitable labor markets and political systems; and there is little evidence that the rainforest projects initiated by manufacturers of rainforest products have been successful. Such development projects often attempt to replace indigenous lifestyles and economic activity with new, untested ones based on neoclassical economics and incentive systems. These are rarely successful or sustainable. The larger economic and political forces that favor cattle

ranching and timber contracts must first be dealt with to enable indigenous forest dwellers to maintain their way of life.

In the final analysis, we are all of us consumers, and we all make choices about the foods we eat and how we live. A basic tenet of conservation is to do no harm. We can all learn to be low-impact consumers and to avoid inadvertently causing environmental harm in distant places by the economic choices we make in the future. P

GUIDELINES FOR SHOPPERS

- **Buy products that are locally produced, reducing the high-energy inputs need for transport of a tropical product from abroad.**
- **Check labels to identify products that are produced on cooperative farms, family farms, grower's collectives, or other small-scale producers.**
- **Choose products grown with organic or IPM methods (which are labor-intensive, but less energy and chemical-intensive).**
- **Avoid products that use ingredients harvested from natural forests. In particular, overharvesting of nuts & seeds may slow natural regeneration of trees in a natural system.**
- **Many products claiming association with rainforests are high-fat, sweet, or cosmetic items that we can live without. Ask yourself, “do I really NEED this?”**
- **Be informed! Check out books on consumerism that can help you to make more informed decisions. Durning's How Much Is Enough or Gusson's Chicken Little, Tomato Sauce, and Agriculture are excellent introductions.**
- **Inventory your environment for tropical products as a reality check, and as a way to become aware of our personal use of global products.**

UpS Sanctuary Network

One of the ways that we, as interested and passionate plant people, can have a positive impact on the survival of our native medicinal plants and continue enjoying the medicinal benefits they offer is to join the UpS Botanical Sanctuary Network.

A Botanical Sanctuary may be a part of any piece of land. It can be a city garden, organic farm, or a wild protected space. A small parcel of land or a huge acreage can equally qualify if it contains native medicinal plants and meets a few other simple requirements.

A UpS Botanical Sanctuary must be a place where plants are protected and nurtured as they grow and

thrive. It could be an educational center, garden, or medicine trail where people can learn about these plants and their uses. It may be a research site for learning about the cultivation or wild habitat requirements of these plants, or it might become a valuable seed bank for the long term preservation of at-risk plants. There are many ways that your personal land space can qualify to become a Botanical Sanctuary.

To learn more about becoming a UpS Botanical Sanctuary write P. O. Box 98, E. Barre, VT 05649; visit our website at <http://www.plantsavers.org>, or send email to info@plantsavers.org.

~ Meet A Few More UpS Sanctuary Network Members ~

Adirondack Botanical Sanctuary
Sanctuary Steward: Jane Desotelle
RR2 Box 540 Chateaugay, NY 12920

Determined to continue to live and work in the woods, I turned a hobby of collecting wild herb teas into a business in 1979. Without ever using the word sanctuary that is how I have used my land. My herb business was able to grow without using wild medicinal roots. The wild food walks I've held over the years have developed into plant appreciation walks with all class fees going towards plant protection. Living on dirt roads I have dug up many plants needing protection from roadside ditches and moved them to a safe place whether on my land or deeper into the woods.

As more people move into the area the need to protect plants increases. I am so glad United Plant Saver's has started the sanctuary program. It can make my "rescue missions" more official as I need to reach out for others to help. As I only own an acre, the main future project is to expand the sanctuary. Room for a research project on rare plant propagation and an educational center is needed. P



Photo courtesy of Kathy Aprill

Desert Canyon Farm & Learning Center
Sanctuary Steward: Tammi & Chris Hartung
1270 Field Ave., Canyon City, CO 81212

Desert Canyon Farm & Learning Center is a 5 acre certified organic farm and botanical school located in the high mountain desert of southern Colorado. It has been in existence in this location for 6 years and is home to a wide diversity of plant, fauna and people. Existing on the land are over 300 species of native plants, many of which are medicinal. Dozens of varieties of trees have been planted, some of which are native, others are not, all are water wise. The mother gardens serve as propagation sources and outdoor classrooms.

The botanical learning center hosts many different training programs in herbalism and organic growing. The school offers an herbal apprenticeship, correspondence course, intensive training programs, and public workshops, tours and other events. Programs are open to the public, private organizations, schools and universities. The school is open year-round and annually nurtures about 500 students.

The farm is a certified organic wholesale operation with many specialties. Farm products are

quite diverse. They include potted plants (natives, dryland perennials, herbs of all types, specialty and



ethnic vegetables and field-grown bare-root perennial production for the nursery industry. We also produce field-grown medicinal plants sold to the natural products industry, including one of the only large scale certified organic Yerba Mansa crops available. Production of rare and unusual wildflower seeds are raised in large quantities for Colorado State University's Plant Select research project, and also for U.S. and German seed companies.

We offer consulting services to many different industries, including universities and medical professional groups, the organic farming community, greenhouse/nursery/landscaping community and the natural products industry. These services include plant research of various types, organic growing expertise, native plant expertise, herbal formulation and product development, and educational services.

The farm and learning center have become a community place and evolving example regarding land and natural resource stewardship. Irrigation systems have been designed appropriately for farming in a water-scarce geographic region. Governmental agencies have become inspired to grow display gardens reflecting dry-land and medicinal plants and using organic growing methods. Local store vendors use the farm as a resource tool for their own projects. Neighbors have become an integral part of the farm's family heart by working on the farm, strolling here, volunteering to help on major improvement projects (they thought this piece of land would become a mobile home park and they are delighted to have a farm and school here instead). Local beekeepers keep their bees here, which not only benefits the farm's crops, but neighbors have not seen honeybees in this area for many years and now their fruit trees have begun to produce fruit again thanks to these buzzing pollinators.

Gray herons use the irrigation pond and salamanders live at the pond in the summer and migrate into the greenhouses every winter instead of hibernating. Deer, coyotes and jack rabbits are among the many creatures who are comfortable here and use this space as a traveling corridor through a human populated area. One doe has used our red clover field and the neighbors' barn as a birthing nursery for twin fawn the last three springs. We are truly blessed that all these creatures consider this place safe haven and a part of their home. P



Buck Mountain Ranch

Sanctuary Steward: Terrence Fox & Family
HC 30, Miles City, MT 59301

Our family owns, or has under contract and operates about 20,000 acres of plains, hills and mountainous semi-arid land in southeast Montana between the Yellowstone and Powder Rivers. We call this land Buck Mountain Ranch. This beautiful country ranges from an elevation of 2,500 to 3,400 feet. The upper elevations, above 2,800 feet, support large stands of yellow pine and juniper. This high plains paradise was used as range land. Now the pristine wilderness is managed for the benefit of the abundant flora and fauna found thereon.

According to the geologic record, Buck Mountain has been in place for about 55 million years. It will be here in ever-changing form for many million more years. It is "privately owned", but to discuss ownership is silly since, at best, our family is a short-term caretaker of this wonderful scape of life.

Since the initial land purchase in early 1994, we have labored to return the land to its native flora and fauna. In the process we have spread native seeds each year and planted thousands of trees and shrubs. We have repaired and expanded dozens of ponds, dams, and dikes to retain water in this land of sparse precipitation.

Many have encouraged us to cut the mature cedars and pines because of the strong commercial demand. Trees are not renewable in our lifetime. They will not be harvested.

One resource we have in seemingly unlimited quantity is *Echinacea angustifolia* – purple coneflower, thousands of acres of virgin stands that have never been plundered. Our plan is to sustainably cultivate and harvest plants which we have encouraged.

There currently are many medicinal plants growing naturally on this land: hawthorn, arnica, wild rose, yucca, yellow dock, juniper, yarrow, grindelia, echinacea and pasqueflower have been identified and are plentiful.

R&D effort are being made to cultivate Arnica (*latifolia* and *cordifolia*), Pasqueflower (*Anemone patens*) and *Echinacea angustifolia*. Other species may be added in the future.

Our family has decided to make two of the most most diverse and beautiful sections of the ranch (approx. 1,300 acres) a UpS Botanical Sanctuary. By being a part of this movement we will meet and associate with like-minded persons all to our benefit. It is the intent of the Fox Family to protect and expand the abundant flora on our property. P

E. angustifolia at Buck Mtn. Ranch

UpS Community Grant Projects

Dear UpS,

Thanks to your financial help and other support, the Federal Street School after-school program was a tremendous success. The plants are thriving in their new home at Salem Woods. We have gone back to check on them several times. It does my heart good to see the children beaming with pride when they can identify their 'adopted' plant along the trail and find it in good health. The children may not yet fully understand the complexity of their efforts, but they do enjoy this wonderful feeling one gets when doing something good. Some of my students had never walked through the woods before. It was a privilege for me to open their hearts and minds to the green world that exists around the corner from their homes. Our school's Garden Club is an ongoing program, so that the upper grade students can pass on the stewardship of the plants to the new members.

Besides the rare plants we planted at the city's only conservation land, we spotted Pink Lady's Slippers growing only a few feet off the trail. The excitement amongst us is hard to describe, especially after I had shown the kids photos and explained the reasons why these plants are now so rare. They knew how disappointed I was that I had never seen a Lady's Slipper in all my years walking the forest trails. Discovering them in our woods led to more connections with the "green people" in my town. One can't help but share the good news!

Another successful event was the UpS slide show. The students brought their parents and siblings and several members of the Salem Garden Club joined us.

The adults were interested to learn about where the herbal supplements they are taking or have heard about are coming from. They enjoyed hearing each plant's individual story. Of course our young green friends eagerly shared which plant they rescued that was featured in the slide show.

We are currently working on a permanent display to be mounted at the entrance of Salem Woods. It will inform visitors about our club's activities, United Plant Savers, and the special plants, now growing at the sanctuary. With your help, the school's garden club brought a lot of our community's attention to the plants in need. Children and their parents have

proven to be very receptive to the concerns and recommendations we share as herbalists.

I am very grateful to Rosemary Gladstar for being such a great inspiration for me. Her powerful teaching and the way she reflects her strong connection to Mother Earth encouraged me in many ways to follow my heart. Not only do I now express my passion for plants freely, I also act on my conviction that we must work diligently to help children reconnect with



nature.

Special thanks to Nancy Sarzello for acting promptly on any request, answering any questions and just always being there with constructive advice and encouraging words.

For myself and on behalf of the children of the FSS-Garden Club I would like to thank you for your generosity. We appreciate the opportunity you gave us to become Green Keepers in our local woods.



FUNDS AVAILABLE FOR COMMUNITY PLANTING PROJECTS
United Plant Savers has a fund designated for community replanting projects. UpS guidelines require that the project have educational merit and that the land proposed for replanting be protected either by individual ownership or be part of a school or park system. For information on securing grants for replanting write to: UpS Community Replanting Fund Guidelines: PO Box 98, E. Barre, VT 05649.

Medicinal Plant Working Group Conservation Project

The Conservation Committee of the Medicinal Plant Working Group met this June with local botanists, Garden Club and Native Plant Society members, USFWS & Forest Service representatives, and other interested groups to determine feasibility of the MPWG Conservation Committee partnering with volunteers from local Garden Club chapters to carry out a project to provide data to support medicinal plant conservation.

The Committee is developing a list of medicinal plants of concern around which to focus projects that would determine frequency and abundance of specific medicinal plants and their sustainability in relation to harvest trials. In the absence of available funds, the committee is investigating the feasibility of working with volunteers through a project that might serve as a template for similar projects in other parts of the country. Discussions among Committee members as well as others who attended the Asheville meeting suggested a need for the following elements:

Participants shared a range of information and concerns pertaining to the status of medicinal plants on public lands in western North Carolina:

- Concern for the rare status of goldenseal and ginseng in the region made them less attractive candidates for survey work by volunteers. Concern that possible trampling of medicinal plants might result as a byproduct of the project was also expressed.
- The Forest Service has established plots and conducted some inventory work in the past, though this information may be of limited utility as it concerns understory herbs.
- The North Carolina Wild Flower Preservation Society plans to create a bank of volunteers to assist with inventory projects within the next few years.
- Consensus was reached on the importance of reaching out to consumers to alert them to the impact of demand for the popular medicinal products on wild medicinal plants.

The group agreed to focus its efforts on determining how much black cohosh and bloodroot can be harvested sustainably from a population. Discussion of the Ramps Sustainability Study carried out in Great Smoky Mountains National Park led to a decision to outline a sustainable harvesting project focusing on black cohosh and bloodroot, using 3 plots to be established on Forest Service lands and to return the following year to collect follow-up data. It was also decided that:

- The Conservation Committee will develop an experimental protocol.
- The Garden Clubs will work with the MPWG and the National Fish and Wildlife Foundation to seek funds for a project coordinator.
- The Garden Clubs will look into initiating a related project in the West Virginia area.
- The Forest Service and Fish & Wildlife Service will consider ways to better publicize the extent of medicinal plant poaching. P

Internships in Organic Gardening & Medicinal Plant Farming

One of the best ways to learn how to grow medicinal herbs is to apprentice with those already knowledgeable in the art. Here are some of the upcoming opportunities we've heard of.

If you hear of others, let us know. Apply now for next summer's opportunities.

UpS Botanical Sanctuary Internship Program

Two sessions, each 3-1/2 mos., March thru June and July thru Oct.. For info, write to P.O. Box 98, E. Barre, VT 05649. More info on page 26 of this newsletter.

The National Center for the Preservation of Medicinal Herbs

The Center is looking for interested people who would like to apprentice on the farm during the spring and fall growing/harvesting season of 2001. Programs go from April 15 to June 18 and Sept. 29 to Oct. 27. For info, please write to: Apprentice Program, National Center for the Preservation of Medicinal Herbs, 33560 Beech Grove Rd., Rutland, OH 45775, or call 740-742-4401, fax 740-742-8303.

Herb Pharm's HerbaCulture Work/Study Program

Herb Pharm is offering a 16 week work study program. Application deadline is Feb. 1, 2001, however acceptance decisions will start Dec. 1, 2000. To apply, please write to: Monica Lloyd, Herb Pharm, PO Box 116, Williams, OR 97544, or email: workstudy@herb-pharm.com

Apprenticeship in Ecological Horticulture

The Center for Agroecology at UC Santa Cruz offers a six-month full-time training course. Application deadline is Nov. 1, 2000. For info, write: Apprenticeship Information, Center for Agroecology, 1156 High St., Santa Cruz, CA 95064; email: annemari@zzyx.ucsc.edu

Plants in the News

Native American Food Systems Project

The Evergreen State College's Northwest Indian Applied Research Institute (NIARI) has joined with South Puget Intertribal Planning Agency (SPIPA) to establish a *Native American Food Systems Project*. SPIPA is a non-profit organization whose membership consists of the Nisqually, Shoalwater Bay, Skokomish, Squaxin Island and the Chehalis Tribes. NIARI is a Public Service Center of the Evergreen State College whose purpose is to make the resources of The College available to the tribal communities and Native American Organizations in Western Washington State. Our goal is to establish & implement the goals & objectives of the Native American Food Systems Project.

Background & Problem Statement: For thousands of years Pacific Northwest Tribes had food systems in place that sustained naturally healthy communities. These food systems were rich in tradition & ceremony, while connecting integrally to trade, commerce and environmental practices. However, within one hundred years after the beginning of the Colonization Era the cultural, political and socioeconomic conditions of Native Americans were greatly disrupted and often completely destroyed.

The health of native people has been greatly

impacted historically by the ravages of European dis-

Today, poor diet is the biggest threat to the health of Native Americans resulting in high rates of obesity, heart disease, high blood pressure, diabetes and stroke. With a few exceptions, tribes are still the most economically impoverished communities found within the United States and many are served by the USDA Commodity Food Program which is characterized by starchy, highly refined & processed foods.

Proposed Solution: The Native American Foods Systems Project is a living educational foods systems program designed to assist participating tribal communities in addressing serious sustainable Native American food production systems within tribal communities. Community education and organizational development at the local level will be a necessary and very important component to the success of the project.

To find out more or how you can help contact the Native American Food Systems Project, 1118 Blaine St. Port Townsend, WA 98368 Tel. 360-385-1063
Email: waters@olympus.net. P



Goldenseal Research Projects

At the National Center for the Preservation of Medicinal Herbs many research projects have been undertaken on the cultivation of Goldenseal (*Hydrastis canadensis*). A total of 154 research beds of goldenseal have been planted in the fall of 1998 and 82 in the spring of 1999. A series of randomized, replicated field research plots were planted.

The studies undertaken included comparisons of planting different root sizes, cultivated beds amended with mushroom compost vs. planting in the wild, solar direction of the planting area, and different irrigation treatments.

Ohio University students are conducting research

projects to determine what wildlife, if any, eats the berries of the goldenseal plants. One huge lesson learned from planting two different lots of rootstock was that the quality of the roots is everything. The growth and vigor of the superior roots was quite significant, as was the rot factor of the poor roots. Many of the poor quality roots simply did not make it into the planting beds because they rotted before they could be planted.

For information regarding the intended purpose of this research, please refer to our original goldenseal cultivation research paper located at www.ncpmh.org.

P

GINSENG – Wild or Cultivated?

by Scott Harris

No one will argue the fact that American Ginseng (*Panax quinquefolius*) has been over-harvested from our woodlands. Wild or “supposed” wild ginseng roots have always commanded a much higher market price than the cultivated version. I will attempt to explain in further detail the reason I say “supposed”. As it stands now, I truly doubt if there are many *true* wild ginseng patches left in America.

As recently as a century ago, properly dried wild ginseng roots were selling at an average price of \$5.20 per pound! This was back in the days when a man that earned a dollar a day was considered “gainfully employed”. A small farm with a habitable dwelling could be purchased in the neighborhood of \$400-\$500. The digging of wild ginseng roots offered untold opportunities for many struggling families. Entire households would set out through the woods, walking shoulder to shoulder in a vigilant search for this valuable plant. Trips such as these would often last days on end, stopping only to set up a crude camp for the night and continue the hunt the following morning. The previously described activity had been repeated thousands of times since the early 1700’s. By the year 1800, ginseng was considered to be scarce. Every inch of the Eastern States had been combed by wildcrafters looking for the elusive plant.

After nearly 300 years of over-harvesting, how is even a single wild plant remaining? The only conceivable answer to this lingering question would be that the early procurers of the root engaged in the practice of replanting seeds back into the wild.

While demands for the root increased, supplies dwindled and cultivation efforts began throughout the eastern states. Attempts to tame the wild ginseng were repeatedly met with failure. George Stanton, a tinsmith from central New York State is considered the “*Father of the Cultivated Ginseng Industry*”. His methods for successful cultivation were soon adopted by other growers and thus began the greatest replanting program in history.

By 1900, ginseng seeds as well as young rootlets from New York, Ohio, Kentucky, Illinois, Indiana and Tennessee were being offered for sale through hunting & trapping magazines. Mass plantings occurred in every region that would support ginseng. A high

percentage of these seeds and roots were planted back into the wild setting, often in sites that previously supported “*wild*” populations.

This brings us back to the question of when is so-called wild ginseng *really* wild ginseng? Last September I happened upon what would be considered by some as the largest patch of “wild ginseng” left in America today.

Encompassed within an area of approximately 6 acres there were literally thousands of random ginseng plants. Upon further inspection of the roots for the purpose of estimating age, I discovered that the average age of the larger mature plants ranged from 18-25 years old. Also present in this colony were generations of offspring from the mature plants. How



Panax quinquefolius, photo by Martin Wall

would you define this ginseng? Would it be “*wild ginseng*” because it was found in the wild or “*cultivated ginseng*” because someone had intentionally planted it? It is my best guess that someone planted ginseng seeds in this area from 1975 through 1981 and for some unexplained reason, abandoned the project. I wonder how many sites like this are yet undiscovered. We have since planted an additional 25,000 seeds into this area, taken soil samples and will continue to monitor the progress of both current and past plantings.

As a registered New York Ginseng dealer and a member of United Plant Savers, I am often called upon to take “sides”, which I refuse to do. I assure you that our long-term goals run a parallel course. Let me say that if it weren’t for our forefathers replanting and cultivating ginseng, not a single one of us would have had the opportunity to ever see a plant in the wild. Every ginseng dealer that I know donate ginseng seed to wildcrafters each year to plant back into the woods. They should no longer be viewed as villains, nor should the responsible wildcrafter who plants the seed as they have for many generations. Our company, Sylvan Botanicals, is responsible for the planting of over 7 Million ginseng seeds and tens of thousands of roots back into the wild. We encourage all ginseng dealers to adopt the policy of sponsoring “give away” programs such as that offered by United Plant Savers.

Continued on page 23

Cultivation Corner

Cultivation of American Wild Yam

by Richo Cech

American wild yam (*Dioscorea villosa* or *D. quaternata*) is native to the Central and Eastern United States, from Minnesota south to Texas and across to the Atlantic States, excluding the states of northern New England. In northern areas, it can be grown very successfully in a greenhouse, as the plants prefer filtered light and warm, moist conditions. In southern states or on the western seaboard and California, wild yam may be readily propagated outdoors. It prefers a site in open woodlands or at the edge of the forest, where there is partial sun exposure, and where there are small trees and brush for the vines to climb.

Propagation is either by seed (difficult) or by root cutting (easy). Seeds develop only on female plants, as wild yam is dioecious. Note Sena's illustration of the characteristic three-winged seedpod, each section containing two disc-shaped, winged seeds. These seeds may be removed from the mature, dry pod and sown immediately, or may be stored for planting at a later time. They should be sown in the fall, midwinter or very early spring, outdoors in pots, flats or directly in a shaded woodland nursery bed. Germination occurs in the spring as the ground warms up. The cold conditioning period, natural rain, snowfall and oscillating temperatures afforded by sowing the seeds outdoors is a good stimulus to efficient germination. The seedlings are quite sensitive and should be left undisturbed for two years, except

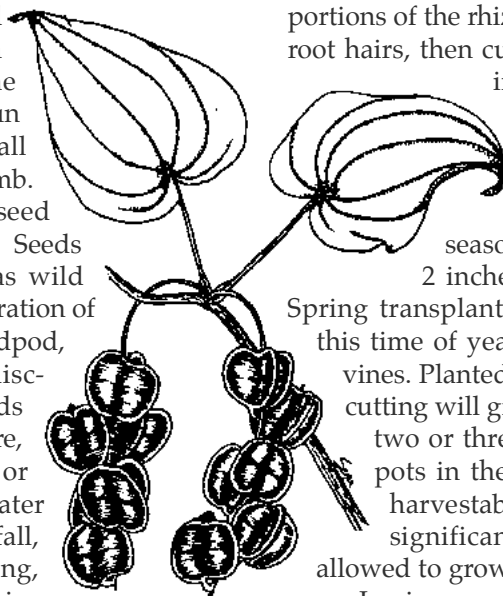
(of course) to keep them weeded and watered. Then, once the rootlet begins to swell into a rhizome, the seedling may be transplanted to its final location. Raising wild yam from seed takes four years from sowing to harvest of a good-sized root.

Root cuttings are generally made in the fall, after the parent plant has matured its fruit and started to die back. Choose the young, vigorous and growing portions of the rhizome, which are covered with many root hairs, then cut or break the piece to at least two

inches in length. The cuttings are best planted out immediately, thereby allowing them to become accustomed to the new environment before the growing season. Plant the running rhizome about 2 inches deep, with the root hairs down.

Spring transplanting is possible, but disturbance at this time of year can damage the newly emerging vines. Planted in a good spot in the woods, a nice cutting will grow into a harvestable sized plant in two or three years. Planted in shaded beds or pots in the greenhouse, the plants will attain harvestable size in a single season, with significant added yield if the plants are allowed to grow for a full two years.

I enjoy growing wild yam in the west. It has a magical way about it, humming a little plant tune to itself as it courses about, looking for a twiggly hold and a place to hang its seedpods away from the moist forest soil. The vines are delicate and attractive, the seedpods are really interesting, and the roots yield plenty of medicine with very little upkeep. P



Botany in a Day

Thomas J. Elpel's *Herbal Field Guide to Plant Families*

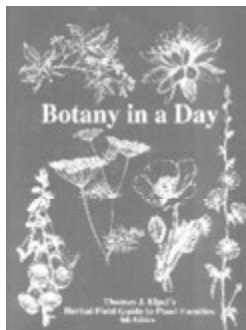
Too often people try to learn plants one-at-a-time, without rhyme or reason. Now you can cut years off the process of learning about plants and their uses. Tom's book helps you beyond the piece-meal approach to botany and, taking you beyond the details towards a greater understanding of the patterns among plants.

Learn how related plants have similar features for identification. Discover how they often have similar properties & uses. Includes more than 100 plant families and over 700 genera. 196 pg., 400 illustrations. A text at herbal and wilderness schools across North America.

HOPS Press is donating \$1 from every copy sold to UpS.

To obtain a copy contact: HOPS Press, 12 Quartz St., Pony, MT 59747

tel: (406)685-3222



New Findings on Germination of Osha

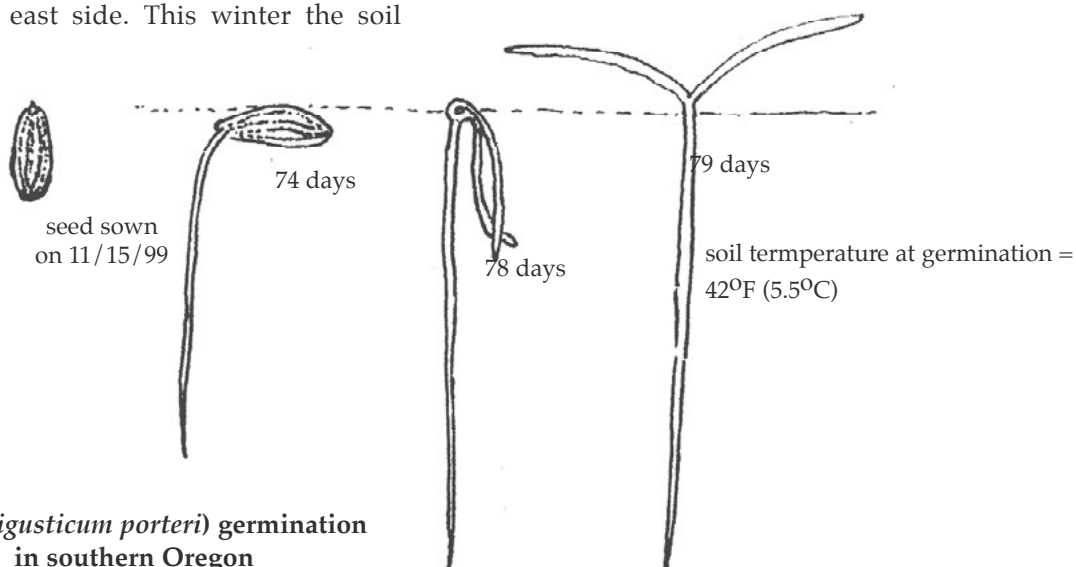
by Richo Cech

At Horizon Herbs' farm we have often planted Osha seed, and like other farmers, we have seen little or no results regardless of our methodology. This year we've been experiencing spring all winter long. I don't know what bearing this may have had on our surprising success in planting the new harvest of Osha seed, but here are the results to date:

Scott Lindley collected the seed in the fall of 1999 up on Sandia Peak above Albuquerque. Like any good herbalist/seed collector he waited until seeds were mature and dry on the plant, and then rubbed them off the crumbling umbel into a bag. I received them in early December, and planted about 300 seeds on December 15, sowing about 1/4 inch deep in rich soil in an outdoor nursery bed located outside my greenhouse on the east side. This winter the soil

temperature in these beds has been oscillating between freezing at night and 42 degrees F (5.5 degrees C) during the day. I noticed (with due surprise and exclamation) germination occurring in late February, and by early March 90% of the seeds had germinated and emerged. Orientation of seed in soil had no impact on it's germination.

I attribute this success to the fact that the seed was very recently harvested, and to the effects of outside conditions in breaking their dormancy. The longer I work with recalcitrant germinators, the more I realize that the answer lies not in mimicking wild conditions in the refrigerator or freezer, but rather giving the seeds over to nature, and letting her sprout the seeds. Outdoor nursery beds rule!



Osha (*Ligusticum porteri*) germination
in southern Oregon

Wild or Cultivated....Continued from page 25

Encouraging a total ban on the harvesting of "wild" ginseng will set forth the greatest extirpation of this plant from our woodlands that we have seen to date. Prices will soar to heights well above \$1,000 per pound as Asian buyers race to purchase every available root, perceiving this as the "last chance" to get the cherished American root. Patches that have been tended for generations will be dug completely clean, dried and sold to the highest bidder. Millions upon millions of ginseng plants will disappear overnight.

The only answer to this dilemma is to enact "Wildcrafter Education Programs", which would require harvesters to be licensed and also attend an educational workshop. I'm well aware that this proposal will not be well accepted by the self-reliant

and independent ginseng diggers. However, given the alternative of a total ban on the harvesting of "wild" roots, they will realize it will in their best interests.

My second recommendation would be to call upon the U.S. Forest Service to initiate a planting program. The USFS have thousands in their employ, so why not utilize them to meet our common goal? If every person assigned to outdoor duties planted a single ounce of seeds, each employee would be responsible for introducing 400-450 ginseng plants into the wild.

Scott Harris is the President of the ESGGA, a member and contributor to UpS and President of Sylvan Botanicals, seed/root supplier, organic ginseng grower and participant in ginseng research programs currently being conducted through Cornell University.

UpS PRESENTATIONS IN YOUR COMMUNITY

One of the rewarding & effective ways you can work on behalf of our native medicinal plants is by making presentations to local groups. Schools, garden clubs, and community organizations are usually delighted to welcome such an interesting presentation and appreciate being made aware of the issues and how they can help. By speaking to local groups, you help to increase the network of awareness and have the incredible opportunity of sparking people to become involved in the solution.

UpS has available a beautiful **slide show** and **video** to accompany your talks, and we can send you our well-developed guidelines on making such a presentation. We can also supply you with UpS membership brochures, as people inevitably want to join UpS and learn how to become further involved.

Be part of spreading the grassroots, touching the hearts of kindred spirits, growing the green network in your local community. Contact Nancy Scarzello at the UpS office for more info. P

Slide Show of "At-Risk" Plants

UpS members are invited to rent this beautiful, informative slide show of "at risk" medicinal plants. These slides provide a visual guide to the purposes, projects, plants, and people that make up United Plant Savers. The show contains over 80 slides and comes with an informative script.

The slide show is excellent for presentations to garden clubs, conservation groups or local community groups in order to increase awareness of the plight of our native medicinal plants. Please call Nancy Scarzello at 802-496-7053 to arrange rental at least three weeks before your presentation dates. Rental fee for the slide show is \$35, or it may be purchased for \$89 (shipping and handling is included). Send check or money order to:
UpS Slide Show, PO Box 98, E. Barre, VT 05649



UpS Video of "At Risk Plants"

UpS member/videographer Nancy Borden has produced this informative video on the challenges facing at risk plants. Through a series of interviews with herbalists, UpS board members, farmers, and concerned consumers, Nancy skillfully presents the issues facing native medicinal plants, describes the work UpS is doing to make a difference, and suggests ways each of us can become a part of the solution.

This 15-minute video can be purchased for \$12, or rented for \$5. Help spread the word to schools, herb gatherings, environmental organizations and through local cable TV networks. To order send check or money order with \$1 s/h to:

UpS Video, PO Box 98, E. Barre, VT 05649

If you aren't a current member of United Plant Savers

PLEASE JOIN

Sign me up! I want to become a member of United Plant Savers.

Name _____

Address _____

City/State/Zip _____

Tel: _____ Fax _____ Email _____

Membership Categories

- | | |
|--|--|
| <input type="checkbox"/> \$35 Individual | <input type="checkbox"/> \$100 Green Thumb |
| <input type="checkbox"/> \$50 Organization | <input type="checkbox"/> \$1,000 Lifetime |
| | <input type="checkbox"/> Other \$ _____ |

Mail to: United Plant Savers, P.O.Box 98, East Barre, VT 05649

Going Native

by Kathleen Maier

One enchanted evening, one misting October eve last year, over one hundred people gathered in the name of Nature. Washington, Virginia is located 80 miles due west of Washington, D.C., and yes, George not only slumbered here, but the town was also his first site of employment as a young surveyor. We met in the old town hall, which served as church, clerk's office, meeting place and court over one hundred years ago. This picturesque town, shadowed by the Blue Ridge Mountains and Shenandoah National Park, is steeped in beauty, history and memories of our ancestors. Yet when we step back to regain perspective along "the Carl Sagan timeline", we realize that the history this town celebrates is but a nanosecond in relation to that of Planet Earth. And from the beginning of this planet there has existed a delicate pulsing, vital web of life that has protected and perfected life on earth. This web is the matrix that shamans and other seers work with and mourn the loss of as its fabric is loosened and destroyed through lack of consciousness.

Dreamtime Center for Herbal Studies hosted UpS that October evening. The intention of the gathering was to work in local fashion to strengthen the matrix of our county and of neighboring counties through the powers the plant world offers. We were touching the traditions of old. We were creating sacred space, calling on the community to gather and shift thought and energy and that means consciousness.

The event was a fundraiser for United Plant Savers. There was an elegant gourmet dinner for those we felt might be able and interested in supporting UpS through generous donations. After dinner the larger group gathered in the Town Hall and the stage was set by inspirational presentations by Rosemary, Paul and Richard. This was followed by a performance of a local theater group, Friends of Gaia, whose greater than life size masks and costumes are truly remarkable.

The following are projects that have resulted from the seeds planted last October:

- Two prairie projects have begun at Dreamtime Center
- Three two-acre ponds have been seeded with natives and over one hundred native plants are scheduled to be planted near the ponds by late August on Sunnyside Organic Farm (home to Dreamtime).

- A native plant project was designed and accepted at the local high school and awarded \$1,000 in seed money for plants and mapping project.
- The Virginia Department of Transportation has adopted a "no-mow" policy along certain highway median strips where herbalists have specifically noted heavy native populations growing.
- Native nursery owners are realizing a growing market for adaptogenic herbs in that they are finding it impossible to keep up with local demand.
- Local enthusiasm has been the driving force for Dreamtime to co-host a UpS event with Indian Pipe Outdoor Technical School for the first weekend in May, 2001 (*See page 30 for details*).
- Three days after the event, my family was gifted 25 acres and a luscious home where we have begun the Lizzie Mills Native Plant Sanctuary.
- Dreamtime graduate, clinical herbalist Margaret



Hopper designed, planted and is maintaining Druid Hill Native Plant Sanctuary in Front Royal Virginia. This was accomplished with the brilliant efforts of Peter Heus of Enchanter's Gardens from Hinton, West Virginia. He also supplied Dreamtime with magnificent plants and prairies seed mixes.

In all honesty I was disappointed in the amount of money we raised. Our county's beauty is matched by its affluence, and a very conscious elite at that. Yet, once again, we learned how the plants choose their allies. The evening was about raising consciousness as versus funds. We

were able to cover our guests' expenses yet their time and energy was invaluable. Obviously UpS has great financial needs to accomplish all that it has set before itself. We hope to support this need at our May, 2001 conference. On that enchanted evening though, we realized that we were served best by the seeds of passion and truth so eloquently sown.

As families and friends left that night you could almost see the plans forming. Simple gardens of natives would line paths, surround woodsheds, beautify schoolyards or delight pond dwellers. And indeed this has happened. There is a buzz in the air. There is an informal chapter forming for plant rescue and talk of a countywide mapping project. The web is up, the fabric gaining strength. I swear I hear more singing now when I am alone in the woods. The natives are happy. P

UpS Botanical Sanctuary Update

Spring 2001 Plant Giveaway

AMERICAN CHESTNUT

Castanea dentata

Since the founding of our nation, the American Chestnut was a source of great value for its timber and its nuts. Settlers called it the "King of Trees." It provided significant forage for animals, and the wood has an incredible ability to withstand rot. With a trunk up to 12 feet in diameter, it once made up almost half of the eastern hardwood forest and is now all but extinct.

In 1904, the chestnut blight first appeared at the Bronx Zoo in New York City. The "blight", actually a fungal disease, is believed to have come in with the Chinese Chestnut, which carried the disease but was resistant to it. Wind spread the disease quickly and far, so that there was no controlling it. In a few short decades the "King of Trees" was virtually extinct. The state of Pennsylvania tried a massive program to control its spread but to no avail.



There remains one stand of American Chestnut trees in Michigan and one in Wisconsin that seem to be blight free. Last Spring, Paul Strauss, steward of the UpS Botanical Sanctuary, obtained 1,000 seeds from these blight free stands and has had almost 100% germination growing the young trees in raised beds.

Thus, we are delighted to announce that our Spring 2001 Plant Giveaway will be two bareroot seedlings of American Chestnut trees.

In 1983 the *American Chestnut Foundation* was formed to restore this American treasure by working to develop blight-resistant seed and to restore the American chestnut to Eastern forests through scientific breeding programs and cooperative research. For more info contact The American Chestnut Foundation, P.O. Box 4044, Bennington, VT 05201, (802) 447-0110; email: chestnut@acf.org

UpS Sanctuary Intern Program

Hardworking? Motivated?

Want an opportunity to live and work on a farm?

Join us in our Sanctuary Intern Program!

Two sessions, each 3-1/2 months, are scheduled (mid-March to mid-June, and July to mid-Oct.). Interns work 30 hours/week doing a variety of medicinal plant conservation and cultivation projects.

A hands-on practical approach, classes, and opportunities to work with various staff are scheduled. Interns learn medicinal plant identification, sustainable wild-harvesting principles & practices, and medicine-making.

Cost for each session includes camping, workshops at the Sanctuary, and sleeping quarters.

For more information, contact UpS Sanctuary Intern Program, 35703 Loop Rd., Rutland, OH 45775. tel: (740)742-3456.

Botanical Sanctuary Donations

We wish to thank the following folks for their financial contributions to the Sanctuary:

Christopher Hobbs	Pam Montgomery
Craig Kinzelman	Donna Merrill
Herb Pharm	Michael McGuffin
SW School of Bot. Med.	Doug & Barbara Flack
Anne Buchalski	Joan Donaldson
Carolyn Sweers	Garima Fairfax
Bonnie Morton	Phyllis Braun
Joyce Heckman	Sharon Bean
Chris Schimmoeller	Constance Ferry
Marilyn Stoughton	Rosemary Gladstar
Judy VanderBloomen	

Musings from the Farm

by Paul Strauss, Sanctuary Steward

March

March 1-11 First weeding of the herb beds and garden are mostly of dead nettles and ground ivy. The profuse flowering of the dead nettles serves as a valuable early forage for the bees. It is 75° on the 9th and 10th. Daffodils are out, coltsfoot is flowering, trout lily, pink woodland carpet and spring beauties are popping up. On the 11th we get snow. The ups & downs of March. I feel good to get a bite of nettle stings; it is somehow invigorating. I find the first tick.

March 12-24 The goldenseal is up under its winter blanket of leaves. Slippery elm have some mature seeds. The trillium are up. The soft round fuzziness of paw paw buds. The deer love eating the fibrous leaves of yucca. Maybe it is really deer dental floss. Blue Cohosh is up and flowering. Find some bloodroot flowering and a few with seed pods. "So Early" are the operative words in the woods this day.

March 25-31 Wild grapes start running when cut. Candian Goose is on her island nest. Fertilize the berries. Some goldenseal flowers out. Native American plum blooms a haze of white with the aura of honeybees and the sweet smell of spring. Goldfinches are now in their finest color array.



Mayapple photo by Deb Soule



Beehives at the Sanctuary

Aah to live amongst the redbuds and dogwoods. It's when you feel the smallest – humbled, that you feel the most alive.

April

April 1-11: This is the first year I've noticed deer nipping the thickly planted beds of black cohosh. A riot of spring beauties, tens of thousands in the newly cleared woodlands. First butterflies appearing. The multilingual songs of the mockingbirds proclaiming spring's arrival. Plant Button Bush, a favorite source of nectar to so many insects and food for many wetland bird species.

April 12-22: The ginseng is up under the leaf litter. The carnation scent of autumn olive. Trillium flowering. Eat first morels. The sassafras flowers are lit up like little gold bulbs the afternoon's lowering sun. Dig white oak seedlings for the Giveaway. The flowering of yellow trout lily, rockcress, fire pink phlox, larkspur, and cranesbill. The poke pokes up. The great beech trees flowering. Weed the garlic.

April 23-30: Plant out yellowwood trees, red mulberry and sweet birch. Collect slippery elm seed. Find honeybees working the showy orchis in the main holler. Plant aralia spinosa and asparagus. Find a Pileated Woodpecker nest and witness a squirrel eating slippery elm seeds. Hocking College comes out for a spring foraging weekend class. The whipoorwill starts its mating call. Jack-in-the-pulpit, mayapple, spiderwort, baneberry and cucumber magnolia blooming. See the strikingly beautiful scarlet tanager moving through the hollers. This is the worst tent caterpillar year in memory.



May

Watch a water snake catch a blue gill in front of the cabin. The bluegill was four times the size of the snake's head and involved in its nesting activities. It looked so big and was flopping around but the snake held fast and slowly pulled it under the cabin to somehow swallow.

May 1-12: Count Goldenseal flowers in the test plots. My kitchen doorway is flooded by the sweet scent of Lily of the Valley. Indigo Buntings are everywhere and the hummers are back. Sweet Cicely, Wild Ginger, Daisy, Fleabane, Blackberry, and of course our old nemesis, multiflora rose, all blooming. Too many deer.

May 13-21: Young Fringe Trees (Old Man's Beard) are fully blooming. From a distance they are a mist of white. We have our first above 98° days. Valerian, yarrow, blue-eyed grasses, red & white clover, angelica, yellow pond lily, iris versicolor, sweet flag, woodland skullcap, black cohosh & honeysuckle are flowering. Start laying the limestone steps behind the yurt.

May 22-31: Do a 50% goldenseal harvest in goldenseal test plots. I have never seen such a heavy flowering of Tulip Poplar, its flower cups overflowing with nectar, so thick & profuse you can dip your finger into the flower for a syrupy treat. It should make the honeybees happy. The Sanctuary has the pleasure of having wonderful teachers come in the first 3 weekends of the month. Dennis McKenna, Steven Foster, and Steven Brunner & Trishewa.

June

In a field of wheat I see the humorous vision of turkey heads floating through the field, their bodies hidden by the wheat. A new bug has invaded the county, the locust leaf miner, which is defoliating all of the black locust trees.

June 1-12: Wild quinine, feverfew, mock orange, echinacea paradoxa & purpurea, venus' looking glass, and persimmon trees all flowering. Make propolis extract. Put the locust posts in for the new shadehouse to propagate at risk woodland herbs. The rich musty smell of corn pollen is welcome to my nose.

June 13-20: The Chinese chestnuts' distinct rank smell permeates the orchard. A sunflower is looking in the kitchen window. Harvest some early garlic. Make Mullein/Garlic Ear Oil.

June 21-30: The peak for the stunning flowering display of the Pleurisy Root, attracting so many types of butterflies, moths, and bees. Gooseberry delight. Harvest early new potatoes. Watch the hummingbird-like sphinx moth work the monarda. Plant raised seed beds with American Chestnuts for the UpS Spring Giveaway. Two weeks of learning and joy for Kathy's Sassafras Kid's Camp. Ahh to be 13 again.

*Plant Passions
The farm is the Canvas.
Sweat Shove & Hose Paintbrushes.
Fields & Woods Medicine Chest
Seeds as possibilities*

July

The cool ponds in July are so rare & refreshing. In the past years the ponds would be hot by now. It is such a perfect summer. One to be remembered & appreciated, a millennial summer.



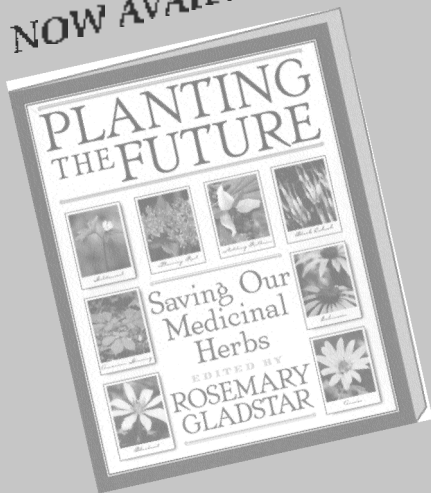
Dog Violet Fairy

July 1-10: The great American Prairie in full flower on the farm, a buzz of nectar feeding & seed gatherers. Liatris, Echinacea, Pleurisy root, the Royal Catch fly, White baptisia, the Milkweeds, Culver's Root. Bumble bees get so drunk on Monarda nectar, they can't make it home in the evening and can be petted like a dog. Build the first simple bridges for the medicine trail. Gather and clean goldenseal seed. Haul out & saw up more downed logs from the July '99 tornado. Slippery Elm, walnut, ash, maple, cherry, red oak.

July 11-22: Corn, cucumbers & tomatoes pumping. Flowering Virginia Creeper is an important pollen source for the bees. Deer eat more Ginseng tops. Plant Pleurisy root. Plant more Iris. There are never enough.

July 23-31: Weed whip the nettles so I will have young shoots in a few weeks for eating and medicine. The hard task of putting down (mercy killing) a mortally injured doe that has been struck by an automobile. I have had to do this with so many different animals over the years and it never gets easier. Could the flowering of Lobelia cardinalis be the reddest red?

UpS Book
NOW AVAILABLE!



PLANTING THE FUTURE Saving our Medicinal Herbs

*Edited by Rosemary Gladstar & Pamela Hirsch
Photos by Martin Wall*

Addressing one of the most urgent issues for environmentalists, America's most respected and well-known herbalist share in-depth information on preserving 30 popular at-risk herbs.

Contributors include: Mark Blumenthal, Richo Cech, Ryan Drum, Steven Foster, Cascade Anderson Geller, James Green, Christopher Hobbs, David Hoffmann, Kathi Keville, Brigitte Mars, Susun Weed, David Winston, Jane Bothwell, and many others.

- Color photos of 30 medicinal plants and explains how to use and grow them
- Mail order resources for hard-to-find seeds
- Suggestions for making eco-friendly purchases and using other herbs with similar actions as alternatives

Planting the Future shows us how land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations. The authors share their extensive experience with using and growing these popular herbs, and include suggestions for creating your own private herbal sanctuary. Learn about other medicinal herbs that provide the same benefits as at-risk plants, yet exist in plentiful amounts. Make your herbal purchases a vote for sustainability.

320 pages, paperback \$22.95 (Canada, \$35.95)
All author royalties will be donated to United Plant Savers.

Please send check or money order (plus \$2.50 S/H) to:
United Plant Savers
PO Box 98, East Barre, VT 05649

UpS SHELF TALKERS



United Plant Savers
*Dedicated to protecting and replanting at-risk
native medicinal plants of North America.*

The plants need our help.

For more information and membership contact:
United Plant Savers, P.O. Box 98, East Barre, VT 05649 • 802-479-9825 • www.plantsavers.org



UpS has available colorful, informative shelf talkers for placement in retail herb outlets. Designed to fit snugly on the shelf near the store's herbal displays, the shelf talker will alert customers of the work of UpS.

The shelf talkers are available free-of-charge, but we need your help to get them into the stores. To obtain shelf talkers for your local herb and natural food stores, contact Nancy Scarzello in the UpS office. Thanks!!!

UpS Conferences

As part of our effort to educate people about the cultivation & preservation of our native medicinal plants, UpS hosts a variety of inspiring conferences throughout the country.

Please note that the teachers at these conferences generously donate their time and that all proceeds from these events go directly to support the work of UpS.

PLANTING THE FUTURE

The Cultivation & Preservation of Native Medicinal Herbs

Sat., March 17, 2001 in Encinitas, California

~ at Quail Botanical Gardens ~

~ a sanctuary of rare, threatened & endangered plant species and urban retreat ~

Topics include: Cultivation of at-risk medicinal herbs • Plant Walks
Using Herbs as Medicine • Ecological herbalism; what it is & how we can participate
Biodiversity & Bioregional Herbalism • Seed Saving • Sustainable Herbal Practices

Presenters include: Christopher Hobbs, Rosemary Gladstar, Amanda McQuade, Richo Cech, Pam Montgomery, Steven Foster, Ed Smith, James Green, Ethan Russo, M.D., Timothy Phillips, Michael McGuffin, Dennis Shamand, Scott Murry, John Finch, and other herbalists.

Cost is \$50 if you pre-register by Feb. 17th; \$60 at the door.

To register or for information contact Greg or Gail at 760-726-1204, email: eorganic@znet.com

WILD & LOCAL NATIVES

The Cultivation & Preservation of Native Medicinal Herbs

May 4-6, 2001 in Linden, Virginia

~ at Indian Pipe Outdoor Technical School ~

~ an educational center for ethnobotanical studies ~

Join with local and national teachers as we dig deep and learn the mysteries of meadows, the labor of prairies, the ease of medicine making and the texture and finesse of planting woodland gems.

Presenters include: Rosemary Gladstar, Paul Strauss, Richard Liebmann, Kat Harrison, Peter Heus, Marion Lobstein, Kathleen Maier, Susan Leopold, Teresa Boardwine & others.

Cost is \$230 (UpS members \$195); \$20 early registration discount if you pre-register by March 5th

For info, contact Dawn Story at Dreamtime Center for Herbal Studies; tel: 540-675-1122

email: drmtime@shentel.ne, or visit www.dreamtimeherbschool.com for registration information

APPALACHIAN HERB GATHERING

Growing, Conserving, and Using Our Native Plants

A regional community-building event offering a wide range of topics pertaining to native medicinal plants of Appalachia.

June 23-24, 2001 in Meigs County, Ohio

~at United Plant Savers' Botanical Sanctuary ~

Hosted by: United Plant Savers and Rural Action in collaboration with the National Center for the Preservation of Medicinal Herbs, Ohio County Extension Agency, Ohio Ecological Farm and Food Association, Innovative Farmers of Ohio, Ohio State University's Organic Farm & Food Education and Research Center, and Resilience.

Teachers include: Harvey Lyle, Tim Sayre, Paul Strauss, Maureen Rodgers, Tim Blakely, George Vaughn, Erica Renaud, Mark Cohen, Hank Huggins, Cindy Parker, Rosemary Gladstar, Christopher Hobbs, Steven Foster, Diane Don Carlos, Rebecca Woods.

SEMINAR TRACKS:

Farm Development and Management

- Water-How to find it
- Pond Building
- Beekeeping
- Equipment
- Marketing your Product

Sustainable Forestry Management

- How to cope with Alien Invasive Species
- Native Prairie Restoration
- Sustainable Wild Harvesting

Field Track

- National Center Tour
- Walking Panel with botanist, herbalist, and conservationist
- Apothecary Tour
- Edible foods

Growing Herbs

- Cultivation of Root Crops
- Growing Medicinal Mushrooms
- Research Updates
- Permaculture
- Greenhouse design

Using Herbs

- Cindy Parker-Tea Time
- Tis Mal Crow- Muskogee Tradition
- Mo Burns
- Rosemary Gladstar
- Christopher Hobbs
- Steven Foster

Cost: \$120 for full weekend registration, including tent space and meals.
\$30 per day — classes only

For more information contact Diane Don Carlos:
diane.don_carlos@frontierherb.com

Phone: (740) 742 4401



Windflower Fairy



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Save Your Natives

Patty Shea's Plant-Rescue operation has grown from a one-woman show to a large, dedicated organization: *The Wildflower Rescue Committee of Cranbrook*. It's 100 or more members descend on a construction site and dig up plants in danger. They do not, however, indulge in guerilla operations. "We always get written permission to take plants", Shae stresses.

Habitat destruction is driving many species to the point of no return. Working to prevent the loss of habitat is important, but if you can't stop progress, saving the wildflowers from a construction site may be the next best thing. You can transplant them to public gardens, school yards, or other appropriate sites.

Before you run to the nearest vacant lot and start digging, keep in mind that wildflower rescue works best when

BEGIN YOUR PLANNING WITH THIS CHECKLIST:

- **Always get written permission** from the landowner. Don't just yank plants and run. Most developers will welcome your help.
- **Know and obey state and local laws** that protect rare plants.
- **Make placards for your dashboard**, so neighbors or police don't wonder about vehicles parked at vacant lots.
- **Plan as far ahead as possible**. Pay attention to media or word-of-mouth reports about new development so you can get the word out easily.
- **Raise awareness about endangered plants** by informing the local media of your activities.
- **Carry along empty cardboard boxes** or other containers to transport plants.



Printed on recycled paper with soy ink



UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Fall 2001

A non-profit education corporation dedicated to preserving native medicinal plants

Partners in Education: One Seed at a Time

by Rosemary Gladstar

Several months ago I was speaking to my close friend and fellow herbalist Joseph Kiefer, author of *Digging Deeper* and co-founder of Food Works. I've been a long time admirer of his vision of bringing awareness of whole foods and a deeper connection to our food source into the public school curriculum. Today, throughout Vermont there are schools that have implemented Food Works' innovative program into their curriculum. Kids till the soil, plant seeds, harvest the produce for their school kitchen, then sit down in the cafeteria to enjoy the food they've grown. A far cry from the cafeteria food of my school days! It's another brilliant "one straw revolution" concept.

Food Works and United Plant Savers have much in common. Both are small grass roots organizations, working at a community level. Each relies on education, raising public awareness and the commitment of dedicated, caring individuals to make a difference.

United Plant Savers has often been called the consciousness of the herbal industry. I believe we are far more than that; we are a voice for the plants ~ a soft and powerful voice. Working with 'soft power' we have helped create an unmistakable shift in the consciousness surrounding plant utilization and conservation. A few years ago, the topic of conservation hardly entered into conversations about medicinal plants. Now, the topic is hotly debated, highlighted at whole food conventions, herbal gatherings and within circles of herbalists as the plight of our precious plant resources becomes ever more pressing due to habitat destruction and over utilization.

It's in the heart of our herbal schools, apprentice programs, herbal training courses and conferences that the principles of plant conservation and the work of United Plant Savers can be most effective. It is here, in the inquiring minds of herb students, that the seeds of medicinal plant conservation and our role as caretakers of the green take firm root. As future herbalists are

trained in responsible stewardship of medicinal plants, they will be the ones making informed choices of which herbs to select for their formulas, which herbs to wildcraft, which herbs to cultivate. Ultimately, it is the students we train today who will make the difference tomorrow.

It is with this in mind, that UpS created *Partners in Education*, designed to create a supportive network between herbal educators/schools/conferences and the important conservation work of UpS. Many herbalists/herb schools are already stressing medicinal plant conservation as an important part of their curriculum. Our desire is to work more closely with the people most responsible for training future herbalists, forming a supportive partnership that stresses conservation as an important part of the curriculum. UpS has many resources, excellent teaching aids, and plant conservation/cultivation information important to share with students. It is our belief that in creating greater awareness among those who love and use the plants, we can change the plight of our wild plant populations so that future generations of herbalists can enjoy the same herbs we love and honor today ~ in abundance in the wild!

Cascade Anderson Gellar
Robin Depasquale, *Bastyr University*
Barbara Nardozi, *Bramblewood Herbs*
Tracy Bosnian, *Community Roots Community Supported Herbs*
Jane Bothwell, *Dandelion Herbal Center*
Tammi Hartung, *Desert Canyon Herb Farm*
Dawn Storey, *Dreamtime Center for Herbal Studies*
Melani Walker, *Godstow Sanctuary & Herb Gardens*
Susan Clearwater, *Green Turtle Botanical Sanctuary*
Nancy Phillips, *Heartsong Farm*
David Winston, *Herbalists & Alchemists*
Tina Finneyfrock, *Mountain Spring Herbs*
Tricia Acheatel, *Natural Direction*
Pam Montgomery, *Partner Earth Education Center*
Peeka Trenkle
Rosemary Gladstar, *Sage Mountain & The CA School of Herbal Studies*
Kate Gilday, *Woodland Essence*
Donna d'Terra, *Yerba Woman Herbal Apprentice Program*

Continued on page 3



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Greetings from UpS

There was a message in a recent newsletter from our local bookstore, Bear Pond Books, that seemed to me quite poignant: "in this uncertain world, made more uncertain than ever after Sept. 11, we are left wondering how to honor the victims.... how to promote peace, and, simply, how to live our lives in the face of tragedy and threat." The reply from another book seller was simply, "we have something very important to do and that is to keep doing what we are doing". They were talking about the importance of bookstores as places of comfort and safety for their communities and that keeping books available, during times of war and unrest, is critical to the health of a civilization, "civilization is carried in words, and books are the way words are preserved."

Being an avid reader, I agree heartedly. Books are a repository of civilization. But more important to the health of civilization is the health of the environment, of nature, that cradles civilization. Without a healthy environment, without nature pure and unperturbed, there can be no existence, no books, no community, no safety. There has been much concern these past few weeks that this war on Afghanistan, be it right or wrong, is also a war on our environment as the government seeks ever more oil to fuel its battle. Many of the environmental victories we've worked hard to gain are being swept aside by the Bush administration in the name of patriotism.

What role does United Plant Savers play? How can we make a difference? What can we do in this time of confusion that's important and vital and worthwhile? "We have something very important to do and that is to keep doing what we are doing" ~ and to do it ever better with greater integrity and mindfulness. Shortly after the terrorist attack, the UpS board members met at Sage Mountain to discuss just that; how to continue our mission of medicinal plant conservation, cultivation and habitat preservation in the most effective way possible. As always, it was a wonderfully productive meeting. We feel we must have one of the best groups of board members in the country, as we all get along fabulously, work hard together, get a lot done, and have fun to boot.

We started by 'housecleaning'~ looking at our organization and seeing what could be done to make it more effective and efficient. UpS is seven years old this year. We're on target ~ that itchy seven year cycle ~ for dusting some of the corners. Budget was one of the things we discussed at length. Its been clear from the start that UpS is committed to not becoming an organization that ends up like so many others; top heavy with a big budget that all goes to administration. We also took a deep look at how to keep fresh energy coming into the organization, rotating the position of the board members/officers/Executive Director, etc, and how to utilize the skills of our membership more. UpS is, after all, a member organization with so many talented individuals who are impassioned by this work. Where are you? We'd love to hear from you. How would you like to be involved? How can we 'keep doing what we are doing', and do it better? Your input ~ better yet, your help ~ is needed.

Nancy Scarzello, our beloved Office Manager since 1997 has passed her job onto Cindy Riviere. Cindy, as you'll learn (see page 20), is one of those unusual individuals who is both a talented and impassioned plant person and a skilled office manager. Having Cindy take on the office manager responsibilities frees Nancy to devote her time and talents to several special projects UpS is working on including Partners in Education, Take Action! our community outreach program, and a children's medicinal plant conservation project. One of her main tasks will be serving as Special Project Coordinator for our Members. Please contact Nancy if you would like to be involved in any of these projects or would like more information on them. The most important thing is hearing from you; we need your feedback, suggestions, input. Articles for the newsletter and financial contributions

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The UpS *Journal of Medicinal Plant Conservation* is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants. We encourage people to send us their opinions and thoughts for submission to the newsletter. Though many of the articles presented express opposing and/or controversial viewpoints we make an effort to print as many of these articles as space allows in an attempt to present the many views of this subject. It is important when reading the Journal to remember that the articles are the opinions/experiences solely of the authors and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review and as part of an educational process. We invite your comments!

Partners in Education cont....

How Partners in Education Works

UpS offers a **special student membership** of \$20 per student for all herbal schools, apprentice programs, conferences and training courses that enroll their students as a group. Student receive a UpS Membership package with all the benefits ~ informative Journal, Plant Resource Directory, free plant give-aways twice a year, membership discount at UpS conferences and workshops, and the opportunity to help make a difference.

When your school/program joins Partners in Education, they will receive:

- A *UpS Education Guide* with curriculum outlines for a one or two day program on plant conservation that can be easily adjusted to fit your herbal program
- Use of the UpS At Risk Slide Show for presentation to class.
- A copy of the award winning book, *Planting the Future*, for your school/program library.
- A copy of the resource booklet, *Take Action! Projects for Planting the Future*.

Schools and herbal programs enrolled in the **Partners in Education; One Seed at a Time** will be listed once a year in the Ups newsletter and on the UpS Website.

Enroll your students in *One Seed at a Time* and become a **Partner in Education!**

For Further information contact Cindy Riviere at PO Box 77, Guysville, OH 45735. Phone: 740-662-0041. Fax: 740-662-0242. Email: plants@frognet.net

UpS MISSION STATEMENT

United Plant Savers' mission is to preserve, conserve, & restore native medicinal plants and their habitats in the United States & Canada, while ensuring their abundant, renewable supply for future generations.

Voices from the Green

Greetings United Plant Savers,

I was recently introduced to your Journal and I'm incredibly happy to see the work you do. I believe it to be a trendsetter. I am happy to become a member and perhaps it will change my entire life!

I am 19 years old and studying ethnobotany, herbology and I maintain a garden. Your newsletter is all about connections and consciousness towards the natural bounty that surrounds us. I don't have much money but this \$35 is some of the best I've ever spent. If there is anything happening in Arizona that needs volunteers, or help of any kind, feel free to contact me. Saving plants and spreading knowledge about plants is a wonderful contribution to the cause.

Utterly delighted,
Raven

Dear United Plant Savers,

As an herbalist and Native American (Cherokee), I have worried over the loss of our native medicinal plants for some time. Many of the plants I grew up with in eastern Oklahoma are no longer found there as a result of over-harvesting, urban sprawl and pollution. Here in New Mexico, some of the traditional medicinal plants are becoming scarce: Osha (Bear medicine) which is very necessary to some of the local medicines, is getting very hard to find. This is a dangerous situation and needs to be corrected at once.

I believe that organizations such as United Plant Savers help keep our plant medicines safe and growing strong. The book *Planting the Future* is a good start and I am recommending it to everyone as a must read.

Please accept my membership in your worthwhile organization and please send info on creating a sanctuary.

Waddo (thanks),
Jon Gage

Dear United Plant Savers,

I feel compelled to respond to the letter by Robyn Klein that you endorsed and published in your spring 2001 Journal. I hold your publication in high regard. It provides information and guidance that is greatly needed in raising awareness and thereby aiding the preservation and use of medicinal plants. It is for these reasons that I found Ms. Klein's letter so shocking.

I commend Ms. Klein's sincere efforts to help us all to recognize the special importance of these plants. However, the fact she did not disclose the identification of "Mr. X", brings into question the good name of all British Columbia herbal businesses and people. I suggest that the way to rectify this wrong is to name the company and "Mr. X" and thereby take the

suspicion off others.

I also take issue with substantive arguments in the letter. The fact that *Cypripedium* takes 15 years to produce seed does not mean it is not sustainable. It simply means that the cycle is a long one. There is a man in my area growing a flower for commercial purposes which blooms only once every twelve years. The lumber industry would be surprised to hear that 15 years is too long of a production cycle to produce a sustainable product.

It also appears that the letter contradicts the mission of a renewable, abundant supply by advocating non-use of plants as the only means of protecting them. The reality is that if the plants do not contribute to the income, we will see these plants vanish right along with their habitats. I see the truth of this with the work I do in northeast Brazil and in the U.S. The poor and starving people of the Amazon forest areas are being asked to forego their livelihood so that the forests may be preserved. How foolish it is to expect people to starve so that we may enjoy the benefits of their resources. The idea simply doesn't work.

I live in an area where I see timber companies going to farm auctions to buy land, clear-cut and then re-sell it for development. Only when land is valued for the plants upon it, will we see a reversal of this course. People need to know that the plants in their woods have a greater value than from the clear-cutting of their timber. If we want to preserve plant habitats, then we must show a sustainable and economically viable way to do so. An example is in the work that has been done with woods-grown ginseng.

Since we only have Ms. Klein's letter to go on, the facts given are the man's poor spelling skills and the fact that he sent her a list of plants. What evidence is there to pass judgment that the plants were being incorrectly harvested? He listed plants that are at risk, but without more information we cannot fairly judge the situation. Maybe the man had 1,000 plants and was only willing to sell 10 that may have otherwise died from overcrowding or age.

In conclusion, I suggest that we try working with companies and industries to help them and not alienate people.

Let's be an organization whose members work with others to improve the chances for these plants to survive and be used to treat the suffering. Let's keep up the good work that makes it an honor to belong to this fine organization.

Sincerely,
Dr. Bruce Buren
Woodland Farms

Rescuing the Green

The Ghost of Big Savannah

The essence that was Big Savannah may still be with us. Richard LeBlond, a State Natural Heritage Program botanist, recently discovered a 117-acre remnant off Pellam Rd. in Pender county that he refers to as "the Ghost of Big Savannah." The Pellam

Savannah site, a portion of which lies beneath a Carolina Power and Light powerline, shares the same rare soil type and plant assemblages as the original Big Savannah. Pellam Savannah hosts 170 native plant species including some rarities and has never been farmed.

LeBlond notes that the routine mowing by CP&L has helped maintain the open character and plant diversity of the site. Even better was LeBlond's discovery that the site was for sale.

In April of this year, the North Carolina Coastal Land Trust and Conservation Trust for North Carolina negotiated a 1-year option on the 117-acre parcel and are now launching a fund-raising campaign to purchase it. The campaign goal is \$120,000. Approximately 60 percent will go towards the purchase price and the remainder will be dedicated to the restoration (e.g. prescribed burning) and monitoring/management of the site.

The North Carolina Coastal Land Trust and Conservation Trust for North Carolina intend to dedicate the 117-acre site, once purchased, to B.W. Wells—the B.W. Wells Savannah. As Dr. James R. Troyer wrote in his biography of Wells, *Nature's Champion, Tar Heel Ecologist*.

Through the pioneering efforts of ecologist B.W. Wells, thousands of North Carolinians learned to appreciate and protect the state's diverse plant life long before ecology and conservation became popular causes. The discovery, and hopefully, protection of this remnant will help fulfill Wells' dream of a preserve for Big Savannah. Please help us to forever protect this natural treasure by sending a tax-deductible donation



Darlingtonia

or contribution for the B.W. Wells Savannah Campaign to: Ms. Nancy Schultz, North Carolina Coastal Land Trust, 3806-B Park Avenue, Wilmington, NC 28403, or call 910-790-4524. r

Green Thanks and Gratitude To:

Thomas Elpel and Hops Press continue to donate \$1 from every sold copy of *Botany in a Day* to United Plant Savers. To date they have raised \$3,569 for UpS. This is a great example of how a simple, small donation can grow to great proportions.

Thanks to Food for Thought in Ridgway, CO. This natural foods store collected donations to United Plant Savers during their herb classes offered at the store. Thanks for the wonderful work on behalf of the plants.

Green Thanks to Judy Sears and Moonrise Herbs in Arcata, CA. This herb store took the opportunity to participate in a local merchant sidewalk sale by offering UpS information, t-shirts and posters as their promotion and then made a donation to UpS from the day's sales. They have plans for an entire week of UpS awareness to include the slide show presentation and offering 10% of the days sales from a Saturday benefit for UpS.

GREAT BIG! Green Thanks and Gratitude for our two office green angels. Rebecca White has worked for the last three years in the UpS office putting the mail together, answering phone calls and assisting with the UpS booth at conferences. Nava Tabak has been Nancy's assistant in the office in every capacity and has made it possible for us to handle the volume of work coming into the office as UpS grows and grows. Rebecca continues her work as an herbalist and Nava will pursue a masters degree in botany and continue her work with aquatic plants. Many thanks for all your help with United Plant Savers and our best wishes for you both as you continue to work both for and with the plants.

Memorial Donations

A donation to United Plant Savers was made by Claudia Meyers in memory of Doug Miller.

Thank You for Your Generous Contributions & Support

We'd like to extend a special thank you to all of the members of United Plant Savers. Your support, effort and concern are what really make a difference in the protection and conservation of our important medicinal plant species. As eloquently stated by Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world: it is the only thing that ever has."

We wish to gratefully thank the following folks for their financial contributions

Green Angels ~ \$50,000 +

Judy and Michael Funk
Paul Strauss

Leaders ~ \$5,000 - \$49,999

International Herb Symposium
Herb Pharm
Frontier Natural Products Co-op
Outagami Charitable Foundation
National Fish & Wildlife Foundation
Robert Campbell
Community Foundation of Jackson Hole
Sacharuna Foundation
Vermont Community Foundation
Wild Oats Market, Inc.
Millrock, Inc
Rosemary Gladstar
Sonoma County Community Foundation
Herbal Magic

Sponsors ~ \$500-\$4,999

Traditional Medicinals, Sage Mountain, Herbalist & Alchemist, Women's Herbal Conference, L. Perrigo Co., Whole Foods Market, Ronnie Sellers Productions, Tom's of Maine, Breitenbush Hotsprings, Abracadabra, Plantation Medicinals, Annie's Naturals, Nick Kulibaba, Steven Foster Group, Capsugel, Red Hawk Design, Apothecary Tinctura, Tammi Hartung, James Duke, Rudkin Foundation, Bioneers, Michael & Leslie Tiera, Hops Press, Horizon Herbs, All Natural Distributors, Bread & Circus

Lifetime Members ~ \$1,000 +

Frances Monacelli, Polly Peterson, Dennis Wianko, David Winston, Michael McGuffin, Dr. Janet Zand, Pam Montgomery, Christopher Hobbs, Tim Blakely, Dorena Rode, Amy Graham, Steve Ambrose, Peggy Brevoort, Howard & Gayle Gross, Rachel Bagby & Martin Davidson, Thomas Elpel, Bill Schoenbart, Thomas Gibbons, Tom & Cathy Wiggins

Green Thumb Members ~ \$100-\$499

Australian College of Herbal Studies, Susan Anne Bates, Louise Berliner, Nancy Borden, Shelly Browning, James Calloway, Bill Chioffi, Tania Cortez, Cronos Cradle Conserve, Bob & Lydia Dalton, Marlene Dailey, Edmonds Vitamins and Herbs, Diane Faircloth, Terrence Fox, John Greene, Dave Gutknecht, Kate & John Haidet, Nancy Handwerker, Karen Hardie, Patience & Rod Harvey, Adrienne Hirt, Pam Hyde-Nakai, Cherie Ingraham, Carol Inman, Mark Kaylor, Michele Kennedy, Michelle LaBlonde, Sunny Mavor, Clara & Hap Morgan, Mother Earth Foods, Mary Murphy, Martha Nickerson, Deirdre O'Connor, Dianne Onstad, Ellen Parker, Pines International, Inc., Carole Pittleman, J.C. Price, Purple Coneflower Herbals, Bini Reilly, Peggy Rollo ND Lac, Lynda Sadler, Dale Schusterman, Trilby Sedlacek, Martha Smith, Judy Smith, James Smith, Catherine Smith, Sheri St. John, Victoria Taylor, The Garden Continuum, Inc., The Herb Farmacy, Jerry Walde, Debby Ward, Elizabeth Winston Mize

Green Thanks and Gratitude to Tom's Of Maine

Tom's of Maine has included a mention of United Plant Savers on the promotional material for their new Herbal Tonics. This is a great example of how large and small companies can help to raise awareness about conserving native medicinal plants. r

To Learn More

To learn more about the conservation and cultivation of at-risk native medicinal plants, contact our friends at United Plant Savers (UPS), a non-profit, grassroots membership organization committed to protecting and replanting at-risk species and to raising public awareness of the plight of wild medicinal plants. For more information, contact United Plant Savers, P.O. Box 98, East Barre, VT. 05649, Tel. (802) 496-7053, or visit their website at www.plantsavers.org.

Please let us know what you think. Write to us at Tom's of Maine, PO Box 710, Kennebunk, ME 04043

UpS "At Risk" Forum

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

Readers are invited to contribute their observations on the distribution and health of our Native American medicinal plants.

Please send comments to:
UpS "At-Risk" c/o UpS, PO Box 77,
Guysville, OH 45735
email: plants@frognet.net

~At Risk List~

American Ginseng
(*Panax quinquefolius*)
Black Cohosh
(*Cimicifuga racemosa*)
Bloodroot
(*Sanguinaria canadensis*)
Blue Cohosh
(*Caulophyllum thalictroides*)
Echinacea
(*Echinacea* spp.)
Eyebright
(*Euphrasia* spp.)
Goldenseal
(*Hydrastis canadensis*)
Helonias Root
(*Chamaelirium luteum*)
Kava Kava
(*Piper methysticum*) (Hawaii only)
Lady's Slipper Orchid
(*Cypripedium* spp.)
Lomatium
(*Lomatium dissectum*)
Osha
(*Ligusticum porteri*, *L. spp.*)
Peyote
(*Lophophora williamsii*)
Slippery Elm
(*Ulmus rubra*)
Sundew
(*Drosera* spp.)
Trillium, Beth Root
(*Trillium* spp.)
True Unicorn
(*Aletris farinosa*)
Venus' Fly Trap
(*Dionaea muscipula*)
Virginiana Snakeroot
(*Aristolochia serpentaria*)
Wild Yam
(*Dioscorea villosa*, *D. spp.*)

~To Watch List~

Arnica
(*Arnica* spp.)
Butterfly Weed
(*Asclepias tuberosa*)
Cascara Sagrada
(*Rhamnus purshimia*)
Chaparro
(*Casatela emoryi*)
Elephant Tree
(*Bursera microphylla*)
Gentian
(*Gentiana* spp.)
Goldthread
(*Coptis* spp.)
Lobelia
(*Lobelia* spp.)
Maidenhair Fern
(*Adiantum pendatum*)
Mayapple
(*Podophyllum peltatum*)
Oregon Grape
(*Mahonia* spp.)
Partridge Berry
(*Mitchella repens*)
Pink Root
(*Spigelia marilaandica*)
Pipsissewa
(*Chimaphila umbellata*)
Spikenard
(*Aralia racemosa*, *A. californica*)
Stone Root
(*Collinsonia canadensis*)
Stream Orchid
(*Epipactis gigantea*)
Turkey Corn
(*Dicentra canadensis*)
White Sage
(*Salvia apiana*)
Wild Indigo
(*Baptisia tinctoria*)
Yerba Mansa
(*Anemopsis californica*)
Yerba Santa
(*Eriodictyon californica*)

Plant Rescue/Habitat Enhancement Project

The Forestry Committee of Rural Action has spearheaded *Plant Rescue: Habitat Enhancement Project* for the southeastern Ohio area. This project is a regional collaboration designed to identify habitats under threat of destruction and organize rescue efforts to transplant unique, threatened or at risk plants for the following uses:

- Enhancement of contiguous or regional properties of degraded but similar habitat.
- Provide planting stock for area education or beautification projects
- Provide planting stock for area growers, reducing the need for wildcrafted stock and enhancing amount of sustainably grown stock for future markets.
- Provide education and outreach opportunities in habitat assessment, rescue, growing, propagation techniques and ethical wildcrafting.

"Whether you think that you can,
or that you can't, you are
usually right. "

~ Henry Ford (1863-1947)

Continued on next page

The goals of the program are to:

1. Provide site assessments and determine plant populations and likelihood of success
2. Rescue plants under threat of permanent habitat destruction
3. Provide ecological restoration assistance to large and small projects in the southeastern Ohio bioregion.

Priority for restoration and replanting efforts will be determined according to location, need, membership status and ability to provide assistance in rescue or replanting efforts.

We are getting ready to put the word out to organizations, schools, agencies to provide help however they can. The following are a few ways folks can assist. People in other areas will have other ideas and approaches and we would like to hear more about various direct actions that may be taking place in other areas as well.

Volunteer Opportunities

- Rescue operations (transplanting & replanting)
- Plant hosting: providing site specific holding beds for transplants and future stock. Hosts will receive a percentage of planting stock for their personal projects.
- Plant recipients who qualify for restoration or special garden projects; landowners, schools, public buildings, parks, etc.

Recently the Department of Transportation in two of our areas has offered to partner in this project. Our region is under constant pressure. All parties have agreed to work together to assess areas under development and see how we can salvage plants for other uses.

If you or your group are interested in starting or participating in a community based project that can enhance alliances, your backyard and your environment, contact Tom Remaley at Rural Action's Sustainable Forest Committee tomr@ruralaction.org or Rebecca Wood, Hopewood Farm at hopewood@hotmail.com We will be glad to share our forms, our views and our sincerest wishes to anyone taking positive action for the plants, the people and the planet. r

are always welcome! Criticism is also welcomed and we sure wouldn't turn away any positive feedback you have to give! We are a grass roots organization with roots that go deeply, binding us with the soil and the microrrhiza mass of our membership. Like every grass roots organization we depend on the sweet nourishment of our members to survive.

To all of our members, your friends and family, and all people on this planet, we wish you a season of peace, joy, tolerance and happiness. May this be a season of hope, hope for humanity that we learn from these experiences and reach out to our fellow beings across the planet in peace. May the power of the plants speak through us, reminding all humanity of the greater community of life.

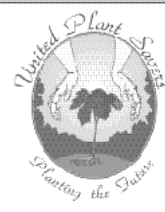
May there be peace and joy on earth. r

Rosemary Gladstar
President of United Plant Savers

"Science has beauty, power, and majesty that can provide spiritual as well as practical fulfillment. But superstition and pseudoscience keep getting in the way, providing easy answers, casually pressing our awe buttons, and cheapening the experience.

The crisis we face today demands more than superficial adjustment. Increasingly, it is realized that any effort to safeguard and cherish the environment needs to be infused with a vision of the sacred."

Carl Sagan (1934-1996) Astronomer



United Plant Savers
Dedicated to protecting and replanting at-risk native medicinal plants of North America.

The plants need our help.

For more information and membership contact:
United Plant Savers, P.O. Box 98, East Barre, VT 05649 • 802-479-9825 • www.plantsavers.org

UpS Shelf Talkers

UpS' colorful, informative shelf talkers are designed to fit on store shelves in the herb department. We need your help getting these shelf talkers into the stores. To obtain free shelf talkers, contact Cindy Reviere in the UpS office. Thanks!

UpS Sanctuary Network

One of the ways that we, as interested and passionate plant people, can have a positive impact on the survival of our native medicinal plants and continue enjoying the medicinal benefits they offer is to join the UpS Botanical Sanctuary Network.

A Botanical Sanctuary may be a part of any piece of land. It can be a city garden, organic farm, or a wild protected space. A small parcel of land or a huge acreage can equally qualify if it contains native medicinal plants and meets a few other simple requirements.

A UpS Botanical Sanctuary must be a place where plants are protected and nurtured as they

grow and thrive. It could be an educational center, garden, or medicine trail where people can learn about these plants and their uses. It may be a research site for learning about the cultivation or wild habitat requirements of these plants, or it might become a valuable seed bank for the long term preservation of at-risk plants. There are many ways that your personal land space can qualify to become a Botanical Sanctuary.

To learn more about becoming a UpS Botanical Sanctuary write PO Box 77, Guysville, OH, 45735; visit our website at <http://www.plantsavers.org>, or send email to plants@frognet.net

~ Meet A Few More UpS Sanctuary Network Members ~

Native Earth Teaching Farm
Sanctuary Steward: Rebecca Gilbert
Chilmark, MA

Native Earth Teaching Farm is located in Chilmark on the island of Martha's Vineyard. My grandmother bought this farm in the 1920's from the estate of a whaling captain's wife. One hundred fifty years ago it was mostly naked of cover, sheep were everywhere and the walls were being built by African slaves and Indians paid mostly in rum. The only trees were by the brook and in the woodlots. Now it is mostly woods and swamp with about five acres of the 30 under cultivation and inhabited. Our habitat is very diverse for it's size, with lots of edges. It includes pine-oak succession uplands, swamp pockets, swamp along brook, blueberry thickets, cotton grass, and the largest patch of inkberry bushes the state biologists and Audubon people had ever seen!

Plants we have established are Bloodroot, Echinacea, Ginseng, Lady's Slipper, Calamus, and Pipsissewa.

Plants we want to grow include: Black and Blue Cohosh, Goldenseal, Osha, Arnica and Slippery Elm. There is a publicly deeded walking path, a conservation

restriction is being negotiated, and the fledgling teaching farm is set to open to the public this spring.

Recently, we have given farm tours or provided half-day activities for the following: Island Head Start, neighbors, day care groups, a pre-school co-op and all the parents, eighth graders and two church groups. We display our rare breed poultry at fairs and festivals and talk about sustainability. I have also given occasional herbal walks and workshops. These will only increase with time, as our vision is to be a

cooperative teaching farm, encouraging people to practice fulfilling and sustainable relationships with the land.

We emphasize restoration and healing here, and we use the plants for food, medicine and inspiration, beauty and challenge. We find that healing energy always flows through, both ways. We attempt to send city people home with a little more self-love and enthusiasm, a little more protective determination to connect with "True Nature" both within and without. We pray for Earth Healing. r



Native Earth Teaching Farm

"All truly wise thoughts have been thought already thousands of times; but to make them truly ours, we must think them over again honestly, till they take root in our personal experience."

-Johann Goethe (1749-1832)

White Buffalo Herbs

Sanctuary Steward: Carol Joyce & Marty Vogt
Warwick, Massachusetts

My husband Marty and I have been actively involved in conservation and organic farming all of our lives. I grew up on a 100 acre pony farm in Byfield and Marty spent every summer at his grandparents' 450 acre dairy farm in Michigan. We both have very strong beliefs in the preservation and conservation of land, living as close to the Earth as we can. We lived the past 12 years on our 12 acre mini-farm in New Salem. We have been

organically farming that land since we moved there in 1988, quietly raising animals, plants and carefully managing our 7 acre diversified woodlot.

We have just purchased 123.9 conservation restricted woodland acres in Warwick, MA. We worked together with the Mt. Grace

Conservation Land

Trust to craft a perpetual conservation restriction that details the future sanctuary aspects of this land. We live in the Tully River watershed area, have two streams, and multiple springs on the property that flow into the Tully River. We belong to the NE Organic Farmers Association, and the NE Herbal Association, teaching others about medicinal, culinary, and endangered herbs each year. We have been actively replanting our old land with endangered and "at-risk" native plants and herbs for many years now, establishing small stands of *Panax cinqueolium*, *Hydrastis canadensis*, etc. in our woodland. We plan to include the community (students, scouts, and elders) in 'plant-ins' on the new land throughout the next several years. I have run a part-time herbal business for six years from our home, growing, selling and using mostly native New England herbs to create herbal products which I sell through *White Buffalo Herbs*. We are devoted to principled farming, using permaculture and sustainable, organic agriculture as the means.



Carol Joyce & Marty Vogt

We submit that we are now and would be in the future, honorable, scrupulous stewards of the Earth, caretaking and improving this beautiful property. We created a legal document that places a conservation restriction on the land, allowing only our one family farm/herbal retreat center to be built.

Our lifestyle and herbal business promotes meditation, solitude, and appreciation for the quiet, natural woodland beauty. Our 'green' enterprise *White Buffalo Herbs* is growing and we plan to incorporate the lovely gifts that Mother Nature is providing us into future workshops and educational weekends. We plan to promote the replanting of endangered and at-risk plants, teach about the outdoors and the green wealth around us. r

August Herbs Farm & Bakery

Sanctuary Steward: Laura Lynch
Sharon Springs, New York

August Herbs Farm and Bakery is located on 44 acres in Schoharie County, NY. Ten of these acres are woods. We bought this property in July, 1999. I have spent a lot of time identifying medicinal species including: calalmus, reishi, cattail, achillea, plantago, vervain, hawthorne, salidago, lycopus, phytolacca, solomn's seal, hypericum, burdock, teasel, and skunk cabbage. I have planted goldenseal, echinacea, sages, peppermint, althea, nettles, mugwort, fo ti, and portulaca. The property has a mix of swampland, woods, and open fields.

I give weed walks and medicine making classes and I am forming a school next year with two other local herbalists. I think it is important to bring earth and plant education to people in my community. I also teach baking/cooking with herbs. The local beekeeper will put some hives in our woods in exchange for honey, and will give talks on beekeeping.

I believe the work that I do as an herbalist is right in tune with the projects and mission of the UpS Sanctuary Network. I want to continue to create a place where people can experience nature, explore the woods and fields, sit by the pond and learn about herbs and plants. I'm excited about some of the "wild patches" of plants I have started here

and I have plans to put in sundew and some "pondy" medicinals. I am alive in the outdoors, and I love to share that with people who want to stop by. r



Matthew Hawk's Memorial Garden
August Herbs Farm & Bakery

Sierra Institute of Herbal Studies

Sanctuary Steward: Dodie Heiny
Big Oak Flat, California

Our land is 600 acres in the foothills of central California, east of the central valley and at an elevation of 2,200 feet. We are in a transition zone between chaparral and forest; we have rolling hills with oaks, bull pines and much manzanita and red root. Rainfall is approximately 25 inches per year, occurring between October and May. The summers are hot and dry and the winters mild.

We have been owners of this land for three years. There are an abundance of springs. We enlarged a small pond and secured a grant from the federal government to improve a riparian area including the pond and several springs. We fenced 300 acres and let a friend graze his cattle. The seasonal grasses must be eaten to help control the fire danger that exists in California's hot, dry summers. I am in the process of learning more about the native plants that I can reintroduce.

All land is special because it holds the potential to grow food and medicine. This land was used by Native Americans before the first homesteaders came. For the last 100 years, one family owned it. The land was taken for granted, hunted on and trees harvested. After our purchase, we began to clean up the trash, love and appreciate the land, and a special feeling came about. The land rejoiced that someone lives here who cares about nurturing the earth. The norm in these foothills is clay and rock soil. We are amazed everytime we dig a hole at the beauty and depth of the soil. It is the deepest in the county we are told. In two years our garden was beautiful, with plant reaching heights I had not seen before.

Many animals such as hawk, bear, deer, fox, and coyote make their home here. This land has been reborn many times throughout history due to fires. The land's resilience is magnificent. It is truly a blessing we are here, and I am thankful every day. I also have a feeling we were meant to find this property and buy it for the purpose of preservation and teaching others about herbs.

Please visit my website: www.lodelink.com/sierrain



Sierra Institute of Herbal Studies

to see the classes that we offer. We have an established native herb trail, and an herb garden of approximately 100 different species. This last growing season and next year we are involved in a volunteer project sponsored by the county agriculture department of growing medicinal herbs for sale as an agricultural crop. We will be consulting with local Native Americans to plant native plants used in basketry and medicine.

The moment I started reading about the UpS Botanical Sanctuary Network, I knew this was something our land and program must be a part of. This land and its wealth of plants is ours to share. The more people learn about plants and their usefulness, the more reverence we hope they will have for nature and all life. Because we touch the lives of many people, we can spread the word about UpS, hang a sign up and pass on the word of this organization's great work. r

BOFFO

Sanctuary Steward: Ethan Russo
Bonner, Montana

"BOFFO" – Blackfoot Organic Fruit and Flower Operation.

We have 20 acres on both sides of the Blackfoot River, with unique botanical and wildlife values. Land is held in a conservation easement with Five Valley's Land Trust. We have Oregon Grape, Kinnickinnick, numerous wildflowers, most native berries, golden and bald eagles, osprey, beaver, deer, elk, bull trout, and other endangered species. I am applying for a \$5,000 county grant to augment native plantings and prepare the site for educational outreach.



Ethan Russo

We have plans to work with school groups and adult groups for classes, plant walks, and workshops.

We feel a responsibility to the land to restore and augment it's botanical endowment and share this with other people. r

"The first act of awe, when man was struck with the beauty or wonder of Nature, was the first spiritual experience."

~Henryk Skolimowski, Philosopher

UpS Community Grant Projects

Earth Day Scout Project

By Eva Maynard

On Earth Day, Pack #65 Wolf Den of Coventry, Connecticut, spent the day working towards their World Conservation Award with the assistance of a United Plant Savers grant. Scout leaders contacted me for ideas for an Earth Day project because they are familiar with the herbal education programs that I offer for both children and adults at my shop in Coventry. Realizing that many people are unaware of the at-risk status of many commonly used medicinal plants; we came up with the idea of planting a small specimen herb garden at a local park that would include "At-Risk" species or their alternatives. I met with town officials to explain the project and obtain permission, and the town kindly agreed to prepare a section of ground at the park. We purchased many of the plants at Garden in the Woods, and were ready to go on Earth Day. Before we began planting, I talked to the boys and their parents about the history of using plants as medicine, took them on a brief weed walk to familiarize them

with some commonly found medicinal plants, and spoke with them about "At-Risk" and endangered plants and the importance of conservation. We also



Scouts hard at work planting for their "World Conservation Award"

talked about knowing where your plant medicines are coming from and buying from organically cultivated sources. The boys seemed to enjoy planting and learning about the different herbs. My sons and I tended the garden throughout the summer, a work in progress, which was a great experience for all of us, and we are planning ways to expand the garden next year as part of future educational programs.

I believe that fostering a love and respect for our plant brothers and sisters at an early age is critical for the health of our planet. Herbs offer so many gifts to us, and their ability to engage children on so

many different levels makes learning about them a joyful and lifelong process. r

New UpS T-Shirt

"If you listen, they will teach you"

Beautiful **Organic Cotton**, green and black art on a natural background. (See page 21 for art detail.)

Sizes: S, M, L, XL, XXL

Styles: short sleeve

Color: natural

Price: \$14 plus \$2 S/H

**Sorry, we do not have children's sizes.*



Send check or money order to: UpS Po Box 77, Guysville, OH 45735

Funds Available for Community Planting Projects

United Plant Savers has a fund designated for community replanting projects. UpS guidelines require that the project have educational merit and that the land proposed for replanting be protected either by individual ownership or be part of a school or park system. For information on securing grants for replanting write to:

UpS Community Replanting
Fund Guidelines
PO Box 77, Guysville, OH 45735.

Plants in the News

Bioregional Herbalism, Healing Plants of the Western US

by Christopher Hobbs

Pressure on famous medicinal plants in the U.S. can only increase with the growing popularity of herbal health care. Plants such as American ginseng, goldenseal, and black cohosh are popular, but we can help preserve these plants by learning the healing qualities of medicinal plants that grow in our local area. This helps spread the harvesting pressure over a wider area, and since we are in close touch with the plants we use, we are less likely to overharvest. Sustainability is closely related to being part of a harmonious system, and that implies working with healing plants in our own ecosystem.



Apocynum androsaemifolium
Spreading Dogbane

Spreading Dogbane is in the family, *Apocynaceae*. The roots contain compounds that stimulate the heart muscle to contract a little harder, and also steadies the heartbeat. I have had good clinical success for heart palpitations, spells of tachycardia. Use about 10-20% in a formula that also contains milder herbs like motherwort, hawthorn leaves and flowers, and *Selenicereus grandiflorus* (cactus). The dose is 3-4 ml, t.i.d. Spreading dogbane has a potential for toxicity, and that is why it's good to always blend the herb with other milder herbs that generally regulate and strengthen the heart. Wash and tincture the roots in 80% ethanol and 20% distilled water at an extract ratio of 1:10 (weight to volume). The best time to harvest the roots is in October-November.

Spreading Dogbane is locally abundant in many

parts of the western U.S., especially in mixed conifer forests, and will also grow readily in fields and meadows. The plant is quite amenable to cultivation, and is adaptable to many types of soil conditions, but prefers slightly acid soil. It grows by underground rhizome, which will spread, making asexual reproduction possible.



Dicentra formosa
Bleeding Hearts

Bleeding hearts, or *Dicentra formosa* is member of the *Fumariaceae*, or Fumitory family. Closely related to the poppy family, it contains the sedative compound, tetra-hydropalmatine and a number of other alkaloids. American Indians chewed the raw root to alleviate toothache and made a decoction of pounded roots for worms. The crushed plants were made into an infusion and used as a hair rinse. The rhizome tincture can also be used as a sedative in calming formulas and to promote sleep for anxiety, nervousness, and insomnia. The herb is worth trying in a formula to alleviate menstrual cramps, back pain, and other kinds of pain.

Bleeding Hearts is abundant in mountainous areas throughout the western U.S., sometimes forming large clumps up to several feet across. This is a beautiful wildflower of coniferous and deciduous forests, and could easily be overharvested in the wild, as more people gain knowledge of its traditional therapeutic effects.

Fortunately bleeding hearts is very easy to propagate by separating a few individual plants from

Continued on next page

wild clumps, or growing from seed.

Once started, cultivated plant clumps can be divided into 4 or 5 parts and replanted. Within a year enough plants can be grown to supply a local herbal practice.



Arnica latifolia
Arnica

Note that *Arnica spp.* have opposite leaves and mostly yellow ray flowers on the head. The heads and leaves are often oily when rubbed and have a sweet, pleasant fragrance. The flowers are harvested (harvest 1 out of every 3 plants) and macerated in oil to create an arnicated oil. The oil is the most effective remedy I've found externally for bruises, strains, sprains, sore knees, lower back pain, and other trauma where the skin is not broken. Some people are sensitive to arnica and may develop a skin rash. Do not use on open wounds, as inflammation and irritation could increase. Externally, apply to inflamed veins (thrombophlebitis). The tincture can be used internally, but in highly diluted form. Dilute 5 drops of the tincture in 4-6 ounces of water and take t.i.d. for venous congestion and inflammation. One drop doses in 4 ounces of water can be taken as a "rescue remedy" to bring the spirit body back into the physical body (this comes from Herbal Ed Smith) after any trauma. I am always surprised at the rapid effectiveness of arnica oil or linament for reducing pain, swelling, and inflammation of strains and sprains and other trauma when the skin is not broken. Homemade is much more effective than commercial preparations, as I suspect the active constituents are not that stable.

About 12-14 species of arnica commonly grow in mountainous areas around the western U.S. A few species occur in the eastern U.S. Of these, a few (notably *A. latifolia*, and *A. mollis*, and *A. cordifolia*) are harvested commercially to make oils and liquid extracts. The rhizomes should never be harvested as the flowers contain ample amounts of the sesquiterpenes and other active anti-inflammatory and immunomodulating substances. Pick one in three flowers on each plant and leave the rest to produce seed as sexual propagation is necessary for maintaining vigor and

biodiversity of native populations. Plant starts and seeds of *A. chamissonis* are readily available commercially and can be cultivated without too much trouble in a home or community medicinal plant garden. This species has been studied in Europe where it undergoes widespread cultivation to supply commercial manufacturers of arnica products.



Ligusticum grayi
Kishwoof

The energy and actions of Kishwoof are very similar to the classic Rocky Mt. Osha, *Ligusticum porteri*.

Note the parsley-like leaves and white umbels. This plant grows in wet, rich meadows above 2,000 feet. The best diagnostic sign is that unlike *L. apifolium* and other low-elevation species, kishwoof has only one reduced leaf on the flowering stem. Others have leafy flowering stems. We harvested some roots and they have a crown that is covered with long stiff bristly hairs like a brush, and is very aromatic and spicy-warm. The roots are used as an antiviral and immune-booster for colds and infections, as a tea, or tincture. Carry a root in your medicine pouch and chew pieces throughout the day as a preventative for colds, flu, sore throats.

The seeds can be used in cooking (soups, etc.) to add a spicy caraway-like flavor. Brew or tincture the fruits (green, plump, and ripe) as a carminative to relieve gas pains and promote good digestion.

The plant is possible to cultivate, as Richo Czech of Horizon Seeds has demonstrated through experimentation with similar high-mountain apiaceous relatives like *L. porteri*. Richo has had success with a number of species that were thought to be impossible to germinate. This tells us that nearly every medicinal plant can be cultivated in a home or community medicine plant garden with a little experience. Of course the climate should be similar to their native habitats. r

"When the sense of the earth unites with the sense of one's body, one becomes earth of the earth, a plant among plants, an animal born from the soil and fertilizing it. In this union, the body is confirmed in its pantheism."

-Dag Hammarskjöld (1905-1961)

Cultivation Corner

American Ginseng

Panax quinquefolius L.

by Richo Cech

This is an excerpt from Richo's new (soon to be published) book, *Growing At-Risk Medicinal Herbs*.

Notes on American Ginseng (*Panax quinquefolius* L.)...As long as the minimum requirements of appropriate temperature, soil and shade are met, some success in cultivating ginseng outside its native range is a reasonable expectation. For example, west of the Rockies the states of Oregon and Washington have proven fertile ground for both home-based gardening and large-scale farming of ginseng. Canada, with its cold winters and dry climate rates third in world production of ginseng. Agriculture and Agri-food Canada reports that over 5,000 acres of American Ginseng were under shade cultivation in Canada in 1996, with production areas concentrated in south-western Ontario and British Columbia. The majority of cultivated ginseng finds its way to Asian markets, but in a strange twist we have now begun to see *Chinese-grown* American ginseng entering the U.S. markets. Finally and perhaps most surprisingly, there is a solid and functional group of Australians that are growing Ginseng "down-under" and finding local markets for their products, both fresh and dried.

Ginseng prefers to grow under the shade of a mixed hardwood forest, usually on sloping ground with a northerly or easterly exposure. The degree of shade given to the plants is critical. 70% shade is often considered to be ideal, meaning that at any given time during the day the plants are receiving only 30% of the light that is shining on the uppermost leaves of the trees in the canopy above. This light will strike the plants as filtered light, reflected light and dappled sunlight, moving constantly as the earth revolves and as the trees and leaves sway and shift in the breeze. Ginseng can also be grown in complete shade, relying only on reflected light, and in certain circumstances it can tolerate more than 30% direct light, especially if that light is hitting the plants during the morning hours. Directional exposure, climate and elevation will

certainly influence the effect of light, while the micro-ecology of the planting spot, including companion plants, rocks and trees can readily assist plants to withstand greater amounts of sun than is normally considered ideal. To a certain extent, since the plant uses sunlight to manufacture its food, providing as much light as the plant can comfortably bear will speed growth and produce a larger root.

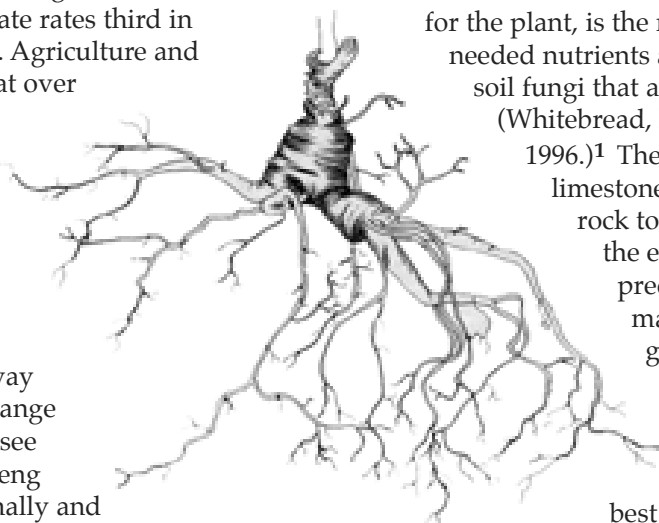
The best soils for ginseng culture are rich in humus, the wholesome product of decomposing leaves and wood. Humus contributes to the growth substrate for the plant, is the most significant source of needed nutrients and also provides a home for soil fungi that are symbiotic with ginseng.

(Whitebread, McGonigle and Peterson 1996.)¹ The close proximity of large limestone features or smaller limestone rock to sweeten the soil is helpful. In the east, mixed hardwood forests predominated by oak, beech and maples are particularly good for ginseng growing, although any mixed hardwood forest has potential, especially if wild ginseng already occurs in the area. In the west, the best soils are those generated by a mixed maple and alder forest. It is my experience that both oak forests and

coniferous forests in the west are poor sites for ginseng culture, but other growers have had success working under these trees. A sandy loam or clayey loam with pH of 5.5 to 6.5 is ideal; heavy loam, sandy soils and clay soils can also be serviceable. The soil must be well drained, either by dint of porosity of structure or because of a steep grade. Ginseng roots will rot in mucky ground.

Examples of plants that grow in close proximity to wild ginseng in the eastern states are black cohosh (*Actaea racemosa*), bloodroot (*Sanguinaria canadensis*), goldenseal (*Hydrastis canadensis*), Solomon's seal (*Polygonatum biflorum*), spice bush (*Lindera benzoin*) and trillium (*Trillium* spp.). If these plants occur in the woods, it is likely that conditions are right for growing ginseng. Examples of plants that indicate good ginseng growing ground in the west are false Solomon's seal (*Smilacina racemosa*), Oregon grape (*Mahonia nervosa*),

Continued on next page



trillium (*Trillium* spp.) and wild ginger (*Asarum canadense*). In cultivation, it is often preferable to alternate beds of ginseng with other shade dependent herbs in order to approximate the natural forest community of plants. Mono-crops deplete the soil, are subject to disease and generally require constant surveillance and chemical input. Mixed crops consisting of a diversity of species become mutually supportive, reducing the need for human intervention and promoting balanced soil ecology while increasing resistance to disease and pests.

American ginseng is listed in the Convention on International Trade in Endangered Species (CITES) Appendix 1 and global trade in wild-harvested root is regulated. The plant is designated by the Committee on the Status of Endangered Wildlife in Canada (COSEWIC)² as Threatened in Canada, and no exportation of wild-harvested roots is allowed from Canada. Under the direction of the US Fish and Wildlife Service, individual states in the US where wild ginseng is still found have developed programs to regulate harvest, and harvest is illegal in national parks and many other protected areas. However, government rules can only do so much to protect slow-growing and sensitive wild plants, and

because there is an ongoing demand for wild roots, areas where ginseng harvest is legal have been picked out, causing a corresponding increase in poaching from protected areas. (Gagnon, 1999) In the face of this deterioration, it becomes increasingly important to protect and nurture remaining wild populations of ginseng. In replanting the wilds, it is important to use wild-derived, bioregionally cultivated seed in order to preserve any regional variations in the general gene pool. The genetic diversity of distinct wild populations will prove very useful in the future when we seek to breed vigor back into cultivated ginseng. In order to fulfill world demand, it is of paramount importance that we continue to cultivate ginseng. We can rejoice that in the case of organic and woods-grown ginseng, we improve the local environment while contributing to the protection of an endangered plant. Ginseng is truly the most potent example of the value of conservation through cultivation, because without the concerted efforts of growers worldwide, the plant would currently be extinct. r



Ginseng Berries in the Fall
photo©Deb Soule

Footnotes:

¹ Vesicular-arbuscular mycorrhizae (VAM) are branched, microscopic fungal symbionts that form within the living cells of the ginseng root. The interaction of VAM with the plant root hairs produces a high surface area interface allowing for efficient exchange of nutrients. The plant produces sugars that are utilized by the fungus, while the fungus breaks down nutrients and by means of its extensive hyphal network enhances their absorption into the plant. Beneficial fungi also produce antibiotics that protect the plant from fungal pathogens, which is of particular advantage for the soft, susceptible roots of ginseng.

² COSEWIC is a committee of representatives from federal, provincial, territorial and private agencies as well as independent experts that assigns national status to species at risk in Canada.

References:

Gagnon, Daniel. 1999. An Analysis of the Sustainability of American Ginseng Harvesting from the Wild: The Problem and Possible Solutions. Final report to the Office of Scientific Authority of the US Fish and Wildlife Service.

Whitbread F, McGonigle T.P. and Peterson R.L. 1996. Vesicular-arbuscular mycorrhizal associations of American ginseng (*Panax quinquefolius* L.) in commercial production. Canadian Journal of Botany 74, 1104-1112.

© 2001, Richard (Richo) A. Cech

*"The deeper we look into nature,
the more we recognize that it is full of life,
and the more profoundly we know that all life is a secret
and that we are united with all life that
is in nature. Man can no longer live his life
for himself alone. We realize that all life is
valuable and that we are united to all this life.
From this knowledge comes our spiritual
relationship with the universe."*

Albert Schweitzer (1875-1965)

UpS PRESENTATIONS IN YOUR COMMUNITY

One of the rewarding & effective ways you can work on behalf of our native medicinal plants is by making presentations to local groups. Schools, garden clubs, and community organizations usually welcome such an interesting presentation and appreciate being made aware of the issues and how they can help. By speaking to local groups, you help to increase the network of awareness and have the incredible opportunity of sparking people to become involved in the solution.

UpS has available a beautiful **slide show** and **video** to accompany your talks, and we can send you our guidelines on making such a presentation. We can also supply you with UpS membership brochures, as people inevitably want to join UpS and learn how to become further involved.

Be part of spreading the grassroots, touching the hearts of kindred spirits, growing the green network in your local community. r

Slide Show of "At-Risk" Plants

UpS members are invited to rent this beautiful, informative slide show of "at risk" medicinal plants. These slides provide a visual guide to the purposes, projects, plants, and people that make up United Plant Savers. The show contains over 80 slides and comes with an informative script.

Please arrange rental at least three weeks before your presentation dates. Rental fee for the slide show is \$35, or it may be purchased for \$89 (shipping and handling is included). Send check or money order to:

UpS Slide Show, PO Box 77, Guysville, OH 45735



UpS Video of "At-Risk Plants"

UpS member/videographer Nancy Borden has produced this informative video on the challenges facing at risk plants. Through a series of interviews with herbalists, UpS board members, farmers, and concerned consumers, Nancy skillfully presents the issues facing native medicinal plants, describes the work UpS is doing to make a difference, and suggests ways each of us can become a part of the solution.

This 15-minute video can be purchased for \$12, or rented for \$5. To order send check or money order with \$3.00 s/h to: UpS Video, PO Box 77, Guysville, OH 45735

If you aren't a current member of United Plant Savers

PLEASE JOIN

Sign me up! I want to become a member of United Plant Savers.

Name _____

Address _____

City/State/Zip _____

Tel: _____ Fax _____ Email _____

Membership Categories

- | | |
|--|--|
| <input type="checkbox"/> \$35 Individual | <input type="checkbox"/> \$100 Green Thumb |
| <input type="checkbox"/> \$50 Organization | <input type="checkbox"/> \$1,000 Lifetime |
| | <input type="checkbox"/> Other \$ _____ |

Mail to: United Plant Savers, P.O.Box 77, Guysville, OH 45735

The POWERS Of Your Garden Annuals

A Success Story For NASTURTIUM FLOWERS

by Louise Renée Chênevert, Natural Health Consultant & Herbalist

During my first experience of the Women's Herbal Conference in New Hampshire in 1997, I gave my last US dollars to obtain my United Plant Savers membership. Upon my return home to Canada, I told everyone about this important cause. I waited with excitement for my promised shipment of "At-Risk" plants which I would commit to nurture and steward for future generations. I waited and waited.... nothing ever came. My inquiries led me to understand they were intercepted at the border. What a shame and such a waste of genetic heritage. I was so sad. But, this unfortunate situation only encouraged me to find my 'soul work' for this cause north of the border.

I found a local herbal nursery and purchased one ten-year old Goldenseal plant. I found a nice sheltered place in my garden. I cared for it, talked to it, and studied it. I searched for it in the spring, but it didn't make it through our temperamental Montreal winter.

Although UpS has not called for a moratorium on "At-Risk" or "To-Watch" plants, I have chosen to boycott their use and strive to use plants which are abundant locally. Why should we consume the plants from the American southwest when we have an abundance of our own species here, which we could truly learn to benefit from. I strive to live and work as macrobiotically as possible. None of the UpS' "At-Risk" or "To-Watch" listed plants are native and if they do exist here, certainly are not abundant in and around the Montreal and surrounding areas where I live, teach and wildcraft. Even though Goldenseal's name (*Hydrastis canadensis*) implies it grows in this country none of my field guides say that it can be found in this area. Perhaps it did a very long time ago. I have never come across it here in the woodlands. Perhaps we have endangered plants which we are not aware of.

During the summer of 1998, I volunteered for a collective community garden, which grows organic produce for the local food bank. We grew Nasturtiums for Permaculture reasons as a non-beneficial insect repellent. By the fall, their bright yellow, orange and red flowers were everywhere. We had found out that these beautiful flowers were edible and so were their leaves. Their taste, is more than an accent, it is very pungent and peppery. I began to wonder... it must have medicinal properties. My body was saying listen to its energetics; disperse, explosive... expressions of moving from the inside out... Humm... look this up.

Low and behold I found some pertinent information in David Hoffmann's *The Complete Illustrated HOLISTIC HERBAL* which says that:

"NASTURTIUM (*Tropaeolum majus*) is quite a powerful anti-microbial, especially when used as a local remedy for the treatment of bacterial infections." It can be infused and tinctured and he doesn't mention any contraindications. I decided to tincture the flowers, each color in a separate batch. I bottled and labeled them and observed their colors leach from their petals into the alcohol without losing their brilliance. Eventually they were placed in the closet waiting for a client having an infection who would be willing to experiment for this new possible inclusion to my pharmacopoeia.

Although UpS has not called for a moratorium on "At-Risk" or "To-Watch" plants, I have chosen to boycott their use here in order to find alternatives.

In January, 1999, I developed a major abscess where a wisdom tooth had been previously extracted. My surgeon-dentist prescribed antibiotics and scheduled me for a surgery in a week. I informed him that I would not take the prescription as these drugs wreak havoc to my immune system in the past and I would look for alternatives. "Do as you wish. I will drain it now but I want to see you in 7 days before it gets worse and travels into the sinus which means surgery and hospital procedures under full anesthetic".

I went home in a panic and immediately began taking Echinacea tincture. I also took high doses of Vitamin C and zinc. In a few days, I began to feel less tired. The Echinacea had begun its work, yet the swelling in the gum was still oh so painful! With 4 days left, I was frantic; I looked through all my books, ... nothing except Goldenseal, which I didn't have because my plant died!

When I found my inner peace the answer came, "Nasturtium - of course!" How could I forget? I went to my closet. "Oh! Your colors are so bright they didn't change much in all this time! Which one to choose? Yellow, Yes, for empowerment!" I took a dose immediately. I found the taste potent but somehow welcoming. Before sleeping that night, I took another dose. I woke the next day feeling much better. I took three doses that day. On the third day I awoke "The pain is gone! And so is the swelling!" I went to the dentist the following day feeling empowered and

Continued on next page

victorious. He checked; no fluid to drain, no redness, no swelling. The infection had cleared! "You won't need the surgery now." I sighed with relief. "So you decided to fill the prescription I gave you." He commented matter a factly. "No" I responded calmly. He was shocked and asked what I did. "Nasturtium flowers." He gave me a puzzled look. I then shared my story with him as he has an open mind for alternatives. I continued the Echinacea for a full 10 day run, the vitamin C and zinc and took the Nasturtium tincture for about a week.

Note: As I wrote this article I did some additional research, and found that Goldenseal is not truly listed as an anti-microbial, but an anti-catarhal, a demulcent, and a vulnerary; although, in my circle of colleagues, I often hear of it being recommended for infections. According to David Heinemann, it lowers blood pressure, and is not recommended for hypoglycemic individuals. r

"If the day and night are such that you greet them with joy, and life emits a fragrance like flowers and sweet-scented herbs--that is your success. All nature is your congratulation"

Henry David Thoreau (1817-1862)
American writer & naturalist

**MARCH 1ST IS THE DEADLINE
FOR THE UPS SPRING 2002 JOURNAL**

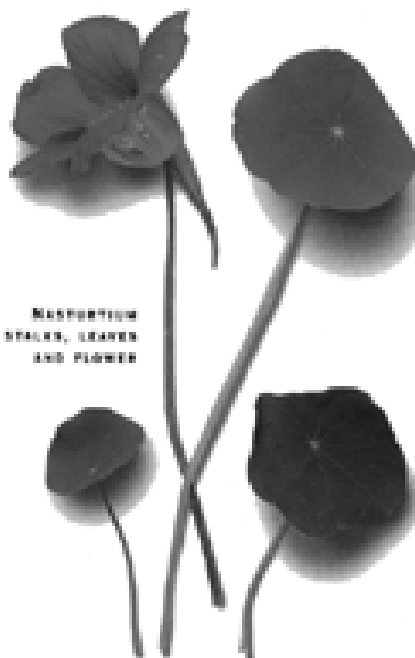
This Journal is the collective voice of United Plant Savers and is the main vehicle of communication between members. We'd love to hear from you. In fact, we **need** to hear from you. Please send us your articles, comments and thoughts. Articles should be no more than three pages and should focus on issues pertaining to: ecological herbalism, replanting projects, news briefs on "At-Risk" medicinal plants, articles on companies & individuals who have started replanting projects, action alert issues concerning medicinal plants, book reviews, and other articles pertaining to "At-Risk" American medicinal plants. If possible, please submit your articles either through email: plants@frogned.net or on disk.

Tropaeolum majus

PLANT FAMILY: TROPAEOLACEAE

NASTURTIIUM

Nasturtium is quite a powerful anti-microbial, especially when used as a local remedy for the treatment of bacterial infection. Internally it can be used with benefit in any bacterial infection but it is especially indicated for respiratory infections such as bronchitis. It has been found to be beneficial in influenza and the common cold. Some herbalists report it to be indicated in infections of the female reproductive organs.



NASTURTIIUM
STALKS, LEAVES
AND FLOWERS

PART USED: *Aerial parts*

COLLECTION: *The leaves and flowers should be collected between mid-summer and mid-fall.*

CONSTITUENTS: *Glucosinolates, isothiocyanate anti-bacterial substance, vitamin C*

ACTIONS: *Anti-microbial*

**PREPARATION
AND DOSEAGE**

NASTURTIIUM IS MOST EFFECTIVE WHEN TAKEN, USE IT EXTERNALLY AS A POUCELT OR COMRESS.

DECOCTION

POUR A CUP OF BOILING WATER ON 1-2 TROPAEOLACEAE OF THE FRESH LEAVES AND LET INFUSE FOR 10-15 MINUTES.

THIS SHOULD BE DRUNK THREE TIMES A DAY.

TINCTURE

TAKE 1-2ML OF THE TINCTURE THREE TIMES A DAY.

Exerpted From David Hoffman's *Holistic Herbal*

Join Us In Welcoming Our New Office Manager!

UpS is very fortunate to have Cindy Riviere as our new office manager.

Besides having all of the skills an office manager would ideally possess, Cindy has long been a lover and grower of plants, especially medicinal herbs. Over the past 8 years, she developed her mail order company, Plant-It Herbs, which specializes in Chinese medicinal plants. Cindy organized her business from the ground up by building greenhouses, forming beautiful gardens, and placing special emphasis on research and collaboration with botanical gardens in the U.S. as well as in China. Cindy germinated most of her plant collection herself from authenticated seed direct from China. She has written catalogues and designed her own web site. She has taught and

coordinated workshops on growing Chinese medicinal herbs and for the past 5 years has provided internships to students from Ohio University and Hocking College



Cindy Riviere

Managerial and herb skills aside, Cindy is a delightful, bright-spirited person who brings great enthusiasm, communication skills and ideas to this position. We are confident that our members and our organization will continue to be well taken care of in Cindy's capable hands.

As part of this transition, our UpS office will move from Vermont to Athens, Ohio, only 20 minutes away from UpS' Botanical Sanctuary in Rutland, Ohio.

Her contact information is:

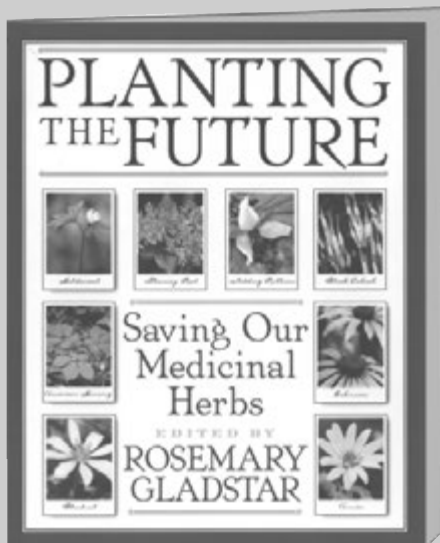
UpS Office, Po Box 77, Guysville, OH 45735. Phone: 740-662-0041, Fax: 740-662-0242,

Email: plants@frognet.net

PLANTING THE FUTURE

Edited by Rosemary Gladstar

Land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations. This book will supply you with valuable information including:



- Herbalists sharing their extensive experience with using and growing 'At-Risk' herbs
- Suggestions for creating your own private herbal sanctuary
- Color photos of 30 medicinal plants
- Mail order resources for hard-to-find seeds
- Suggestions for making eco-friendly purchases and using other herbs with similar actions as alternatives

Selected by the Vermont Book Professional Association as one of the *Twelve Best Books of 2000* by Vermont Publishers!

Send \$22.95 plus \$3.00 s/h to: UpS • Po Box 77 • Guysville • OH • 45735

Heartfelt Thanks To Nancy Scarzello

United Plant Saver's First Office Manager

"The position of office manager requires someone with excellent office skills, computer and email capabilities, good organizational skills, and excellent people skills. This person must be a self-starter, flexible and creative."...So

begins the job description for the UpS office manager. But that's just the beginning; they must also be able to juggle several tasks at once, work with many different personalities, be committed to the mission of UpS and be a knowledgeable herbalist with an understanding of the issues surrounding plant conservation and habitat restoration. Quite a tall order, most notably to find a skilled office manager who is willing to spend as much indoor time as this job requires and who also knows and loves plants. Nancy Scarzello, our first office manager, has been all of these things and more. As she prepares to pass her office duties over to our new office manager, Cindy Reviere, we want to take this time to honor Nancy's longstanding commitment and dedication to this organization. She has been instrumental in the growth of United Plant Savers and is a truly dedicated and joyful person to work with.

When Nancy began this job in 1997, she started as a volunteer. Rosemary Gladstar was running the operation as 'a one woman' show from her office, trying to keep up with the mailings, answering phones, etc. Having just sold her busy herb nursery business, Nancy had a bit of unexpected time on her hands and

volunteered to help catch things up in the office. That was over five years ago. Nancy not only volunteered her time for the first year, but essentially created the office manager job, co-edited the newsletter, got a variety of the early projects off the ground, and served as an important liaison with our members. In every way Nancy's dedication to the mission of UpS has been exemplary.

Thankfully, Nancy's resignation from the office manager position doesn't mean the end of her relationship with UpS. Quite the contrary. Nancy has accepted a position as Chair of the UpS Advisory Board and will continue to be an active member. Her current projects are initiating the Children's Medicinal Plant Education Program, something we've long planned but have lacked resources and a willing facilitator, and

she will continue to coordinate member related activities.

Thank you, Nancy, for your past and present dedication to United Plant Savers! r



Nancy Scarzello



Sassafras in the Fall
photo©Paul Strauss

NEW UpS POSTER



If you listen, they will teach you.

Black and green etching by Kevin Morgan
\$7.50 (Includes shipping)

Send Check or Money Order to:
UpS • PO Box 77 • Guysville, OH • 45735

UpS Network

?An Extra Year-End Donation?

We know we are one amongst many asking for help, but United Plant Savers depends on the support of it's members to continue the important work of medicinal plant conservation.

As the year draws to an end, the usual deluge of requests for financial assistance from every non-profit organization begins pouring in. Your mailbox, like mine, is probably filled daily with urgent requests for help for one important issue after another. All of the issues seem pressing, and most are. Like many of you, I sort through the piles deciding which issues are most important to me and where I feel that my contributions will be most effective. Why choose United Plant Savers?

Though we are a small grass roots organization, we've made a major impact on medicinal plant conservation. With almost entirely volunteer help, an active and dedicated board, and tremendous support from our membership, we've grown the concept of native medicinal plant conservation from almost a 'non subject' to one of utmost importance. We've established the nationally recognized "At-Risk" & "To-Watch" lists, written an award winning book, *Planting the Future*, hosted numerous educational conferences across the country, and established several successful projects that support medicinal plant conservation from our Sanctuary Network Program to our Plant Giveaways, to Partners in Education and One Seed at a Time, and our Community Outreach Program. For an organization that depends almost entirely on volunteer help, we've accomplished a lot in the seven years since the birth of UpS.

Like many other small non-profits, this year has been the toughest for us financially. Its been good for us, though, providing an opportunity for us to look at ways we can continue to grow this amazing heartfelt organization ~ because the need for medicinal plant conservation and habitat preservation is not going to go away, and to make the organization both more efficient and more effective.

Its difficult to ask at a time when most individuals and companies are feeling the financial restrictions of the times, but even the smallest gift will help us in our goals towards preserving our native medicinal plants, the habitat they grow on and the great web of life that supports them. Quite frankly, we could use the help right now. Our commitment, regardless, is to continue to do the greatest job we can to achieve the mission of UpS. r

In the Green,

UpS Sanctuary Intern Program

Two sessions, each 3-1/2 months, are scheduled mid-March to mid-June and July to mid-October. Interns work 30 hrs/week doing a variety of medicinal plant conservation and cultivation projects.

A hands-on practical approach, classes, and opportunities to work with various staff are scheduled. Interns learn medicinal plant identification, sustainable wild-harvesting principles & practices, and medicine making.

For more information contact UpS Sanctuary Intern Program, Po Box 77, Guysville, OH 45735
Phone: 740-662-0041
Email: plants@frognet.net

HerbaCulture Work/Study Program

Herb Pharm offers an *HerbaCulture* Work/Study Program on their certified organic farm in southern Oregon. Program runs mid-March through July. Work includes the cultivation and harvest of medicinal herbs in exchange for classes involving many aspects of organic farming and herbalism. Must be prepared for hard work. No monetary fee. Communal housing provided. For application write: Work/Study, Herb Pharm, PO Box 116, Williams, OR, 97544. Email: workstudy@herb-pharm.com or phone (541)846-9121.

United Plant Savers New Office

P.O. Box 77, Guysville, Ohio 45735

New phone # (740)-662-0041

New fax#: (740)-662-0242

Email: plants@frognet.net

Calling All Growers!

United Plant Savers would like to help connect people who are looking for the dried / fresh herbs and herb plants that growers can provide.

UpS has created two different source directories. Our *Nursery Directory*, is a listing of cultivated sources of live plants and seeds of "At-Risk" native medicinal herbs. Our *Quality Bulk Herbs Directory*, is a listing of cultivated sources of fresh and dried, harvested medicinal "At-Risk" herbs.

These directories are offered free-of-charge to all United Plant Savers members, are listed on the UpS website (www.plantsavers.org), and are made available at UpS conferences and other events where UpS has a presence.

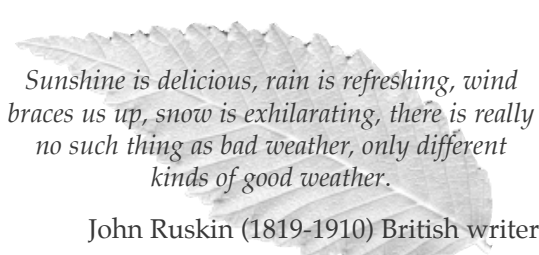
We are currently in the process of our yearly update of these directories. Please contact Cindy Riviere at the UpS office to obtain a questionnaire if you would like to be included in our upcoming publications.

UpS / Source Directories

Po Box 77

Guysville, OH 45735

Phone: 740-662-0041 ~ Email: plants@frognet.net



Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating, there is really no such thing as bad weather, only different kinds of good weather.

John Ruskin (1819-1910) British writer

Thanks to John George of the Medicinal Plant Working Group who noted that the latest issue of the *National Wildlife Federation* magazine has an article about plant poaching in the Smokies. You can find the article online at the following URL:

<http://www.nwf.org/nwf/natlwild/2001/ginseng.html>

Native Plants:

Propagation and Restoration Strategies

December 12-13, 2001

Eugene, Oregon

Co-sponsored by: Nursery Technology Cooperative, Oregon State University and Western Forestry and Conservation Association

\$195.00 registration fee

Program information at www.westernforestry.org

Contact: Richard Zabel, 503-226-4562 or richard@westernforestry.org

Fall Equinox Celebration 2002: *Plants and People – Creating Sustainable Relationships*

September 20

Pennsylvania State University

September 21-22

One World Environmental Camp
Spring Mills, PA

Teachers include: Steven Foster, Elliot Cowan, Rutchatneet Printup, Jennifer Tucker, Bill Russell, Barbara Anderson, Carol Lindsay, Kat Alden, Jennifer Chesworth

Entertainment By: Sacred Moon Drummers & Dancers, and the Andy Tolins Trio (Billboard Magazine's best unsigned Blues artist 1999).

Co-sponsors: UpS, The School of Living Land Trust, The Penn State University Center for Sustainability.

Contact information: Jennifer Chesworth; PO Box 348 Boalsburg PA 16827; 814-466-7264 cafesombra@aol.com

All proceeds will be donated to UpS.

UpS Conferences

Planting the Future

Annual Membership Meeting &
Conference

July 20, 2002

Sage Mountain Herbal Retreat Center
E. Barre, Vermont

Cost: \$65 (members \$45) includes all workshops, demonstrations and other activities. To register send \$35 non-refundable deposit to: UpS/Sage, P.O. Box 420, E. Barre, VT 05649
Nancy Scarzello: 802-479-9825;
fax 802-476-3722
email: sagemt@sagemountain.com

Teachers include: Matthais & Andrea Reisen, Rosemary Gladstar, 7Song, Robert Chartier, Nancy Scarzello, Paul Strauss, Cindy Riviere, Kelly Kinscher, Steven Foster, Pam Montgomery, Bevin Clare, Jeff & Melanie Carpenter, Annie Wattles & Nancy Phillips.

Pre-registration is required as space is limited.

Further information & directions will be sent upon receipt of deposit.

UpS 2002 Annual Membership Meeting

Our 2002 membership meeting will be held on July 20th, at Sage Mountain in E. Barre, Vermont, as part of our *Planting The Future* weekend conference. July is a beautiful time at Sage Mountain as the woods and gardens will be in full-bloom. We hope many of you will be able to join us for a very special herbal gathering!!

Planting the Future Austin, Texas

April 13th & 14th, 2002

Lady Bird Johnson Wildflower Center

Pre-Registration: \$50/one day, \$80/both days. After April 1st: \$60/one day, \$100/both days.

Teachers include: Christopher Hobbs, Rosemary Gladstar, Steven Foster, Pam Montgomery, Ryan Drum, Ed Smith & others.

For info: Contact Cindy Reviere, PO Box 77, Guysville, OH 45735
Phone: 740-662-0041 Fax: 740-662-0242
email: plants@frognet.net

Lost in the Woods

June 7-11, 2002

United Plant Savers Sanctuary
Rutland, OH

Cost: \$375 for UpS members.

Teachers include: Steven Foster, Cascade Anderson Geller, Paul Strauss, Paul Neidhart, Hank Huggins, Richard Liebmann, & others.

For info: Contact Cindy Reviere, PO Box 77, Guysville, OH 45735 Phone: 740-662-0041
email: plants@frognet.net

Rocky Mt. Herb Gathering

Aug. 31 to Sept. 2, 2002

Estes Park YMCA, Boulder, CO

Cost: \$195 per person. 50% of the profits will be donated to UpS, 50% to the Rocky Mountain Center for Botanical Studies.

Teachers include: Paul Strauss, Tammi Hartung, Cascade Anderson-Geller, Rosita Arvigo, Feather Jones, Paul Bergner, Brigitte Mars, Mark Plotkin, & others.

For info: Rocky Mtn.Center for Botanical Studies
PO Box 19254 • Boulder • CO 80308
Phone: 303-442-6861 • E-mail: rmcbs@indra.com
Website: www.herbschool.com

Musings from the Farm

April

At this very moment in April, even on the acre around my house/cabin, the volume and diversity of life is so outstanding. A riot of flowering, mating, nesting. Shoots pushing their way to sunlight...to be. It is the license of any normal April to run amuck. On the first, we get a snow and take a sweat with old friends. On the second it's 70 degrees, a good day to move manure. The mourning dove is on her eggs on the same beam

in the tractor shed and the yard is full of the mockingbird's sweet song. Snakes awake

and much to my dismay it looks like a peak year for the tent caterpillar. First

to be defoliated is the wild American Cherry, my apples are next. I help many snapping turtles across the road.

It has occurred to me often, that perhaps once in every turtle's life, be it a Box turtle or a Snapper, it must cross the road, a test of sorts in this speeding world – in other times there were different tests. By mid-April all hell breaks loose and the flowering begins in earnest, Red Bud and Dogwood, Spicebush and Paw Paw, Goldenseal, Wild Ginger, Hepatica, Trillium, Violets, Geraniums, Dutchman's Britches, Peaches and Cherries. Black Cohosh, Collinsonia, Ginseng, Wild Yam break through, and Morels pop up. It is too dry to be a great Morel year, but there are always some. The Sassafras is flowering as intense as I have ever seen. Peas, lettuce, beets, carrots, spinach and taters are planted. Garlic is hoed. We watch a Scarlet Tanager bathe in Ramp Holler Creek. Our spring interns arrive to take part in the earth's dance. These forests are a good start.



Fruiting Goldenseal

May

Tick numbers are mercifully down this year. Early May is hot and dry, watering and mulching are being done in earnest. Corn, beans, squash and cucumbers are planted. Tomatoes, basil, peppers, castors and

sunflowers are put out from earlier plantings in the greenhouse. Mowing begins.

May's woodland flowers include the stately Tulip Poplar, Maple Leaf Viburnum. Putty Root, Spiderwort, Sweet Cicely, Woodland Milkweed, and Virginia Snakeroot. In the fields are Daisy, Hawkweed, Honeysuckle, Coreopsis, Salsify, Blackberries and invasive, yet sweet scented, Multiflora Rose.

We transplant ginseng from woodland seedbeds and finally get some rain. Hoeing in the beds and gardens begins.

Richard, Rosemary and I teach at a native herb conference in Linden, Virginia at Indian Pipe Outdoor Technical School. This conference was put on by UpS friends and supporters at the Dreamtime Center for Herbal Studies. This beautiful area has a passionate herbal community. Back in Ohio, a mini tornado takes out a neighbor's house, and some trees topple near us, but we are spared.

I manage to urticate my face while weed whipping an attacking nettles patch.

Planted another round of onions and baby turkeys are about.

Part of our amazing community gets together for a pot luck at Golden Healing Pond, and take on the fifteen foot climbing wall of the Ropes Course – they make it look easy.

June

Summer begins in earnest. I watch the aerial mating of the Ruby Throated Hummingbird. Gangs of crows patrol the skies and fields.

Early to mid-June is the time when White Yarrow, Wild Quinine, Valerian, Feverfew, Poke, Peas, Beardtongue, Daisies, Marshmallow, Rattlesnake Master, Arugula, Elderberry, Chestnuts, and Ginseng seem to predominate. The deep long lasting yellow of Echinacea paradoxa and the rich orange of nectar filled Pleurisy Root (Butterfly weed), intense red Bee Balms and the soft yellow candle-like flowers of Verbascum olympicum delight my eye. I gather these flowers, with help, to make mullein garlic ear oil – about forty gallons this year.

The garden is bountiful – broccoli, peas and greens pouring forth. I love giving away the excess bounty.

By the end of the month, the evening ritual is watching fireflies rise through the meadows at dusk to illuminate the night sky – are there really people watching TV?

Continued on next page

Having for the past several years been involved with almost too many conferences I have high expectations. Both of the June gatherings exceeded my expectations.

The intimate forest experience of Lost in the Woods is my personal favorite.

The Appalachian Herb Gathering, with 275 in attendance, went smoothly – thank you to all participants and teachers for your time and energy on this green path.

July

Bluebird and Sunflower days, sunflowers being the royal sentinels of the gardens. Sassafras Kid's Camp takes over my cabin and Golden Pond. Learning, laughter, and of course, camp initiation pranks. One brave young man's right of passage was to stick his whole head through the outhouse hole for a count of 30. This is how 'real men' bond with nature.

The garden yields new potatoes, sweet beets, tomatoes, beans and basil greens. The smell of corn's sweet pollen hangs thick in the humid air. Long hours of work are rewarded by swims in the pond.

We build a floating dock for Heart Pond to enhance these essential aquatic activities. It is time to add more supers to the hives.

The prairie areas we planted are peaking, each one a bountiful flowering ecosystem. I make up some more Ginseng/Ginger/ Three Fungi extract – press and filter propolis extract, sweep out the shops and apothecary. It is some of the hottest and most humid days of the year, fans help.

There is a Blues Festival on the levy in Pomeroy. Passionflower is going off, and we find some chanterelles and oyster mushrooms on our walks – always a bounty!

August

We shut down the sanctuary for most of the month – a break between internships. I am able to take a few weeks off and drive to a few southwestern locations I have always wanted to see, the San Juan Mountain range near Ouray and Ridgeway in southern Colorado. Kayaking on the canyon areas around Moab, Utah, and New Mexico's Chaco Canyon.

On returning, everything is in fine shape, but again weeding becomes a major activity. Our new interns come by the end of the month. Concord grapes are ready, and a few apples also. I extracted 65 pounds of honey from one hive. This same hive will go on to make another 25 pounds this season – a good year.

September/October

These months bring on the purple, pink and gold as our multi-specied forests changes its colorful palate for weeks and weeks. It is dry again, beautiful, bright, clear weather for days. During the yearly visit by 7 Songs Northeast School of Botanical Medicine – Disney World shuts down, McWorld awakes to a good time to study civil liberties. We are getting some cool mornings. Now I make Echinacea root extract to be combined later with Echinacea flower heads and leaf extract. We sort lumber in the barn and start building a 12x16 cabin on the site where the '99 tornado took out the trees, whose lumber we use – a logical circle.

We add Spur Trails to our Medicine Trail – the Circuitous Tree Trail and The Up and Back to Dad's Woods Trail and the Hunting Oak Trail. Signs on these trails will not only identify native species, but all will tell about the Natural History of the forest.

One of our past interns and supporters, Joe Viney from San Diego, has just purchased a 160-acre turn-of-the-century farm next to the sanctuary and my farm. Much of the forest on this land still has old-growth trees and understory, and friends Brian and Michelle, who were at the sanctuary the night of the tornado, are cleaning up, and planning to move to a 54-acre farm they

bought next to Willow Farm. This community continues to grow and be protected by like-minded stewards.

We get our first frost on October 7th. We dig 500 Goldenseal plants raised on the sanctuary for our Fall Giveaway. These "seedlings" of sanctuary will continue to multiply under the care of you, our members. r



Wild Yam



Pleurisy going to seed

A Watery Tale

by Paul Strauss

Eleven years ago I developed a gravity-flow water system from a spring emerging from a hill high above my house. I ran across this particular spring years prior while building a fence for my milk cow, horses and mules. Upon finding cattails and bullrush along the fenceline, it was clear to me that this area held great water potential.

Standing quietly, pondering the possibilities of my discovery, I was visited by a hummingbird who, seeking rest between sippings of jewelweed's nectar, landed on my shoulder. I took all of this as a good sign and knew that at some point I would develop this liquid resource.

As the water flows downhill, I have placed hydrants by the greenhouse, gardens, flowerbeds, and house cistern. It all seemed simple enough, a need for water, gravity and valves.

Some of your more basic elements all would agree, yet full potential can be disguised by life's physical realities. The system's stopping point was the apothecary where we need large quantities of good water for medicine making, drinking, and cleaning lots of oily stainless steel and glass containers. Hot water being critical, I decided on an on-demand hot water heater. It makes ecological sense not to keep the water hot all day but only burn fossil fuel when needed.

Last year I moved ahead with this low technology and in March put an outdoor shower behind the apothecary where the year before I had planted some huge black cohosh

roots. Now, after a long day's work, I so enjoy taking an outdoor, gravity fed, spring water shower, listening to the creek go by and the birds chatting and the jingle of wild flowers all around me. Suddenly I felt the very pleasant sensation of the black cohosh in full flower tickling my bottom. I think that a few of you would agree that there are many interesting possibilities that could come out of this human/plant interaction. Hey it feels

good...hot water, gravity, the great outdoors and flowers. I think I'll keep going down the hill and run the water to John and Sherry's. They too might enjoy the possibilities. Hank and Paul and Amy's place is the next stop down the road. Who knows what plants those botanically demented folks will shower with!

Perhaps the real importance of this watery story is the sheer pleasure of getting here – how

wonderful to be living a life so interconnected with lush land that affords me the mingling of my being with thousands of other species, their well-being, blessing the fullness of evermore obvious circles. r

Bee Free,
Paul



Fire Flower
photo ©Paul Strauss

*"Know your garden.
It is time to speak your Truth.
Create your community.
Be good to each other.
And do not look outside yourself
for the leader."*

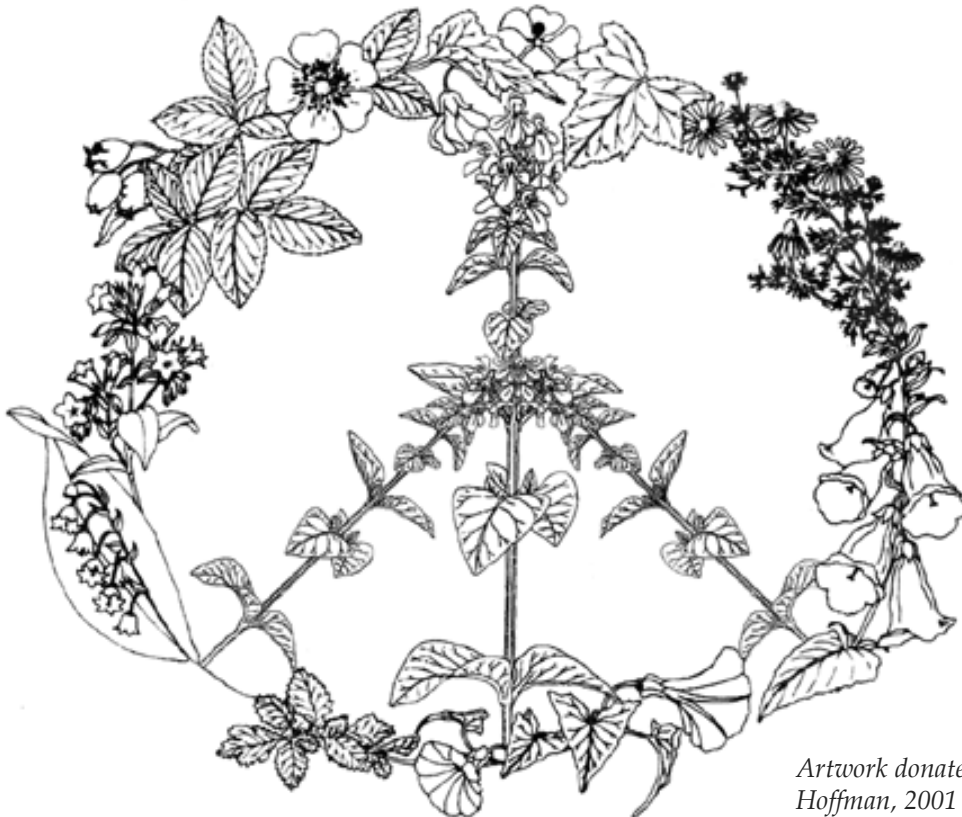
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UNITED PLANT SAVERS

Summer 2002



Journal of Medicinal Plant Conservation

A non-profit education corporation dedicated to preserving native medicinal plants

INDUSTRY ASSUMES RESPONSIBILITY IN THE CONSERVATION OF U.S. BOTANICALS

The medicinal and aromatic plant industries have long participated in workshops to share new research, explore product development, and clarify consumer safety issues. However, the perspective of Native Americans usually is not on the workshop agenda, nor is conservation data. Both of these additions to the agenda made the *Industrial Leadership for the Preservation of Medicinal and Aromatic Plants* a unique experience for participants. The symposium brought all stakeholders into the discussion, and provided a forum for the exchange of multi-disciplinary information.

The two-day symposium held in Philadelphia, Pennsylvania, February 26 and 27, 2002, brought together Native American elders, conservationists, botanists, scientists, industry and government to address growing concern for the future conservation of North American wild botanical resources, as well as the status of foreign botanicals used by industries in the United States. Organized by the Plant Conservation Alliance-Medicinal Plant Working Group, a consortium of federal agencies and non-federal cooperators working collectively for native medicinal plant conservation, it was sponsored by industry leaders such as Aveda, American Herbal Products Association, the Steven Foster Group, Inc., GlaxoSmithKline and the American Botanical Council. The symposium was held in the Sheraton Rittenhouse Hotel, a leading "green" hotel in the United States that combines quality lodging with environmentally responsible business principles such as energy conservation and the use of recycled materials.

With the physical presence of the

Rittenhouse as a daily reminder of the environmental difference committed leadership can make, symposium speakers outlined steps their industry has taken to ensure the sustainability of plants used in their products. Aveda discussed its work with Sandalwood (*Santalum album*); Strategic Sourcing with Goldenseal (*Hydrastis canadensis*), and GlaxoSmithKline with Black Cohosh (*Actaea racemosa*). Distinguished researchers, Native Americans and industry leaders shared new ways to help balance conservation, business, and cultural concerns associated with medicinal and aromatic plant use.

Dr. Gary Nabhan, Director of the *Center for Sustainable Environments*, Northern Arizona University, and keynote speaker for the symposium, summed up the importance of the two days: "Overcoming differences that distanced us from one another in the past, representatives from many cultures, professions and regions found common ground on how to conserve and use native medicinal plants."

To honor the source of our earliest native plant knowledge and to emphasize that respectful plant use also requires respectful relationships with native people, the symposium began with a traditional blessing led by Canoncito Navajo Spiritual Elder Leon Secatero, assisted by other Plant Conservation Alliance - Medicinal Plant Working Group Elders' Circle members from six United States tribes. The Elders' Circle is a committee of representatives from the Navajo, Mohawk, Yurok, Catabwa, Cherokee, Kumeyaay, and Accohanock tribes, invited by members of the Medicinal Plant

Continued on page 3



Summer 2002

A publication of
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a non-profit education
corporation dedicated to
preserving native
medicinal plants.

UNITED PLANT SAVERS

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GREETINGS FROM UPS

What a time of transformation this has been for UpS. So much change and growth, letting go, renewal, and rebirth. Though there have been numerous challenges, it has been a rewarding and gratifying year, and in many tangible ways, the most rewarding year ever at UpS. What alchemical process is it that takes setbacks and trials and turns them into gold? Or more humorously stated, 'when life hands you lemons, make lemonade'. Add a bit of honey and a sprig of fresh mint, and you've a recipe for the best lemonade ever! That's what this year has seemed like to us at UpS.

As most of you know, the UpS office, which only a few months earlier had moved to its new home in Ohio, burned to the ground with everything in it ~ all of the files, books, brochures, printed material, t-shirts and office equipment. Though the fire was a setback for certain, nothing was lost that wasn't retrievable on some level. Thankfully, all of our records had been backed up by Nancy Scarzello (thank you, thank you, Nancy!) before the office moved. (By the way, backups had been done faithfully in Ohio too, but the disk was left in the office!). The fire also consumed the office of Cindy Riviere, our office manager, and her many years of research on the cultivation of Chinese Medicinal plants were lost. Ah... it was a hungry fire.

The worse thing about the fire, however, was the timing. Cindy had just returned home from surgery. It was hardly the welcome home party she deserved. But that woman has an amazing spirit that continues to awe and inspire all of us who work with her. Cindy is in California right now spending her birthday hiking Mt. Shasta with her husband, Robbie. The office is 'recovering' quickly as well. We were 'up and running' smoothly within a couple of weeks of the fire so if you called even a few days after the fire, you'd most likely get Kristen, our office helper, or even quite possibly Cindy, back at work in the temporary office she had set up in her home. Nothing was lost that was not retrievable with a little extra work, elbow grease, help from friends, and the ever-necessary financial support. And the support, in every way, has been tremendous. Our members, friends in the Ohio community, and even the local bank, helped us retrieve recent members & donations by tracing checks – it was a community effort at its best as everyone pitched in to get the office back in running order. To Peter Precario who is helping us with the legal issues, Kristen who worked extra time helping to get the office back in operation, Nancy Scarzello who continues to be one of our most active members, and all of the other people who helped out in so many ways had a hand in making 'the best ever lemonade'. Thank you from the depth of our hearts for your encouragement, support and prayers. Without this support, UpS would cease to exist. And without the mindful hearts and watchful eyes of those who love and care about native plants and the habitat they thrive on, they could disappear off the face of the earth.

Along with the transformational forces of fire, we are also seeking new leadership for UpS. Dr. Richard Liebmann, who has served as our Executive Director for the past five years, is no longer able to serve as Executive Director due to added demands of his family business (see page 23). Under Richard's guidance, UpS has grown and thrived and, most importantly, has accomplished many of the goals set forth when he was chosen as our first Executive Director in 1997. He will always be respected for his role in helping to get UpS 'off the ground', or rather, considering our grass roots orientation, 'more deeply grounded' as grass roots always grow best when firmly rooted in the earth. Along with his dedication, commitment and ability to work long and hard for the organization, Richard will also be remembered by the board for the delightful venues he created for our board meetings. If you know of someone who has strong leadership abilities, a commitment to the green, excellent fund raising skills, and experience working with non-profits, please ask them to contact Sara Katz at UpS.

This is the cycle of new beginnings for UpS. We are being infused with new energy, hope, spring growth and rebirth. It feels deeply good, perhaps because the 'newness', this new growth, is so firmly rooted in the rich heart of the earth.

*In the spirit of the Green,
Rosemary Gladstar, President UpS*

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LET US HEAR FROM YOU!

UpS' Journal of Medicinal Plant Conservation is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants.

We encourage you to send us your opinions and thoughts for submission to the Journal. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the Journal to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.

Industry Takes Lead...Cont. from page 1

Working Group to take a strong leadership role in native medicinal plant conservation.

The blessing established the tone and direction for the two days of presentations and discussions. It also signaled the critical role these elders played, both in endorsing the symposium and in guiding program development. "The elders say you must take care of the land and your surroundings to fulfill your sacred path and become part of Mother Earth's beautiful gift," said Leon Secatero in explaining the commitment of native people to exploring cooperative efforts with industry and other organizations to help reverse the loss of biodiversity.

As a symposium sponsor, Dominique Conseil, President of Aveda, also expressed why the symposium was important to him as a businessman: "At Aveda, we think there is no responsible alternative to doing business than in an environmentally sustainable way. We see the challenge of environmental sustainability as one of protecting biodiversity. Caring for endangered species starts in our own backyard, with the aromatic and medicinal plants we use as an industry."

RESULTS

Industrial Leadership in the Preservation of Medicinal and Aromatic Plants was a remarkable event in which people who seldom have the occasion to interact found that they had the same goals in common. At the end of the symposium, approximately 125 people representing 60+ organizations reached consensus on the following:

1. We endorse the Plant Conservation Alliance (PCA), and the Plant Conservation Alliance- Medicinal Plants Working Group (PCA-MPWG) and its mission.
2. We acknowledge that we are all stakeholders in the preservation of plants.
3. We recognize that we need guidance from our indigenous elders.
4. We intend a more formal structure for industry participation in PCA and PCA-MPWG.
5. We will hold another Industrial Leadership meeting in about one year to assess our progress toward formalizing a structure.

In addition, the group agreed to move forward with an Industry Committee, co-chaired by Michael McGuffin (American Herbal Products Association), and by Julie Lyke (U.S. Fish and Wildlife Service).

The goal now is to follow up on the intention to meet again next year. By 2003, the second meeting of *Industrial Leadership in the Preservation of Medicinal and Aromatic Plants* will report on progress to advance knowledge of the sustainability of these important plants.

This article was reprinted with permission from author, Mary Maruca of US Fish & Wildlife, and the American Botanical Council (ABC). The full text of this article will appear in the summer 2002 issue of HerbalGram, the outstanding journal published quarterly by ABC. www.herbalgram.org



VOICES FROM THE GREEN

Dear Friends, We had a raffle to win a "Hot rocks Massage" and decided our proceeds should go to United Plant Savers. Thanks for all of your hard work. Sincerely, Jill Schroer Deja vue Center for Alternative Health Newark, Ohio

Green thanks to the teachers who donated their time and expertise at the United Plant Savers Conference & Annual Meeting at Sage Mountain on July 20th:

Rosemary Gladstar, Pam Montgomery, Cindy Riviere, Robert Chartier, Jeff and Melanie Carpenter, Matthias Reisen, Nancy Scarzello, Nancy Phillips, Joanne Snow, Bevin Clare and Guido Mase.

Our gratitude is also extended to the sponsors of the conference: Sage Mountain, Hunger Mountain Co-op and Goddard College. Much appreciation to the 100+ members who gathered together in "Planting the Future".

Hello??

Voices...Continued from previous page

I have been here less than a month, and already from being in a place saturated with plant worshippers I have learned more than I expected.

All of the teachers we have share a plant passion, but each of their views slightly differ. Getting to stay put somewhere and come to know a region in nature is a whole other world that keeps your brain creative. Beyond the people there is the land. The more I am out in it, the more I connect things and make sense of existence.

Besides the plants, we are learning the ins and outs of being self sufficient, such as alternative means of energy, farming, and fixing things.

I travel a lot and don't stay put for too long, but after being here and listening to people tell stories about a tree that they have known for 20 years, and its life cycle, and their relationship with it, I am excited like a little kid and want to stay put somewhere, and come to know a region in nature. It's a whole other world that is right at your feet, but so far away from most people, and that is unbelievable. UpS is helping me know what is at my feet.

~ Missi Hacker, UpS Intern, Spring 2002



Dear UpS,

We were very sorry to hear of the fire UpS sustained at its office. We are very supportive of the work you all at UpS carry out and as of May 1, all new students in our Diploma in Herbal Studies will be given a paid membership to UpS, which we hope will support your organization and bring awareness to all of our students and graduate of the importance of sustainable herbalism.

In order to help you out immediately, we propose to conduct a fundraiser in the month of June where we will donate 10% of sales at our Apothecary Shoppe to the UpS fire fund.

We are emailing our mailing list and posting this information at our Apothecary Shoppe site at www.apothecary-shoppe.com We hope that this will bring you a helpful amount in these trying times!

We will be in touch early July with our sales totals for June and a check!

Warm regards,

Dorene and Erika Petersen

Australasian College USA and Apothecary Shoppe.

GREEN THANKS & GRATITUDE

Green Angels - \$50,000+

Judy and Michael Funk
Paul Strauss

Leaders - \$5,000+

Horst Rechelbacher
International Herb Symposium
Herb Pharm
Frontier Co-op
Outagami Charitable
Foundation
National Fish & Wildlife
Foundation
Robert Campbell
Community Foundation of
Jackson Hole
Sacharuna Foundation
Wild Oats Market, Inc.
Millrock, Inc.
Rosemary Gladstar
Sonoma County Community
Foundation
Herbal Magic

Sponsors - \$500 - \$4,999

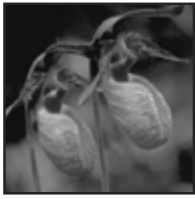
Peggy Brevoort
Kelly Kindscher
Michael Mc Guffin
Scott Pollack
Ronnie Sellers Productions
Sage Mountain
Sierra Club, Austin
Wheeler Family Trust
Laura & Tim Batiste
Howard & Gayle Gross
Nick Kulibaba
Thomas Riley
Joe Viney

Green Thumb - \$100 - \$499

Jeri Baldwin, Donna Barnett,
Louise Berliner, Kirsten
Cahoon, James Callaway,
Delia Carroll, Trish Flaster,
Susan Foote, Deborah
Gorsline, Gifts from the
Earth, Dave Gutknecht,
Virginia Hadley, Tammi
Hartung, Sandra Housel,
Hunger Mountain
Cooperative, Michele
Kennedy, Theodora Kramer,
Annabel Lee, Tim & Beckie
Luikart, Bonnie Mackey,
Christina Macleod, Laura
Messinger, Mother Earth
Foods, Mary Murphy, New
England Herbal Supply Co.,
Deirdre O'Connor, The
Peaceable Kingdom, Cindy
& James Phillips, Terry
Rader, Crystal Rae, Karen
Rosasco, Lynda Sadler, Joann
Sanchez, Lotti Sanders, Betsy
Sandlin, Dale Schusterman,
Catherine Smith, Beth Snyder,
Jen Steitz, Pam Thompson,
Twelve Corners, Joseph
Vincze, Susan Wahrlab,
Rebecca Willow, Twila Dawn
Willis, Julia Yu

*We should feel that we are constantly in
communion with those numinous cosmic forces
out of which we are born.*

Thomas Berry, Eco-Theologian



UPS "AT-RISK" FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

~ "At-Risk" ~

American Ginseng
(*Panax quinquefolius*)
Black Cohosh
(*Actaea (Cimicifuga) racemosa*)
Bloodroot
(*Sanguinaria canadensis*)
Blue Cohosh
(*Caulophyllum thalictroides*)
Echinacea
(*Echinacea sp.*)
Eyebright
(*Euphrasia sp.*)
Goldenseal
(*Hydrastis canadensis*)
Helonias Root
(*Chamaelirium luteum*)
Kava Kava
(*Piper methysticum*) (Hawaii only)
Lady's Slipper Orchid
(*Cypripedium sp.*)
Lomatium
(*Lomatium dissectum*)
Osha
(*Ligusticum porteri, L. sp.*)
Peyote
(*Lophophora williamsii*)
Slippery Elm
(*Ulmus rubra*)
Sundew
(*Drosera sp.*)
Trillium, Beth Root
(*Trillium sp.*)
True Unicorn
(*Aletris farinosa*)
Venus' Fly Trap
(*Dionaea muscipula*)
Virginiana Snakeroot
(*Aristolochia serpentaria*)
Wild Yam
(*Dioscorea villosa, D. sp.*)

~ "To-Watch" ~

Arnica
(*Arnica sp.*)
Butterfly Weed
(*Asclepias tuberosa*)
Cascara Sagrada
(*Rhamnus purshimia*)
Chaparro
(*Casatela emoryi*)
Elephant Tree
(*Bursera microphylla*)
Gentian
(*Gentiana sp.*)
Goldthread
(*Coptis sp.*)
Lobelia
(*Lobelia sp.*)
Maidenhair Fern
(*Adiantum pendatum*)
Mayapple
(*Podophyllum peltatum*)
Oregon Grape
(*Mahonia sp.*)
Partridge Berry
(*Mitchella repens*)
Pink Root
(*Spigelia marilaandica*)
Pipsissewa
(*Chimaphila umbellata*)
Spikenard
(*Aralia racemosa, A. californica*)
Stone Root
(*Collinsonia canadensis*)
Stream Orchid
(*Epipactis gigantea*)
Turkey Corn
(*Dicentra canadensis*)
White Sage
(*Salvia apiana*)
Wild Indigo
(*Baptisia tinctoria*)
Yerba Mansa
(*Anemopsis californica*)
Yerba Santa
(*Eriodictyon californica*)

SYLVAN BOTANICALS

"Wild Ginseng Adoption Project"

by Scott Harris

As the 2001 ginseng season ends, so have the lives of thousands upon thousands of our Native American Ginseng Plants. Dug, dried, exported and destined for consumption, they are gone forever from the American woodlands.

Historical documents indicate that the ginseng plant was reported to be "scarce" as early as 1800. Over the next 100 years, the practice of over-harvesting wild ginseng continued as the prices steadily rose for the exceedingly rare and valuable American root. In order to continue supplying ginseng to the Orient, the secrets of successful propagation had to be explored.

Early attempts at cultivation proved futile to the growers of this new "crop". The elusive ginseng plant resisted taming. Disease wiped out most of the ginseng gardens in the early 1900's. With the discovery of new and mildly effective spray compounds, many gardens were saved from total destruction. These remedies proved to be a temporary fix, as the diseases returned yearly with a vengeance. The only answer to the problem proved to be the most logical one, return the ginseng to the woodlands where it had originated and flourished practically disease-free. Individual part-time growers that maintained small gardens of ginseng enjoyed smaller, but steady profits. Planting their ginseng in a manner consistent with nature proved successful. This method is referred to in modern terms as "wild simulated" ginseng. Millions of ginseng seeds were planted

Continued on next page...

Ginseng...Continued from previous page

throughout the northeast using this method. It is my theory that many of the ginseng plants found today are most likely the offspring of those planted back into the woods over a hundred years ago.

“Wild simulated” ginseng can best be described as “a ginseng plant whose very existence is the result of direct human intervention by way of the planting of seeds or young transplanted rootlets into an area that would naturally support wild ginseng and then allowed to endure the elements of nature without benefit of any further human assistance or care”.

Although the large corporate ginseng growers eventually showed small profits, all but a few claimed bankruptcy, to the dismay of many distraught and broken investors. Ironically, the few corporate growers that did manage to survive are currently purchasing large tracts of wooded lands and transplanting their field-grown ginseng into raised beds. Old habits die hard with this group of growers and the spraying continues. The trees are dying, the soil has been contaminated and rendered lifeless through the use of systemic pesticides, fungicides, herbicides and chemical fertilizers. What drastic measures they must resort to in order to label their over-the-counter products as “woodsgrown ginseng”, thus further confusing the unknowing consumer!

Whereas, the small woodland grower has prevailed because their choice to follow the example set by the ginseng plant, that being the ‘key to success’ is patience combined with slow and steady growth. The ancestors of the original grower still ethically harvest ginseng from gardens that were started over a century ago.

Once harvested, the golden root is carefully washed under running water, properly dried and then sold to licensed ginseng dealers, who in turn sell them to Asian buyers. Nearly all of the dried American ginseng roots are exported to Hong Kong. Upon arrival in China, the roots are sorted and graded as to quality, age, size and shape. These roots are then distributed through government-controlled auctions to buyers throughout Asia. Reports of individual roots bringing upwards of \$30,000 each are greatly exaggerated and only encourage out-of-season poaching.

Here at Sylvan Botanicals, well-meaning plant conservation enthusiasts often confront us with the following question: “If you are so concerned about the preservation of the wild ginseng, why do you purchase wild ginseng roots”? A logical question indeed! I am convinced that the following explanation will allow the reader to depart in full

agreement with our “Wild Ginseng Adoption Project”.

The simple fact is that ginseng has been dug for nearly 300 years in North America and will continue to be harvested as long as there is a demand for the root. It is our goal to “adopt” as many of these roots as possible and transplant them into our own secure gardens. In doing so, we are permitting the plants to remain alive in order to produce seed for future generations. We are not only saving the plant from the unpardonable and imminent death sentence of being dried for consumption, we are propagating new plants from the seeds. We do not buy dried ginseng roots, as they are considered dead and are of no value to us for replanting.

We are not only saving (Ginseng) from the unpardonable and imminent death sentence of being dried...

When we purchase fresh wild ginseng roots, you can be assured that the large majority of them will be replanted. Unfortunately, no matter how carefully a root is dug, there is always a chance that it may be damaged in the process. Accidental cuts and slices into the root body, broken rhizomes (necks), rodent and insect damage are the primary reasons for the culling of a root. Roots not deemed transplantable are used in the making of our high quality ginseng products or sold to local medical professionals and herbalists. After all, what good is a medicinal plant if it is not used medicinally?

It is not uncommon for an experienced wildcrafter to dig 3-4 pounds of fresh root and be home before dark. Last year, we opened the season by paying our diggers \$125.00 per pound for freshly dug ginseng roots. As you can see, the digging of wild ginseng can be quite lucrative. Many families depend on this yearly additional income for buying school clothes, paying taxes or to be used at Christmas time. Roots from the northeast states, especially the high quality roots found in New York, have consistently brought higher prices than roots from the southern states. We deal with a small elite group of ethical wildcrafters that are experts in the methods of harvesting and in keeping the roots in the freshest condition possible, which guarantees us a higher rate of transplanting success.

Let me assure you that the Sylvan Botanicals “Wild Ginseng Adoption Project” requires a large amount of capital investment. Yes, it is an investment and our mission to save the wild ginseng plants is not without a small degree of selfishness on our part. The plants are used in various research projects, as well as for a retail seed source. Rootlets grown from

Continued on page 11



UPS LIST OF HERBS & ANALOGS

by Jane Bothwell

After introduction to the UpS list of "At-Risk" plants, students always ask, "Well, what can we use in its place?" Often times the choice is simple: choose a cultivated species rather than one harvested from the wild. When cultivated species are not available, then it is best to find a plant analog. An analog is an herb having a parallel action, function or end result to other medicinal herbs.

In most instances, it is important and necessary to use a variety of analogs for the at-risk herb because an analog generally satisfies only some of the therapeutic actions of a particular plant species and does not demonstrate all medicinal actions of that plant. It is sometimes difficult to find replacements for our tried and true herb friends, but it also can be very satisfying and will expand your expertise, while helping to replant our future.

Choose alien (non-native) plants for food and medicine, leaving the more fragile native plant species to flourish. Many alien plants are extremely powerful medicinals and will be a welcomed addition to your medicine chest.

This is a partial list. More of Jane's recommended analogs for the "At-Risk" and "To-Watch" lists will be in forthcoming issues of the Journal. STAY TUNED!

America Ginseng *Panax quinquefolia*

Purchase organic roots only—even so-called woods-grown is suspect.

Chinese Ginseng *Panax Ginseng*

For increasing energy, stamina, fortifying immune system

Siberian Ginseng *Eleuthrococcus senticosus*

Adaptagenic, normalizes energy levels, increases productivity, immunopotentiating
Protective and recuperative immune tonic

Astragalus *Astragalus membranaceus*

Ashwaganda *Withania somnifera*

Important Ayurvedic herb for strengthening sexual energy and replenishing nervous system exhaustion.

Oats *Avena sp.*

Replenishes nervous system.

Arnica *Arnica sp.*

Cultivated sources only; use all aerial parts rather than just flowers; Arnica montana is threatened in its entire range in Europe.

Comfrey *Symphytum officinale*

Musculoskeletal concerns

Yarrow *Achillea millefolium*

Bruising

Calendula *Calendula officinalis*

Anti-inflammatory, vulnerary

St. Johns Wort *Hypericum perforatum*

Restores damaged nerve tissue, analgesic

Rescue Remedy - Bach flower essence formula

Topically & internally reduces trauma

Black Cohosh *Cimicifuga racemosa*

Most in commerce is wildcrafted

Vitex *Vitex agnus-castus*

Hormone balancing

Motherwort *Leonurus cardiaca*

Relieves anxiety, lifts spirits

Skullcap *Scutellaria laterifolia*

Nerve tonic, analgesic, alleviates mood swings, relieves anxiety

Bloodroot *Sanguinaria canadensis*

Celandine *Chelidonium majus*

Dissolves warts; contains sanguinarine

Tumeric *Curcuma longa*

May resolve skin cancer, anti-inflammatory and astringent to gum tissue

Self-Heal *Prunella vulgaris*

Anti-inflammatory and astringent to gum tissue

Spilanthes *Spilanthes acemella*

Stimulating, decay fighting mouthwash, tonifies gums

Blue Cohosh <i>Caulophyllum thalictroides</i>	Uterine tonic
Motherwort <i>Leonurus cardiaca</i>	Uterine tonic
Raspberry leaf <i>Rubus idaeus</i>	Oxytocic-promotes or accelerates childbirth by stimulating uterine muscles. Caution: not to be taken during pregnancy.
Cottonroot bark <i>Gossypium herbaceum</i>	Emmenagogue
Pennyroyal <i>Mentha pulegium</i>	
Cascara sagrada <i>Rhamnus purshiana</i>	Thin young saplings at base of tree. If necessary to cut down tree, leave high stump; it will resprout. Let cure for a year before using.
Senna <i>Cassia hebecarpa</i>	Contains anthroquinones, powerful laxative
Other Rhamnus species	Very similar actions to <i>purshiana</i>
Psyllium and Flax seeds	Bulk laxatives
Echinacea <i>Echinacea sp.</i>	Use only cultivated sources, very available.
Usnea <i>Usnea sp.</i>	Antibacterial, antifungal, antiviral. Collect windblown specimens on forest floor after a good winter storm.
Thyme <i>Thymus vulgaris</i>	Antibacterial, antifungal, antiviral, immune enhancing.
Spilanthes <i>Spilanthes acmella</i>	Immune tonic, antibacterial, antifungal, antiviral
Astragalus <i>Astragalus membranaceos</i>	Protective and recuperative immune tonic
Boneset <i>Eupatorium perfoliatum</i>	Relieves aches and pains of flu
Marshmallow <i>Althea officinalis</i>	Immune tonic and restorative
Eyebright <i>Euphrasia spp.</i>	
Chamomile <i>Matricaria recutita</i>	Soothing eye wash
Self-heal <i>Prunella vulgaris</i>	Soothing to mucous membranes
False Unicorn <i>Chamaelirium luteum</i>	Virtually non-existent at this point
Motherwort <i>Leonurus cardiaca</i>	Reproductive stimulant
Vitex <i>Vitex agnus-castus</i>	Hormone balancing
Raspberry <i>Rubus idaeus</i>	Uterine tonic
Goldenseal <i>Hydrastis canadensis</i>	
Barberry <i>Berberis vulgaris</i>	Contains berberine; astringent, anti-microbial, dries mucous membranes
Usnea <i>Usnea sp.</i>	Topical infections, eyewash, antibiotic, anti-viral
Garlic <i>Allium sativum</i>	Antibiotic, dries mucous membranes
Plantain <i>Plantago sp.</i>	Antiseptic, heals wounds, alterative
Goldthread <i>Coptis sp.</i>	
Usnea <i>Usnea spp.</i>	Topical infections, eyewash, antibiotic, anti-viral
Garlic <i>Allium sativum</i>	Antibiotic, dries mucous membranes
Plantain <i>Plantago spp.</i>	Antiseptic, heals wounds, alterative
Kava - Wild Hawaiian <i>Piper methysticum</i>	Use cultivated sources only
Chamomile <i>Matricaria recutita</i>	Gently calming and soothing
Mugwort <i>Artemesia vulgaris</i>	Digestive bitter, induces vivid dream states
Valerian <i>Valeriana officinalis</i>	Sedating nervine
Hops <i>Humulus lupulus</i>	Sedative, digestive bitter
California poppy <i>Eschscholzia californica</i>	Mood altering nervine

THE SONOMA COUNTY HERB EXCHANGE

Growing Fresh Medicinals and Preserving Agricultural Biodiversity

by Ruth Dreier and Leslie Gardner

The Sonoma County Herb Exchange is located just over an hour's drive north of San Francisco, in the town of Sebastopol, and we are in our third season of operation. Our unique project is an attempt to provide a sustainable model for supplying locally grown herbs to regional medicine makers, manufacturers, and herbal practitioners, and at the same time preserve diverse, small-scale, organic agriculture. We hope that someday it will be one of many such projects, making possible the dream of using organically cultivated medicinal plants, while saving precious plant species in the wild.

Our unique project is an attempt to provide a sustainable model for supplying locally grown herbs...

Our county has an active herbal community, being the home of the California School of Herbal Studies and the rich web of resources and businesses that have spread from its influence. We live in an agriculturally rich area with excellent growing conditions for a wide range of crops.

Several years ago, folks in the herbal community began to ask one another why we were ordering herbs from large suppliers over long distances, when we knew we had the capacity to grow them here. We weren't interested in supporting the massive herbal import trade, from countries that have little or no regulation of pesticide use, safe growing practices, or human rights protections for workers. Users of Chinese herbs were concerned about the U.S. Customs practice of spraying plant material with ethylene oxide as it crosses the border. And even those who obtained their herbs from American businesses dreamed of fresh and freshly dried medicinal plants whose quality wouldn't be eroded by shipping and handling time.

Another issue that we observed was the threatened state of biodiversity in our county, a result of agriculture focused more and more on the grape monoculture. This practice brings with it the loss of small-scale farms, unsustainable farming practices, reduced native species and habitat, and increased susceptibility to large-scale insect and disease devastation.

Out of these concerns, we began the Sonoma County Herb Exchange, in order to explore how a community could begin to meet its herbal needs and encourage diverse, ecologically friendly growing

practices in doing so. After experimenting with several modes of operation, we settled on our current form, which works well: we organize the many growers in our area by centralizing all the herbs they offer into one catalog, and provide one location from which to order so that customers have the convenience of making one call to access all of these products. We take the herb order, contact the different growers that will be filling it, arrange same-day grower drop-off and customer pick-up dates for optimum freshness, confirm the plant's identity, correct weight, and quality when they arrive, and finally receive customers and process payments back to growers. We also arrange "pre-orders" or contract arrangements between our growers and larger

manufacturers and medicine makers. This benefits our growers the most, because it offers a guaranteed sale that is harvested when the herbs are at their peak medicinal potency. We offer delivery to the San Francisco Bay area, but large-scale shipping has so far been beyond our goals and our means.

We are actively encouraging the cultivation of at risk herbs as well as those we hope will never reach the UpS "At-Risk" and "To-Watch" lists.

Our successes and challenges: The first and foremost success has been the vitality and quality of the fresh herbs from our growers! Our customers say they have never seen such outstanding products. The crucial factors are the talented, dedicated growers and our practice of scheduling same-day transfer to buyers.

It's a slow process, but little by little we are building up business in a relatively new market. We are blessed by the good number of manufacturers and practitioners in the greater San Francisco Bay Area. We have been able to teach growers, and have learned from them, the unique and wonderful particularities and precision of medicinal herb growing and harvesting. We are constantly learning and making new information available. A number of growers are now cultivating California natives and at-risk and endangered herbs for commerce. We have just published a guide to growing and harvesting medicinal plants for the Northern California area.

A longer-term goal that is just beginning to show fruit is that of raising the greater awareness of (and providing solutions for) the maintenance of our

Continued on next page

region's agricultural biodiversity. We have begun to outreach to local organic wineries, and a few have consulted with us about intercropping herbs between the rows of grapes or introducing herb crops to sell through the Herb Exchange and the larger commercial market.

We consider ourselves an advocate for local growers. Consequently, the issue of pricing has been one of our challenges. We have set our retail fresh herb prices slightly above "going" prices in an attempt to compensate our growers for the true cost of agriculture. Our pricing competitors are third world economies and/or large mechanized agribusinesses, and we as a society are accustomed to paying very low prices for food products. Hence, most people's sense of a fair price does not reflect the actual costs of bringing herbs to market.

Currently, our biggest challenge is funding (big surprise, right?). We are a project of the Sonoma County Herb Association, which gives us 501c.3 nonprofit status. Our start-up was gifted by a family foundation, but now the end of that funding is approaching. We are in business to serve our growers and prefer to keep all the money possible in their hands: for example, when we negotiate prices for the contract "pre-orders," we communicate back and forth between growers and customers and act only as a conduit for the information. Also, we take only a small sales fee on each transaction, which barely covers the costs of supplies. If additional funding isn't found, we will shift into operation as a grower-customer cooperative, where all of the work is done by volunteers. But if we are able to continue with our small staff, we will accomplish quite a bit more in terms of outreach, community education, and advocacy for growers.

We feel that the Herb Exchange is a good model for an operation that many other regions can manifest if they work together as a community. It has been tremendously inspirational and gratifying to all the participants involved here in northern California, and we hope to continue the good work of plant conservation and local cooperation.

SCHE, P.O. Box 3626, Santa Rosa, CA 95402
(707) 824-1447, fax (707) 824-1577, or
herbexch@sonic.net.

The first act of awe, when man was struck with the beauty or wonder of Nature, was the first spiritual experience.

Henryk Skolimowski, Philosopher

the seeds are also available to growers.

We also offer a very limited amount (100 per year) of mature *certified legal "Catskill Wild Ginseng" roots to shade gardeners for use as an ornamental. The prospective adoptee/gardener's planting site must meet certain criteria that are friendly to the successful cultivation of the unique Catskill Mountain Wild Ginseng. In simpler terms, we refuse to sell our mature wild roots to anyone that cannot provide the proper growing environment. The new parents will receive a certificate of adoption and full email support from Sylvan Botanicals.



Transplanted Wild New York Ginseng

In addition to adopting hundreds of wild plants each year, we are also involved in planting ginseng seeds back into the wild. Our wildcrafters are given seeds to plant back into an area of their choice. Private plantings at never-to-be-disclosed sites are conducted each fall. We drive a minimum of 2 hours from our farm to plant our yearly average of 25,000 seeds into the wild.

Our long-term goals of developing a portion of our farm into a Ginseng & Native Plant Arboretum and Research Center are fast becoming a reality. Plans for the Conference Building and the guest cabins are nearly complete; bridge construction is set to begin in April. It will surely be a busy summer at Sylvan Botanicals. It is our plan to open to the public in the summer of 2002.

Scott Harris is President and owner of Sylvan Botanicals 'New York Ginseng', President of the Empire State Ginseng Growers Association (ESGGA), member of and contributor to United Plant Savers, American Botanical Council, NYS Dept. of Ag. "Pride of New York Program", NYS Dept of Ag. Registered nursery #364464 and Collaborator Under Grant with the Cornell University Dept. of Floriculture & Ornamental Horticulture Project Titled: "A Forest Farming Approach to Sustainable Woods Cultivation of American Ginseng (Panax Quinquefolius) in the Northeast" as well as a private researcher and Ginseng historian. Y



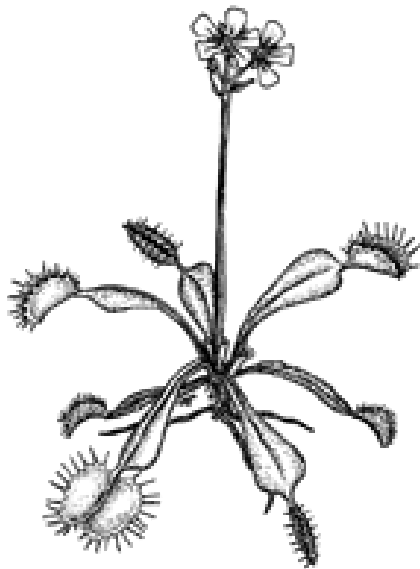
CULTIVATION CORNER

VENUS FLY TRAP

by Richo Cech

Venus Fly Trap, *Dionaea muscipula*, Family—*Droseraceae*, is an endemic, perennial, insectivorous plant of the southeast coastal plain of North and South Carolina. The following information is condensed from “Growing At-Risk Medicinal Herbs” by Richo Cech.

Range, hardiness and adaptability. Venus Fly Trap is native to a very localized range in the Outer Coastal Plain and Sandhill regions within a 100-mile radius of Wilmington, North Carolina. The largest extant concentration, probably comprising 50% of the remaining wild population, is located on Holly Shelter Game Reserve near Wilmington. The plant has been transplanted and naturalized to the wilds of the New Jersey pine barrens and also to the Appalachian National Forest of the Florida panhandle.



Arnica montana photo ©

Venus Fly Trap has a tenuous hold on existence and relies on a very limiting group of exacting environmental conditions to support its survival in the wild. Although acid wetlands outside the native range (even when located in the eastern Piedmont or in the south) might serve as surrogate homes for the plant, a primary conservation objective should be to protect and encourage the growth of remaining wild stands in situ. Another relevant objective is to support the rehabilitation of wetlands, thereby winning back the many places within the native range of where the plant once grew but is now extirpated.

Venus Fly Trap is relatively easily grown in a cool greenhouse, and many of the plants sold to the novelty trade or sold for extraction are greenhouse-grown. In all cases the original plants must have been taken from the wild. Ideally, propagation would continue without further damaging the wild populations, by utilizing seed, bulb divisions, leaf cuttings and tissue culture from cultivated progeny.

Given the right combination of soil and water, the plant may also be successfully grown in a backyard peat bog. This will be effective in mild winter areas only, where wintertime temperatures dip no lower than 40° F (4.4° C).

Life cycle. Venus Fly Trap flowers in the early summer. The flower is borne on a long stem at a surprising distance above the rosette, possibly to provide a safety zone for beneficial pollinators that might otherwise fall prey to the traps. The flowers soon blacken and wither, revealing the seed capsule, which then splits apart to reveal clumps of tiny, black seeds that persist on the stalk and in time gradually fall away. When they come into contact with the coarse surface of the soil, they are able to work their way in a little, being dense and smooth. This is a perfect situation for germination, where the seed is slightly buried on a friable surface and fed water from below through capillary action within the substrate. Germination occurs in warm soil. The growing rosette of the plant is small at first, but capable of catching insects in the first year of growth. The rosette goes dormant in the winter, and re-establishes itself in the spring, sprouting new traps. The rate of growth is directly proportional to the level of protein intake. In nature, it requires 5 to 7 years for a flytrap to reach flowering age from seed.

The rosette goes dormant in the winter, and re-establishes itself in the spring, sprouting new traps.

Cultivation from seed. In keeping with the natural dissemination cycle, the seed may be sown during the late summer all the way through to spring. The soil medium for the seedbed, flat or pot should be composed of equal parts of peat moss and coarse, sharp sand. Coarse, sharp sand is produced by washing sand through a fine screen, thereby removing fine sand and silt. Some growers use 100% peat moss, while others make do with equal parts of peat moss and perlite or pumice. Mix the very fine seed with a little sand, and strew it over the surface of the medium. Then cover with a crumbling of coarse peat moss or small pieces of live sphagnum moss and firm in gently. Germination is improved when the temperature remains between 70 and 80° F (21 and 27° C), also by maintaining a high relative humidity (70 to 90%), and by providing bright light.

Continued on next page....

The seeds must be watered by a fine mist from above, or by capillary action from below. A typical method is to immerse the plastic pot in a shallow tray that is then filled with water. Purified water, or soft water from rain, ponds or streams is best. Chlorinated water is poison to the plant. Seed will lie dormant during cold weather, and germinate when conditions are more favorable. Germination usually occurs within 3 to 6 weeks of planting in a warm medium. The plants may be transplanted to 6 inch (15 cm) centers as soon as they develop three traps. In the greenhouse, seedlings may reach sexual maturity as early as two years after planting.

Cultivation by division and cuttings. The "bulb" is really no more than a rosette of thickened stem bases, not unlike the basal portion of a celery plant. This may be divided by removing the plant from the growing medium, removing all dead or dying vegetal debris, then separating the healthy plant into two equal halves. If each division retains a few root hairs, all the better. The divisions may then be replanted at a distance by burying-in the root hairs and firming the medium around the base to hold the plant in place.

A healthy plant usually consists of about five operable traps, with new traps forming at the center of the rosette...

General care. During the growing season, Venus Fly Traps will thrive when temperatures range from 70 to 80° F (21 to 27° C), where the relative humidity ranges between 70 and 90%. The plants require little upkeep beyond the maintenance of the soil, moisture and light requirements that have already been discussed. In such a situation, weeds are not usually a problem, but if grasses or other herbaceous plants encroach, they should be removed. A healthy plant usually consists of about five operable traps, with new traps forming at the center of the rosette and old traps dying off at the perimeter. In order to discourage formation of molds, the old leaves should be removed with a sharp knife or scissors as soon as the traps blacken and die. Aphids can infect indoor flytraps. They suck the juices from the stems and leaves, but suffer a reversal of fate when they wander onto the surface of the trap and are in turn digested by the plant.

Conservation status. Venus Fly Trap is not listed as a federally endangered species (and probably should be), but it is listed by the state of North Carolina as "imperiled" and by the state of South Carolina as "possibly extirpated." International trade in live Venus Fly Traps is also controlled by CITES, which helps assure that plants sold internationally

are derived from cultivated sources only. CITES listing notwithstanding, wild harvest of the plant continues. One investigator noted that "This is one of the most exploited of southeastern plants, large populations being decimated or exterminated for the novelty plant trade." (Kral, 1983) Recent surveys of remaining Venus Fly Trap populations seem to confirm that the plant is losing its tenuous grasp at a very fast pace. According to NatureServe, there were 49 historically recorded occurrences of the plant in North Carolina which are now considered extirpated. In South Carolina there were 26 such sites. 37 known populations of the plant have been extirpated within the last 15 years, indicating a rapid deterioration of habitat. The plant is currently extant in only 10 counties of North Carolina, and one in South Carolina (NatureServe, 2001). Threats to the sustainability of Venus Fly Trap are fourfold: illegal harvest for the novelty plant trade, illegal harvest for the medicinal herb trade, habitat conversion for forestry or development, and fire suppression.

This Venus Fly Trap, this intricate, impossible, consummate example of plant evolution, rests at the center of a buzzing swarm of polar opposites. The plant is wonderful, but it eats flies. It likes protein, but

hates compost. In nature it lives in noble colonies, but it becomes a freak in the novelty trade: individuated and demoralized, cupped in

styrofoam, capped by a plastic bubble, overstimulated by prodding pencil-point and fed fatal bits of cheese. Humans seem to be calloused to the maltreatment of plants, but *frogs* are aware. Of course, they may be better attuned, since they too are fly-eaters. Without water, the jellified globules of their eggs dry up like jellyfish on a hot beach. When the wetlands disappear, the communal chorus of the frogs falters and goes silent. Are we culturally deaf to this message from the frogs? Truly, it is unacceptable that we resignedly prioritize forestry and development (toilet paper and condos) over the preservation of an ancient and irreplaceable environment and all its wetland life forms.

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UPS COMMUNITY GRANT PROJECTS

Maysie's Farm Conservation Center and CSA

Dear Rosemary, Nancy, Cindy et al at United Plant Savers,

Thank you for your generous grant of \$500.00 for the Botanical Sanctuary at Maysie's Farm Conservation Center and CSA. The Sanctuary is located in woodland surrounded by a Community Supported garden. Walking through the garden to the Sanctuary, one passes fields of swiss chard, tomatoes, carrots, potatoes, raspberries, corn, spinach and over 20 other varieties of organically grown vegetables and fruits. A children's garden invites little ones into a sunflower house and tee pee of green beans and flowers. Then a hedgerow full of summer blackberries marks the beginning of the woodland. In spring the sunny Sanctuary entrance is announced by flox, garlic mustard and violets. Later blooms of Echinacea Purpurea, Arnica and Pleurisy Root welcome visitors. A path leads one into the shaded hardwood Sanctuary glade, which is bisected by an intermittent stream adorned with large milky-quartz rocks, flourishing skunk cabbage and ferns. Black Cohosh, Bloodroot, Blue Cohosh, Helonias Root, Lobelia and Maidenhair Fern were introduced into the woodland this past spring. The Sanctuary pulses a natural rhythm amidst the cultivated crop fields, inviting one into a place of solace.

Before any plantings could occur, we had to remove a large pile of branches deposited in the woodland from another part of the farm. It took many of us many hours to clear the ten-foot high pile and clear a small path through the woodland for herb walks. Our top priority was to create as little disturbance of the natural woodland as possible. We were blessed with assistance from the AmeriCorps; a group of volunteers ages 18 to 24, whose mission is to strengthen communities by assisting nonprofit organizations throughout the United States. The team at Maysie's farm represented many nationalities, locations and socioeconomic groups throughout our country. We were privileged to hear stories of their relief efforts at ground zero after the September 11 attack on the World Trade Center, their education project tutoring inner city youth in a program designed to keep them drug-free and their work in Virginia helping low income families with home renovations. With tasks such as planting potatoes, transplanting strawberries, weeding and installing an irrigation system in 90- degree heat and stifling humidity *in May*, team members vied for the

shady Sanctuary tasks. During their sojourn at Maysie's, Charlene conducted a medicinal herb presentation, which included a slide show of at-risk, to-watch and common backyard medicinals. They were very interested in medicinal and historical applications of herbs, ecological exploitation and asked many wonderful questions.

News of the Sanctuary is spreading throughout the surrounding Counties and we are very excited about this new venue for promoting ecological awareness. The Sanctuary will serve as a focal point for environmental education within the community as part of our ongoing Environmental Education Programs. We plan to conduct workshops on traditional relationships with plants, sustainability, biodiversity, at-risk and to-watch plant analogs and creating a medicinal herb garden. Through our Outreach Program, which promotes conservation with a global perspective, we plan to include slides of the Sanctuary and at-risk plants into the existing slide show of the Conservation Center. We expect expansion of the Sanctuary and it's role in our programs to increase with time.

The contribution by United Plant Savers was so very kind and we greatly appreciate your time, assistance and generosity. Without you, the Sanctuary would never have been started, and because of you our mission to promote conservation and ecological thinking and living has been advanced.

With our Sincerest Thanks,

Samuel M. Cantrell, Executive Director
Charlene L. Briggs, Herbalist/Educator

FUNDS AVAILABLE FOR COMMUNITY PLANTING PROJECTS

United Plant Savers has a fund designated for community replanting projects. UpS guidelines require that the project have educational merit and that the land proposed for replanting be protected either by individual ownership, or be a part of a school or park system. For application information please write to:
UpS Community Replanting
Fund Guidelines,
PO Box 77, Guysville, OH 45735

Modern Medicine and Its Traditional Roots

In the small town of Bridgton, Maine, open spaces, green fields, hills, lakes and streams all draw people - either to live here permanently, or at least to vacation every summer. The opportunity to participate actively in the environment is a big draw. Community is another. People like the small scale of life in a village, like seeing familiar faces, like the opportunities to share life with friends. They relish the opportunity to be involved in a meaningful way in the community. All these factors played a part recently in the cooperative installation of a medicinal herb garden in the local hospital.

When the Bridgton Hospital was rebuilt and dedicated in 2001, the idea for a healing garden was included in the design and landscaping plans. This would be a place where visitors or staff could walk and find reflective, relaxing time in a peaceful natural setting. More important, it would be a beautiful spot that hospitalized patients could view from their rooms. In early Spring of 2002, local herbalist Corinne Martin and hospital pharmacist Mike Toner heard about the plan and suggested the inclusion of a medicinal herb plot as a focal piece of the healing garden. The plot would introduce viewers to the real "roots" of modern medicine, and could be used for educational purposes for both staff and visitors alike. The hospital Community Relations Director Pam Smith liked the idea and attended planning meetings to discuss the garden. Corinne - a practicing clinical herbalist in the area and a member of United Plant Savers for years - applied to UPS for a grant to cover the cost of the medicinal plants. A \$500 grant was generously awarded, covering much of the cost of buying the herbs. Pharmacist Mike Toner began to work on the "hospital" end of the picture - making contacts among hospital workers and medical staff to stir up interest and possible donations of labor or additional plants. Corinne and Mike approached several local businesses that were willing to donate either products, services, or labor. Within a short time, the poor soil of the newly landscaped site had been enriched with loam donated

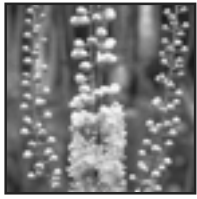
by a local excavator. Medicinal plants were donated from home or farm gardens. A new bench was given to the project by one hardware store, while sprinklers were given by another. A landscaper donated money toward the purchase of two hawthorn trees. An original plan for the garden was amended with the consulting support of a local garden club member. And planting day was attended by a small group of nurses, volunteers, student herbalists, and hospital maintenance staff.

Since then, the garden continues to thrive. Daily watering is being carried out primarily by Mike Toner and other hospital staff. A committee is being formed to plan for maintenance chores as the garden progresses through the seasons. Plans for the future include the installation of identification markers for all the garden plants, so that viewers can get familiar with the herbs. A flyer with a map of the herbs and their traditional uses will be created and included in patient folders when they are admitted to the hospital.



Black Cohosh photo© Deb Soule

Like most things organic, the garden is still "in process". Chamomile plants and Scullcap are being sought to round out the spot. A trellis on which the Hops vines can climb is in the works. A load of donated mulch is being spread, and plans for next season's garden are being made. And the place has changed dramatically. Now, where a dry, barren lot stood before, a medicinal herb garden flowers. A Hawthorn tree stands on either side of the space, and a new bench sits against a wall, inviting visitors to sit for a while. From inside patient rooms, the garden offers a spot of color - and a reminder that modern healing has



UPS BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

One of the ways that we interested and passionate plant people can have a positive impact on the survival of our native medicinal plants and continue enjoying the medicinal benefits they offer is to join the UpS Botanical Sanctuary Network.

A Botanical Sanctuary may be a part of any piece of land. It can be a city garden, organic farm, or a wild protected space. A small parcel of land or a huge acreage can equally qualify if it contains native medicinal plants and meets a few other simple requirements.

A UpS Botanical Sanctuary must be a place where plants are protected and nurtured as they grow and thrive. It could be an educational center, garden, or medicine trail where people can learn about these plants and their uses. It may be a research site for learning about the cultivation or wild habitat requirements of these plants, or it might become a valuable seed bank for the long term preservation of at-risk plants.

There are many ways that your personal land space can qualify to become a Botanical Sanctuary. To learn more about becoming a UpS Botanical Sanctuary Network Member write PO Box 77, Guysville, OH 45735, visit our website at [http:// www.plantsavers.org](http://www.plantsavers.org), or send email to plants@plantsavers.org

WILD WIND RANCH Franktown, Colorado

Sanctuary Steward: Gary Schroeder

Wild Wind Ranch is a 50-acre horse ranch located in Douglas County, CO, at the northern-most edge of the Black Forest bioregion at an elevation of approximately 6,400 feet. We purchased the land about 10 years ago, before Douglas County became the fastest growing county in the US. We built our home on the land six years ago and began raising sport horses. Despite the area's rapidly growing population, our ranch is frequently visited by mule deer, coyote, fox, raccoon, skunk, porcupine and an occasional elk or pronghorn. Overhead, hawks and turkey vultures can be spotted circling for hours above the caprock cliffs that extend north to the edge of our property.

My interest in the area's natural heritage was heightened several years ago when I trained as a volunteer naturalist at nearby Castlewood Canyon State Park. I developed a particular interest in the medicinal plants of the area after I became a student in Tammi Hartung's Herbal Traditions Apprenticeship Program. As a part of my studies, I began to familiarize myself with the medicinal plants found in the local bioregion, and this year I began offering medicinal plant hikes in Castlewood Canyon as a part of the Park's public education program.

Last spring, my wife Lynne and I selected two separate pieces of land totaling 15 acres to be designated as Sanctuary land. The Sanctuary represents a diverse mix of grassland, shrubland and riparian ecosystems. The medicinal plants identified so far include: Bee Balm,

Cottonwood, Dogbane, Gambel Oak, Goldenrod, Grindelia, Horsetail, Juniper, Mountain Mahogany, Mullein, Penstemon, Pussy Toes, Prickly Pear, Prickly Lettuce, Red Clover, Sage, Wild Geranium, Wild Plum, Wild Rose, Willow, Yarrow and Yucca.

Future plans include the introduction of Blue Cohosh, Echinacea, Gentian, Hawthorn, Oregon Grape and Wild Yam. My ten-year-old daughter Mikayla, who often assists me with harvesting and tincturing the medicinal plants from our garden is very excited about helping develop a medicine trail through the Sanctuary. We plan to erect a yurt in the Sanctuary to be used for educational activities.

With the rapid population growth that continues in Douglas County and the accompanying loss of plant and animal habitat, we feel particularly privileged to be able to preserve this modest piece of land with its wealth of medicinal plants, and are excited about becoming part of the ever-growing and increasingly important UpS Botanical Sanctuary Network. Y



VOLLMER BOTANICAL SANCTUARY

Thornton, New Hampshire

Sanctuary Stewards: Joann, Emmy,
Hannah and Rick Vollmer

Our twenty acre wilderness forest land in Thornton, New Hampshire, bordering the White Mountain National Forest is mountainous land consisting of areas of both mixed hardwood and evergreen and is home to black bear, deer and moose. Plants already growing here include: sarsaparilla, goldthread, partridgeberry, pipsissewa, lady's slipper, yellow violets and trillium.

In October 6, 2001, we invited a few members of the community to join us in our first planting of native at-risk medicinals. Together we planted about 300 Goldenseal, American Ginseng, Black Cohosh, and Bloodroot.

We will continue planting more of these and other at-risk medicinals each year that will provide a sanctuary for plant rescues. In order to share this experience and teaching with the community we offer herb classes at our home and at our business, *Wise Way Wellness Center*, where we cultivate many other medicinal plants. **Y**

Woods Garden Continued from page 15...

the entire population of black cohosh.

Why is Black Cohosh becoming over-harvested? According to Richo Cech, herb farmer and UpS Advisory Board member, "Black Cohosh root is experiencing a current resurgence of popularity due to its application in treating pre-menstrual syndrome, menopause, estrogen deficiency, dull pain, and some kinds of depression." Steven Foster and James Duke agree, saying in their book, *The Peterson Field Guide to Medicinal Plants*, "Research has confirmed estrogenic, hypoglycemic, sedative, and anti-inflammatory activity. Root extract strengthens female reproductive organs in rats." The plant is powerful and has a history of being used traditionally for "female ailments," according to Foster and Duke.

Two things could save Black Cohosh and other medicinals. First, farmers and woodland owners need to begin cultivating and selling these herbs. Second, consumers need to demand "woods-grown" over wildcrafted. When these both happen, the over-harvesting of wild populations would slow, or possibly stop altogether.

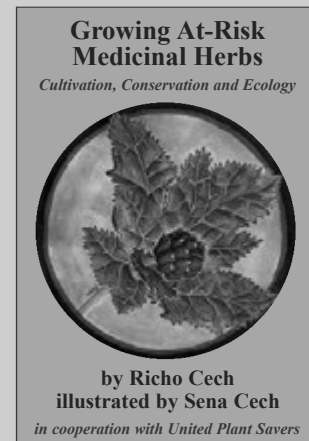
Back home with my gift of Black Cohosh roots, I cut the fibrous masses into pieces, each with a bud ready to sprout in the spring. Since no Black Cohosh grows in our woodland, I plot out six different areas over the whole farm. Each plot is in a hardwood stand, but each differs in terms of shade, soil, and tree species. I want to see where this herb grows best.

In the future, I'll propagate these plants to expand our woods garden, and I'll enjoy, like the bumblebees, the white plumes of flowers glowing in the deep summer shade. **Y**

Growing At-Risk Medicinal Herbs

by Richo Cech
illustrated by Sena Cech

Provides organic farmers and gardeners with the information about the cultivation, conservation, and ecology of "At-Risk" native healing plants. Twenty-one chapters include detailed line drawings and descriptions; native range and distribution maps; hardiness and adaptability; preferred environment and plant associates; soil, water and sun requirements; propagation techniques; naturalization; medicine; harvest and processing; seed collecting, storage and longevity; conservation status and alternate species. 330 pg. \$14.95.



"A compelling book on one of the most important issues facing the future of botanical medicine – the demise of native medicinal plants in their natural habitat and what can be done to conserve these important wild resources. This book is in turn brilliant, insightful and scholarly, but is also well-seasoned with humor!"

~ Rosemary Gladstar

"This book is far more than it seems. Don't underestimate what Richo has accomplished. He has taken some of the most difficult plants imaginable, plants that sometimes find even the breath of humans to be anathema, and figured out what they need in order to grow near us and by our leave. He has a good brain and dirty fingernails."

~ Michael Moore

TO ORDER send a \$14.95 check or money order to:
UpS, Po Box 77, Guysville, OH 45735



PLANTS IN THE NEWS

ARNICA AT BUCK MOUNTAIN

by Terri Fox

Buck Mountain Ranch is many thousands of acres of mountainous high plains located between the Powder and Yellowstone rivers of southeast Montana. Thirteen hundred acres, including Buck Mountain, were designated a UpS Botanical Sanctuary in 2000. The sanctuary is rich in *Echinacea angustifolia*, *Anemone patens*, *Achillea millefolium*, *Grindelia squarrosa*, *Juniperus scopulorum*, *Crataegus succulenta*, oodles of Arnica and hundreds of other terrific herbs, grasses, shrubs and trees. The native Arnica, *Arnica fulgens*, has lanceolate leaves, a basal rosette and usually a single mid-stem set of opposite leaves with minimum hairs. The glorious yellow-orange flower is usually singular with 10 to 15 petals. Soon after Buck Mt. became part of the UpS Sanctuary Network, a devastating wildfire, caused by super dry weather and a lightning strike, burned about 500 acres, 400 of which were thick with Arnica. Arnica has been said to not fare well in fire. More than a few tears were shed over the conflagration and the expected loss of the core of our known colonies of Arnica.

In the Spring of 2000, about 7,000 *Arnica chamissonis* and 7,000 *Arnica montana* seeds were stratified and planted. Germination was low and only resulted in 1,000 *Arnica montana* and 1,500 *Arnica chamissonis* plants being set out. The target date for this planting was May 15th. The plants grew

Even before the A. chamissonis and A. montana were planted, new growth was apparent at the frostbite line...

like gangbusters and were ready for hardening by April 3rd. The plugs were hardened and delivered to Buck Mountain on April 12th. They were set outdoors in the daytime for four days with the temperature between 24 - 36 degrees F and brought in at night. Only about 20% of the *Arnica chamissonis* and none of the *Arnica montana* suffered any frostbite, and only the aerial part was affected. Even before they were planted, new growth was apparent at the frostbite line on the affected *chamissonis* sets.

A crew of students arrived for the weekend planting. The *chamissonis* was planted in twelve plots of 15' to 20' rows with plants about one foot apart and two to three feet between rows. This effort took all of one day. Six plots were close enough to water

by automatic irrigation. The remainder were remotely located along the north slope of the sanctuary and required that water be carried to them. The weather turned cold, and the forecast was for a hard freeze. I figured that if I watched the temperature every hour overnight that I could turn on the sprinklers similarly to the manner in which citrus growers water during a freeze to keep the temperature above freezing on the fruit.

Around midnight frost began to form, and I turned the water on. I went to sleep believing that at least six irrigated plots were saved, and I had hopes that the daytime hardening had toughened the plants enough to see the sets through the freezing night.

Daylight found my heart in my throat as the temperature was 19 degrees F, and ice encased the irrigated plants, the ground, the grass, the fences, the trees and anything within 50' of the hydrants. My ill thought out plan to save the Arnica with water surely insured their demise. The weather was forecast to warm up, and we wrote off the ice encapsulated Arnica. I didn't look at the plants in the remote locations and commenced planting the *Arnica montana* in a high meadow on Buck Mountain.

The high meadow is within the wildfire burn area and required that all tools, plants, and water, in five-gallon pails, be packed up the mountain. This was hard work, but the plants looked great. While the *Arnica montana* was planted, Mother Nature was melting the ice on the *chamissonis*.

The unwatered plots of *A. chamissonis* that we passed on our way down the mountain, fared well and showed no freeze damage. The ice-covered plots had thawed and had not turned black. I figured after the sun was on them for a time they would turn black and demonstrate my folly.



Arnica montana photo © Deb Soule

Continued on next page...

Arnica Continued from previous page...

To our great surprise and relief, the ice had no deleterious effect. The Arnica was healthy and beautiful. It looked better than the plants in the remote plots that did not get the ice treatment.

In May the weather turned dry and hot, and it became necessary to water all the Arnica most every day to keep it green. A minimal tractor road to the high meadow was constructed to allow reaching the plants with the water wagon. The thirsty plants were truly appreciative. They actually perked up while they were being watered, as if they took in water through their leaves. This stand up thank you convinced me that Arnica instantly responds to water when dry and thirsty.

The second week of May, while on my daily five-hour water wagon labor of love, I noticed what appeared from afar to be native *Arnica fulgens* in bloom in the burn area. I was ecstatic. *Arnica montana*, *Arnica chamissonis*, and now *Arnica fulgens* in full bloom. Not just here-and-there but everywhere. It is as though, contrary to what I've read, the fire stimulated the native Arnica.

I started putting little pink flags with wire stakes on each clump so I could find them easily when they weren't in bloom and take cuttings.

While traveling, with my water wagon, from one *Arnica chamissonis* plot to another, I happened upon two large colonies of native Arnica. They were dry, obviously water stressed and their growth stunted. I stopped and treated both colonies to a quadruple drink of water. In two days they were much recovered, and within a week, they were flowering in a golden frenzy.

Arnica fulgens grows as isolated single plants and in large colonies where-by tens-of-thousands of plants carpet the ground.

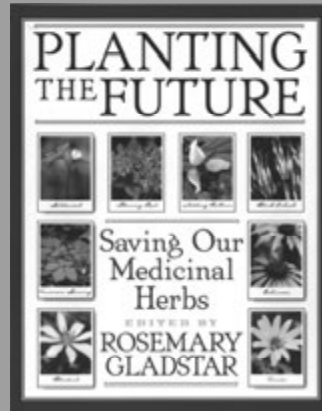
A good opportunity exists now to observe how the native Arnica spreads in the next few years from their airborne seed and spreading rhizomes. The purpose of placing the flags on the colonies has changed from a transplanting mission to one of simply being able to easily find 950 colonies for continued observation.

The *Arnica montana* and *A. chamissonis* plantings will be monitored, and we will report on the success, or lack of success next year. Their importance at Buck Mountain is diminished since the native Arnica is doing so well. However, it will be good to know if and to what extent the effort to introduce these two varieties has been rewarded! y

PLANTING THE FUTURE

Edited by Rosemary Gladstar & Pamela Hirsch

Land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations. This book will supply you with valuable information including:



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Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is a symbolic as well as actual beauty in the migration of the birds, the ebb and flow of the tides, the folded bud ready for the spring. There is something infinitely healing in the repeated refrains of nature--the assurance that dawn comes after night, and spring after the winter. The lasting pleasures of contact with the natural world...are available to anyone who will place himself under the influence of earth, sea and sky and their amazing life.

Rachel Carson (1907-1964)
American Biologist and Conservationist

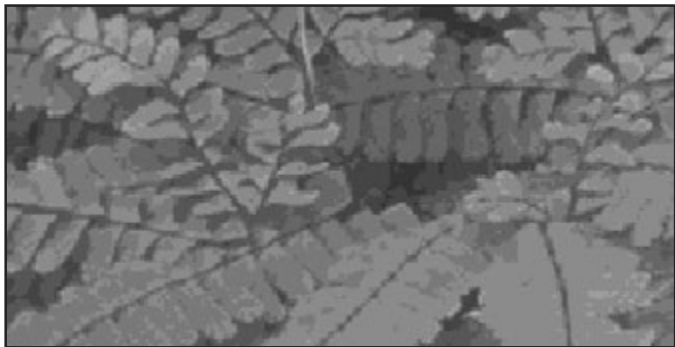
THE GREEN LEAVES OF WINTER

by Rebecca Wood, *Hopewood Farm Botanical Sanctuary*

Winter botanizing is one of my favorite activities. Why spend all those glorious winter days snuggled warmly by the woodstove reading a book and sipping hot drinks? While that doesn't sound so bad, it's also fun to go wandering about "lost in the woods", admiring the landscape and amazing artistry of winter capsules, pods, seeds and things.

Contemplating remnant stems and leaves is like solving a mystery or jigsaw puzzle, the end revealing a mental image of familiar green allies awaiting birth with the coming of spring. Other clues to use when solving this exquisite puzzle is habitat, basal leaves and of course winter keys. Three of my favorites are Lauren Brown's *Weeds in Winter*, June Carver Roberts', *Season of Promise* and Stokes', *Guide to Nature in Winter*.

It's also helpful to have skilled botanical buddies like the infamous Rutland Botany Boys. Today the February sky is bright blue, a crisp breeze is blowing and the temperature is hovering in the 30's. I'm perched on an old stump over looking a clear vista of oaks, maples; ash, sandstone outcrops and the bronzed leaf covered hills. Beech leaves are shifting in the breeze still clasping their silver branches and the blocky burnt colored bark of persimmon and sourwood stand out among the understory trees. I



Maidenhair Fern © Martin Wall

particularly like the sourwood and pluck a gray spray of its one sided racemes to add to my table decoration.

I'm drawn to the green Christmas fern, *Polystichum acrostichoides*, dotting the leafy carpet in fountainous tufts and my eye key in to other "green leaves of winter". To my surprise a single Bluet, *Huostonia caerulea*, is not only green but is in bloom on my south trail. Further down nestled among the brown leaves, are waxy clumps of striped wintergreen, and its cousin Pipsissewa, *Chimaphilia umbellata*. I love the 5 parted capsule perched upon

the stiffly erect bronze pedicle. It reminds me to look about for Indian Pipe, *Monotropa uniflora*, but none show themselves today. I do spy Downy Rattle Snake Plantain, *Goodyera pubescens*, with its mottled green and white basal leaves and dried gray stalk.

On toward the creek a group of putty root or Adam & Eve Root, *Aplectrum hyemale*, have caught my eye with their accordion like folded leaf and I am surprised and happy to find what I think is the

Contemplating remnant stems and leaves is like solving a mystery or jigsaw puzzle...

single purple backed leaf of Cranefly Orchid. A few Grape Ferns, *Botrychium sp.*, and black stemmed fronds of Maidenhair Fern, *Adiantum pedatum*, also let themselves be seen.

Back on the drier sites some lovely species of tree and pin cushion moss are intermixed with Raindeer lichen (*Cladonia rangiferina* and Scarlet Crested Cladonia (British soldiers). *Cladonia cristaeola* act as pioneers colonizing the bare, worn soil. I also note a little gray Pyxie Cup, *C. pyxidata*, another of the furticose lichen growing among the green mounds. Other green leaves of winter poking their first leaves upward include the Lavender bittercress, *Cardamine douglassii*, (add a bit of it to your chickweed salad). Many more green leaves to greet me as I wander on home, the large leafed Avens, *Geum macrophyllum*, and the velvety rosette of Common Mullein, *Verbascum thaspus*. I encourage you to get out and explore the delights of your back yard and beyond.

LOST IN THE WOODS

Rarely do we get a chance to spend extended periods of time tromping about the woods. Even less often do we let ourselves get lost or turned around, losing ourselves in the wonder and diversity nature has to offer. I invite you to do just that by joining us this October for the third annual "Lost in the Woods" (see page 26) adventure held at the United Plant Savers' Botanical Sanctuary. Lose that pervasive sense of time running out and find yourself among folks who love the woods, who share their knowledge, skills and stories. Take some time to explore hills, hollers, bathe in cool clear ponds and sit amidst flowering meadows.

Our backyard is beckoning you to bring an open heart and sense of adventure - we'll take care of the rest. **Y**

LANDSCAPING WITH HERBS

by Ellen Zimmermann

Early springtime in Austin makes me want to spruce up my existing landscape and/or create a new landscaping bed. I love to use native shrubs, perennials, annual flowers and particularly herbs. Herbs are often evergreen, come in varying shades of green and gray, have lovely flowering parts and smell and often taste heavenly.

My favorite landscaping herb is **Rosemary**, *Rosmarinus officinalis*. Rosemary stays green all year long, it loves the heat, and once established needs little watering. Rosemary loves to be pruned and is used for roasting chicken, potatoes, making foccacia, punches and lemonades. Rosemary can also be used in your bath to soothe aching, sore muscles, and with a large pot of Rosemary tea, you can even wash your floor, as it contains anti-bacterial properties and was once used in hospitals to fumigate the air and get rid of germs.

Another favorite is **Peppermint**, *Mentha piperita*, used as a ground cover. This herb will spread easily, quickly creating a fragrant and delicious bed. This mint likes water, will thrive in partial shade and the deer leave it alone. You can harvest peppermint leaves all summer and fall for refreshing and medicinal tea. It's great hot or cold and will ease a stomachache nicely.

If you need a small tree or large shrub in your landscape, **Chaste Tree**, *Vitex agnus-castus*, is a great choice. Vitex likes the sun and heat, and once established you can practically ignore it. However you won't want to ignore this plant, as it will provide you with lovely foliage and luscious long spikes of lavender blossoms in the summer. Vitex is well known as an herb that balances the female reproductive system.

A flower for landscaping is our own Texas native **Purple Coneflower**, *Echinacea purpurea*. Echinacea is easy to plant from seed in the fall. Once established Echinacea will enhance your garden with beautiful dark pink flowers. As Rosemary Gladstar says "Echinacea is a stately plant that is well suited for the backyard garden."y



Ellen Zimmermann is an Herbalist & founder of the Austin School of Herbal Studies



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Thanks!

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Aristotle (384-322BC)
Philosopher

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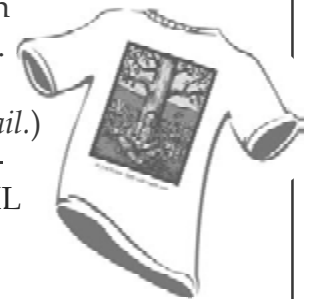
(See page 23 for art detail.)

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IN THE GREEN LIGHT

WELCOME NEW BOARD MEMBERS

Joe Viney has naturalized himself onto the UpS board, and are we ever glad. Joe is a lawyer by profession. Disenchanted with the legal profession, wanting to follow up on his latent interest in herbs and nature, Joe participated in our very first Sanctuary Intern Program. He has been a fast friend and supporter of UpS ever since. After his summer in southern Ohio, Joe returned to his home in



Joe Viney

California, staying actively involved in UpS' activities. He helped organize UpS' very successful *Planting the Future* Conference at Quail Gardens in San Diego in 2001. Yearning to move to the country to pursue his farming dream, he recently purchased a beautiful old homestead in close proximity to UpS' sanctuary in southern Ohio.

Joe is very dedicated to UpS' mission, is a clear thinker, an excellent communicator, and has a huge sense of fairness. In addition, it's great having a Meigs County resident on our board, especially someone as heartfelt as Joe Viney! y

If Mark Wheeler's close friends were to describe who he is, it would be a "hopeless plant freak" who insists on producing commercial quantities of oddball plants. This passion has led Mark to become an internationally recognized producer of medicinal herbs and seeds.

Addressing health problems early in life, Mark started to experiment with growing and using herbs to treat his ailments. This led to an occupation that epitomizes the saying "do what you like and the money will come later...much later".

For 21 years Mark has nurtured and watched Pacific Botanicals evolve as a bulk raw material supplier for the medicinal herb industry.

Mark founded Pacific Botanicals 1979 in his backyard in Williams, Oregon. At that time he was growing medicinal herbs for his own use and also had the only certified organic bareroot fruit, nut, and ornamental tree nursery in the U.S. The nursery was sold in 1988 and the business became solely an herb

business.

Pacific Botanicals carries over 150 medicinal herbs, spices and seeds. It is the oldest independently owned medicinal herb growing business in the U.S. growing commercial quantities of over 50 herbs at the home farm. Mark also has a farm in Hawaii specializing in tropical medicinal plants. Pacific Botanicals specializes in developing production systems for plants that have not been previously cultivated.



Mark Wheeler

Beside his down-to-earth reliability and clarity, Mark brings the expertise and perspective of an herb farmer, a very important representation to include on our board. y

LIZ BUTLER - GRAPHIC DESIGNER

Perhaps you have noticed that this issue of the Journal has a new "look." The credit for this goes to Liz Butler who has been the layout artist for the United Plant Savers for the past 2 years. Liz has been instrumental in designing and compiling the *Journal Of Medicinal Plant Conservation* and the *UpS Bulletin*, along with various conference flyers, ads, and pretty much anything else UpS puts in print. She also is credited with many of the plant photos found in these publications.



We greatly appreciate the care, creativity and skills that Liz has brought to our organization.

Liz's work is sponsored by Herb Pharm, an herbal extract company in southern Oregon.

GREEN THANKS TO RICHARD LIEBMANN

On the front page of the first issue of the *Journal of Medicinal Plant Conservation* (then the *UpS Newsletter*) was a message from our new Ex. Director, Dr. Richard Liebmann, "Welcome to the first newsletter of United Plants Savers.....So many of us know in our hearts that helping our plant friends is essential. We do this work not for financial gain (even though it makes good business sense) but because it is the right thing to do. I am gladdened to know that we speak with a clear strong voice for medicinal plants.....With all of us working together we can make (our goals) a reality" (UpS Newsletter, Vol. I, Number I, 1997).

Richard served as Executive Director of UpS from 1997 until December of 2001 when the demands of his family business required his full attention. He and his family are also building their new home on a beautiful cliff overlooking the Pacific on the Big Island of Hawaii.

A motivated and dedicated leader, Richard kept us on track and helped us to 'make our goals a reality'. Under his leadership, the small newly formed organization flourished. In 1997, our three year-old organization was still developing its purpose and mission. Though we recognized there was growing concern for the state of medicinal plants in their native habitats, we weren't sure to what degree nor by what means to address the problems. In less than five years, with Richard's guidance, UpS not only identified the problems, established the UpS "At-Risk" and "To-Watch" lists, and set about on a very ambitious plan to reverse the situation, but we also accomplished each of the goals that Richard had set forth in that first newsletter article.

It's a long time plan, one that will require on going monitoring and continuous attention as long as native medicinal plants continue to disappear from their ever shrinking habitat, but we have been amazed and pleased with the progress we have made in a few short years. As Richard stated, "With all of us working together, we can make a difference."

All of us at UpS wish to thank Richard for his leadership, his ability to make our board meetings fun and inspiring events, and to wish he and his family well on their new adventures. Y

*Life's most persistent and urgent question is...
"What are you doing for others?"*

Martin Luther King

It seems to me that there is no other adequate solution of the total problem of life and Nature than what is called "Pantheism," which identifies mind and matter, finite and Infinite, and sees in all these diverse manifestations of absolute being. God becomes the one and only ultimate fact that fills the universe and from which we can no more be estranged than we can be estranged from gravitation.

In intercourse with Nature you are dealing with things at first hand, and you get a rule, a standard, that serves you through life. You are dealing with primal sanities, primal honesties, primal attractions...

If we do not go to church so much as did our fathers, we go to the woods much more, and are much more inclined to make a temple of them than our fathers did. We now use the word nature very much as our fathers used the word 'God,' and I suppose, back of it we mean the power that is everywhere present and active, and in whose lap the visible universe is held and nourished. It is a power that we can see and touch and hear, and we realize every moment of our lives how absolutely we are dependent on it.

John Burroughs (1837-1921), Writer and Naturalist

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MUSINGS FROM THE FARM

ANOTHER APPALACHIAN SPECIES

by Paul Strauss

Bill Clonch was a big, hardworking, hardheaded man, exceptionally strong but kind, strong willed but willing. Bill dropped out of school at 12 when his teacher told him to put out his cigarette. Hell, he'd been working his team for a logging outfit all year. Bill figured he didn't need any more school anyway, and he never gave up his habit of three packs of non-filtered Camels a day. Growing up on a subsistence farm with 11 other brothers and sisters he could do about anything having to do with these Appalachian hills; doctor a horse, develop a spring, build fence, raise a barn, make moonshine, garden, hunt, butcher, provide. Bill had been a farmer, miner, horse trader, logger and construction worker. He had those rugged Marlboro man good looks, even when all his teeth were gone. Yet the feature most people agree on was that irrepressible twinkle in his steel blue eyes set inside this rock of a man.

1970 was the first year on my farm, which fortuitously sat next to Bill's old home place. 1970 also saw my start at rebuilding the original 80 acres I had just bought. Some of the first work was rebuilding a farmhouse and barns built around 1870, while at the same time I was clearing pasture, building fence for my stock, two riding horses, a work mule and a milk cow, and rebuilding run down soil. At the time I could purchase 100 tons of turkey manure for \$100. To this day I can clearly recall the deep green stripes in the pasture created by the reawakening of dormant legumes that had been waiting for enrichment.

To satisfy my need for fencing, building materials and cash, Bill, the mules, and I started a fence post business. We cut from the tens of thousands of black locust trees that graced my

farm's hillsides. Once a week we had a customer who would buy 300 line posts seven feet long, and 50 gate and corner posts 9 feet long, fifty cents for the seven footers, \$1.00 for the nine footers. We didn't lack for work.

Robinia psudocacia is leguminous, nourishes the soil, and makes a beautiful shade tree.

Robinia pseudoaccacia has such a sweet sound. The black locust is one of the most useful trees that can grace any farm. Posts I set in the ground 30 years ago are still in good shape today. Locust is a superior material for cabins and decks, strong and rot resistant and a super hot firewood that can be split easily. We were able to split many large posts with wedges, the posts last even longer when split. I remember one large tree, although half dead, gave us 70 posts.

Locust is leguminous, soil nourishing, and casts a beautiful shade. In spring, the blooms are spectacular, laden with cascading bundles of creamy white flowers. Their sweet fragrance drifting for weeks over the surrounding hills adds to nature's symphony. Honey bees just maul the blooms, and in years of heavy flow, I can extract hundreds of pounds of its light colored honey.

Locust starts easily by seed and sprouts from its own roots. It can take over pasture and hay fields if left unchecked, but it is certainly as valuable as cattle in many cases. It is fast growing and the stumps will resprout. Forty foot shade trees now stand two foot in diameter from my original cuts. Locust along with tulip popular (*Liriodedron tulipifera*), are excellent permaculture trees. The beans may be used as emergency food, and farm animals love its foliage. Bill remembers having to cut down large quantities of locust during a terrible drought in the 30's to keep his stock alive during the long months of brown pasture.

Botanists know our local locust as black locust, *Robinia pseudoacacia*. Bill knew, as I do now, a white and yellow locust, one being flesh colored when cut and one a deep burnt yellow. The yellow yields a far more durable wood than the white, and it also seems to be more impervious to the locust borer. I have also heard of a variety, a sub-species of *Robinia*



Bill Clonch

pseudoacacia, called Shipmast locust, famed for its strength and durability. Maybe the locust I know as the yellow is this variety. It's good to have these botanical mysteries.

After cutting the trees to size we would make piles on the hillsides of 10-20 posts and chain them together with a self tightening dog collar like chain. Working with a single mule (me with Jerry and Bill with Big Red) we'd snake the piles out of the brush and down the hill to a landing that sat above the road. The mules got so good that once you were out of the woods and on a cleared trail you could just drop the lines, tell the mules to get up, and they would bring the load down the hill to the pile and stop, wait to be unhooked, and then we'd head back up the hill. The round trip was roughly 200 yards. There were places on the high

He stopped the mules and we "rough-locked" the rear wheels with the chain so they couldn't turn. Seemed reasonable...

ridges we could take a steel wheeled wagon pulled by the mules. We would pack the posts uphill and load the wagon with about 60 posts. This wagon was built specifically for posts or logs. It had no bed and the posts laid easily between the bolsters and were locked down tight with binder and chain.

On a beautiful day, with Bill and I riding atop a fully loaded wagon, I asked how you slowed a heavily loaded wagon while going down steep hills. I knew this was something Bill had to do every summer because most of the best hay and cornfields were on the high hills. Bringing the crops down from the upper fields to the barns and stock was part of an endless summer ritual. Hauling manure back up to be spread on these fields completed the loop.

*Farmers the gears circling between cycles,
seeds swell in the spring rain...*

"Ah, I'll show you how we do it," Bill said. He stopped the mules and "rough locked" the rear wheels with chain so they couldn't turn. Seemed reasonable, and back up on the load we went with Bill heading the team straight over the hill, a slope of around 50 degrees with 55 posts and two guys on board. It seemed at first everything was going okay, even on this steep pass hill. Half way down I sensed we were in trouble. Little did we know that leaf litter had balled up under the wheels, making an uncontrollable sled of the whole rig. I can still see Bill fighting to hold the team back and them digging in, rear legs to forelegs straining to hold back the heavy load of posts. The mules were in big trouble. Bill knew we were out of

control, threw the reins and shouted "jump." Each of us went flying in opposite directions. Somewhere between soaring through space and somersaulting through the brush there was a loud, a very loud and sharp crack.

After checking on each other, we discovered the wagon tongue had broken from the pressure and driven itself 3 feet into the earth, stopping the wagon and literally saving the mules asses. "Damn good thing that tongue was not made out of locust!" cried Bill.

The poor mules were standing there shaking, totally lathered in sweat, wild fear in their eyes, but okay. We unhooked them, pulled off their bridles, cooled and watered them and tied them off in the shade.

Bill and I still had to face unloading the disabled wagon on the steep hillside. With the wagon in a twist, the chain tension was so great we could not release the binders. Never one to wait around, Bill grabbed the double bladed ax and with a massive Viking stroke, cut the chain in two. The sudden release

of tension sent the spring loaded binders recoiling directly at Bill, busting him above the eye and knocking him to the ground. I madly chewed up plantain and forced it into the wound of my blood soaked and unconscious friend. A minute or two later



Bill Clonch tilling with mules

Bill came to, waited a few minutes for the bleeding to slow and sitting up with a Cheshire cat grin, got right back to work as if nothing had happened. I remember him muttering about how he'd brought along the wrong ax, how he would have been fine if he'd used the one with the long handle. We unloaded the posts and went back up to get them the next day after fixing the wagon.

Looking back, I understand how locust and Bill have much the same personalities. Giving, tough, strong, useful and thorny. Gratefully I realize how my life has been enriched to have known these two Appalachian species. Y



UPS EVENTS & GREEN NETWORK

LOST IN THE WOODS FALL 2002

*A unique opportunity to deepen your relationship
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October 11-14

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*Too many indoor herb classes?
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TEACHERS INCLUDE: Paul Strauss, Tammi Hartung, Cascade Anderson-Geller, Rosita Arvigo, Feather Jones, Paul Bergner, Brigitte Mars, Mark Plotkin, & others.

COST: \$195 per person. 50% of the profits will be donated to UpS, 50% to Rocky MT. Ctr. for Botanical Studies.

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The trip will be a hands on experiential journey including daily hiking, yoga, with classes in botany, plant propagation, and organic gardening, as well as several farm tours including Companion Plants, Land Reformers Greenhouse, a Chinese herbal nursery and Lloyd Library.

COST: \$450, deposit \$200 (Limited to 15 participants.) Price includes road travel, camping, instruction, entrance fees, and some meals.

INFO: contact Tony(a) Lemos, Blazing Star Herbal School, PO Box 6, Shelburne Falls, MA 01370 (413)625-6875 www.blazingstarherbs.com
email: blazingstarherbs@excite.com

PLANTING THE FUTURE

*Annual Membership
Meeting & Conference*

July 20, 2002

Sage Mountain Herbal
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COST: \$65 (members \$45) includes all workshops, demonstrations and other activities. To register send \$35 non-refundable deposit to: UpS/Sage, P.O. Box 420, E. Barre, VT 05649
Nancy Scarzello: 802-479-9825;
fax 802-476-3722

email: sagemt@sagemountain.com

TEACHERS INCLUDE: Matthais & Andrea Reisen, Rosemary Gladstar, Robert Chartier, Nancy Scarzello, Cindy Riviere, Pam Montgomery, Bevin Clare, Jeff & Melanie Carpenter, Guido Masé, Joanne Snow & Nancy Phillips.

Pre-registration is required
as space is limited.

Further information & directions will be sent upon receipt of deposit.

July is a beautiful time at Sage Mountain as the woods and gardens will be in full-bloom.

We hope many of you will be able to join us for a very special herbal gathering!!

"We have today to learn to get back into accord with the wisdom of nature and realize again our brotherhood with the animals and with the water and the sea.

To say that divinity informs the world and all things is condemned as pantheism. But pantheism is a misleading word. It suggests that a personal god is supposed to inhabit the world, but that is not the idea at all. The idea is trans-theological. It is of an indefinable, inconceivable mystery, thought of as a power, that is the source and end and supporting ground of all life and being."

Joseph Campbell (1904-1987)
American Anthropologist

SEARCH FOR Executive Director

United Plant Savers is in the process of hiring a new Executive Director. We are envisioning a powerful, skilled, dynamic leader, who is impassioned by the plant world. This person need be a dreamer and a doer, have excellent leadership ability and experience, well-developed communication skills, experience in fund-raising, and preferably experience working in a non-profit, grassroots environmental organization.

Residing in proximity to our home office in Athens, Ohio is a preference, though not a requirement. This position is 30 hours/week, involves some travel, Please send cover letter, letters of recommendation and resume to: Sara Katz, P.O. Box 116, Williams, Oregon 97544.

Don't forget the United Plant Savers Website!
<http://www.plantsavers.org>



Standing alone on a mountain top, it is easy to realize that whatever special nests we make--leaves and moss like the marmots and birds, or tents of piled stone--we all dwell in a house of one room..."

John Muir (1838-1914) American Conservationist



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EAST BARRE, VT

UNITED PLANT SAVERS SEED GIVEAWAY!

As you may have noticed we are a bit late with this issue of the Journal and also with our Spring Giveaway. This is largely due to our being busy putting things back together after the fire in February.



Another reason we are tardy is that the plants we are growing for the Giveaway Program are not big enough yet. About one year ago we made a change from contracting out the seedlings for the giveaway and made a commitment to cultivate them ourselves on Sanctuary land. The Pleurisy Root and Chestnut seedlings we sent out last year were homegrown at the UpS Sanctuary. However, the goldenseal, black cohosh and other plants we are cultivating for future giveaways are still too small. So, we came up with the creative thought of sending seeds instead. If this is received positively by our members we may do this again in the future.

Please let us know your thoughts on this.

We are offering 4 packets of herb seed, all from Horizon Seeds (Richo Cech, proprietor) in Williams, Oregon. The set of seeds we are giving away includes: *Echinacea tennesseensis*, *Echinacea angustifolia*, *Black Cohosh*, and *Pleurisy Root*. Seeds will come with planting/germinating instructions. If you want to participate in the Give-away, please place your order and send \$2.00 for postage by July 15 to Spring Giveaway, PO Box 77, Guysville, OH 45735.

Growing plants from seeds is especially rewarding, so we hope that many of you will participate in this offer.

UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Winter 2003

WELCOME LYNDA LEMOLE

UpS' new Executive Director

DOING IT RIGHT

Issues and practices of sustainable harvesting of non-timber forest products relating to First Peoples in British Columbia

GREEN LOVER PROFILE

Lorrie Otto

THE MAGIC OF MUSHROOMS

CULTIVATING GENTIAN

ATAGA'HI

Preserving Ancient Cherokee Burial Grounds

UpS is a non-profit education corporation dedicated to preserving native medicinal plants.



Winter 2003

A publication of United Plant Savers, a non-profit education corporation dedicated to preserving native medicinal plants.

UNITED PLANT SAVERS

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GREETINGS FROM UPS

BE GRATEFUL For The SMALL MIRACLES
Over the HOLIDAYS And throughout
THE NEW YEAR

It's been a year ~ for UpS, for the world, for most people that I talk to ~ a year full of challenges and opportunities, changes and shifts. For UpS there's certainly been an abundance of all of that ~ challenges, opportunities, changes and shifts. We had a major fire in the UpS office just a few months after moving it to Ohio and a new office has been built. We hired a new office manager last year as Nancy Scarzello was ready to take on different tasks within the organization. She's been focusing her energy on developing programs for children/schools and parents to teach the importance of our medicinal plant heritage and will have these children's programs ready to test 'in the field' this year. After much discussion and deliberation, we bid farewell to UpS' first Ex. Director, Richard Liebmann, recognizing all he had done for the organization but feeling that it was time for new leadership and change. UpS recently hired a new Ex. Director, a women who brings much vision, experience and enthusiasm to the organization (please see page 7).

We've continued with all of our projects, making slow gain in Partners In Education, our Land Consultation Service, The Nursery Directory, The Botanical Sanctuary Network project and Take Action; Community Action Projects. The UpS Slide Show, one of our most popular educational tools, has been completely updated with many exciting innovations incorporated thanks to the wonderful efforts of board member Christopher Hobbs. Its now available as a PowerPoint presentation as well as in standard slide show format. The UpS "At-Risk" List and "To-Watch" List, one of UpS' most important contributions to the environmental movement and often used as the standard for medicinal plants conservation, is currently undergoing review and updating. Comprehensive new data on the status of each plant in conservation and in the marketplace will be included giving these lists more scientific credence and providing a more useful reference to the herbal/business communities.

Though our own bank account was often stretched thin due to the fire and the scenario facing most non profits this year, we were able to award several Community Grant projects and co-joined other organizations and individuals doing the work of medicinal plant conservation. Our Plant Give Aways continue. I've lost track of how many seeds and plants we've dispersed to members over the years. It's been several thousand. This year John Lentz of the Herbal Exchange will be providing UpS with "At-Risk" plants for our spring and fall giveaways (see page 28). Do you remember, John? He's the grower who provided those wonderful medicinal plant gardens for our members a few years back? Be prepared. It's going to be another great Give Away this year.

One of the most outstanding things accomplished this year, was the publication of former board member, Richo Cech's, newest book Growing At Risk Medicinal Herbs. A collaborative effort with UpS, this book goes a step further than Planting the Future, UpS' seminal book, and provides the information needed for the serious grower and gardeners considering growing "At-Risk" and "To-Watch" herbs. It also provides the missing data and information that explains why each of these plants has been targeted for the UpS lists. Richo, if you remember, was instrumental in helping UpS develop these lists several years ago and has continued his research, providing often elusive and difficult to find, but necessary, data. He'll be working with UpS on updating and reviewing the "At-Risk/To Watch" lists.

I continue to be amazed at the dedication and commitment of the UpS Board of Directors. While we've been operating without an Ex. Director for several months, each of the board members stepped up to the plate working over time to keep the organization moving forward. Board Member Steven Foster commented one time that on any given day there were over 20 email messages from board members. This wasn't gossip or easy banter, let me tell you. Each of the board members are very busy people who have committed their time to this organization because of their love of the green world and the importance of the issue to them.

A special thanks is due Pam Montgomery, one of the original and more active members of our board, who midst her very busy life offered to serve as our Interim Director while our search went on. We had several excellent applications and wish to thank everyone

Continued on page 3

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LET US HEAR FROM YOU!

UpS’ *Journal of Medicinal Plant Conservation* is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants.

We encourage you to send us your opinions and thoughts for submission to the Journal. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the Journal to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.

Greetings continued...

who considered stepping into this position. The process is often difficult and finding the best person for the job often means turning down several other highly qualified individuals. Thank you, sincerely, for your support of the organization.

As the dark of winter sets in and we are called to the deeper places of our being, let each of us take time to recognize the many good things in our life, the small miracles, simple marvels and pleasures of the day. And let each of us realize all that we as individuals can do to change our world, from the most simple steps to the most profound. I am always drawn home to the words of Margaret Mead, words that served as an inspiration for this organization when it first began, “Never doubt that a small group of committed citizens can change the world. Indeed, it’s the only thing that ever has”. We are changing the way the world, or at least, how the U.S. views our medicinal plant heritage. Though there is so much work still to do, huge steps ahead, we’ve taken those first steps and already can see the positive results of this action.

This year we start out with fresh and enthusiastic energy. The heartbeat is strong. Our hearts go out again to thank you for the ten thousand ways you support this organization and the plants that are at the core of our work.

Rosemary Gladstar
President UpS

Last sunset, last twilight
Last stars of December.
And so this year comes to an end,
A year rich in the small everyday events of the earth

UNITED PLANT SAVERS’ POSTER



If you listen, they will teach you.

If you listen, they will teach you.
17”x23” black and green etching by Kevin Morgan
\$7.50 (includes shipping)

Send check or money order to:
UpS • PO Box 77 • Guysville, OH • 45735



VOICES FROM THE GREEN

Dear UpS Friends,

We had a raffle to win a "Hot rocks Massage" and decided our proceeds should go to United Plant Savers. Thanks for all of your hard work.

Sincerely,

Jill Schroer

Deja vue Center for Alternative Health

Newark, Ohio

Greetings Plant Savers--

We salute and appreciate all the work you do with our beloved plant allies.

For over ten years, Heartwood has protected forests and cultivated a unique regional coalition of grassroots environmental organizations. Heartwood has a proven record of protecting forests from the Ozark Mountains to the Appalachians and from the Great Lakes to the Deep South. An acknowledged leader within the public forest protection movement, Heartwood is rooted in the belief of strength through cooperation.

It has come to our attention that medicinal plants are often sacrificed in the cutting of timber, and we invite you to join us in changing this pattern of abuse. If there are state and national forests in your area, we encourage you to contact the governmental agencies in charge of these forests to see how much timber harvesting is happening!

We have an easy guide available on our web site, www.heartwood.org, called the Citizen's Guide to Protecting Your National Forest. This guide details how to get on the "scoping list" for your forest, and in doing so you will be notified by mail of any sales in your area. Thus, you will easily be able to identify when there is a need for a plant rescue. These sales often occur without any inventory of endangered or threatened plants and animals.

We'd also like to invite you to attend the Heartwood Forest Council, May 22-26 at Camp Blanton in southeastern Kentucky. This is an annual event that brings together concerned citizens from the Eastern United States to meet each other, learn new skills, and develop a shared strategy to protect biodiversity and to increase alliances with non-traditional allies. This year's Forest Council is co-hosted by the Dogwood Alliance, and held in conjunction with their 6th annual general membership meeting.

Camp Blanton is adjacent to a 3000 acre tract of virgin and old-growth hardwood forest on Pine Mountain, near Harlan, Kentucky, one of the largest

such tracts in the Eastern United States, and a remnant of the oldest hardwood forest in North America. This will be an empowering weekend of workshops and strategy sessions about forests, hikes, networking, celebration, and renewal.

Last year's Forest Council featured an excellent woodland herb walk led by UpS member Susan Clearwater. Other UpS members have attended Heartwood events in the past, and we felt it was time for an official invitation to all of your members!

The threats to our forests and our wild plant populations have never been greater. The need to work collaboratively is of utmost importance. Please mark your calendar and please make plans to attend.

Please note: We are encouraging organizations to host staff or board meetings the day before the Forest Council. Other organizations which have already committed to hosting a meeting or have been invited include: The Ohio Valley Environmental Coalition, Appalachian Voices, the National Forest Protection Alliance, WildLaw, American Lands, the Forest Reform Network, the Native Forest Council, the Model Forest Policy Project, and Greenpeace.

If you have any questions or need more information, please contact us.

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QUICK FACTS ABOUT HEARTWOOD

Heartwood's mission is to protect forests and support community activism in the Eastern United States through education, advocacy, and citizen empowerment.

OUR GOALS ARE TO:

- Protect public lands from logging, mining, and mechanized recreation.
- Empower forest protection activists and organizations.
- Serve as a network and resource for grassroots efforts that improve local communities.
- Advocate for alternative and recycled sources of fiber for products traditionally sourced from virgin wood f

Dear UpS,

I suggest that United Plant Saver's promote some commonly available herbs from other cultures for the nervous system such as Hou Shou Wou stems (*Polygonum multiflorum*) and Albizia flowers and bark as very powerful substitutes for very much missed herbs such as Lady's Slipper.

It is really interesting how the herbs of North America were once the botanical Shangri la of the world and now besides efficacy we need, as you so wisely perceived, to use other herbs which are equally and in some instances even more effective and for which there would never be a shortage.

Here is a beautiful photograph of *Albizzia julibrissin*, (see below) the Chinese herb for a broken heart. I have it as a rotating screen saver on my website. It is the most phenomenal herb of all. It will prevent suicides, treat manic depression, insomnia, anxiety and puts kava as a rude and crude herb in comparison and lets St John's Wort assume its proper role as an anti-inflammatory for the liver and nervous system.

The Chinese call *Albizzia* (He huan pi or the flower which is even more potent is he huan hua) the Tree of Paradise. It is so incredibly beautiful with its dramatic limb structure and flowers. They classify this as a shen (spirit) calming herb. It is really the most powerful herbal nervine. Give it to anyone who has experienced an earth shattering loss. It works very quickly. It comes from Persia and you can imagine the Persian palace gardens with these beautiful trees. It also grows in a wide variety of climates so I recommend that you get one and plant it this fall.

This is another herb that just too good to be legal.

Sincerely,
Michael Tierra



Albizzia julibrissin

GREEN THANKS & GRATITUDE

We wish to gratefully thank the following folks for their financial contributions to United Plant Savers.

Green Angels - \$50,000+

Judy and Michael Funk
Paul Strauss

Leaders - \$5,000+

Horst Rechelbacher
International Herb Symposium
Herb Pharm
Frontier Co-op
Outagami Charitable Fnd.*
National Fish & Wildlife Fnd.
Robert Campbell
Comm. Fnd. of Jackson Hole
Sacharuna Foundation
Wild Oats Market, Inc.
Millrock, Inc.
Rosemary Gladstar
Sonoma Cty. Community Fnd.
Herbal Magic

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Howard & Gayle Gross
Nick Kulibaba
Thomas Riley
Terrence S. Fox

Green Thumb - \$100 - \$499

Jeri Baldwin, Donna Barnett, Louise Berliner, Kirsten Cahoon, James Callaway, Delia Carroll, Trish Flaster, Susan Foote, Deborah Gorsline, Gifts from the Earth, Dave Gutknecht, Virginia Hadley, Tammi Hartung, Sandra Housel, Hunger Mountain Cooperative, Michele Kennedy, Theodora Kramer, Annabel Lee, Tim & Beckie Luikart, Bonnie Mackey, Christina Macleod, Laura Messinger, Mother Earth Foods, Mary Murphy, New England Herbal Supply Co., Deirdre O'Connor, The Peaceable Kingdom, Cindy & James Phillips, Terry Rader, Crystal Rae, Karen Rosasco, Lynda Sadler, Joann Sanchez, Lotti Sanders, Betsy Sandlin, Dale Schusterman, Catherine Smith, Beth Snyder, Jen Steitz, Pam Thompson, Twelve Corners, Joseph Vincze, Susan Wahrlab, Rebecca Willow, Twila Dawn Willis, Julia Yu

Special Thanks to New Partners In Education Member:

Australasian College of Herbal Studies
PO Box 130, Lake Oswego, OR 97034.

Principle Doreen Peterson, B.A., Dip, NT, Dip. Acu.

They have 31 students signed up so far, and donated above and beyond their dues. Thank you!

Green thanks to the teachers who donated their time and expertise at the UpS Conference on July 20th: Rosemary Gladstar, Pam Montgomery, Cindy Riviere, Robert Chartier, Jeff and Melanie Carpenter, Matthias Reisen, Nancy Scarzello, Nancy Phillips, Joanne Snow, Bevin Clare and Guido Mase. Our gratitude is also extended to the sponsors of the conference: Sage Mountain, Hunger Mountain Co-op and Goddard College. Much appreciation to the 100+ members who gathered together in "Planting the Future"!

* Abbreviation for Foundation

UPS OFFICE REBUILT AFTER FIRE

On September 16th the office officially moved into the new space on the same site that burnt down on March 4, 2002. Kristen and I were ready to move. The room we had been working out of in my home was getting too crowded. We had boxes of literature, t-shirts, books and posters all over the place. The barn on our property had been taken over by our boxes as well and I even had some boxes stashed in the garage. It was clearly time for us to get organized and have everything under one roof again. Even though we received lots of assurances from our friends and UpS members that the new building would be better than ever, it was hard to imagine after the fire. My partner Robbie, along with a helper or two got the building up in record time. He was able to create a beautiful working space for UpS on one side and Plant It Herbs on the other. We've got a yoga class on Tuesday nights going again and a couple of new kitty's who have made themselves right at home.

I would like to take this opportunity to thank Nancy Scarzello for helping us recover the database as



well as helping us remember everything we do in the office. Special thanks go to Rosemary, Pam, Sara and Steven, our board members, for their support. Our local bank helped us find those of you who had joined or renewed after October of last year through bank records, and graciously gave us that information free of charge. Thank you all for the good wishes and donations to the UpS fire fund. Every little bit helped us recover from that day. We still have much work to do in our newly organized office. We are looking forward to working with our new executive director on projects that took a backseat while we were recovering from the fire and we are especially ready to start new projects.

The office is open Monday through Thursday from 10 AM to 6 PM eastern time. We look forward to hearing from you with any questions or comments you have about United Plant Savers and any of the programs we offer.

In the spirit of the plants,
Cindy Riviere, office manager

FINANCIAL REPORT

This has not been the easiest year for United Plant Savers financially. Our biggest set back was the fire we experienced in March in which we lost all of our office equipment including computers, all our supplies including books, t-shirts, videos, slide shows and all the info we send to new members and Botanical Sanctuary Network members. Unfortunately, our insurance would not cover this and we had to come up with unbudgeted money to replace everything.

Many of you responded generously when we put out the plea for help. We received almost \$3,500 in aid but our losses were almost \$15,000.

Corporate donations were also down. Given the flat economy and leveling off of the herbal product industry we received only a small percentage of what we had projected to receive from corporations. Herb Pharm continues to be a major corporate supporter with an almost \$5,000 donation this year. We would also like to acknowledge the Wianko family foundation for their continued support of \$5,000. New memberships and renewals brought in a little over \$43,000 and conferences netted another \$20,000. A big thanks to the ceaseless giving of time, energy and money from our very dedicated Board of Directors who donated \$15,000 this year.

The good news is we made our last land payment of \$15,000 on the Sanctuary in Ohio so we now own it. At this writing which is before the end of the year we hope to receive year-end donations to help defray the potential end of year loss of \$25,000. During this season of generosity and giving you may want to consider an additional donation. For any member who is interested in a complete financial report you may contact Pam Montgomery at greenpam@aol.com.



United Plant Savers

*Dedicated to protecting and replanting at-risk
native medicinal plants of North America.*

The plants need our help.

For more information and membership contact:
United Plant Savers, P.O. Box 96, East Barre, VT 05649 • 802-479-9825 • www.plantsavers.org

UPS SHELF TALKERS

UpS' colorful, informative shelf talkers are designed to fit on store shelves in the herb department. We need your help getting these shelf talkers into the stores.

To obtain free shelf talkers,
contact Cindy Riviere in the UpS office at
PO Box 77, Guysville, OH 45735
email: plants@plantsavers.org

MEET OUR NEW UpS EXECUTIVE DIRECTOR LYNDA LEMOLE

We are pleased ~ ecstatic is the better word ~ to introduce you to our new UpS Executive Director, Lynda Lemole Sadler. Were we to sum up the ideal person for the Ex. Director position, our dream person to lead this organization onward, Lynda fits the description to a T. Dynamic, passionate and green to the core, this woman brings a wealth of experience, knowledge, excellent communication skills and know how to our organization.

Having been involved in the herbal community since the 1970's her resume spans a wide range of experience and activities including:

President and Trustee of the American Herbal Products Association (1986- 1991); Advisory Board of the Bastyr College of Natural Health Sciences (1988-1990); Board of Directors of The National Coalition to Stop Food Irradiation (1986-1990); President of the Board of Redwood Park Estates (1983-1986); Representative of the European-American Phytomedicine Coalition (1991-1994); Advisory Board of the Environmental Action Report (1993-1995).

Lynda served as co-owner and executive manager of a progressive medicinal herb tea company, Traditional Medicinals, from 1982 to the present and oversaw Operations, Personnel, Quality Control, Systems, Research & Development and Legal. She initiated and pioneered the company's development of over-the-counter herbal tea products, a revolutionary and innovative idea at that time.

Her involvement in the business community has won her a range of awards including:

- Association for Women in Natural Foods (AWIN), WOMAN OF THE YEAR 1989
- Cliff Adler HEART IN BUSINESS AWARD 1989
- Natural Business LEADERSHIP IN BUSINESS AWARD 2000

She's often been credited with bringing the heart of business back to the herbal business world.

Her commitment to herbal medicine and social responsibility shines through her lectures, publications and national radio presentations. She's been a guest lecturer at Sonoma State University, San Francisco State University and a frequent guest speaker at trade and community events. She also helped develop The East-West Foundation (1972-1974), a national non-profit foundation located in Boston Mass where she served as Assistant to President and Founder, Michio Kushi.

All of this experience, knowledge and know-how



wrapped up in one vibrant being! Anyone who knows Lynda will agree; this woman is enthusiastic, impassioned about the green world, and deeply connected to the plants and the plant community. When asked why she was willing to accept this job when other more financially rewarding opportunities were available to her, she replied, "I am interested in finding meaningful involvement with either a non-profit or a socially responsible and environmentally pro-active organization that is "making a difference" on our planet. I want to use the skills and knowledge I have developed over the last 30 years towards education, healthy and holistic social change and environmental repair...Of utmost importance to me is that I am working with healthy, active and high-minded people who are serving a vision that improves the human condition on our planet." Welcome aboard, Lynda!

You can contact Lynda directly through our website: www.plantsavers.org

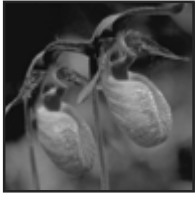
Dear UpS Members,

I'm pleased, honored and excited about joining UpS as Executive Director. In many ways, this opportunity represents a long-tendered dream I've held in my dream catcher as I have followed, supported and admired the work of UpS since its inception. What a rare occasion in my life to join a band of herbal plant heroes and heroines in the journey to keep the planet green with our beloved medicinal plants!

I see the work of UpS as one of increasing medicinal plant awareness, education and consciousness. In my experience of teaching people about herbs, the more they hear, the more they want to hear. I also know that it's the plants talking through me and that whenever we use our energies towards the "green", good things happen! We have many opportunities ahead of us to build and network our membership. Cindy Riviere, our reigning association Chieftess often speaks of how enthusiastic our members are about establishing medicinal plant sanctuaries, creating community awareness events, teaching children about plants, and being on the watch for plants that need our help. We have strong existing and potential networking opportunities with local associations, other non-profits, government agencies and schools to increase these activities.

The 10- human UpS Board and 21-human Advisory Board members have a combined level of years of herbal experience that is astonishing. Their shared vision is inspiring and I plan to spend my initial time with UpS learning as much as I can about what we can do to nurture our mission - "To preserve, conserve & restore native medicinal plants and their habitats in the US and Canada while ensuring their abundant renewable supply for future generations." I'm grateful to be given the opportunity to learn to care for the UpS garden. May 2003 be full of gloriously green growth.

~ Lynda LeMole Sadler



UPS "AT-RISK" FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

~ "At-Risk" ~

American Ginseng
(*Panax quinquefolius*)
Black Cohosh
(*Actaea (Cimicifuga) racemosa*)
Bloodroot
(*Sanguinaria canadensis*)
Blue Cohosh
(*Caulophyllum thalictroides*)
Echinacea
(*Echinacea sp.*)
Eyebright
(*Euphrasia sp.*)
Goldenseal
(*Hydrastis canadensis*)
Helonias Root
(*Chamaelirium luteum*)
Kava Kava
(*Piper methysticum*) (Hawaii only)
Lady's Slipper Orchid
(*Cypripedium sp.*)
Lomatium
(*Lomatium dissectum*)
Osha
(*Ligusticum porteri, L. sp.*)
Peyote
(*Lophophora williamsii*)
Slippery Elm
(*Ulmus rubra*)
Sundew
(*Drosera sp.*)
Trillium, Beth Root
(*Trillium sp.*)
True Unicorn
(*Aletris farinosa*)
Venus' Fly Trap
(*Dionaea muscipula*)
Virginiana Snakeroot
(*Aristolochia serpentaria*)
Wild Yam
(*Dioscorea villosa, D. sp.*)

~ "To-Watch" ~

Arnica
(*Arnica sp.*)
Butterfly Weed
(*Asclepias tuberosa*)
Cascara Sagrada
(*Rhamnus purshimia*)
Chaparro
(*Casatela emoryi*)
Elephant Tree
(*Bursera microphylla*)
Gentian
(*Gentiana sp.*)
Goldthread
(*Coptis sp.*)
Lobelia
(*Lobelia sp.*)
Maidenhair Fern
(*Adiantum pendatum*)
Mayapple
(*Podophyllum peltatum*)
Oregon Grape
(*Mahonia sp.*)
Partridge Berry
(*Mitchella repens*)
Pink Root
(*Spigelia marilandica*)
Pipsissewa
(*Chimaphila umbellata*)
Spikenard
(*Aralia racemosa, A. californica*)
Stone Root
(*Collinsonia canadensis*)
Stream Orchid
(*Epipactis gigantea*)
Turkey Corn
(*Dicentra canadensis*)
White Sage
(*Salvia apiana*)
Wild Indigo
(*Baptisia tinctoria*)
Yerba Mansa
(*Anemopsis californica*)
Yerba Santa
(*Eriodictyon californica*)

NATIVE PLANT CONSERVATION CAMPAIGN NEWS

Rep. James Hansen (R-UT) has filed a bill which would exempt private property, military lands and ALL PLANTS from federal Endangered Species Act protection.

The Botanical Society of America has posted information about the bill on their web site with an e-mail link to Congress so that members of the public can express their views on this issue to their elected representatives. The BSA is not a lobbying agency, so if you have an opinion, they urge you to respond individually to this and make your views known to your legislators.

The information is posted on the front page of the BSA's site at www.botany.org.

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things connect."

-Chief Seattle 1854

“DOING IT RIGHT”

“Issues and practices of sustainable harvesting of non-timber forest products relating to First Peoples in British Columbia”

by Nancy J. Turner

For the full version of this article, with references, please see B.C. Journal of Ecosystems and Management, Vol. 1, No. 1, 2001. FORREX-Forest Research Extension Partnership, portions reprinted with permission. Accessible on-line at: <http://www.forrex.org/jern/2001/vol1/no1/art6.pdf>

At the beginning of the new millennium, British Columbia is following the lead of forest-based societies around the world in recognizing potential economic value, over and above the conventionally commercialized forest timber, in plants and fungi of forests and associated ecosystems. This accelerating interest in so-called "non-timber forest products" has occurred partly in response to peoples' concerns over clear cutting and projected declines in industrial forestry as a major economic force in the province. The interest has also been fuelled to some extent by a general societal trend towards the appreciation of "green" conservation values and the appeal of herbal products and of "natural" or organic foods and medicines, as well as in learning from and supporting Indigenous cultures and lifestyles.

For British Columbia First Peoples, many of the forest species identified as potential products in a new economy have high cultural values and have been used for food, materials, and medicines since time immemorial.

For British Columbia First Peoples, many of the forest species identified potential products in a new economy have high cultural values and have been used for food, materials, and medicines since time immemorial. Most of these species are named in many of the 30-plus Aboriginal languages of the province and some, such as devil's club (*Oplopanax horridus*), are particularly revered, having high religious and spiritual significance. These plants, and products made from them, have been involved for millennia in an active trading network extending over all parts

For British Columbia First Peoples, many of the forest species identified as potential products in a new economy...

of the province's landscape and beyond. Thus, the concept of commercial exchange is not novel. However, the prospect of large-scale global marketing of these products presents major concerns for both Aboriginal and non-Aboriginal people alike. While there are a number of relevant issues in the harvesting and marketing of these products, perhaps the greatest general concern is the spectre of over-exploitation, as has occurred with the timber and fisheries industries in British Columbia.

Instances of abuse have already occurred to the detriment of the plants, the animals that depend on them, the ecosystems, and the local peoples who

continue to rely on them for personal and community use. One example was brought up by the Ktunaxa Elders who spoke at a Non-timber Forest Products (NTFPs) workshop at Creston, B.C. They talked about how outsiders had come into their traditional huckleberry (*Vaccinium membranaceum*) picking grounds and had taken almost all the berries to sell to the commercial marketers in Alberta and the United States. As a result of this situation, not only did local Ktunaxa people lose their personal share and rights to the berries, but the bears, which also depend on this late-summer resource to sustain themselves, suffered food shortages in their mountain habitats and started to come down to the valleys where they became a menace; many bears had to be shot. In relating this heart-breaking situation, the Elders said that they wanted all outsiders to understand the damage that was being done to their lands and resources, and wanted commercial exploitation in their territory stopped.

REGULATING HARVESTS

A good example of how NTFP harvesting can get "out of hand" is the over-exploitation of cascara bark (*Rhamnus purshianus*) as a laxative product for the drug industry of an earlier generation. Cascara bark has been used, probably for thousands of years, as a tonic and laxative by First Peoples in western North America. It was soon adopted by Spaniards and other Europeans entering the region, and was added into the general American pharmacopoeia. Especially during the 1930s and 1940s, many people in British Columbia participated in harvesting cascara bark as a way of earning a modest income. Although most were quite careful in harvesting, others did not consider the future needs of either plants or people and proceeded to strip the bark carelessly and wastefully, girdling and killing many trees in the process and virtually extirpating the species from some areas.

The provincial government of the day stepped in with regulations, and cascara began to be propagated and grown in plantations. At the same time, other laxatives came onto the market, and the species has made a healthy recovery over much of its natural range, although it is still considered rare in some places.

The warning signs were established with cascara, however, and several decades later the situation virtually repeated itself when the potent anti-cancer drug taxol (paclitaxel) was isolated from the bark of Pacific yew (*Taxus brevifolia*) and patented by the pharmaceutical company Bristol-Myers Squibb.

Continued on page 10

The drug was approved for use in treating various types of cancer from ovarian and breast cancers to kidney cancer. To obtain enough taxol to proceed with clinical trials, the company placed orders for vast quantities of Pacific yew bark.

Within a short time, yew trees all along the Pacific Coast were being cut down for their high value bark. In some cases, trees were poached from private lands and parks with little consideration for the other values of the yew tree. In particular, little recognition was given to the high cultural values that Pacific yew has for First Peoples, both for its medicinal use and for its tough, resilient wood. Yew wood has been prized by British Columbia First Nations, especially along the Coast, but also in areas of the Interior where it grows. This wood was used in the manufacture of bows, spear shafts, fishing gear, root-digging sticks, and snowshoes, as well as

In the US alone, some 29% of the country's 16,000 vascular plants are at risk of extinction.

many other implements and cultural objects.

Ironically, before the discovery of taxol and the rush to cash in on this pharmaceutical gold, yew had virtually no commercial value. Yew trees in West Coast forests were simply cut down and burned as "weed trees" during the course of clearcutting, to be replaced by higher-value Douglas-fir (*Pseudotsuga menziesii*) wherever possible. After some years of yew bark harvesting, and facing concerns for the future of this slow-growing species, the provincial government stepped in with regulations in an effort to protect the species from extirpation. Concurrent initiatives to propagate yew and grow it in plantations and to synthesize taxol from Pacific yew foliage and from other more prolific *Taxus* species have now alleviated the harvesting pressures. However, the warning signs explicit in these examples should be heeded: unregulated harvesting by uninformed people who are motivated by short-term profit can lead to harm for both the species being harvested and for others who rely on the species.

Adding Value with Non-timber Forest Products
Other trees, such as paper birch (*Betula papyrifera*), red alder (*Alnus rubra*), and trembling aspen (*Populus tremuloides*), have also been accorded little commercial value in the forestry industry. These trees have commonly been eliminated in favour of those of higher timber value, mostly the coniferous trees. Yet these deciduous species, as well as having important ecological functions, have multiple values for First Peoples. For the First Peoples who value both birch bark (for baskets and containers of many types) and

birch wood (for carving spoons, dishes, and masks), one birch tree can readily bring \$1000 in value. To the industrial forester, the same tree might be worth only a few dollars in pulp or chips. The pharmaceutical industry now recognizes that birch bark contains important compounds for use against skin cancer and other ailments. Thus, from a tree of virtually no value to commercial forestry, birch may be transformed to one of immense value as a source of pharmaceuticals. But again, the interests of First Nations may be little considered. Similar stories can be told of red alder, which is a valued medicine, dye, and wood for fuel and carving, and trembling aspen, used for its wood and its bark for medicine by British Columbia First Peoples.

Aboriginal people I have talked with are particularly concerned about commercialization of traditional medicines. Medicines are considered sacred gifts, and many people do not even like the idea of selling them at all, as it contravenes cultural principles. Another important issue is intellectual property rights. Many "Indian" medicinal remedies have been marketed without any consultation or

compensation for the original holders of the medicinal plant knowledge. Pharmaceutical companies have also patented numerous drugs based on Indigenous knowledge. However, no patent legislation recognizes communal knowledge or the rights of a community to obtain benefits from this type of knowledge.

Furthermore, like other types of commercialized products, traditional medicine plants are at risk of being over-harvested by unknowing, careless, or greedy harvesters. In the United States alone, some 29% of the country's 16,000 vascular plants are at risk of extinction. Much of this is attributed to habitat loss and the introduction of non-native species to sensitive ecosystems; however, for wild medicinal species, over-harvesting is a real threat as well.

TRADITIONAL RESOURCE MANAGEMENT IN BRITISH COLUMBIA

First Peoples of British Columbia have often been termed "hunter-gatherers." This implies that traditionally they were random users of the landscape, harvesting what they found growing naturally, with little effect on native plants and animals. In fact, peoples' Traditional Ecological Knowledge was, and is, immense. It incorporates not only philosophies of respect for all life, and cultural sanctions against waste and wanton use of resources, but also many practical strategies for sustainable living, including knowledge of: harvesting selectively, diversifying the harvest, and maintaining and enhancing the ability of resources to renew

Continued on next page

themselves through vegetative propagation, seed dispersal, and habitat modifications such as controlled burning.

As in other parts of North America, pruning and tending plant resources were commonly practiced techniques. Sometimes bushes were cut right back to the ground and allowed to re-sprout and reinvigorate themselves. Communication of such techniques, and learning about the caring for and tending of resources, was also an important component of this type of knowledge. For example, from an early age children were taught to respect plants and animals, to harvest carefully, to watch for signs of over-harvesting, and to use alternate resources if some types should become scarce. Many of the philosophies were transmitted through telling stories, which the children would hear many times over. This repetition helped them to remember important points of culture, ethical behavior, and practice.

PRINCIPLES OF SUSTAINABLE HARVESTING

Two years ago, in June 1998, we drafted some Principles of Sustainable Harvesting that we feel would provide an ethical, ecologically sound basis from which to regard or practice harvesting of non-timber forest products. These principles are arranged in groupings of different types of considerations, including ecological and biological factors, harvesting factors, cultural and social factors, and marketing and economic factors. These principles represent a beginning. They are broad and general, and require adaptation to local conditions and local cultures. However, they may be useful in ongoing deliberations about how, or even whether, communities should pursue non-timber forest products as a means of economic development. Many environmental organizations focusing on forest stewardship and biodiversity conservation have also developed underlying principles that have similar themes to those listed here.

PRINCIPLES OF SUSTAINABLE HARVESTING OF NON-TIMBER FOREST PRODUCTS

A. General Factors

- Practices and regulations for harvesting and marketing non-timber forest products should meet or exceed those established or recommended by international conventions, such as the United Nations Convention on Biological Diversity (1992) and Agreement on Forests (1993) for both ecological and social standards.

- Practices and regulations should build on principles and initiatives for forest stewardship already established, such as those of the Silva Forest Foundation and the Forest Stewardship Council.

- Certification for NTFPs should be a goal to strive for; organizations such as the Forest Stewardship Council, having an established record of respect for both ecological and social concerns, could provide the context for certification.

B. Ecological and Biological Factors

- Ecosystem integrity has primary importance.
- Species interact with and depend upon each other.

- Species respond differentially to harvesting, depending on a multiplicity of biological and ecological factors.

- Reproductive and regenerative capacity and rate determine or influence sustainable harvesting potential.

- Some species have extremely high ecosystem values (i.e., keystone species); these species must be monitored and protected extremely carefully.

- Ecosystems undergo successional changes following disturbance, including large-scale disturbances such as burning and logging.

- Genetic (population) diversity and diversity of ecological structure and function, as well as species diversity should be recognized.

- Maintenance of population characteristics is a fundamental objective (e.g., need to maintain a balance of age classes, the range of genetic variability, and habitats); the biggest threat to biodiversity is habitat loss.

- The cumulative effects of harvesting should be considered (e.g., combined effects of harvesting with other activities, such as overgrazing, wetlands depletion, pests, urbanization) when determining the carrying capacity of an ecosystem.

- Small, dispersed populations are generally more vulnerable than widespread, large populations (but these can also be at risk; e.g., bison, passenger pigeon).

- Species with low reproductive capacity, little ability to disperse, and low adaptive capacity are at higher risk from harvesting activities.

- Natural, long-standing ecosystems should be protected against invasive species (weeds or invasive animals); this must be considered in terms of harvesting-related disturbance.

C. Harvesting

- Harvesting intensity, seasonality, and periodicity affect species responses.

- Extensive time periods must be considered in measuring responses to harvesting (i.e., develop harvesting and marketing in a long-term perspective, with the needs and opportunities of future generations' in mind).

- Constant monitoring and adaptive management are essential. Keep careful records, maps, & documentation. f



IN THE GREEN LIGHT

MEMBERSHIP MEETING 2002

It was a glorious day for Planting the Future. One hundred and ten plant enthusiasts attended the conference and annual member meeting at Sage Mountain Herbal Retreat Center and Botanical Sanctuary on July 20th. After some torrential downpours the day before the conference, the skies opened up to clear blue, sun shining upon us. The gardens were spectacular and seemed to surround and hold each of us as we gathered together to celebrate Planting the Future together.

The workshops were exciting and diverse representing a variety of UpS concerns: Growing Ginseng & Goldenseal, Organic Row Cropping of Threatened Medicinals, Teaching Environmental Awareness to Children, Agriculture & Community, Plant Spirit Medicine, Herbarium Preparation, Secrets of the Drying Shed, Cultivating Chinese Medicinals, Creating Land as Sanctuary, Medicine Making, Medicinal Mushrooms, Field Botany and as many Plant ID Walks in the gardens and on the mountain as you could hope for.

The day culminated in our annual Member Meeting. After hearing reports on how and what the organization was doing in regards to our many projects from Rosemary Gladstar, finances from Pam Montgomery, and membership from Cindy Riviere, we broke into groups to brainstorm with the members. This was one of the highlights of the day for me, personally. A chance for the members to voice their concerns, share ideas for greater participation, how we can do things better as an organization, and how they would like to be involved in the future.

There was agreement with everyone present that a one-day conference such as this was an overwhelming success. A success for United Plant Savers in that we raised over \$5000 for the organization with a minimum of cost to produce. A success for the participants in that it was reasonably priced, we could travel only a short distance to attend and it didn't take us away from our gardens and families but for a day, fabulous workshops, and beautiful surroundings. A success for the plants in that

all we learned that day would be going home with us to share with our families, communities and out into the world to Plant the Future.

Nancy Scarzello

ARTIST'S FOR THE PLANTS

We wish to thank Terry Rader for her inspiration behind our UpS Christmas Greeting to members this year. Terry has devoted the last four years of Christmas presents to designing cards that create UpS awareness with Medicinal Plant photographs and messages to open the heart. Along with a clear message on plant preservation and the work of UpS, the cards featured her full colored photograph, design and writing.

Terry is presently working as the consulting Creative Director for US1 Advertising where she recently talked the President of the company into putting money he would normally spend on presents for clients into a donation for The Piedmont Environmental Center's project to teach folks sustainable farming. Terry art-directed a Christmas card for the company to create awareness for the center with an illustration (done by Charlotte Chipman) of a dandelion blowing seeds that turned into snowflakes



Balloonflower *Platycodon grandiflorus*
© 2002 Terry Rader • Trillium Creative, Inc.

Carry your
Holiday Heart
like a
Shining Star
into the
New Year
to spread
Goodness & Light.

Healthy Holidays from Terry Rader, Kayla and Amber Rose

I share my love for the plants with you at Christmas in a donation to United Plant Savers. UpS is a non-profit education corporation dedicated to preserving native medicinal plants to ensure an abundant supply for future generations.

and a brief blurb on the back to educate folks that it's not just a weed! She hopes to connect the Center to UpS in order to help them include Medicinal Plants in their teachings! You can reach Terry at: Trillium Creative, Inc., 336.855.9293
trilliumdesign@mindspring.com f

GREEN LOVER PROFILE: LORRIE OTTO

by Kathi Keville, Director for *American Herb Association*

For all of her 80-some years, Lorrie Otto has loved nature. In 1977, she decided to become a more active advocate for native plants. That's when she began teaching small groups about natural landscaping philosophy at the Schlitz Audubon Center near her home in Milwaukee, Wisconsin. Eventually she and like-minded friends founded Wild Ones, Natural Landscapers, Ltd. The non-profit organization educates and promotes biodiversity, environmentally sound practices, and landscaping using native species, including natural yards in harmony with nature. She describes the movement as a group of empowered artists who defied aesthetic impoverishment and the weed laws to decorate their yards with diverse, tousled, communities of life. She goes on to complain that, "Not only were the landscapes flat, bleak and shaved, but shrubs were not free to display their own shapes or bear flowers and fruit at the ends of their branches. Young trees were pruned to look like bushes on top of long broomsticks. Mature trees were sprayed with biocides, which killed songbirds, butterflies, and multitudes of other breathing, moving life forms."

When I visited this energetic and inspirational woman, who has won numerous awards, she took me for a tour to see what her work has inspired. Amongst homes with trimmed lawns and shrubbery, she pointed out a multitude of naturally-landscaped yards. Homeowners had turned their yards into miniature prairies and woodlands of native plants representative of what once spread across Wisconsin. These yards typically had a small mound or two covered with wildflowers and grasses that chaotically and stunningly cascaded down to the curb. Even from the road, I could see a birds and butterflies enjoying the landscape. The people who own these yards not only enjoy the wildflowers and listening to birds, but they love the low maintenance and low water requirements that come with them. However, some neighbors do object to such an unkempt look and the dryness after the display dies down in late summer. Otto sees a need for more education so critics realize the importance of creating biodiversity. Her dream is to have enough of these yards to provide a wildlife sanctuary throughout the city and suburbs. She wants them close enough for birds and butterflies to easily move from one to the other. As she describes, they would



be "islands and corridors of native landscapes to protect genotypes and endangered species."

Otto feels that the best place to preserve the future is with children. As she told me this, we pulled into a elementary school, although it took me a minute to realize there was a building beyond the tall grass prairie that nearly covered the windows. Instead of traffic, the children at this school look out their classroom windows to see wild plants, birds, and insects. In fact, their prairie serves as the kids' primary science lab and to inspire art projects. They count and keep statistics on the abundance of plants and wildlife as part of the math program. I was impressed to learn that I was viewing only one of many Midwest schools that planted their own prairie thanks to Wild Ones. It was easy to agree that if every

school devoted a section of land to wild plants of their area, the country would become a better steward of the environment. The Lorrie Otto Seeds for Education Fund of the Milwaukee Foundation Grants provided grants last year to schools in Kentucky, Minnesota, Florida and three each in Wisconsin and Michigan to create holistic learning for "appreciating humankind's proper place in the web of life." One third of an acre is also being revitalized at a Montessori school in Illinois.

Local chapters of Wild Ones throughout the US support native landscapes at schools, sponsor tours of planted native plant landscapes, and organize plant rescues from areas slated for development, seed exchanges, and lectures. Their website www.for-wild.org offers information on planting and maintaining prairies, woodlands, wildlife landscaping, and invasive species, and handbooks on subjects such as "Can Lawns Kill?" There are also beautiful photos and information on prairie plants, such as purple coneflower (*Echinacea spp.*), blazing star (*Aletris farinosa*), milkweed (*Asclepias spp.*), and Culver's root (*Veronicastrum virginicum*). They publish a journal and a newsletter. Wild Ones, PO Box 1274, Appleton, WI 54912. Phone 877-FYI-WILD.

From the American Herb Association Quarterly, Issue 17.3. The AHA provides the latest news, science, and reports on medicinal herbs and ecologically-related subjects. AHA, PO Box 2482, Nevada City, CA 95959. Phone: 530-274-3140. Website: www.ahaherb.com



UPS COMMUNITY GRANT PROJECTS

MAYSIE'S FARM CONSERVATION CENTER AND

Thank you for your generous grant of \$500.00 for the Botanical Sanctuary at Maysie's Farm Conservation Center and CSA. The Sanctuary is located in woodland surrounded by a Community Supported garden. Walking through the garden to the Sanctuary, one passes fields of swiss chard, tomatoes, carrots, potatoes, raspberries, corn, spinach and over 20 other varieties of organically grown vegetables and fruits. A children's garden invites little ones into a sunflower house and tee pee of green beans and flowers. Then a hedgerow full of summer blackberries marks the beginning of the woodland. In spring the sunny Sanctuary entrance is announced by flox, garlic mustard and violets. Later blooms of Echinacea Purpurea, Arnica and Pleurisy Root welcome visitors. A path leads one into the shaded hardwood Sanctuary glade, which is bisected by an intermittent stream adorned with large milky-quartz rocks, flourishing skunk cabbage and ferns. Black Cohosh, Bloodroot, Blue Cohosh, Helonias Root, Lobelia and Maidenhair Fern were introduced into the woodland this past spring. The Sanctuary pulses a natural rhythm amidst the cultivated crop fields, inviting one into a place of solace.

Before any plantings could occur, we had to remove a large pile of branches deposited in the woodland from another part of the farm. It took many of us many hours to clear the ten-foot high pile and clear a small path through the woodland for herb walks. Our top priority was to create as little disturbance of the natural woodland as possible. We were blessed with assistance from the AmeriCorps; a group of volunteers ages 18 to 24, whose mission is to strengthen communities by assisting nonprofit organizations throughout the United States. The team at Maysie's farm represented many nationalities, locations and socioeconomic groups throughout our country. We were privileged to hear stories of their relief efforts at ground zero after the September 11 attack on the World Trade Center, their education project tutoring inner city youth in a program designed to keep them drug-free and their work in Virginia helping low income families with home renovations. With tasks such as planting potatoes, transplanting strawberries, weeding and installing an irrigation system in 90-degree heat and stifling humidity *in May*, team members vied for the

shady Sanctuary tasks. During their sojourn at Maysie's, Charlene conducted a medicinal herb presentation, which included a slide show of at-risk, to-watch and common backyard medicinals. They were very interested in medicinal and historical applications of herbs, ecological exploitation and asked many wonderful questions.

News of the Sanctuary is spreading throughout the surrounding Counties and we are very excited about this new venue for promoting ecological awareness. The Sanctuary will serve as a focal point for environmental education within the community as part of our ongoing Environmental Education Programs. We plan to conduct workshops on traditional relationships with plants, sustainability, biodiversity, at-risk and to-watch plant analogs and creating a medicinal herb garden. Through our Outreach Program, which promotes conservation with a global perspective, we plan to include slides of the Sanctuary and at-risk plants into the existing slide show of the Conservation Center. We expect expansion of the Sanctuary and its role in our programs to increase with time.

The contribution by United Plant Savers was so very kind and we greatly appreciate your time, assistance and generosity. Without you, the Sanctuary would never have been started, and because of you our mission to promote conservation and ecological thinking and living has been advanced.

With our Sincerest Thanks,
Samuel M. Cantrell, Executive Director
Charlene L. Briggs, Herbalist/Educator

FUNDS AVAILABLE FOR COMMUNITY PLANTING PROJECTS

United Plant Savers has a fund designated for community replanting projects. UpS guidelines require that the project have educational merit and that the land proposed for replanting be protected either by individual ownership, or be a part of a school or park system. For application information please write to:

UpS Community Replanting Fund Guidelines,
PO Box 77, Guysville, OH 45735

MODERN MEDICINE AND ITS TRADITIONAL ROOTS

Coming Together in the Bridgton Hospital Healing Garden

In the small town of Bridgton, Maine, open spaces, green fields, hills, lakes and streams all draw people - either to live here permanently, or at least to vacation every summer. The opportunity to participate actively in the environment is a big draw. Community is another. People like the small scale of life in a village, like seeing familiar faces, like the opportunities to share life with friends. They relish the opportunity to be involved in a meaningful way in the community. All these factors played a part recently in the cooperative installation of a medicinal herb garden in the local hospital.

When the Bridgton Hospital was rebuilt and dedicated in 2001, the idea for a healing garden was included in the design and landscaping plans. This would be a place where visitors or staff could walk and find reflective, relaxing time in a peaceful natural setting. More important, it would be a beautiful spot that hospitalized patients could view from their rooms. In early Spring of 2002, local herbalist Corinne Martin and hospital pharmacist Mike Toner heard about the plan and suggested the inclusion of a medicinal herb plot as a focal piece of the healing garden. The plot would introduce viewers to the real "roots" of modern medicine, and could be used for educational purposes for both staff and visitors alike. The hospital Community Relations Director Pam Smith liked the idea and attended planning meetings to discuss the garden. Corinne - a practicing clinical herbalist in the area and a member of United Plant Savers for years - applied to UpS for a grant to cover the cost of the

...More important, it (Hospital Healing Garden) would be a beautiful spot that patients could view from their

medicinal plants. A \$500 grant was generously awarded, covering much of the cost of buying the herbs. Pharmacist Mike Toner began to work on the "hospital" end of the picture - making contacts among hospital workers and medical staff to stir up interest and possible donations of labor or additional plants. Corinne and Mike approached several local businesses that were willing to donate either products, services, or labor. Within a short time, the poor soil of the newly landscaped site had been enriched with loam donated by a local excavator. Medicinal plants were donated from home or farm gardens. A new bench was given to the project by one hardware store, while sprinklers were given by another. A landscaper donated money toward

the purchase of two hawthorn trees. An original plan for the garden was amended with the consulting support of a local garden club member. And planting day was attended by a small group of nurses, volunteers, student



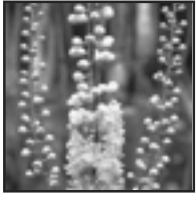
Nurse, Sally Dunning; Pharmacist, Mike Toner; & Herbalist, Corinne Martin at work in the Hospital Healing Garden

herbalists, and hospital maintenance staff.

Since then, the garden continues to thrive. Daily watering is being carried out primarily by Mike Toner and other hospital staff. A committee is being formed to plan for maintenance chores as the garden progresses through the seasons. Plans for the future include the installation of identification markers for all the garden plants, so that viewers can get familiar with the herbs. A flyer with a map of the herbs and their traditional uses will be created and included in patient folders when they are admitted to the hospital.

Like most things organic, the garden is still "in process". Chamomile plants and Scullcap are being sought to round out the spot. A trellis on which the Hops vines can climb is in the works. A load of donated mulch is being spread, and plans for next season's garden are being made. And the place has changed dramatically. Now, where a dry, barren lot stood before, a medicinal herb garden flowers. A Hawthorn tree stands on either side of the space, and a new bench sits against a wall, inviting visitors to sit for a while. From inside patient rooms, the garden offers a spot of color - and a reminder that modern healing has its "roots" in medicinal plants. f

*"In wildness is the preservation of the world."
-Henry David Thoreau*



UPS BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

MORNING STAR RANCH

Westcliffe, CO

Sanctuary Steward: Christina MacLeod

At the westernmost edge of Colorado's high plains, in one of nature's most spectacular valleys, is Morning Star Ranch. Primarily native grasslands, sagebrush, uplands and dry meadows, it sits at an elevation of around 8,000 ft. The relatively short growing season, xeric conditions, temperature extremes, and current drought cycle, make growing almost anything a challenge in this fragile landscape!

Scars from human impact are all too visible here, compromised by the history of poor land-use practices of overgrazing and ore mining. With my passion for native plants, I am committed to bringing back the original landscape, preserving the diversity of native plant and grass communities, medicinal plants, and native trees and shrubs, all with the goal of supporting wildlife habitat. Morning Star Ranch is home to pronghorn antelope, mule deer, coyote, and bobcat, shared with golden and bald eagles, hawks, falcons, mountain bluebirds, hummingbirds, and the prairie rattlesnake.

Opportunities for classes include sustainable agricultural practices, field botany, native plant and weed identification as well as nature journaling, and traditional home and medicinal plant uses, emphasizing Earth stewardship and earth-wise living from a deep sense and spirit of place within the life web.

Planned are medicinal and native perennial gardens for walks and demonstration of growing at-risk plants, growing for family traditional and medicinal use, and purposeful planting to attract wildlife. In light of the current drought and heightened wildfire danger, water conservation precludes moving ahead on these beds for this year. Future plans include a year-round strawbale production greenhouse to provide native planting stock for local nurseries and gardeners, working beehives, and creating local flower essences. I also envision ceremonial gatherings here, honoring the cycles of the seasons.

In the six months I have been here, many projects have begun including weed management, removing a trash dumpsite, and revitalizing a rock garden area fed by greywater from the house. New plantings include Arnica, St. John's Wort, Motherwort, Nettles, Lavender, and a number of native species attracting hummingbirds and butterflies. Native Pinon, Juniper, Aspen, Bristlecone Pine, and Mountain Mahogany have also been added. The most notable activity to date has been the creation of a Medicine Circle, to support the vision and intention for healing this land and all who dwell here, returning to a more balanced and harmonious way of living in the life web. Sharing this vision with the local community is exciting, and will hopefully be an inspiration to others to also act consciously about planting the future. f



Christina MacLeod, Sanctuary Steward

ORGANIC PLEASURES

Garland, Maine

Sanctuary Stewards: Robert Schick &
Gail Wilmott

We started here in Garland Maine in August of 1999 with a home and a plot of land consisting of 13 acres, which had been mostly cleared for farmland, abused and then planted with timothy. Since then we have been working diligently to return the earth to a healthy space. We have steadfastly adhered to the course of improving the land both fertility-wise and diversity-wise. We believe one necessitates the other for both to thrive and for humans to live a harmonious, natural existence. The motto of our now 23 acre certified organic farm and sanctuary is "Diversity is not your Enemy". Our lives revolve around this philosophy - botanically and spiritually. Currently we have about four acres of land under cultivation. These gardens consist of medicinal and culinary herbs, wildflowers and naturalization projects, numerous perennial beds, a moon garden, a small orchard, and a three acre garden with an extensive variety of vegetables and flowers where through natural selection and classic breeding techniques we are introducing new and useful cultivars. We are also working at re-introducing at-risk woodland plants, ie. Goldenseal.

Organic Pleasures is open to the public for garden tours or just to enjoy the tranquility of the earth here. We



Organic Pleasures Farm

have started giving workshops on organic plant care and have invited some local schools out for day trips. Since our work has begun, we have noticed and felt the peaceful health which continues to grow

as many endangered bird species return seasonally in larger numbers, as earthworms become more prevalent, as positive harmonious intensity becomes all encompassing and noticed by all who visit.

Our mission is two-fold: 1) to save as many life forms as possible amidst the current breed of human dismantlers while 2) instilling the passion and love of our Earthly heritage among as many humans who are willing and ready to take back the Earth, one garden, one farm, one forest, one meadow, one ecosystem at a time.

This is serious stuff. If we as caretakers and nurturers of the Earth do not lend ourselves, without compromise, to the well-being and defense of this wondrous planet, who will? It is our pleasure to be part of such a special organization as UpS, where like-minded people are joining together to do the right thing. f

ATAGA'HI

(LAKE OF THE WOUNDED)

Union, Illinois

Sanctuary Steward: Cindy Bloom

The Cherokee people say there is a place in the Smokey Mountains where the animals go to be healed. The Creator warned the people not to follow the wounded animals to this magical lake or the wild game would vanish forever. The animals guard this place and keep it invisible to the human eye. It is said that if we continue to respect and protect the animals as the Creator has asked, that we, too, one day may be able to see these healing waters.

This story is ancient but its lesson is consciously modern. Our Creation stories, culture and world view are based on our inter-relationship with all life. Our behavior is dictated by Natural Laws. This way of life is reinforced by the Creator's message in the story.

Being of Cherokee heritage, this story has a special place in my heart. A 2.5 acre lake/pond abounding with plants and wildlife is the center of 50 acres of woods, wetlands, and prairie. It is this "Place", (the pond) that is central to all the teaching that take place here. A private road leads you through a wooded area where wild geranium, trillium, yarrow, mayapple, and many other plants hug the road. The property opens up into an old oak savanna. It is here that 150 to 200 year-old oaks, 50 year-old shagbark hickory, wild cherry trees and the lake exist. This area is surrounded by 10 acres of wetlands, 10 acres of prairie, and 30 acres of woodland.

Two years ago when we purchased the land, we began clearing invasive species from the woodlands and planting endangered and at-risk native plants. The McHenry County Conservation District is assisting us in the restoration of the 10 acre prairie. They estimate that in 3-4 years we will have restored it to its prior condition 200 years ago, with over 300 species of plants, grasses and sedges. The Conservation District has also donated over 50 trees that have been planted at the edges of the woods. Midewin National Tallgrass Prairie in Joliet, Illinois, has provided us with over 100 native plants through their annual plant sale. Friends at Wildlife Prairie State Part in Peoria, Illinois, have gifted us with a

Continued on page 20

Winter 2003



PLANTS IN THE NEWS

THE MAGIC OF MUSHROOMS

by Rebecca Wood

Here in southern Ohio, frost is on the pumpkin and the last of the garden greens are still producing in the bright autumn sun. Most of the garden's bounty, is now dried, canned or frozen and will provide nutrition and flavor in the winter ahead.

Nature's bounty is diverse and plentiful year round if you know where to look. This year was particularly bountiful for one of my passions, collecting and growing mushrooms!

Sadly, my spring morel (*Morchella sp.*) season was merely adequate (I'm sensing an addiction here) but as always it drew me into the forest at every spare moment enabling me to witness the subtle daily and weekly changes and enjoy the other tastes of spring.

I was able to enjoy Shiitake (*Lentinula edodes*) from spring to fall with plenty to share and dry for winter soup, stews and medicine by soaking my cultivated mushroom logs, but I had to wait for my latest inoculated Oyster (*Pleurotus ostreatus*) log until the mild break in the weather this fall.

Just when I stumbled on a few batches of wild Oyster mushrooms, my logs exploded and I am currently eating my way through these tasty morsels and drying the rest.

My walks through the woods also heralded

"chicken of the woods" or "sulfur shelf" (*Polyporus sulphureus*), enough "turkey tails" (*Trametes versicolor*) for soups and tea and a plethora of the brightly orange, fruity smelling chanterelles (*Cantharellus cibarius*).

As usual there was plenty of "artist conk",

our most common native Reishi (*Ganoderma applanatum*), for immune boosting teas and I was fortunate to spy a few "lion's mane" (*Hericium erianaceus*).

I wasn't so lucky with the mighty Maitake (*Grifola frondosa*) or sometimes called "hen of the woods" and am coveting my neighbors luck in finding these treats.

Growing and finding mushrooms has many benefits. It's fun, they taste great and many have been used for centuries or are under study for their medicinal potentials.

For instance; Artist Conk is anti-bacterial, anti-inflammatory, anti-tumor and used in lung and respiratory ailments.

Maitake is anti-bacterial, anti-candida, anti-tumor, anti-viral, good for certain blood sugar and blood pressure disorders, support the lungs and respiratory system and modulate stress.

Turkey tails are known to be anti-bacterial, anti-oxidant, anti-tumor, anti-viral, reduce cholesterol and supports both the liver and kidneys.

Perhaps the most studied and historically used medicinal mushrooms are the Reishi (*G. lucidum* and *G. tsuga*), which are known for their anti-bacterial, anti-viral, anti-tumor and immune boosting qualities.

While there is much to be enjoyed from the world of mushrooms,

there are some precautions that need to be heeded! Mushrooms, like any wild edible or medicinal plant, need to be identified accurately, very accurately!

It is also important to know how to prepare them for food or medicine and if they have any contraindications associated with them.

As with any food and or medicine, some people may have allergic reactions to certain mushrooms, and some mushrooms don't mix well with alcohol.

A good practiced is to eat only a small amount first to see what your tolerances are.

Get to know your local edible mushrooms. Do your own research, grow your own varieties. It's a fun way to bring the bounty of nature into your daily lives all the year round.

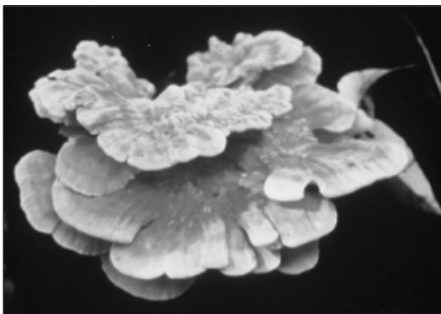
Two sources to get you growing include Fungi Perfecti, www.fungi.com and Mushroom Harvest 740-448-6105.

Happy hunting, growing and many blessings until next time.

Recommended Reading: [Medicinal Mushrooms](#) by Christopher Hobbs; [Reishi, Mushroom, Herb of Spiritual Potency and Medicinal Wonder](#) by Terry Willard; [Mycomedicinals; An Informational Booklet on Medicinal Mushroom](#) by Paul Stamets; [Audubon Society Field Guide to North American Mushrooms](#) by Gary Lincoff; [Mushrooms Demystified](#) by David Aurora; and [Growing Gourmet and Medicinal Mushrooms](#) by Paul Stamets. There are many more but these are sure to get you started. f



Morels

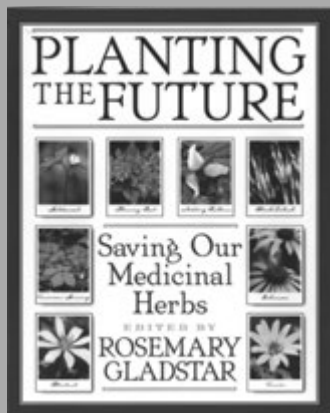


Sulphur Shelf

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- Color photos of 30 medicinal plants
- Mail order resources for hard-to-find seeds
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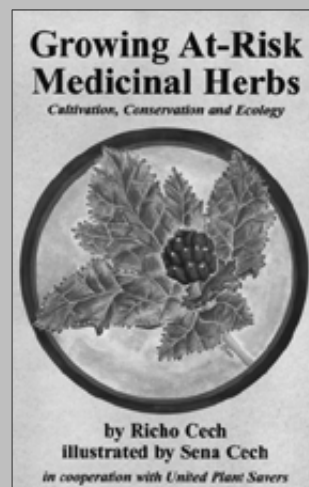
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Growing At-Risk Medicinal Herbs

by Richo Cech
illustrated by Sena Cech

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"A compelling book on one of the most important issues facing the future of botanical medicine – the demise of native medicinal plants in their natural habitat and what can be done to conserve these important wild resources. This book is in turn brilliant, insightful and scholarly, but is also well-seasoned with humor!"

~ Rosemary Gladstar

"This book is far more than it seems. Don't underestimate what Richo has accomplished. He has taken some of the most difficult plants imaginable, plants that sometimes find even the breath of humans to be anathema, and figured out what they need in order to grow near us and by our leave. He has a good brain and dirty fingernails."

~ Michael Moore

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(See page 3 for art detail)

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MUSINGS FROM THE FARM

COMING HOME

by Jen Wagner, Sanctuary Intern

It was a coming home for me, a self-realization, an emancipation, a proclamation, of my soul. A regression, to simpler phases, childhood dazes, of walking with companions I could see only in my mind's eye.

Opening my soul, and my ears, to listen to plants speak, unhindered and unencumbered with multitudes of questions about my future, where am I going, and, how do I get there? It was simple, life is simple, people can be simple, but mostly we make it really complicated.

Climbing up hills, through hollows, over the fallen fathers of oaks and elms, mushing through wetlands to happen upon pools of bottle gentian, planting precious seeds and sacred roots, wading

through folds of Indian Grass to run hands over pearls of seed, respecting the golden and hazy blaze of ironweed, zizia, maximillian, goldenrod and milkweed,

dancing between orb and crab spiders, marveling at their masterpieces.

We watched the populations of deer plummet and surge with disease just as we saw the trees climax in a short blaze of crimson, violet and sunny glory then fall into a deep slumber with the frost and chilly rain.

We listened to what the Mother had to tell us, and we garnered her bounty in good health. This internship experience touched my soul in countless ways. The Sanctuary is a magical place – literally a refuge. The stewards and teachers of the sanctuary took me into their homes, their lives, and their hearts and showed me their world. These people truly realize life's cyclic nature, and that one thing feeds and leads into another, and in doing so nurtures itself. They expressed this through their love for plants and teaching. The Rutland

community shared good food, company, and homes that warmed the heart and soul.

"...So much life to be lived, and so little time, when time goes so fast."

So many times, finding myself at a loss for words, too much overwhelmed by the seemingly helpless state of the world, but simultaneously finding motivation and energy burning in those around me whose environment I had been submersed in for nearly two months. Like, learning how to live again. All the same ideas and concepts I dream of in my mind actually being lived in Rutland. There is so much life to be lived, and so little time when time goes so fast.

On my way out I waved to friendly faces and nodded to familiar faces, knowing that I will see them all again in heart, body and soul. f



Interns in the Greenhouse



Planting on the Sanctuary



Heart Pond at the UpS Sanctuary

variety of native seeds, so that we can grow corn, beans, and squash. A Cherokee friend who works for the Department of Agriculture in Springfield, Illinois, has supplied us with white sage, sweetgrass plugs, and native tobacco seed for many years now.

In the short 2-year time span that we have owned the land, students and teachers (kindergarten through college levels), professionals, social workers, Elders, community members and friends have shared their experiences here. Numerous experiential classes taught by myself and others, have been held at this 50-acre sanctuary. My extensive library includes books on herbal, alternative and traditional healing. There are numerous books on Indigenous cultures, Pre-Columbian history, ancient plant medicines and art from around the world, with many on a child's level. This library has provided a "place" where students and teachers have come to engage in research, papers, projects and self-enlightenment for over 20 years.

Safe Haven Wildlife Refuge Center in Marengo, Illinois, has released wounded or orphaned animals onto our property after they have been rehabilitated. The turtles (box, painted, and snapping) have reclaimed the sand volley ball court, built by the former owners, as their rookery for the laying of their eggs. The American Indian dog roamed the America's for thirty thousand years. Threatened with extinction after

your hands is to know the ancient knowledge, inseparable from the times of removal and assimilation which transform into patterns of the future.

For centuries, the land has been a source of misunderstanding, abuse and power. The desecration has stopped at nothing, not even ancestral burial grounds. Most important in my life has been my work protecting existing burial grounds, as well as facilitating the return of over 200,000 of our ancestral remains and sacred objects. My efforts and the efforts of others in the Midwest has not only resulted in the protection of burial and sacred sites but in the restoration of these sacred places with native plant habitats. It has taken us 11 years since the passage of the federal law entitled. The Native American Grave Protection and Repatriation Act (NAGPRA) to finally have land donated in Illinois for a burial site near Wildlife Prairie State Park. The site is being restored with native vegetation. Only then will it be fit to bring over 12,000 of our Ancestors home for reburial.



Cindy Bloom, Sanctuary Steward

Our ancient prophecies tell of a massive destruction of human, plant and animal life on this Sacred Land. They tell of a people without conscience who defy the Creator and Natural Laws. In a world that truly does not recognize all people as equal or related, we have a monumental task. It will take a collective global consciousness to deal not only with the catastrophic rates of extinction of plants, animals and indigenous cultures but with the pervading threat to all human existence as well.

Breath is life, given to us from the Earth's bounty. Our breath, the words we speak, what we teach takes on a power all its own. Through words we can seek to shape "all that is." In the dynamics of prayer, ritual, ceremony, healing wholeness, and beauty, humans, plants and animals share an intrinsic role in the collective transformation of creation. This sanctuary is a magical "Place" where tomorrow's children have the opportunity to learn, teach and reweave the consciousness of generations. It is a Place where humans, plants and animas are safe and nurtured, and where they can heal their wounds. f

Our basketry traditions tell a story of social and ecological change as well as adaptation to new environments.

European contact, the breed has been kept alive by only a handful of dog breeders. To enhance the dog's preservation and increase dispersion, I have become an owner and certified breeder myself, and the new pups will make this sanctuary their home, too.

The environmental holocaust has impacted not only the health of indigenous cultures through disease, but has decimated the plants used for ceremony and medicine, as well as those used by traditional weavers for dyes and fiber. Some of these plants include bloodroot, walnut, sumac, nettle, milkweed, and dogbane, and these all grow on the property. In our Origin Story, four woven cords hold the Earth in place and connect it to another world in the sky where the Ancestors reside. Our basketry traditions tell a story of social and ecological change as well as adaptation to new environments. To hold a split river cane, white oak, honeysuckle or red maple basket in



CULTIVATION CORNER

THE GENTIANAS

by Richo Cech

The root of gentian stimulates the salivary glands and the digestion, while the flowers of this fantastic plant have long excited the gardener and the alpine hiker. The genus *Gentiana* is extremely diverse, represented by over 200 distinct species worldwide. The plants are distributed globally, mainly occurring in alpine regions. In North America there are 33 recognized species. These include such diverse plants as alpine gentian (*G. newberryi*), a pale blue flowered, mat-forming plant growing at altitudes up to 3,000

meters (9,800 feet) in the Sierra Nevada of the western states, and the wiregrass gentian (*G. pennelliana*) that is endemic to Florida and is listed as an endangered species.

Despite the wide distribution of gentian as a whole, the individual species do not tend to migrate, but rather stay put in specific ecological niches where conditions are perfectly to their liking. This specificity of conditions (elevation, sun, soil and moisture) makes domestication of

wild gentians very challenging.

All species of the Gentian genus, and in fact other plants in the family *Gentianaceae*¹ contain in their roots and in their aerial parts the bitter secoiridoid glycosides that act so efficiently to stimulate gastric secretions. A survey of the ethnographic literature of the New World shows that several different species were used in medicine by the Native Americans (Moerman, 1986). These include marsh gentian (*G. affinis*), closed gentian (*G. andrewsii*), fringed gentian (*G. crinita*), Rocky Mountain gentian (*G. calycosa*) and several others. Native uses ranged from magico-religious, to poulticing, to blood purification and of course include the most universal application as a stomachic. In the Old World, the willow gentian (*G. asclepiadea*), the purple gentian (*G. purpurea*) and the spotted gentian (*G. punctata*) were all used regionally for the production of powdered root, Swedish bitters and gentian schnaps (Kohlein, 1991).

It is the yellow gentian (*Gentiana lutea*) that has been most often employed in herbal medicine. This plant supplies the "official" drug of commerce, the premier bitter agent sold as gentian root. This general preference for the root of yellow gentian is due not only to tradition, but also to the advantages conveyed by the general availability of this widely distributed species and by the impressive size of the root of mature individuals. Even though a little gentian root goes a long way in herbal pharmacy, the long tradition of wild harvesting yellow gentian roots has led to a general decline in the native stands, and the plant is protected by local governments and regional environmental laws.² Due to the interchangeability of most if not all gentian species in herbal therapy, the cultivation of yellow gentian roots contributes to the general conservation of *Gentiana*, and with patience the accomplished grower of medicinal plants can successfully cultivate this valuable plant.

Yellow gentian (*Gentiana lutea*) has a native distribution that includes Portugal and northern Spain, Italy, the Cevennes, the Alps and their foothills, central France and southern Germany, the Carpathians, the Balkans and northern and western Anatolia (Kohlein, 1991). The plant prefers the lime soils of grassy meadows, scree slopes and fens occurring at an elevation up to 2,500 meters (8,200 feet). The perennial branching taproot may attain a size as large as a forearm, giving rise to elliptical blue-green leaves on multiple stalks. The flowers occur in glorious clusters at the leaf axils, the flowering plant rising to a height of 2 to 6 feet tall.

Even in domestication, mature plants of yellow gentian tend to produce plenty of seed, and seed is the primary method for propagation.

Even in domestication, mature plants of yellow gentian tend to produce plenty of seed, and seed is the primary method for propagation. The newly harvested and dried seed is sown in outdoor conditions in the fall or early winter, in flats or in nursery beds. About 5 grams of seed is sufficient for the production of 1,000 plants. The seed is sprinkled on the surface of mellow potting soil, then covered with a thin layer of sifted soil or compost and firmly tamped. This layer of soil fixes the seed in position and excludes light, which is deleterious to the germination of gentians. The flats or beds must be kept evenly moist, and a cover of snow is optimal.

Continued on next page...

Germination is in the spring, when the soil begins to warm. The seedlings may be left in place at close spacing until they develop the second set of true leaves, at which time they may be pricked out to pots (kept moist, cool and partially shaded) and allowed to mature for a year or two before transplanting.

Yellow gentian prefers moderately moist, loamy soil of neutral pH, and like many species of gentian it requires an unusual combination of factors for optimal growth—the plant likes to be in the partial to full sun, but prefers to have its roots constantly moist and cool. The best situation consists of elevated, sloping land with a western exposure. Irrigate with cold water and provide a thick surface mulch of organic compost or bark mulch.

After transplant, the aerial rosette may stop growing or die back, but given the right conditions the root will continue to expand, delve and establish the plant. Then, in the next spring normal development continues. It takes about 5 years to produce a flowering individual from seed, and the roots continue to put on weight even after the plant matures. The root is not fibrous, and even very old roots are medicinally active. At Horizon Herbs Seed Farm, a two-year-old plant was dug and weighed in at a mere 9.1 grams. The water content was 84% (very high for a root). A mature root was also dug, weighing in at 200 grams and showing a water content of 70%. On the basis of these figures, it would take only a little more than 2 mature plants to provide a pound of fresh root. Ten pounds of fresh roots would dry down to 3 pounds of dried root.

In United Plant Saver's own state of Ohio, the closed gentian (*G. clausa*), pale gentian (*G. alba*), soapwort gentian (*G. saponaria*) and striped gentian (*G. villosa*) are striking native plants that are protected by the state (Marshall, 1993). It is a matter of personal honor for all plant lovers to leave undisturbed these jewels of the wild, and it is up to gardeners everywhere to provide this bitter medicine to those in need.

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Horizon Herbs, PO Box 69, Williams, OR 97544

References

¹ The applicability of various gentian-like plants in medicine provides an easy answer to the horticultural challenges posed by the slow-growing true gentians—look to the fast and easy-to-grow plants in the genus *Centaurium* (*C. erythraea*, *C. muhlenbergii*) as viable substitutes.

² On the 26th of January, 1996, yellow gentian (*Gentiana lutea*) was listed by the Convention on the Conservation of European Wildlife and Natural Habitats, which variously prohibits harvest, regulates access to sensitive properties, regulates sales and encourages propagation. f

Dear Richo & Family,

In December on 1996, I planted *L. dissectum* (Lomatium) seeds in the garden and around the buildings here. The plants continued to grow over the years, each year becoming larger during the short growing period. Finally in spring of 2002, the first seed umbels appeared; they did not set seeds as a very cold spell killed the flowers – the ferny leaves were not affected. This frost killing of the flowers may explain why some years there are almost no seeds and other years, the seed was abundant. So much so, that some of the seeds are harvested and ground and extracted. This takes some pressure off the roots somewhat. The size of the six year old Lomatium plants is about 1" diameter at the top and 6 or 7 inches to the rootlets – not a harvestable size. Give them another 5 or 6 seasons and we shall see. I am hoping the growth rate will be exponential once they are well established.

Plant a few seeds in a shallow depression, covering them with some grass held in place by a couple of rocks. Some of the best sites for planting are on the north sides of slopes, in decomposed granite, although many good sites are on the west and east facing slopes, and few south facing slopes. I think it is a matter of moisture retention, soil temperatures, and relation to elevation. This seems quite different than in Oregon where it sounds like you get much more moisture. Our total is approximately 24 inches of rain per year, most of it in the winter months. Some of the sites have considerable less than this and seem to do just fine.

Best Regards,
Darrel Lemaire
Great Basin



Lomatium ©Richo Cech



UPS LIST OF HERBS & ANALOGS

by Jane Bothwell

PART TWO

After introduction to the UpS list of "At-Risk" plants, students always ask, "Well, what can we use in its place?" Often times the choice is simple: choose a cultivated species rather than one harvested from the wild. When cultivated species are not available, then it is best to find a plant analog. An analog is an herb having a parallel action, function or end result to other medicinal herbs.

In most instances, it is important and necessary to use a variety of analogs for the "At-Risk" herb because an analog generally satisfies only some of the therapeutic actions of a particular plant species and does not demonstrate all medicinal actions of that plant. It is sometimes difficult to find replacements for our tried and true herb friends, but it also can be very satisfying and will expand your expertise, while helping to replant our future.

Choose alien (non-native) plants for food and medicine, leaving the more fragile native plant species to flourish. Many alien plants are extremely powerful medicinals and will be a welcomed addition to your medicine chest.

Lady's Slipper Orchid *Cypripedium spp.*

Lemon balm *Melissa officinalis*
Skullcap *Scutellaria lateriflora*
Valerian *Valeriana officinalis*

Delicate forest orchid; use analogs, let it grow!

Antispasmodic, nervine
Antispasmodic, nervine, sedative, anodyne
Sedating nervine

Lobelia *Lobelia inflata*

Lobelia cardinalis
Thyme *Thymus vulgaris*
Hyssop *Hyssop officinalis*
Violet *Viola odorata*
Skullcap *Scutellaria lateriflora*

Milder action, use cultivated
Antispasmodic, expectorant
Expectorant
Expectorant
Antispasmodic nervine

Lomatium *Lomatium dissectum*

Echinacea (cultivated) *Echinacea spp.*
Saint John's Wort *Hypericum perforatum*
Rosemary *Rosmarinus officinalis*

Limited range

Antiviral
Antiviral
Respiratory tonic, antiseptic, diaphoretic, antibacterial

Oregon Grape *Mahonia aquifolium*

Barberry *Berberis vulgaris*
Dandelion *Taraxacum officinale*
Yarrow *Achillea millefolium*

Though prolific in Pacific Northwest, it has a limited range

Contains berberine, alterative, antimicrobial
Hepatic
Topical antiseptic

Osha *Ligusticum porteri, L. spp.*

Thyme *Thymus vulgaris*
Elecampane *Inula helenium*
Marshmallow *Althea officinalis*

Very limited range

Anti-inflammatory, antiseptic, antibiotic
Expectorant, respiratory tonic
Demulcent, soothing to irritated mucous membranes

Lovage *Levisticum officinalis*

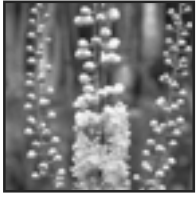
For respiratory conditions, antiseptic, diaphoretic, antibacterial, antifungal, antispasmodic

Rosemary *Rosmarinus officinalis*

Clears mucous, astringent

Partridge Berry <i>Mitchella repens</i>	Delicate, slow growing; when harvested, roots are often pulled too, thus taking the whole plant
Motherwort <i>Leonurus cardiaca</i> Raspberry <i>Rubus idaeus</i> Catnip <i>Nepeta cataria</i>	Uterine tonic Uterine tonic Antispasmodic
Pipsissewa <i>Chimaphila umbellata</i>	
Uva Ursi <i>Arctostaphylos uva-ursi</i> Goldenrod <i>Solidago spp.</i> Yarrow <i>Achillea millefolium</i>	For urinary tract infections For UTI's Antiseptic to UT
Pleurisy Root <i>Asclepias tuberosa</i>	Highway department seeding along roadsides for decorative value!
Elecampane <i>Inula helenium</i> Violet <i>Viola spp.</i> Ginger <i>Zingiber officinale</i>	Expectorant Ant-inflammatory Anti-inflammatory and expectorant as poultice
Slippery Elm <i>Ulmus fulva</i>	Limit wild harvest to trees struck by natural disaster (storms, etc.)
Marshmallow <i>Althea officinalis</i> Mullein <i>Verbascum spp.</i> Other <i>Ulmus spp.</i>	Demulcent, antibacterial, antitussive, normalizes digestion Demulcent, respiratory tonic Demulcent, antibacterial, antitussive
Spikenard <i>Aralia racemosa, A. californica</i>	
Cultivated ginseng <i>Panax ginseng, P. quinquefolium</i> Siberian ginseng <i>Eleutherococcus senticosus</i> St. John's Wort <i>Hypericum perforatum</i>	Adaptogen Adaptogen Antispasmodic
Stoneroot <i>Collinsonia canadensis</i>	Easy to cultivate
Eur. Horse Chestnut <i>Aesculus hippocastanum</i> Parsley root <i>Petroselinum hortense</i>	Hemorrhoids, varicose veins For kidney concerns, diuretic
Sundew <i>Drosera rotundifolia</i>	Very fragile, use analogs
Spilanthes <i>Spilanthes acemella</i> Sage <i>Salvia officinalis</i> Thyme <i>Thymus vulgaris</i>	For respiratory complaints, antibacterial, antiviral, antifungal Sore throats, antibacterial and antiviral actions Antibacterial, antiviral, respiratory complaints
Trillium a.k.a. Beth Root <i>Trillium erectum</i>	Not available for sale anymore, let it grow!
Motherwort <i>Leonurus cardiaca</i> Yarrow <i>Achillea millefolium</i> Shepard's purse <i>Capsella bursa-pastoris</i> Raspberry <i>Rubus idaeus</i>	Uterine tonic Anti-hemorrhage Anti-hemorrhage, astringent Tonifies reproductive system

This is a partial list. More of Jane's recommended analogs for plants on "At-Risk" and "To-Watch" lists are included in the Summer 2002 Journal, and the rest of the list will be in forthcoming issues of the Journal. STAY TUNED!



UPS EVENTS & GREEN NETWORK

UPS SANCTUARY INTERNSHIP PROGRAM

Two sessions: one 12-week session, starting in mid-April to mid-July, one 8-week session from September to the end of October. Interns work 30 hours per week doing a variety of medicinal plant conservation and cultivation projects.

A hands-on practical approach, classes, and opportunities to work with various staff are scheduled. Interns learn medicinal plant identification, sustainable wild-harvesting principles & practices, and medicine making.

For more information contact: UpS Sanctuary Intern Program, PO Box 77, Guysville, OH 45735
Phone: 740-662-0041
Email: plants@plantsavers.org

Do you have any extra copies of herb books you would like to find a home for? Our Sanctuary Library would be a wonderful home for them, a place where many passionate herbal students can greatly appreciate and benefit from them. Please send books to:

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P.O. Box 77
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IN THE Woods

MAY 29 - JUNE 1, 2003

Join us for 3 1/2 incredible days of herb walks, outdoor learning experiences, opportunities to meet the plants in their native communities, and to participate in the plant conservation work of United Plant Savers at the

UpS BOTANICAL SANCTUARY in RUTLAND, Ohio.

We'll be hiking the hollers and hills, mapping the sanctuary, and seeing some of the over 600 species of plants that thrive on the 370 acre UpS Botanical Sanctuary land. We'll also be collecting, pressing and mounting herbarium specimens for UpS' Herbarium Collection.

Teachers for this 'back to the woods' learning experience are plant-passionate medical herbalists and some of the most knowledgeable field botanists in the country:

**STEVEN FOSTER • PAUL STRAUSS • PAUL NEIDHART • ROBERT EIDUS
HANK HUGGINS • REBECCA WOOD • BEVIN CLARE**

Activities Include

- All the wild plant identification hikes/walks you could wish for
- Tours of prairie plantings, gardens, greenhouse
- Birdwatching and Stargazing
- Evening music & story telling around the campfire
- Camping next to Heart Pond
- Enjoy the amazing spring bloom....

Registration info: The total cost for the program is \$375 for UpS members (\$425 for non-members). Includes all activities, delicious vegetarian meals, camping, material fees, and a signed copy of **Planting the Future**, the definitive book on medicinal herb conservation. A \$100 non-refundable non-transferable deposit is requested to reserve your place. Limited to 25 participants. Register early to avoid disappointment and come prepared for cool weather.

To register or for info, write to: LIIW, Box 77, Guysville, OH 45735 or call 740-662-0041 email: plants@plantsavers.org

PLANTING THE FUTURE

*UpS Membership Conference On
The Cultivation & Preservation of
Native Medicinal Plants*

**Sat. & Sunday, Oct. 11-12, 2003
At United Plant Savers
Botanical Sanctuary**

*Join us for 2 days of workshops, herb walks,
demonstrations, and lots of other herbal
activities at the United Plant Savers Botanical
Sanctuary in Rutland, Ohio.*

**Presenters include well-known
herbalists from across the
country including:**

**Rosemary Gladstar, Steven
Foster, Christopher Hobbs, Pam
Montgomery, Paul Strauss,
Kelly Kindscher, and others.**

*Cost: Early Registration must be paid in full
by August 15th. \$150 members.*

*\$180 non-members. After Aug. 15: \$175
members, \$205 non-members.*

*A non-refundable deposit of \$75 can be sent
to hold your place. Price includes all
workshops, activities, vegetarian meals and
camping. Call Cindy Riviere at
740-662-0041 for more info.*

All Proceeds From This Event Go

PLANTING THE FUTURE

**Saturday, April 6, 2003
Summerfield Waldorf School
Sebastopol, CA**

Cost: \$55 (\$45 if you pre-register by
March 15)

\$10 discount for UpS members

For info: call Lynda (802) 479-2668

To register, send check to UpS,
PO Box 77 Guysville, OH 45735

MORE GREEN THANKS!

Thank You, Pam Montgomery!

We wish to take this opportunity to thank Pam Montgomery who graciously offered to serve as our Interim Executive Director while our search for an ED continued. Pam has been one of the more active members of the Board of Directors and Treasurer of the organization since UpS was founded in 1994. Midst her already very busy life as an herbal teacher, writer, and organizer of the Green Nations Gathering, she took on the rather daunting task of Interim ED, working tirelessly for UpS and keeping the organization moving forward these past several months.

*Thank you Pam. Your dedication is
greatly appreciated by all.*

LITW: Special thanks to Frank McDermott who played music 'round the campfire, Jeff Kearns who led a night of star gazing, and Bob Placier for leading a wonderful morning bird walk.

AHG: Many thanks to the *American Herbalists' Guild* for their continuous support of UpS, including donating a full-page ad in their latest Journal. If you aren't familiar with the work of the AHG, check out their web page at www.americanherbalistsguild.com. Their Journal is filled with excellent articles by experienced herbalists on the practical use of medicinal of herbs in healthcare. They also put on a wonderful annual Herbal Symposium. The next one is in Albuquerque, NM on Oct. 17-19, 2003.

NURSERY & BULK HERB DIRECTORY UPDATE

We are in the process of updating our listings for our Nursery and Bulk Herb Directory. If you know of any herb and/or herb plant suppliers who should be added to this Directory, please contact us by Feb. 1. so we can send out the forms for them to be included in our next publication.

Nursery & Bulk Herb Directory
Po Box 77
Guysville, Ohio 45735
plants@plantsavers.org



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UNITED PLANT SAVERS SPRING GIVEAWAY!

This Spring we will again have wonderful young plants to send to you supplied by John Lentz, owner of Herbal Exchange. John has supplied our members with Giveaway plants in years past, and he always does an excellent job of sending healthy, well-packaged young herb plants. As John lives in southeastern Ohio, he is able to provide a wonderful variety of eastern woodland "At-Risk" medicinals.



Helonias, Chamaelirium luteum
photo ©Martin Wall

This Spring Giveaway will include 15 plants, a mixture of False Unicorn (Helonias), Ginseng, and Goldenseal.

To participate in this Spring Plant Giveaway, please send your request, including \$4 for postage to the UpS office: P.O. Box 77, Guysville, OH 45735.

Important: We need to receive your request by March 10th!

We're very sorry, but we won't be able to ship orders received after this date.

You will receive your herb plants by the end of April.

For the Fall 2003 Giveaway, we are planning to provide "At-Risk" plants from the southwestern region of the U.S., including Yerba Mansa, Osha, Chaparro and Elephant Tree. Stay tuned and keep planting!

UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Spring 2004

UPS MEDICINE PLANT TRAIL
STAY ON TRAIL • NO PICKING OF HERBS • TAKE PHOTOGRAPHS ONLY

BUILDING A MEDICINE
HERB TRAIL

AT-RISK FORUM
New Echinacea Studies

GREEN LOVER PROFILE
Margaret "Mardy" Munn, 1902-2003

UPS SANCTUARY UPDATE

KOSOVO: PEOPLE, PLANTS
& CONSERVATION

CULTIVATION CORNER
Growing White Sage

UpS is a non-profit education corporation dedicated to preserving native medicinal plants.

Cover Photo ©Joe Viny: Paul Strauss at UpS Botanical Sanctuary Medicine Trailhead



Spring 2004

A publication of United Plant Savers, a non-profit education corporation dedicated to preserving native medicinal plants.

UNITED PLANT SAVERS

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GREETINGS FROM UPS

From our Executive Director, Lynda LeMole...

The "New Millennium Farmer's Almanac" predicted Feb 16-19 weather for the Pacific region as follows: Cold, snow showers, heavier in higher elevations" and by golly, that's just what happened (granted not all that surprising this time of year). However, it's so rare these days when any prediction comes true. Here in N. California we've had 1-10 inches of rain depending on what micro climate banana belt you live in, there was snow in the Sierras, and flood watches with most rivers near cresting all over the state. The older I get, the more curious I am about predictions because as most of us know, young or old, you really can't tell WHAT is going to happen on this planet anymore! Personally I think this is good spiritual training for us, but these matters are for another article.

A more pertinent 'prediction' that is coming true is UpS's 'call for awareness' on issues surrounding medicinal plant preservation and conservation. In 1994, we were a small group of concerned herbalists and plant people who stirred the fires of this conversation within the commercial, private and educational plant communities. Our goal was/is to raise awareness and to engage and inspire plant lovers to watch out for and do something about the at-risk and endangered plants among us. We were certainly not the FIRST activists to do this, but because we are bold, verbal, fearless when it comes to protecting plants, and ready to 'take on the establishment', we made our place in the preservation, restoration and conservation communities, hopefully enriching the circle.

On January 9, 2004 CNN News reported: "Worldwide demand for herbal remedies is threatening natural habitats and endangering up to a fifth of wild medicinal plant species which are being harvested to extinction, a leading science magazine said." Dare I, need I say: duh. The story source was an article that appeared in "New Scientist", called "Herbal Medicine Boom Threatens Plants". What is wonderful about this good/bad/old/new story is that the concern for what is happening to our beloved plants is sitting front and center. As UpS members, you know that the REAL story IS of dire concern, but you also know that many conscientious organizations (government included), individuals, and the responsible plant industry have been hard at work to develop models and practices for sustainability, from cultivation to end products. And our circle of plant friends is growing. At a meeting I attended in October last year, a few hundred representatives of the 'plant tribe' from all corners of the planet gathered under the auspices of the Medicinal Plant Working Group (MPWG) to acquaint one another with the good work being done towards restoration and sustainability. Anyone seriously interested in networking with this group: To subscribe to the list go to: http://lists.plantconservation.org/mailman/listinfo/mpwg_lists.plantconservation.org You will view a vast array of opinions and valuable information about world-wide efforts towards plant conservation. An aspect of this heightened plants -at-risk awareness is that the UpS At Risk and To Watch lists are often used as a basis for discussion. These lists have become very controversial, much debated, even debunked, but WE LOVE ALL THE ATTENTION this brings to the plants. Check out the update in this Journal on the list matrix work from our At-Risk Committee.

I always think of organizations in terms of what my children "did at that age". UpS is about 10-14 years old (depending on when you calculate conception), just breaking into the teenage years. We have had our first identity crisis, having moved the offices twice in the last three years. We have had a few near disasters: Fire, loss of financial stability as we embarked on our own without an executive director for a time, and we are just now figuring out what to do with our greatest physical asset: Our 370-acre Botanical Sanctuary in Rutland, Ohio. Like youngsters, we had/have BIG plans for this herb habitat heaven, including on-going intern programs, an education retreat and research center. However, the reality of financial resources, what is needed to maintain the land, and our identity crisis over just "what does UpS want to be when it grows up" have led us to do some deep soul-searching, some thorough house-cleaning and we are now in lean (but not mean) shape to face the future. Having moved the offices back to Sage Mountain (once again under the generous wings of our President and fore-

Continued on page 3

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LET US HEAR FROM YOU!

UpS' *Journal of Medicinal Plant Conservation* is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants.

We encourage you to send us your opinions and thoughts for submission to the Journal. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the Journal to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.

mother/angel Rosemary Gladstar), we consolidated many administrative activities. Our long-time friend, Advisory Board Chair and first office manager, Nancy Scarzello is working on the office re-establishment and the Botanical Sanctuary Network and updating our member files. One of my 2004 goals is to complete (with Rosemary's direction) the Botanical Sanctuary guide, which is the "How To" for new Sanctuaries. The UpS Ohio Sanctuary is looking for a land manager/activities coordinator (refer to page 32) so we can begin more activities there. With the guidance of our Treasurer, Peggy Brevoort, we created a new accounting system and our finances are stable and sustainable. We're excited to be producing two *Planting the Future* conferences this spring in Santa Rosa, CA and in Bloomington, MINN. Find out about them in this journal and on our updated website: www.unitedplantsavers.org. We are also pleased to announce another *Spring Plant Give-Away*, so don't miss your opportunity to get a woodland garden collection of at-risk roots. This month we achieved a milestone as we completed a 5-year Fish & Wildlife native plant harvest and regeneration study grant.

Now that I've completed my first year of directorship I can sum/coin it up this way: "Slow things take a long time". The non-profit world struggled these last years. Support has been slow to come by but gratefully we see that reversing and we've emerged healthier and stronger. And to paraphrase our UpS motto: "If you listen, they will put you to work". Never have I known and worked with so many dedicated and impassioned volunteers. On any given day, I am inspired, uplifted, cheered, encouraged and blessed by the company of the UpS family.

*In the spirit of the plants,
thank you for being with us and I wish you glorious spring plantings,
Lynda*

"When eating a fruit, think of the person who planted the tree."

Vietnamese saying

PARTNERS IN EDUCATION

Schools and their Directors participating in 2003

Australasian College of Herbal Studies ~ Tracey Miller
Bastyr University ~ Robin DiPasquale
California School of Herbal Studies ~ Rebecca Maxfield
Dandelion Herbal Center ~ Jane Bothwell
EarthSong Herbals ~ Margi Flint
HeartSong Farm ~ Nancy & Michael Phillips
Herb Pharm ~ Ed Smith & Sara Katz
Partner Earth Education Center ~ Pam Montgomery
Purple Coneflower Herbals ~ Annie McCleary
Sage Mountain Herbal Retreat Center ~ Rosemary Gladstar
The Herb Stop Education Center ~ Kita Centella
Yerba Woman Herbal Center ~ Donna d'Terra



VOICES FROM THE GREEN

Dear United Plant Savers,

Bob and I are both quite delighted to become a part of the growing network of Botanical Sanctuaries under the aegis (or would it be better to say, sponsorship) of United Plant Savers. There certainly is a growing responsibility that we feel to both learn and teach more about stewardship with Nature and what we have called "wildlife". As stewards of the land, there are many difficult questions we continue to ask each other and ourselves about the direction(s) botanical medicine may take in the future. There are many issues including the difficulties we face from environmental toxins and the possible directions we might explore for the use of botanicals to offset some of the risks of exposure. I'm speaking not only of the internal use of herbs for Phase I and Phase II of the detoxification process but also the growing field of phytoremediation; a process that uses plants to remove, transfer, stabilize or destroy contaminants in soil, sediment and ground water.

The connection of environmental toxins with disease is becoming clearer as we understand the havoc that the neurological and endocrine disrupters along with carcinogenic substances may create within our bodies. The plants become desperately needed to heal these chemically induced diseases. With all of the growing needs for plant medicines and as our population increases it is easy to see the possibility that the entire planet may become one large cultivated garden with only small areas that really would be considered wild. This is liable to change the dynamic in ways we can only begin to understand.

The Indonesian Island of Bali is a beautiful example of what this could look like. The Balinese with their ability to live their life as art have created a paradise garden, very conscious of the idea of living downstream, and of bio-diversity, and yet there is very little wilderness left. We spent several months there and the only really wild areas we saw were when we climbed Mt. Agung, from about 3500 feet to the summit at 10,000 feet. It was incredibly beautiful to be a part of that environment for half a day. In part it is the last of the wilderness itself that makes the mountain so sacred to the Balinese. Mt Agung is the Mother Mountain representing the navel center of the world and therefore the dynamic and spontaneous principle of both man and nature. I think the mountain will always be kept wild. And it is closed to climbers for the whole month of April for

ceremony. Of course for the Balinese there is no separation from the aliveness of the world and the sacredness of all life and it shows itself in the way ceremony is an integral part of their daily life. This is what Bob and I strive to create here at the Wellspring Valley and we make sure we set aside at least small areas that are allowed to be "wild" in as much as it is possible.

I love this Quote from Stephen Harrod Buhner's book *The Lost Language of Plants*. This section is from the understanding Stephen gained from an experience he had at Rosemary Gladstar's the night he laid his sleeping bag next to Golden Healing Pond. (I want to thank Stephen for his work and thank you too Rosemary for all your creative efforts with the standing people). This quote is about those of us who are called into the service of the green. "Perhaps this is the real work of herbalists these days. Not to argue politics, to create standards, or to set up regulatory boards for which we one day may be sorry, but rather to listen to the heartbeat of the plants, to seek to understand the medicine power to share that with others, and store the wild gardens, ensuring the continuing integrity of the plant communities."

Let us stay open to possibilities and connect with the coherent wave form patterns emerging from the unified field that allow us to manifest, with the greatest of ease, under grace and in the most workable and ecological of ways.

Thank you and so it is.

Christine Simmons and Robert Sabo
The Wellspring Valley, Stahlstown, PA
(See a profile on *The Wellspring Valley Botanical Sanctuary* on page 23.)

Fellows,

I was born & raised in the northwest corner of Michigan's lower peninsula and spent much of my youth along a stretch of spring-fed creek in what is called the Skeekamog Swamp. A kindly neighbor lady, who was half Native American, saw early on that I was interested in the plant life. She took special care to teach me the respect & reciprocal uses of much of the native flora. (She never killed an animal to my knowledge, nor did she ever bring the subject up.) Nevertheless, she started me down the path I see today as most reasonable, peaceful and fulfilling.

One of the most stunning denizens of "our" swamp, were huge clumps of *Cypripedium reginae* as well as a few smaller populations of *C. calceolatum*

up on the surrounding higher ground. I, of course thought that they were just another beautiful and helpful friend that lived among us and took them quite for granted. Years later, as I studied how Orchids differed from other flowering plants, I got interested in just who the native pollinators of these flowers could be. I set about watching them for many hours. We had, in those days, an influx of small orange skippers that were definitely not indigenous to the area and they were the only creatures I ever found in the slippers of my friends. They never seemed to get out of the blossom with the precious pollinia. Absolutely none of the local plants was getting successfully pollinated. I took it upon myself to go out and hand pollinate every clump of *Cypripedium* I could find. For five or six years thereafter, most of the mature stalks produced healthy seedpods and the numbers, robustness, and size of the Cyp. Communities increased. They were absolutely flourishing.

Then I went away to college to Michigan State University to study Horticulture and Botany. I had to work my way through, as I was not from an affluent family. For four years I stayed down south and finished my bachelor's degree. Then I took a job at a downstate greenhouse growing flowers. After almost a year, when I could no longer stand living in Lansing, I quit & came back to the north.

There were NO *Cypripediums* left. Not a one. The rest of the swamp was still there. The sphagnum was as green and as fluffy as it ever was. I was flabbergasted. What could have possibly happened to them all? They were there for eons before I came along. (weren't they?) I absolutely DREAD to think that some "wildcrafter", hungry for money, came along and ripped them out of my family's land, but that is all I can imagine. The area is notoriously poor and many locals have to fend for themselves as best they can. It has been several years now and there is still no sign of a resurgence.

I am back now, and after receiving (as a Christmas gift from myself) and reading Nancy and Michael Phillips' "The Village Herbalist", I am inclined to ask your help.

If it is remotely possible that your organization could help me re-establish *Cypripedium reginae* in my little bit of swamp, I would very sincerely love to hear from you. If not; I understand. I'm not positive I can protect the plants from unscrupulous hunters, but I can try and would be very grateful for any of your suggestions.

Most sincerely,
Al Maas

11281 Cedar Run Road, Traverse City, Michigan 49684

Dear Ms. Gladstar,

Our Tribe has been mapping traditional gathering areas and establishing it as a layer in our Tribal GIS database along with the historic and ancient Indian Villages, known to have cultural genealogical ancestry.

Your information regarding preservation of indigenous medicinal plants has been very helpful. We have been attending the Bioneers for three years. My two graduate degrees have been working with the Tribe to formulate designs to record and preserve many private issues.

I just emailed Linda at Plant Savers, and I have

attached a grant proposal we prepared that only addresses two species. The Tribe is referred to as partner and holds agreements with the many government agencies that administer protection to the local species. However, the slow advance and policy negotiation of a public agency sometimes requires outside assistance. The government agencies write and ratify policy without the funding to implement it. Agencies are always looking to the Tribe as a grant writing partner, but the funds usually go to administration and rarely make it to the "grass roots" level, literally.

Research reveals links between specific Captain families and the resource management of the past. This is common knowledge within the community, but differences in world view cause communication dysfunction. We are taking a closer look at biological inventory at the village sites. Some of these resource managers were named after, and named the villages after, the plants they were charged to manage. We hope to record soil seed bank information and work on heritage seed saving.

As we reviewed the Weed Mapping Program in California that was designed to promote Starthistle removal, we adapted this theory to managing native plants. We began connecting the resources to the family use districts named in the early USGS surveys in 1850-1877.

I am hoping that through the eyes of a plant, and through an apolitical venue, you might be able to assign a list of possible resources for promoting the propagation and preservation of gathering areas, and after these areas are restored, possibly to assist an impoverished Tribe to help supply the demand for remedies they have used for thousands of years. The Tribe has been successful in including the plant propagation into the MOU's with the agencies. You would be a worthy advocate. The many agencies surrounding the Tribe are so large, that in the quest to preserve such large areas have neglected biological inventory of microclimates substituting data-mining for physical inventory.

Conservatism has always prevented any requests for assistance. The members of this community have never been willing to engage in radical activity, and will always remain a sweet and peaceable member of the park system. Their hope is that through quiet reserve and scientific research, restoration might prevail over the lack of financing that causes damage. But, the Tribe is in competition with the same funding sources, and naturally the larger entity will always capture the research dollars.

I hope you enjoy seeing what we are up to, and if you are ever in Yosemite please contact the tribe in Mariposa before you enter the park.

Thank you,
Sandra Gaskell, Consultant
jeps@sbcglobal.net

Tony Brochini, Tribal Secretary
Southern Sierra Miwuk Nation
American Indian Council of Mariposa County, Inc.
P.O. Box 1200, Mariposa, CA 95338
mariposamiwuk@sierratel.com

CREATING AN HERBAL MEDICINE TRAIL

by Richo Cech

Edges. The Universe likes edges. It's where stuff happens. If biological entities are going to interact, chances are it will happen along some kind of a margin, usually an area of great diversity where there is an abundance of sunlight and water. This might be the edge of the forest, a ravine, a beach, a stream or a river, or even—a trail.

Being a kind of a crotchety gardener, I have sometimes entertained the thought that the most destructive entity in gardens is the human! So I try to make it PATENTLY OBVIOUS where people are intended to step, and where they jolly well better not. My plants, both the ones in my domestic garden and the ones along the wilder woodland medicine trail, are my children, and like any good mother I protect them, feed them, give them water and instruct them in proper behavior. I rejoice at their accomplishments (a new leaf, a flower, a seed, hurrah!) and feel their losses (a leaf eaten, a flower plucked, a gopher at the roots, yikes!) somewhere deep within me—halfway between my heart and my stomach, I think.

So I build paths to keep the people in check. I make paths: by treading with my feet, by mowing my way through, by cutting grass by hand and mulching it down, by rototilling, by sheet mulching or by laying down sand or flagstones. I really like to build "people-bumpers" to protect individual plants, beds of plants and sensitive areas. I use fallen logs and stones. This article will attempt to cover some of the techniques involved in creating a medicine trail, which is really a pathway through the wild medicinal garden.

Probably the best way to start is by observing the extent of the land and by noting what boundaries and trails already exist. Then think about the size of your project. Better to start with a small area and a few species of plants. That way, the project will at least

I really like to build "people-bumpers" to protect individual plants, beds of plants, and sensitive areas.

appear to be something that can actually be accomplished. The rewards will be more immediate, which means you will probably continue to engage the project and feel good about it. After all, if space permits, you can always link-in the next piece of land at a later time. Besides, you'll learn some things on the first bit that'll make the second bit better. Survey the prominent land features and plants (slopes, rocks, water, animal life, trees, groups of bushes, flowers, medicinals, rare plants, vines, etc.), and determine which of these will benefit from having a path close by. Keep in mind any themes, as in "medicinal plants" and be sure to include spots of special interest

or power. "I really must run the path next to the old maple with the hepatica and the wild yam and bloodroot," you might be muttering as you make for the gate with an axe over your shoulder. Some features (an animal burrow, for instance, or an orchid) will benefit most by being left alone and away from the trail. Out on the site, try to visualize where the trail will lead and where its construction and use will minimize damage to the land while maximizing the human experience. For all practical purposes and almost automatically, the trail will follow you where you like to go.

Paul Strauss is the caretaker of the UpS botanical sanctuary in Meigs County, Ohio, where he and other botanizers built a 3/4 mile medicine trail. According



Friends on the UpS Medicine Trail

to Paul, the first step in creating this medicine trail was to "Survey and understand the holler." This process took 4 or 5 months, after which a U-shaped path was marked out that crossed the creek and the holler, taking in both the north and the south slopes, designed to guide visitors past diverse medicinal plants and trees. Plants occurring directly in the path were carefully removed and replanted at the sides of the path. The entryway was marked with a hand-hewn stairway and a table built of giant limestone blocks. The path was made safer by removing over a mile of barbed wire, which took almost a month to accomplish. Deadfalls were moved out of the way and used to mark the sides of the trails, where they continued to rot and make good beds for growing herbs. Bridges were set in place over small hollers or streams. The bridges were made from boards or logs cut out of dead white oaks. Every spring Paul walks the trail, clearing deadfalls, making sure the markers are still visible, and delighting in the emergence of the seeds that were scattered the previous year in that rich Meigs County loam.

Although not all of us, like Paul, will have giant limestone blocks at hand, the entryway of the medicine trail must *beckon*. If it doesn't seem to say "enter here" (even without a sign), then it will be your first project to make the entryway look more

inviting. Converging fence lines or rows of trees, a prominently mowed path edged by bedding plants, tall grass or bushes, an archway bedecked in Virginia creeper, climbing roses, wisteria or virgin's bower, flagstones and a bench, a gate with a tinkling bell, a well-worn footpath leading between two mighty tree trunks—all of these speak the language of welcome.

"Brochures, signs and maps. Oh, my!" There are many schools of thought on this, and the decision to use or eschew these props is yours. Brochures are a lot of work, and as a rule they become outdated about five minutes after they're printed. But they can be a good way to tell people how you expect them to act, and they can include a map, which is very helpful. You can discuss the motivation behind establishing the trail, the history of the land and you can mention a few of the prominent herbs. A list of species is a great addition, as are photos and line drawings. Brochures promote the medicine trail, thereby increasing the number of visitors and encouraging cooperation with other botanical gardens, nature preserves, etc. However, give out too much



information, and you might as well have written a book! Used correctly, brochures inform; they stimulate people's imagination and they can actually reduce the number of signs needed on the land itself.

Hopefully the brochure will not end up forsaken, bearing only fleeting marks of having been read (perhaps a desultorily penciled underline of "*Lobelia cardinalis*") the brochure folded disrespectfully in half and lost on the side of the path, fallen from a pocket, now shielding slugs. If the brochure came out of a box at the beginning of the trail, it is good to request that people recycle it *back into* the box at the end of the trail!

Signs are educational, too. If they announce ownership of the land (e.g. Dad's Medicine Path—No Smoking) this generally encourages people to respect the land. Such signs work best when they are well-maintained (visible, weeded around, peeling paint touched up), giving the impression that the caretaker is nearby. Regardless, mindless destruction and "sticky fingers" occasionally plague almost any public garden or trail. Some caretakers like to set a more specific authoritative sign at the entryway (such as Paul Strauss's "This Land is Being Managed For Medicinal Herbs and Wildlife. No Trespassing Without

Permission."). And, for UpS members who have chosen to make their land into a botanical sanctuary, the UpS Botanical Sanctuary signs are a nice touch. Beyond the entryway, then, the medicine trail itself may be left unencumbered, with the exception perhaps of some artfully placed identification markers that orient the visitor to the map or inform the common name and latin binomial of a tree or plant (e.g. White Oak, *Quercus alba*). Tasteful signs made of pottery, wood or metal can harmonize aesthetically. On my

Tasteful signs made of pottery, wood or metal can harmonize aesthetically.

medicine trail, I have chosen to use only small metal tags that I attach to twig or stake with a bit of wire. I figure if somebody is really that curious, they'll get down and put their nose close enough to decipher my writing.

The entryway to the trail is best kept well groomed—gardened and mowed where appropriate. The trail itself must be cleared and made safe for hikers, and it is a thoughtful act to make part or all of the trail wheelchair accessible. According to the degree of openness of the understory, the trail may be made as wide as several yards or as narrow as three feet. For the most part, it is best to clear the trail in a wide swath to start, since the woods or grasses will encroach back in, and because greater width of trail means more light, thereby increasing available energy which in turn supports greater biological diversity. Grasslands will quickly erase a trail unless it is kept tilled or mowed and well-traveled. Whether in the woods or in the open, the trail is designed to run through (and in some cases, to remove) common ground covers and guide the visitor to significant medicinal plants, bushes and trees.

In the woodland, great strides can be made in creating medicinal plant habitat simply by removing dead wood from the lower portions of trees and from the forest floor. A pruning saw might prove helpful here. Smaller branches and limbs are then piled generously at a distance from the trail, where they become a place of refuge for wildlife—especially songbirds. Roses and berry brambles cleared from the path may also find their way into these tangled woodpiles. The birds will not injure themselves flitting around and into the safety of the pile, and now that the thorns are gone from the path, your visitors will not injure themselves, either.

An axe, a garden fork, a shovel, and a heavy hoe may be useful tools for trail making. The axe is good for severing tree roots when it becomes necessary to pull them from planting areas or the path. The fork works well in divining where the soil is deep and free of stones and roots, and can then be used for aerating the topsoil in preparation for planting. The shovel and the hoe may help in grubbing out berries and scalping

Continued on next page...

the trail, making it clear where people are to walk and discouraging the resurgence of weedy species that would overrun all your improvements.

People-bumpers are best made of natural materials found on site, but if none are available, low wooden or split-rail fences or thick ropes can be installed, designed to keep people from walking on the botany. A large ginseng plant or a clump of fritillary may need individual protection. Simply setting a large stone or driving a long wooden stake next to the plant (taking care not to injure the root system, of course) will significantly increase its chances of survival against

There is nothing wrong with anthropogenic seed dissemination!

unwitting footfalls. Beds of plants (areas that have been mulched, amended, weeded, watered or otherwise encouraged), may be protected by bumpers made of fallen logs, pieces of firewood or lines of hefty rocks. Visitors are then advised to keep to the trails. In my grumpier moods I've been known to tell people "Don't step over anything." These precautions are particularly important when the featured plants are in the sensitive, emerging stage. Once they have matured, they are much more visibly apparent and their tissues become tougher, which means they are better equipped to defend themselves.

Weeding may not be necessary if the medicinals are already well-established along the trail. You can let them go their wild way. But if you intend to encourage the medicinals by gardening, then you will be weeding, probably by hand. Do it *selectively*. There are those plants (such as chickweed and cleavers) that may seem quite aggressive at first, but in reality are very short-lived and generally harmless. Plants like this are natural associates of many forest medicinals. They cover the ground and die back and decompose quickly; preventing erosion, building soil and retaining moisture. Grasses, common bushes, summer annual weeds, and very common plants that seed freely may need to be removed from around the featured plants. This activity is most important during the early spring and into the summer, becoming less of a priority as the medicinals mature. In the fall, any parts of the medicine trail that are under deciduous trees will receive a free mulching of nitrogen-rich, humus building and weed-discouraging tree leaves. However, this thick covering of leaves may obliterate the trail. Raking the leaves off of the trail and depositing them on the beds and plants at trailside serves the double function of keeping people on track while increasing the depth of the humus around the plants. Barring inputs of weed-seed-loaded manure or mulch, a well-maintained medicine trail will require less weeding as the years progress.

Places left bare by the process of weeding become obvious receptacles for seeds and transplants. There is

nothing wrong with anthropogenic seed dissemination! We were made with fingers that can discern the difference between a mustard seed and a California poppy seed for a reason! We are *good* at planting seeds. When the bloodroot pods are ready, shell a few into your hand and scatter the seed out across that mellow hillside into the thick leaf mulch. Throw a few more on top of that limestone outcropping. When goldenseal makes a berry, don't wait around for the wild turkeys to peck and digest it—squish the shiny black orbs out of the fruit and tuck a few into the bare soil next to that tree, and a few more under those rotted leaves. Toss a few over toward that rotting stump. If the seedlings come up too closely, keep an eye out, and in the

autumn transplant them to a more reasonable spacing. Water-in your transplants, or do it in the rain. Sure, there is a tendency toward attrition in any of these enterprises (only a few seeds actually emerge, a seedling is destroyed by skunk activity) but over the years plant populations will build, and eventually this results in great abundance.

Where does the trail lead? I will not indulge in schmaltzy imagery here (i.e. it represents your freedom to choose to serve, it saves the plants, it leads ultimately to an understanding of self). The most important thing is that it leads the visitors back to their car. Then, you and your plants will be left in peace. You are having pesto for the evening meal (again!), and fresh tomatoes, and a young cucumber. Now the sun has dropped below the horizon, and the crickets are tuning up in the afterglow. It is time for a walk. Two large trees close around you at the entryway to the medicine trail. You look up, and a few stars are visible in the dark blue sky. An owl swoops across your path, startlingly white and as silent as a feather. You smile and your feet find the way. ✨



Barn Owl

AMERICAN CHINESE HERB GROWER VISITS CHINA

When the time came for the UpS office to move from Ohio back to Vermont, it was a difficult time for me initially. I loved working with our amazingly talented board members and I was sure I'd miss my day-to-day workweek, plus - my favorite part of the job - my interaction with so many of you plant-passionate members. The office job allowed me to listen to your ideas, comments, and at times even some complaints, (which kept me humble), all the while keeping me very connected to the plant world. How cleverly you work to protect the plants in your neighborhoods and communities. It was inspiring to witness your devotion and dedication to the plants. I consider myself very lucky to have worked for United Plant Savers and I will continue to offer my support to this exceptional organization.

Over the last several years I have been nurturing a collection of Chinese medicinal plants - my other plant passion. In October 2003, I had the great fortune to visit China for ten days and meet with medicinal plant researchers, scientists, growers, manufacturers and doctors of Chinese medicine. The trip was made possible because of my association with Ohio University (OU). The College of Osteopathic Medicine at OU, along with a consortium of Chinese educators from top universities in China, is integrating Traditional Chinese Medicine (TCM) into the medical education curriculum.

China is an amazing place to visit. Much of my time was spent in meetings and discussions with various experts on Chinese medicinal plants but my hosts also made sure I saw the sights. I visited the Great Wall and Ming Tombs (only there are no emperors buried in the tombs); the emperors are now resting in private collections in places outside of China. I visited the Summer Palace and the Temple of Heaven where I paused for a moment at the Temple of Prayer for Good Harvests. The best day of my visit was the day I visited the countryside and saw the real China.

For almost a decade, I have been collecting and growing Chinese medicinal plants in my gardens and greenhouses in Athens, Ohio. I operate a mail order company www.plantitherbs.com, although the focus of my work has shifted to include education and research. I teach Ohio University student interns as well as other students from community colleges about the cultivation of Chinese medicinal plants and I am in the second year of two Chinese medicinal plant studies. When completed, these studies will yield important data on the quality of Chinese medicinal plant material grown in this region.

I represented UpS at various conferences around the country, during which I also had the opportunity to give introductory workshops on Chinese medicinal plants. Presenting these workshops helped me to gauge the level of interest in Chinese medicine plants among medicinal plant people. I was encouraged to see how many of you are interested in and want to know more about these plants and their medicine.

During my visit to China I took part in a botanical exchange with my colleagues at the Institute of

Medicinal Plant Development, (IMPLAD), in Beijing. IMPLAD is the top medicinal plant research institute in China. I had hosted two experts visiting from IMPLAD in 2002, at which time they expressed great interest in growing and studying our native medicinal plants. On this trip I presented them with *Hydrastis canadensis* (goldenseal) and *Cimicifuga racemosa* (black cohosh) two-year-old rootlets. I also took *Echinacea tennensis* and a few other precious seeds from home and they presented me with new, important, non-invasive, germplasm to grow and study here. This is an opportunity to use the expertise of the Chinese experts I met with to help me answer questions I've long had about cultivation, propagation, and post harvest issues.

Practitioners are using more and more combinations of eastern and western medicinal plants together in formulas. Professional medicinal plants growers are beginning to grow Chinese herbs even though it's an agricultural undertaking that often times has no market guarantees. The medical establishment in the United States is integrating botanical medicine into its practices through complementary and alternative medicine components. This expansion of our healthcare choices will allow us the option of addressing the root problems of disease and to treat illness in a way that honors our quality of life.

I often hear from people who are considering whether to use Chinese herbs. Their concerns are often how the plants are grown and what was sprayed on them to get them into North America. There is a possibility that organic Chinese medicinal plant material grown in this country could find its niche. This is a time when the use of Chinese medicine is beginning to be seriously studied by top US universities and medical schools. If, in the future, growers can provide a quality product, grown organically, we may be able to create a viable market to practitioners in the west and provide added income to those who are committed to growing the plants. The exchange process I have begun with my Chinese colleagues will, I hope, contribute to the development of this growing opportunity.

I will miss working for UpS and my interaction with many of you. I had some great experiences and met some incredible people along the way. I can only hope that I will be as blessed as I continue my journey with the plants.



Cindy in front of the Great Wall

In the moment,
Cindy Riviere
www.plantitherbs.com



COMPANIES IN THE GREEN LIGHT

AN INTERVIEW WITH DAVID WINSTON

I had the great pleasure and honor to interview David Winston, AHG, owner of Herbalist & Alchemist, Inc., a company that marries herb business with environmental consciousness, habitat protection and sustainable plant harvesting practices. ~Sara Katz

UpS: Why did you start an herbal products company?

DW: The history of Herbalist & Alchemist is pretty simple. I was a full-time clinician having difficulty getting quality medicines for my patients. I started making my own products in 1978. In 1982 I decided if I was going to go to the trouble of making my own products, always having more than I needed, I might as well start an herb company. Surprise, surprise - it was a little more challenging and complicated than I expected.

Since 1982 we've been making the best herbal products we can from both organically grown and consciously wildcrafted herbs as well as Chinese herbs. For a long time we primarily supplied clinicians but now we sell to practitioners, individuals, health food stores, and pharmacies throughout the U.S., Canada, and overseas.

UpS: Where do you source the herbs used in your products?

DW: The majority of the herbs we use are organically cultivated. When we do use wildcrafted herbs, we have strict guidelines we send to prospective wildcrafters to make sure the plants are sustainably harvested - what we call conscious wildcrafting. We have worked with most of our suppliers for a long time and we've carefully checked out how they work. Brokers for wildcrafters are a different story - it's difficult to know who is gathering what and what wildcrafting practices they use. I have seen the best and the worst of wildcrafting, which is why knowing your suppliers is critical.

We also have 70+ acres on 3 farms with many different ecosystems where we organically cultivate herbs and experiment with growing threatened species of plants. An example is Helonias, an herb that as far as I know no one has successfully cultivated. We are

trying to cultivate it and, most importantly, to get it to reproduce itself. Once we do we will have a small amount to harvest. We also received a USDA grant to measure the constituents of wild or cultivated plants. In some herbs, the constituents vary dramatically. Cultivated goldenseal has a much higher percentage of berberine.

Catnip grown in rich soil has substantially lower levels of volatile oils. We currently have a research association with Rutgers University to research organic cultivation of medicinal herbs and constituent levels.

Most herbs respond well to organic cultivation, especially if grown in a similar environment to where they grow naturally. If the plant gets what it needs it is very resistant to disease and insect pests.

UpS: What do you think of the work of United Plant Savers?

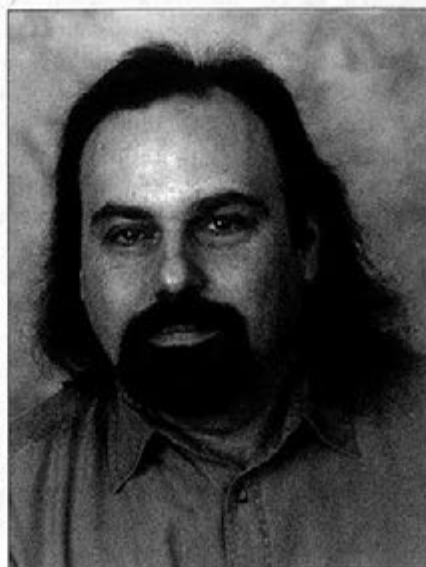
DW: I think UpS is a marvelous organization which is why I'm on the Board of Advisors and have been a supporter since Rosemary founded it. UpS isn't into saving the plants just so we can use them, but recognizes that the plants are an

integral part of the world that we live in, part of the web of life, and our planet would be "poorer" for their not being here. A warehouse with 50,000 lbs. of dry black cohosh represents hundreds of thousands of plants harvested from the wild. For too long little attention has been paid to this issue. John Uri Lloyd talked about the overharvesting of herbs back in the late 1800's and the populations of Pink Root (*Spigelia*) and Senega Root (*Polygala senega*) have still not recovered from the overharvest that occurred well over 100 years ago. UpS, from an herbalist's perspective, acknowledges that mankind has had a huge impact on these plants and we need to protect and restore them to their native habitats. Many environmental organizations focus on gorgeous places and animals, both of which have a lot of emotional appeal. Who except UpS pays attention to the plants?

UpS: What are your thoughts on UpS's "At-Risk" List?

DW: I had quite a bit of input on the original list. I have suggested a number of herbs that I feel should have

Continued on next page...



David Winston
Herbalist & Alchemist

UPS PRESENTATIONS IN YOUR COMMUNITY

One of the rewarding & effective ways you can work on behalf of our native medicinal plants is by making presentations to local groups. Schools, garden clubs, and community organizations are usually delighted to welcome such an interesting presentation and appreciate being made aware of the issues and how they can help. By speaking to local groups, you help to increase the network of awareness and have the incredible opportunity of sparking people to become involved in the solution.

UpS has available a beautiful **slide show** and **video** to accompany your talks, and we can send you our well-developed guidelines on making such a presentation. We can also supply you with UpS membership brochures, as people inevitably want to join UpS and learn how to become further involved.

Be part of spreading the grassroots, touching the hearts of kindred spirits, growing the green network in your local community. Contact Nancy Scarzello at the UpS office for more info.

SLIDE SHOW OF "AT-RISK" PLANTS

UpS members are invited to rent this beautiful, informative slide show of "at risk" medicinal plants. These slides provide a visual guide to the purposes, projects, plants, and people that make up United Plant Savers. The show contains over 80 slides and comes with an informative script.

The slide show is excellent for presentations to garden clubs, conservation groups or local community groups in order to increase awareness of the plight of our native medicinal plants. Please call Nancy Scarzello at 802-479-9825 to arrange rental at least three weeks before your presentation dates. Rental fee for the slide show is \$35, or it may be purchased for \$89 (shipping and handling is included). Send check or money order to: UpS Slide Show, PO Box 400, E. Barre, VT 05649

UPS VIDEO OF "AT-RISK" PLANTS

UpS member/videographer Nancy Borden has produced this informative video on the challenges facing at risk plants. Through a series of interviews with herbalists, UpS board members, farmers, and concerned consumers, Nancy skillfully presents the issues facing native medicinal plants, describes the work UpS is doing to make a difference, and suggests ways each of us can become a part of the solution.

This 15-minute video can be purchased for \$12, or rented for \$5. Help spread the word to schools, herb gatherings, environmental organizations and through local cable TV networks. To order send check or money order with \$2 s/h to: UpS Video, PO Box 400, E. Barre, VT 05649

David Winston Interview Continued...

been included, such as *Polygala* & *Spigelia*. I think an "At-Risk" list and an "To-Watch" list make perfect sense. Some plants are already threatened or endangered while others certainly could become so if we aren't aware of their needs and growth habits. An example is *Mitchella repens*. It is a very slow growing herb. Some harvesters rip out the plants by the root, when they only need to harvest the leafy growth. We've stopped dealing with people who harvest *Mitchella* roots. A simple change in harvest procedures can have a huge impact on the populations of certain plants. All in all, I think the list is a basic guideline that educates people and creates awareness. Any commercially traded plants harvested out of the wild that aren't tenacious weeds should be paid attention to. If black cohosh continues to become more and more popular it will need to be

cultivated. Many wild Chinese & European herbs that are imported into this country are seriously at risk, (*Gastrodia* orchids, the *Orabanche* spp. which are parasites on tree roots, *Gentiana lutea*, are a few examples.)

I take very seriously the idea of being a steward to the plants and the earth. If we are going to use wild plants, we need to take responsibility to perpetuate them. We should make sure that there is enough for the unborn and the unborn yet

to be. We need them - not just for medicine, but to maintain the health of our local ecology and the earth itself.

To contact Herbalist & Alchemist, Inc. send email to herbalist@nac.net or visit their website at www.herbalist-chemist.com. ✨

HERBALIST & ALCHEMIST





UPS "AT-RISK" FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

~ "At-Risk" List ~

- American Ginseng
(*Panax quinquefolius*)
- Black Cohosh
(*Actaea (Cimicifuga) racemosa*)
- Bloodroot
(*Sanguinaria canadensis*)
- Blue Cohosh
(*Caulophyllum thalictroides*)
- Echinacea
(*Echinacea sp.*)
- Eyebright
(*Euphrasia sp.*)
- Goldenseal
(*Hydrastis canadensis*)
- Helonias Root
(*Chamaelirium luteum*)
- Lady's Slipper Orchid
(*Cypripedium sp.*)
- Lomatium
(*Lomatium dissectum*)
- Osha
(*Ligusticum porteri, L. sp.*)
- Peyote
(*Lophophora williamsii*)
- Slippery Elm
(*Ulmus rubra*)
- Sundew
(*Drosera sp.*)
- Trillium, Beth Root
(*Trillium sp.*)
- True Unicorn
(*Aletris farinosa*)
- Venus' Fly Trap
(*Dionaea muscipula*)
- Virginia Snakeroot
(*Aristolochia serpentaria*)
- Wild Yam
(*Dioscorea villosa, D. sp.*)

~ "To-Watch" List ~

- Arnica
(*Arnica sp.*)
- Butterfly Weed
(*Asclepias tuberosa*)
- Cascara Sagrada
(*Rhamnus purshimia*)
- Chaparro
(*Casatela emoryi*)
- Elephant Tree
(*Bursera microphylla*)
- Gentian
(*Gentiana sp.*)
- Goldthread
(*Coptis sp.*)
- Kava Kava
(*Piper methysticum*) (Hawaii only)
- Lobelia
(*Lobelia sp.*)
- Maidenhair Fern
(*Adiantum pendatum*)
- Mayapple
(*Podophyllum peltatum*)
- Oregon Grape
(*Mahonia sp.*)
- Partridge Berry
(*Mitchella repens*)
- Pink Root
(*Spigelia marilandica*)
- Pipsissewa
(*Chimaphila umbellata*)
- Spikenard
(*Aralia racemosa, A. californica*)
- Stone Root
(*Collinsonia canadensis*)
- Stream Orchid
(*Epipactis gigantea*)
- Turkey Corn
(*Dicentra canadensis*)
- White Sage
(*Salvia apiana*)
- Wild Indigo
(*Baptisia tinctoria*)
- Yerba Mansa
(*Anemopsis californica*)

"AT-RISK" LIST UPDATE

What is it that makes an herb "At-Risk" for over-harvest? The "At-Risk committee" has been busily searching for answers to this question.

Rather than debating whether or not individual species "make the list", the committee has been identifying as many traits as possible, from life history characteristics to habitat threats, that make a species vulnerable. The goal is to create a transparent tool that yields a quantitative score for each species. These scores will make between-species comparisons easier. Scores for specific categories (such as "abundance" or "demand") will allow for more focused conservation efforts.

To date, the committee has identified more than 40 traits associated with harvest vulnerability. We are now in the process of winnowing this list down to those traits which are informative, reasonably objective and for which data is widely available. Contact Lisa Castle (graduate student coordinator for the new tool) at lcastle@ku.edu to see list of traits and offer your insights. ☞

"Real generosity toward the future lies in giving all to the present."

~ Albert Camus

"I never saw a wild thing sorry for itself."

~ D.H. Lawrence

UPS RESEARCH ON "AT-RISK" ECHINACEA

UpS has started a research project on Echinacea harvest recovery in Montana at the Buck Mountain Ranch, a member of the UpS Botanical Sanctuary Network (BSN). In order to determine more about the nature of Echinacea and the sustainability of its harvest, Terry Fox of Buck Mountain Ranch near Miles City, Montana, has teamed up with UpS board member Kelly Kindscher, an ethnobotanist at the University of Kansas to determine what percent of harvested *Echinacea angustifolia* roots re-sprout after harvest.

Echinacea angustifolia is listed as an UpS "At-Risk" medicinal plant because this perennial plant is harvested in large quantities in the wild. When the price was very high in 1998 and 1999 and over 200,000 pounds were harvested across the Great Plains each year. We have weighed commercially-harvested roots and determined that there may be as many as 100 roots per pound, resulting in over 20 million plants being harvested during the years when wild harvesting last peaked. While this large number of roots being harvested immediately concerned us, it was pointed out by professional harvesters in Kansas that stands come back when they are harvested because some of the plants re-sprout. We now have observed root re-sprouting in previously harvested wild stands in both Kansas and Montana, but it is not clear to what extent that occurs. We think it might be as low as 5% or up to 25%. This re-sprouting ability may be how wild Echinacea stands have survived even after repeated heavy harvest.

From July 4-7, 2003, we carefully harvested and carefully marked over 300 roots from Terry Fox's UpS Sanctuary at Buck Mountain Ranch. 300 roots is a pretty small number from the numerous large stands we have found on this 30,000-acre ranch in the pine-clad hills that overlook the Powder River valley in eastern Montana. We harvested from four different sites, measured the length and diameter of each root harvested and noted whether it flowered this year and/or last year. We carefully marked all locations with both flags and metal tags spiked into the ground so that we can determine next summer what percent have re-sprouted. We are delighted to be conducting this research on a UpS sanctuary because we believe that by determining how many roots re-sprout we can develop a better understanding of what a sustainable level of harvest is for Echinacea. If you are interested in the research protocol we are using for Echinacea re-sprout monitoring, you can find it the UpS web site: www.unitedplantsavers.org
~ Kelly Kindscher

Dear Colleagues:

The possible demise of the herbarium at Iowa seems to be another symptom of academic malnutrition that is destined to a state of starvation. We are heading toward a third world status by crippling our informational foundations in whole plant systematics. This trend is infecting all programs where whole plant science is being replaced by emphasis on structural and mechanistic [mostly molecular] aspects of plants.

This letter is to make you aware of another grave situation that threatens the existence of the Department of Botany at The University of Tennessee, Knoxville. For reasons not totally known, the Botany Dept. has been placed on a university list for review and consideration for dissolution. This decision has been spun from the upper administration, to identify programs and departments within the university that don't meet selected criteria for productivity. In the case of Botany we do not meet the quota of undergraduate majors, among other criteria. Since we are a department nested in a Division of Biology, we are not competitive with Microbiology, Ecology and Evolutionary Biology, and Biochemistry/Cellular and Molecular Biology. These other departments appear more productive because they benefit from higher numbers of majors; many of which are preparing for pre-professional, health careers [Medical, Dental, Pharmacy, etc.]. Hence it is unusual for such motivated students to select a Botany major for their undergraduate degree.

It is my personal belief, and shared by many colleagues, that a comprehensive university like Tennessee, will be self-abasing by dumping its Botany Department. It is a poor investment by the powers of upper administration to assure [guarantee] that a presence of strong plant sciences will continue at Tennessee by distributing faculty into other surviving departments. The core and heart of a centralized botanical faculty will be fragmented; and it is likely that attrition will result as faculty retire, or relocate, and their positions will be filled by other sorts. Another key element is the fate of the Herbarium and its staff. While we have been told [promised] that no faculty or key staff will be furloughed by a reorganization, that may be no more than a belief in faith.

As most of us are veterans of administrative chess, we expect that a decision to dissolve Botany has already been made. And now we are only stepping through the process to legitimize and validate the decision.

However, I invite any of you who wish to join the resistance to write a letter of concern that addresses the irreversible consequences of loss to the national and

The Botany Dept. of University of Tennessee has been placed on a University list for review and consideration for dissolution.

international community of Plant Scientists. In the least, I would want my administrators to have to read the written word of concerned colleagues in the face of their decision.

If you choose to voice your concern, send a letter to: Dr. Stuart Riggsby, Dean College of Arts and Sciences, Alumni Memorial Building University of Tennessee, Knoxville, TN 37996 and a copy of that letter to: Dr. Edward Schilling, Head Department of Botany, 437 Hesler Biology Building, University of Tennessee, Knoxville, TN 37996, just to keep everyone honest.

David K. Smith
Associate Professor and Curator, Dept. of Botany, UT



CULTIVATION CORNER

"SUSTAINABLE SMUDGE" GROWING WHITE SAGE ON THE CANADIAN BORDER

by Michael Pilarski

Most of us are familiar with the smell of burning white sage smudge sticks – a Native American tradition which has spread far and wide. What percentage of the smudge sticks are wildcrafted and what percentage are from cultivated sources? How many people are growing white sage to relieve pressure on the wild stands? I don't know the answer, but suspect that almost all of it is wildcrafted.

White sage (*Salvia apiana*) is a 3-6 foot tall shrub which only grows in a relatively restricted natural range in southern California. It is found in Santa Barbara, Los Angeles and San Diego counties and the adjacent 5 counties, and into Baja, Mexico. White sage is a component of the plant community known as "Southern Coastal Sage Scrub". There are a number of other *Salvia* species found in various parts of the coastal sage scrub principally black sage (*Salvia mellifera*). Black sage tends to be nearer to the coast and white sage more in the interior parts of the coastal sage scrub range. White sage hybridizes with the other species where it comes in contact with them.

I have successfully grown white sage as an annual for the last 5 years in Washington State just south of the Canada border. All the plants I have planted in the ground die in the winter. However, I have been able to over-winter plants in pots in the greenhouse in this interior NW location as well as on porches in Bellingham on the Puget Sound coastline.

In early spring the seeds are sown in a flat and subsequently the seedlings are pricked out of 4" pots and grown in the greenhouse. After the danger of frost is over they are planted out in the field or garden. I have been pleased with how much growth the plants make in one growing season. Each year I grow more plants. This year I grew 91 plants, mostly planted 18" apart in rows 3' apart.

With irrigation, my tallest plants have gotten up to 30" tall with multiple shoots.

Here in the Twisp River Valley on the east slope of the North Cascades, we have hot dry summers. White sage likes this climate in the summer. With irrigation, my tallest plants have gotten up to 30" tall with multiple shoots. The biggest plant has 14 shoots over a foot long with some single stems being 24" long. The fresh weight of all the shoots combined is over a pound. They can be made into at least 4 large smudge sticks or up to 12 or more smaller bundles. Mind you, this is the largest plant. Because of too tight a spacing in some areas, the average yield of the plants is about 4 major shoots 15" or longer and 6 small stems in the 9-12" range, with the average weight of stems being about 3/4 lb per plant. This would mean that the 91 plants would have about 68 pounds of fresh weight stems (about 900 stems).

As I write this article in September we have made about 150 smudge sticks so far this season and we still

have more to harvest. Some of the leaf is stripped and dried as loose leaf. Some whole stems are dried as well. These are for sale as medicinal herb. So far I had one order for fresh white sage from a tincture company and I hope to sell more in the future for medicine. It has many useful medicinal applications. Two of the best sources for medicinal use (and other) information are *Medicinal Plants of the Pacific West*

by Michael Moore and the UpS book, *Planting the Future*.

It turns out that white sage is relatively frost-hardy in the fall. The leaves remain green and growing through the first frosts and even after a number of hard frosts. The oils

must be some kind of antifreeze. Eventually the frosts wear it down and the winter finally kills it. So, I harvest after the first light frosts and before too many hard frosts.

Initially I top the young plants to make them bush out with multiple shoots. This year I did not top several of the plants and I like their growth form much better than the topped ones. Without being cut the main shoot gets tall and very bushy with good development of axillary's shoots at the leaf nodes. The lowest sets of leaf nodes on the trunk become long side shoots and they also have good axillary's shoot development. In contrast, the more numerous stems of the topped plants have longer leaf internodes (and relatively less leaves per foot of growth) and less axillaries shoot development. The total weight of leaf looks to be higher in plants allowed to develop a central leader. I plan on letting most of my plants develop more naturally in the future.

Large smudge sticks have their place, particularly in large group ceremonies, but small smudge sticks are a more economical use of a currently limited resource. I also like selling people small bags of loose leaves for smudging. For many purposes just burning one leaf will suffice. It is a potent, fragrant smoke. Although my one-year plants may not be as powerful in constituents as the older and more drought-stressed wild white sages in their native habitat, my cultivated leaves are very fragrant and strong-smelling and they were grown with love.

Several people who supply wildcrafted white sage sticks commercially have told me that the second year of drought in California (2002) was so severe that many of the white sage bushes dropped their leaves and even where there were leaves there was little or no shoot elongation the following year. The white sage stick supply was light that year, with very short sticks. Drought, of course, is no stranger to white sage and its range has shrunk and grown numerous times in the past. A lot of



White Sage: Photo ©Richo Cech

Continued on next page...

GREAT NEWS FOR THE FORESTS AND FOR FOREST LOVING FOLKS

From Michael Brune, Executive Director
Rainforest Action Network

I'm writing with terrific news for the world's old growth forests. Boise Cascade, one-time "Dinosaur of the Logging Industry," just announced its commitment to eliminate logging and purchasing of wood and paper products from endangered forests. The Wall Street Journal ran a feature story on Wednesday, September 3, 2003 regarding this.

Boise is becoming the largest American forest products company to agree to not log, procure, nor sell wood and paper from endangered and old growth forests. Boise also is committing to track all products within its supply chain globally to the mill of origin or beyond, and is committing to plant or support the natural reforestation of native species and minimize the planting of exotic species to avoid converting native forests to plantations. Boise is initiating a pilot project to pursue FSC certification, and will withdraw its name from the contentious Roadless lawsuit. None of this would have been possible without your support. Thank you.

Three years ago, Boise was the largest logger on U.S. public lands, led the charge as lead plaintiff in a lawsuit to overturn the U.S. Roadless Policy, had plans to build the world's largest chip mill amidst native forests in Chile, and was one of the largest distributors of wood products from endangered forests in the world. In the course of the campaign, Boise wrote letters to many of RAN's funders (calling us anti-capitalists and anti-American), and conspired in an unsuccessful attempt to have RAN's tax status revoked. Today, Boise is reversing nearly all of these practices, and is beginning a U-turn with a precedent-setting policy.

In a time of scant positive environmental news, this should give us all hope. It's an inspiring reminder that grassroots activism can prevail over even the most intransigent corporations, and that while the Bush administration is encouraging more commercial logging on public lands and calling it a "healthy forest initiative," activists are showing what a real initiative for healthy forests looks like.

Boise is proving that the era of predatory logging of the world's most endangered forests may soon be over. With Home Depot, Kinko's, Staples, and over 400 companies committed to stop buying and selling old growth and endangered forests, together we can help create true accountability in the marketplace. For more information go to www.ran.org. ✨

Cultivation Corner Continued...

white sage habitat has been developed in Los Angeles County in this century as well as in the surrounding counties that constitute its sole range. If climate change brings longer and deeper droughts in the coming decades, that will also reduce its range of suitable habitats. Alongside these two major threats (development and climate change) wild crafting is likely a relatively minor threat. But does anyone really know for sure?

If you are concerned for white sage's welfare and like to use white sage for medicinal or spiritual reasons, then consider growing some plants next year. Seeds and seedling plants are available from a number of the usual herb seed and plant sources.

Michael Pilarski can be contacted at: Friends of the Trees Wildcrafted Botanicals, P.O. Box 252, Twisp, WA 98856 (509) 997-9200; www.friendsofthetrees.net ✨

BOOK REVIEW

The Divine Nature of Plants: Wisdom of the Earth Keepers

By Laura Aversano

The ancients routinely used the healing power of plant and animal spirits, and lived in balance with the natural world. All that was needed was provided. A harmony existed that the modern world has great need to re-experience. *The Divine Nature of Plants; Wisdom of the Earth Keepers* (Swam Raven & Co, 2003) by medical intuitive Laura Aversano represents traditional ways of knowledge, ceremony, healing and ritual. The message is clear that for us to create a harmonious relationship as interconnected beings of nature, we must acquire the right relationship to the natural world with humility, compassion, and grace. This book is especially appropriate for herbalists and plant people today as it opens up old 'new ways' to relate to the healing power inherent in plants and takes us another step along the path of embracing the totality of the plant as spirit medicine. It also provides another way of working with plants, especially important when working with rare and endangered plants that depend less on their physical attributes and more on their spiritual nature or essence.

In *The Divine Nature of Plants*, Aversano guides readers through the process of making their own plant spirit essences. She shares her personal experience with each plant spirit and presents the physical and spiritual healing properties that were gifted to her by each plant. Although the book offers physical healing properties, Aversano emphasizes that these are not cures to various symptoms but essences that are healing at the energetic level. It's a beautiful sensitive book that will serve as a guide to understanding the plant spirit essence and will complement the works of Eliot Cowan (*Plant Spirit Medicine*), Stephen Buhner (*Sacred Plant Medicine*), Pam Montgomery (*Partner Earth*) and provide a necessary balance for the many medical herbal textbooks being currently written. "If we are to survive at all as a species on this planet, it will be because of books and teachings such as this", Dr. Rosita Arvigo, author of *Sastun; My Apprentice with a Maya Healer*.

WHERE TO ORDER

The Divine Nature of Plants; Wisdom of the Earth Keepers by Laura Aversano
Swam Raven & Co., PO Box 1429, Columbus, NC 28722



GREEN LOVER PROFILE

CONSERVATION COMMUNITY REMEMBERS MARDY MURIE

Wilderness lost a matchless champion in October 2003 with the death of Margaret Murie at her home in Moose, Wyoming. She was 101.

Mardy, as she was known to all of us, stood as the inspiration, the mentor, the steadfast reminder for several generations of American wilderness advocates. Wilderness for Mardy was not avocation or abstraction. It was a life.

Mardy was born in Seattle in 1902 and moved with her family to Fairbanks, Alaska, while still a youth.

Wilderness for Mardy was not an avocation or abstraction. It was a life. She died at the age of 101.

In 1924, she became the first woman to graduate from the University of Alaska at Fairbanks. Also in 1924, she married naturalist Olaus Murie. They began a partnership that would literally change the face of American land protection over the next half century and beyond.

The Muries moved to Moose, Wyoming, in 1924 where Olaus would study elk. They built a log cabin there and it remained Mardy's home for the balance of her remarkable life. The Muries had three children.

Olaus left the U.S. Fish and Wildlife Service in 1944 to become director of The Wilderness Society, a post he held until 1962. He worked from their home in Moose, which became the organization's headquarters. A snippet from the Spring 1959 issue of "The Living Wilderness" offers a glimpse of their lives in those years:

"Just came in from a thrilling encounter with a moose," Mardy wrote. "I got several pictures of Olaus close to her, but then the moose decided this was enough and made a run at Olaus. He just stood there and yelled when she was about 10 feet from him. She swerved and retreated but only a few feet, and kept pacing up and down while we made a dignified retreat. I didn't run-but I didn't stand still, either!" It is hard for those blessed to know her, either in person or through her books, to imagine that Mardy ever stood still. In those early years, she was quiet partner to Olaus, always in the background, but ever influential. The work of the still-young Wilderness Society in those days was principally that of organizing the American conservation community in support of what would become the Wilderness Act of 1964. Olaus died shortly before the measure became law; Mardy was present when President Lyndon

Johnson signed it.

After his death, Mardy emerged in her own right as a leader in American land protection. She joined The Wilderness Society's Governing Council shortly thereafter.

Mardy also threw her energy into the passage of the Alaska National Interest Lands Act that became law in 1980, protecting millions of acres of wild Alaska as parks and refuges. "When I was a child," she once recalled, "Alaska seemed too vast and wild ever to be changed, but now we are coming to realize how vulnerable this land is. I hope we have the sensitivity to protect Alaska's wilderness..." For 60 years, the Murie cabin in Moose has been a place of pilgrimage. That was so while Olaus was alive and continued virtually until Mardy's death. In one of her books, "Wapiti Wilderness," Mardy wrote of that: "Every conservationist or friend of a conservationist, every biologist or friend of a biologist who happen to be travelling through Jackson Hole will come to call..."

Visitors to the ranch "have been fed a diet of wisdom, passion, and a good bowl of soup or homemade cookies," one description noted. The stream of visitors continued until Mardy became too frail to receive them.

A glittering array of awards has honored Mardy's inspirational life of conservation leadership: the Presidential Medal of Freedom in 1998; the National Wildlife Federation's J.N. Ding Darling Conservationist of the Year award in 2002; The Wilderness Society's Robert Marshall Conservation Award in 1966. And the Murie Ranch is now the home of the Murie Center, dedicated to the example Mardy set for us all. ❧



Olaus & Mardy photo ©<http://ga.1.org>

Thanks to WildAlert for reprint: <http://ga.1.org/wilderness>. Also see www.muriecenter.org.

2003 FINANCIAL REPORT

Those of you who are familiar with how small non-profits work, know that one person can/must wear many hats. So despite my best efforts to 'get out of it', last year as new Executive Director I started 'doing the books' for UpS. Truth is, our finances are not all that complicated, but this didn't mean that it was an easy task to unravel the past to have it make sense for analyzing the present, or to use the cumbersome accounting system that I inherited. The fire that burned all UpS records handicapped us for tracking grant money, past donors, and what we did during the early years which had considerable income (1997-2000 = \$1,249,800 income). Expenses during that same time period were also considerable, as we purchased land, built the Ohio Sanctuary, published two books and established the organization's programs. Each year, UpS has had taxes and year end reports done by tax professionals, our non-profit status has never been violated and we have always fulfilled all relevant state and federal government requirements. However, without complete past records, it has been difficult to compare past years to the present and to determine in what areas the organization has been financially sustainable or not. With the generous assistance of our Treasurer, Peggy Brevoort, a new accounting system has been established and we are more able to analyze our finances.

Early on in my financial management of UpS, it became clear to me that our overhead exceeded our income and that it was time to do some serious belt tightening. It was not so much a factor of over-spending as everyone who works for UpS seems to hold the same values about not wasting resources and giving more than full value of time for their pay. What happened in both 2002 and 2003 is that personal and corporate charitable giving slowed (due to the slow economy) and UpS did not have the resources to do active fund-raising. By the end of 2002, we were spending more than we were receiving in memberships and donations, meaning we were dipping into our modest reserves. For almost two years, UpS did not have a

full time executive director on staff. Rather, Board members volunteered over and above the call of duty and Pam Montgomery maintained the organization as interim Director. Our Ohio office was handling administrative and management activities, but with reduced donations, we were not covering the overhead of that office.

Given the financial challenges of the past few years, I am very happy to report that UpS is now operating in the black.

The changes that contributed to this are:

We have reduced our office overhead by 20%, even though we have added an Executive Director with office. This was accomplished by moving the office to Sage Mountain and 'renting' space in their office and with their staff.

We have cleaned up membership files, enlivening renewals and new memberships, with an increase of 10%, and more to come.

We have reduced Sanctuary expenses until staff can be put in place to manage intern and education programs, and funds raised to 'grow the Sanctuary'.

Donations are on the "upswing". UpS operates on a modest budget of less than \$200,000. It is my goal to create education programs, membership drives and fund-raising initiatives for specific projects that will bring in more resources to grow the organization. We are lean and our systems are greatly simplified. We continue to strive for an economic model that uses a minimum of income for administrative/management expenses and maximizes the use of funds for programs and member benefits.

At the close of 2003, we showed a minor loss, but 2004 is already in the black. Our fiscal year is the calendar year and we will have a 2003 year end report available for any interested members. Please write to me if you have specific questions about UpS's finances. Thanks to the many members who responded to our mid-year cry for help by renewing their memberships and generously giving donations.

~ Lynda LeMole

If you aren't a current member of United Plant Savers

PLEASE JOIN

Sign me up! I want to become a member of United Plant Savers.

Name _____

Address _____

City/State/Zip _____

Tel: _____ Fax _____ Email _____

MEMBERSHIP CATEGORIES

- | | |
|---|--|
| <input type="checkbox"/> \$35 Individual | <input type="checkbox"/> \$200 Corporation |
| <input type="checkbox"/> \$50 Educational or
Non-Profit Org. | <input type="checkbox"/> \$1,000 Lifetime
<input type="checkbox"/> Other \$ _____ |

Mail to: United Plant Savers, P.O.Box 400, East Barre, VT 05649



IN THE GREEN LIGHT

KOSOVO: PEOPLE, PLANTS & CONSERVATION

by Tim Blakely

I spent the month of April, 2003 in Kosovo working on a project to help rebuild the herb and aromatherapy business there. Most people in the U.S. know little about Kosovo other than that there was some sort of war there a few years back. Of course there is a little bit more to Kosovo than the fact that it was the center of a war that involved most of the major nations of the world. To understand the role Kosovo has to play in the international herb world it is important to understand a little bit of its more recent past.

Kosovo was long a part of the former Yugoslavia. As Yugoslavia started to fall apart in the 90's many of its former regions went to war to get their 'freedom'. The Serbians did not want to give up Kosovo and the end result was a great deal of violence perpetrated on the Albanian population of Kosovo which makes up 90% of the total. Many villages were destroyed and thousands of people killed. In 1999 the UN stepped in and stopped the war. The UN still runs the country (Kosovo is technically a UN protectorate and not a country) and there is relative peace there today.

When the war ended virtually every single herb business (in Kosovo) was destroyed.

This region has a long history of herbal use, wild harvesting and cultivation. Kosovo was an important supplier of raw herbs in the 20th century but most of the processing was done in neighboring regions including Macedonia, Montenegro, Serbia, and Slovenia. When the war ended virtually every single herb business was destroyed, the buildings and machinery burned out or destroyed. Rebuilding the herb business meant starting from scratch with new equipment, property, new government, unknown ownership of previously owned government property, new marketing strategies, basically everything you can imagine.

Another small problem, is that when the Serbian army left, they placed land mines in many areas. After the war a few people were out harvesting and they stepped on mines. This was not a great incentive for wildcrafting. Today, Kosovo is generally mine-free but during my visit there were several instances where mines were discovered and had to be removed.

At the time I arrived virtually zero herbs were being wildcrafted commercially and there was

basically zero cultivation going on. All the herbs for the companies making teas were being imported from neighboring regions, specifically Macedonia. Roughly 1 million euros worth of raw herbs are being imported annually. All medicinal products were being produced in neighboring regions and imported into Kosovo.

It was obvious that somehow the existing tea companies needed to get together with local wildcrafters so that they could get better quality herbs at better prices and to stop the need for importing raw herbs. One of the tea owners was in the process of creating a medicinal tea line to go with his more traditional teas. He is very knowledgeable about herbs in general and has experience with wild harvesting, processing and cultivation. We managed to get him together with a man who was in the position of organizing his community for wild harvesting. Through this meeting the process was started whereby local groups would once again start wildcrafting herbs and thus minimizing the importation of herbs and hopefully creating another much needed export.

There are many wonderful medicinal herbs native to the region. Some of the more famous ones include gentian (*Gentiana lutea*), bilberry, valerian, thyme, oregano, chamomile (*Matricaria recutita*), yarrow, marshmallow, uva-ursi and so many others. One significant problem with encouraging wildcrafting again is that it could easily create a situation where over-harvesting can occur. In a poor economy the first concern of most is economic survival and conservation is not high up on the list. The chance for over-harvesting is great. Herbs in which the root is harvested are of greatest concern though even over-harvesting of some species tops can cause problems. I saw so many beautiful herbs while I was there. It was a sight to see wormwood growing wild and bilberry growing everywhere on many hillsides. Blueberry juice, from many species of *Vaccinium*, is one of the most commonly consumed juices in the region.

Jolie Lonner went into Kosovo soon after I left to work on the same general project. Her words seem to simply identify one key reason that over-harvesting may be an issue. "I visited a rural village where most of the men were killed by the the Serbians. The women had little or no source of income. What motivation do these women have to conserve plant

Continued on next page

populations where just a few years before there was little motivation to preserve the human population."

Along with over-harvesting another concern is quality. Here we have a new 'country' and it is hoping to create a general conception that its native products are of good quality. At present though there is little infrastructure for appropriate processing of the herbs harvested. In order to have a quality marketable product simple but effective processing centers need to be built. Along with that some serious education as to how best to harvest and process herbs needs to be done.

Add to the issues of potential over harvesting and quality concerns there is the fact that there is virtually zero herb cultivation at this time. Many of the native herbs can easily be cultivated like chamomile, valerian, marshmallow, oregano, etc. There is plenty of suitable land for cultivating these herbs but no group was spearheading any major effort.

Let's add one other issue to this complex series of problems. There is virtually zero knowledge of certified organic and what it entails. Herbs are being grown certified organic in so many countries from Egypt to China, why not in Kosovo. It was shielded for so long from outside influence and those who dominated the herb business were generally from other provinces, Slovenia, Serbia, etc. Organic information simply had not made it into their society. I can't tell you how much I intentionally used that term in my presentations there. In some of the neighboring provinces, Macedonia, Croatia and Bosnia-Herzegovina there are groups supporting the organic movement in a variety of ways. Hopefully the understanding of the importance and possibilities of organic certification will take hold in Kosovo in the near future.

At one of my last presentations in Kosovo we got

together most of the key players in the herb industry there. There was much to discuss and translating in 3 languages, English, Serbian and Albanian, takes time. Still the foundation was set and with others continuing to work on this within 3 months an organization had officially been formed.

Several people worked on the project before and after I was there and much has been accomplished. Realize it is not easy to be productive when doing work in a region so rife with war and hatred. Yet somehow work is getting done and Kosovo is working towards being self sufficient in herbs and will soon be exporting herbs to other countries. Hopefully the importance of conservation will seep

There are many wonderful medicinal herbs native to the region: gentian, bilberry, valerian, thyme, oregano, chamomile, yarrow, marshmallow, & uva ursi (to name a few).

into the ethics of the herb industry as it grows.

On a personal note I met numerous people trying their best to do good work. I met one family, the Cooper's, who moved to Kosovo during the war to help out in the refugee camps. Their children all went with them and after the war they stayed on. Their younger children speak fluid Albanian, rare for Americans over there. They hope to create an herb product-making business that can employ the widows of the community they have settled in. Though it is an uphill struggle one can only wish them the best.

In finishing I'd like to quote Jolie Lonner again. In her words, "When I harvest herbs I feel connected to all the women who have harvested since the beginning of humanity: An ancient and primal act where the earth heals without prejudice. In Kosovo there are constant reminders of war: Orthodox

churches and Muslim Holy Places lie in rubble, shells of homes with roofs blown out dot the hillside and ethnic violence burns in the bellies and ignites to murder children innocently swimming in a little rural lake. I wanted to provide an avenue by which people could rely once again on our plant cousins for healing and livelihood. Once these connections were rekindled perhaps people would feel connected to the ancient humanity that binds us all to each other and to the Earth who forgives us for what ever horrors we have perpetrated against her and others. First she forgives and then she heals our wounds. There are many wounds to heal in Kosovo." ✨



*Burned out Herb Processing Facility: Kosovo
Photo © Tim Blakely*



UPS COMMUNITY GRANT PROJECTS

GLOBAL HEALTH CORPS MEDICINAL HERB GARDENING & EDUCATION PROGRAM

The medicinal herb garden and educational program was successful in bringing communities together to learn about the uses of medicinal herbs for healing. Throughout the course of the project more than 100 rural Iowa families benefited from the program, ultimately reaching more than 600 individuals. At the beginning of the project, the focus was to develop a community herb garden in the rural Latino community in Postville, specifically in the trailer park area where the majority of the Latinos lived. After receipt of the United Plant Savers funding, it was discovered that the living quarters of the targeted population had changed, as it frequently does, so it was necessary to develop a more feasible outreach plan. Hence the implementation of mobile "planter herb gardens." The planter gardens better accommodated the Latinos who often only stay at one location for a short period of time and then either return to their home country or move to a different location in Iowa. The planter gardens were easily mobile and could be transported with the people during their travels.

Due to large family sizes, approximately 250-300 people were served through these mobile herb gardens...

In addition to serving the Latino community, the planter garden model was administered in the Amish and Meskwaki Native American communities. The following information describes the number of people served in each community, the types of herbs presented to the people in the communities, and the number of university students trained to conduct medicinal herb educational programs.

- During the Fall of 2003, 25 Amish students in grades K-8th attending a one-room schoolhouse in rural Iowa were presented with an educational program on medicinal herbs. They then had the opportunity to plant their own mobile "planter gardens." Each planter garden included thyme, viola, and sage seeds. Each Amish student had a garden to take home, but since most of the students have siblings attending the same school, a few of the students volunteered to leave their gardens at school so that the students could watch the plants grow. Before, during, and after the planting process, trained University of Northern Iowa (UNI) students

gave a presentation on medicinal herbs and the importance of plants. The University students also talked about how to plant them and take care of them, as well as how to make tea with the plants. Due to large family sizes, approximately 250-300 people were served through these mobile herb gardens the students brought home. Additionally, all gardens had information on use for each of the seeds attached to the planter, so the entire family was ultimately presented with the educational information.

- During the Fall of 2003, a similar program format was implemented at the Meskwaki Settlement School where more than 150 youth attend. Twenty-five mobile planter gardens were distributed to each of the school's K-9th grade classrooms, with two planters in each room. Each day the students were able to watch their gardens grow and continuously be reminded of the work they had done. In addition, the students had the opportunity to bring leaves home to their families for medicinal uses. A few of the herb gardens were given to the principal, the health educator, and the nurse. All herb planters were appreciated and utilized by the students on the Meskwaki Settlement as well as those in the Amish community.

- During the Fall 2003 semester, more than 40 UNI students assisted in the project. Specifically, 6 students prepared educational programming on windowsill medicinal herb gardens for the Amish youth, and 10 students helped distribute containers and educate the Meskwaki youth. Additionally, 25 UNI students helped to prepare the planter gardens for distribution.

FUNDS AVAILABLE FOR COMMUNITY PLANTING PROJECTS

United Plant Savers has a fund designated for community replanting projects. UpS guidelines require that the project have educational merit and that the land proposed for replanting be protected either by individual ownership, or be a part of a school or park system. For application information please write to:

UpS Community Replanting Fund Guidelines,
PO Box 400, E. Barre, VT 05649

• During the Spring of 2003, the focus was on the Latino population living in Postville, the site of the original proposed garden project. More than 30 families received planter gardens, reaching more than 120 people. The procedure for implementing these gardens was similar to the above explained, however, about 20 UNI students helped to plant all of the plants and attached the educational information in Spanish to the planters. The planters contained three types of plants including sage, peppermint or mint, and lemon balm. Instead of using seeds, this time rootlets were used due to the time of year. The planter gardens were delivered to Postville and distributed with the help of approximately 8 UNI students who provided one-on-one education regarding the use of the plants as medicinal herbs, how to care for the plants, what their functions are, and how to make tea with the leaves. All of this communication was done in Spanish through direct communication as well as interpreters. The funding from United Plant Savers was used to reach nearly 600 rural Iowans and to educate them on the benefits of using medicinal herbs as a healing mechanism. Additionally, the funding allowed for more than 60 university students to be exposed to the uses of medicinal herbs, herb gardening, and venues for implementing such programming. ✎

DUGGON MIDDLE SCHOOL GRANT

Dear United Plant Savers,

Thank you very much for supporting the Duggan Middle School Garden and Nature Club. With the assistance from the UpS community grant our club was able to create a rare and at-risk medicinal plant preserve in our school courtyard.

During the winter months, we watched the UpS video (see page 11) and worked with field guides and the UpS *Planting the Future* book to learn more about at-risk medicinal plants, and to help us decide what we wanted to plant in our preserve.

In the spring, we categorized the different habitats within our courtyard and made a planting plan so that we would know the best place to plant each of the plants that we ordered. We purchased a number of healthy, well-established, rare or threatened native medicinal plants from the New England Wildflower Society annual plant sale. We planted three different trillium species, American ginseng, three different echinacea species, black and blue cohosh, bloodroot, goldenseal, and others.

We really enjoyed learning about rare medicinal plants and planting some in our garden. Our club will continue to care for our plants over the coming years by weeding and collecting seeds from the plants to help propagate new ones. Thank you very much for helping us learn more about these plants and start our own rare medicinal plant preserve.

Sincerely,

Mary E. Johnson & Students of the Duggan Middle School

FAYSTON ELEMENTARY SCHOOL NATURE TRAIL REJUVENATION PROJECT

Twenty-four years ago the Fayston Nature Trail was established at the Fayston Vermont Elementary School, by three teachers: Gail Breslauer, George Bedrin, and Carla Kotas Lewis, along with the 50 students that were then attending. It was a wonderful project, and has been an enduring source of pleasure and knowledge ever since.

However, due to both natural and man-made factors, the trail had diminished in size, the original trail guides no longer matched the altered route, and many plants that formerly existed had disappeared.

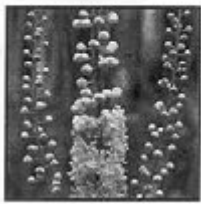
Three years ago a rejuvenation project was started by the third graders in Carla Lewis' class. Students identified areas of the trail that needed work, as well as projects that they would like to work on. They researched plants, animals, and other topics related to forest habitats, and designed signs describing and picturing their new-found information. Unfortunately, some of these signs were damaged last year, which led to a new project for Ms. Lewis' current class.

Part of the project was to restore the signs from the previous project, and remount them on their cedar posts along the trail. In addition, new signs were developed by the current third and fourth graders, complimenting the existing signs, and exemplifying their own individual interests.

Through a generous grant from United Plant Savers, a variety of new plantings were established along the woodland trail. This trail enters the woods from the school parking lot and follows a brook along a narrow path. Some of the plants found along this part of the trail include jack-in-the-pulpit, pink ladies slipper, blue cohosh, bloodroot, trillium, bleeding heart and Canada lily. Some of the plants had originally existed in the area; other native species were added that would thrive in the same habitat. Students also created two butterfly gardens, one on the trail where it opens into a field above the playground, and another located closer to the school building just outside the classroom. Both of the butterfly gardens include *Echinacea angustifolia*, pleurisy root, bee balm, goldenrod, black-eyed susan and several other butterfly attractors.

The final part of the project was to promote more extensive use of the trail by parents and community members, as well as develop more activities that would generate active student participation. A celebration of the trail was held on Friday June 13, 2003, with third and fourth grade students giving tours to other students, teachers, and parents. Community members are urged to come and use the trail, as it is a wonderful resource that

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UPS BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

~Nancy Scarzello, BSN Coordinator

CREEKSIDE HERBS & ART

Cedarville, MI

Sanctuary Stewards: Larry & Sharon McQuirk

Creekside Herbs & Art is a family owned/run business, which is located off the beaten path, set back amongst ancient white pines and a meandering creek, in the Eastern Upper Peninsula of Michigan. Creekside is situated on 25 acres of white pines, balsam, spruce and cedar. The herb farm, 36' dome (glass blowing studio), and garden shop are based on spiritual thinking from many sources, largely based on my Native American heritage. At Creekside, our goal is to promote a sense of connection and integration throughout our community. We believe that our well-being is closely tied to that of our surroundings. Our intent is to live and do business in a way that demonstrates our priorities in a tangible way. The nature trails, sculpture garden, traditional herbal garden, medicine wheel garden and children's area help visitors relax, play and experience new levels of connection.

Some of the native plants along the trails are nodding trilliums, blue flag iris, red baneberry, marsh marigolds, many different ferns, columbines, bunchberries, joe-pye-weed, club moss, pink jewelweed, goldthread, Canada anemone and starflowers. In the sculpture garden we are restoring native habitat and have planted; blue vervain, wild bergamot, Echinacea, Canada rye, Labrador tea shrub, nannyberry shrub, elderberry, milkweed, evening primrose, false sunflower, black-eyed Susan's, flat-topped aster, New England asters, yarrow, pearly everlasting & Indian paintbrush. In the medicinal wheel garden we have many different plants. This is a sample of the medicinal plants we planted - black cohosh, bloodroot, goldenseal, wild roses, wild garlic, trillium, butterfly weed, valerian,

wild ginger, sweet grass, jack-in-the-pulpit and arnica.

The shop is filled with products made by friends, local/regional artists, small cottage industries and companies who make quality, environmentally friendly products. Our classes, workshops and festivals raise awareness. We also have yoga, a massage therapist, reiki, hot stone therapy, self-empowerment & art classes and the spiritual trail serve to strengthen body, mind and spirit.

I have been inspired by many people but Rosemary Gladstar - one of my heroines in life, has been a great inspiration in helping me establish the Northern Wild Plant and Seed Cooperative in our region. Our mission statement for the cooperative is: "This is a grassroots cooperative organized to promote, propagate and protect native plants". Our local conservation district & districts in the Upper Peninsula saw a need for native trees, shrubs and plants for their twice annual tree sales. At that point there was no local genotype of native plants/trees/seeds for them to buy to sell to people in our district. So we formed a cooperative to help some of our members become producers of native plants/trees/seeds in our area. This process has not been easy and finding people passionate enough about the project to move forward has been slow. I worked on becoming a botanical sanctuary last winter and want to help others to create botanical sanctuaries with native plants on their properties through my work with the NWPSC and being a director with our conservation district. So in becoming "certified" through UpS I can help others find their way in continuing this green belt across the country. I cannot think of anything I've been more passionate about, healing our Mother Earth and in return healing ourselves.

Anyone wanting to journey to the Upper Peninsula of Michigan, I invite you to visit Creekside and kayak The Les Cheneaux Islands. We have a teepee along the creek that you could stay in. ✨

THE WELLSPRING VALLEY
Stahlstown, PA

Sanctuary Stewards: Christine Simmons
& Robert Sabo

We bought our 100-year-old Victorian house with 30 acres overlooking Donegal Lake, 25 years ago. Much of the acreage had been planted with crops at one time but in the latter years it was being used as a horse farm. We mowed the fields for several years. Over the years we have sold some acreage, some of it is mown and some has been left wild. We planted a couple of acres of Christmas trees, sold some, and we left many that have now become a beautiful stand of Norwegian Spruce. We decided to let the majority of flat land on the hill overlooking the lake return to forest. It has been a fascinating process to watch. Amazing how fast the land returns to forest. We have had to manage it somewhat of course, especially to route out the exotics. We have had our challenges like the Multiflora rose that was planted as a result of some farmer's ill-conceived notion of using the rose for living fences. As most of you know this wild rose did not stay in nice neat rows but has wandered everywhere the bird flies! I have found the flower essence to be quite useful for releasing habitual patterns that cling and hook in like the barbs of this rose. However, one bush would give me all the flowers I'd ever need for essences and I'd be happy to encourage other things that would be just as useful to the bird-life as the Multiflora rose and much easier on our fruit trees and our flesh!

We have over 50 plants, trees and shrubs that I know of that can be used for medicine. We have kept some of the fields mown and we are learning when to cut and when not to cut in order to foster certain meadow plants. We have been organic gardeners from the beginning and have created numerous gardens. We have woodland gardens with at risk



The Wellspring Valley Herb Garden

herbs, a circular garden, shade and sun herb gardens, and even a labyrinth mown into the grass. Eventually I would like to restore the labyrinth's meadow with native plants instead of grass and I am looking for plants that would be soft and silky to the touch. If you have any ideas please contact me at this email address: wellspring@lhctc.net As an acupuncturist and herbalist of the Five Element tradition I have long recognized food as medicine. And so our food gardens have been just as important as our herb gardens and a great source of research and knowledge. We have been organic for 25 years and have followed the Findhorn and Perelandra gardening process of co-creating with Nature since the early 90's. Using a communication system of kinesiology, Machaelle Small Wright pioneered a system of "talking" to the plants and

soil, insects and even the soil bacteria. In this process we work directly with the devas and nature spirits.

Some of the most interesting of the Perelandra work has been the use of triangulation to create systems of harmony and balance. It is similar to companion planting but more refined and yet wilder at the same time. (Don't we love paradox)! Three different plants are grouped together in a defined space. They sustain and nourish each other in ways science is only beginning to understand. Often the results are lovely to behold.

The Wellspring Valley continues to evolve as we remember. Bob is retiring from breeding exotic birds so that he might spend more time with the sanctuary and the gallery. He is looking for responsible owners for his breeding pairs of Macaws and African Greys. Our plans for the future of The Wellspring Valley include learning and teaching more about the dangers of environmental toxins, phase I and Phase II detoxification process, the soil bacteria, the plants for cleaning air and water, co-creating with nature, planting wild gardens, and strengthening and developing deep ecology. With high hopes for all of us, we look forward to the help we'll receive being a part of the UpS Botanical Sanctuary Network. ✨

SWEET BRIAR HERB GARDEN

Onalaska, WA

Sanctuary Steward: Carol Thomas

Sweet Briar Herb Garden is the dream of my old age. I was pointed in this direction when about 4 years ago they informed me that I was too old to get a job. Age discrimination be damned, they just don't hire you when you are close to 70 years old! Being someone who doesn't want to just sit around and do nothing, I bought 5 acres and pursued training to be an herbalist. Now, four years later, I am growing herbs and anything wild that will grow here.

My property is divided; one part is all cultivated herbs, vegetables and flowers. We have to have flowers as they make a better place for all levels of living creatures, especially butterflies. The other part is woodland of beautiful Alder, Maple and conifer trees on a gentle incline facing south by southwest. Here there is a seasonal creek where I want to plant the wild herbs that will naturalize and make more of themselves.

The creation of this sanctuary is a planned three-year project. Turning 5 acres into a happy garden is a lot of work. Although the ambiance is truly wonderful ~ the scenery, natural vegetation, the river ~ fertile agricultural land it is not. The soil has had to be amended in order to have a good garden and it has been difficult to start native plants and trees, not impossible, but difficult.

When I was in Boulder, Colorado going to herb school, Rosemary Gladstar came to the school and told us about United Plant Savers. I was completely inspired and after returning to Washington State I applied for

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PLANTS IN THE NEWS

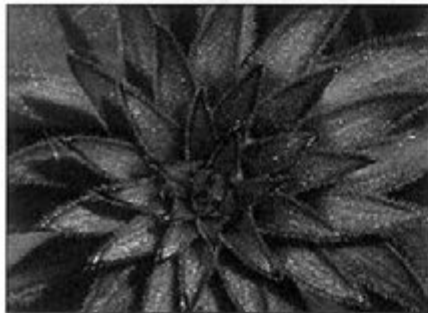
ECHINACEA MONITORING DESIGN

Overview:

In order to monitor populations of *Echinacea* species, we propose a simple monitoring scheme for teams of two or more people to count plants on an annual basis in permanent plots. This information will be primarily used for determining how much, if any, *Echinacea* harvest is taking place and tracking the general fate of the population. In addition, this information could be useful for estimating the total population size, estimating the sustainable yield of the roots and the value of this product, and comparing responses of different populations to changing environmental conditions.

Number and selection of sites:

During the first year of the study, teams will establish plots in at least four sites each in Kansas and North Dakota with dense stands of *Echinacea*. Both of these areas have a history of commercial harvest. Agencies will select sites of greatest interest to them based on: size and density of *Echinacea* population, location of concern, suspected or potential harvest, and ease of access. Selected sites should ideally have large, dense, populations, be



Echinacea Bud

near to each other but distinctly separated, be easy to access, and in locations of particular interest to the agency. Proximity to permanent, markable, man-made structures (e.g. fence lines, telephone poles, road signs) will make marking and relocating plots easier, but permanent stakes (2 or 3 steel posts) can be used where man-made structures are not found.

Depending on the proximity of these patches to each other, initial set-up and counts could take three-five days. In subsequent years, counting *Echinacea* in the plots would take two people two days. If sites are too far removed from each other and two days work is not feasible, half of the sites could be monitored any given year in subsequent years.

Number of plots per site: 20

Based on Kansas *Echinacea angustifolia* data collected by Dana Hurlburt Price for her

dissertation, twenty plots per site is sufficient. This quantity of plots will allow researchers to detect a change in population size from one year to the next of ten percent or greater with greater than ninety percent certainty and a less than a ten percent false-change error rate.¹

Plot size: 1m x 1m.

This size is large enough so that most plots will include at least some plants, yet small enough for a frame to be carried with ease. Two people observing a 1m x 1m plot can feel confident that they have counted all individuals in a reasonable length of time.

Plot placement:

The twenty plots will be located at 5 meter intervals along a 100 meter measuring tape. For odd-shaped populations of *Echinacea*, two or three shorter-length transects can be used. From previous rangeland vegetation sampling, we have found that the steel rebar can be found repeatedly in future years with a tight tape and metal detector.

To determine the starting point, field surveyors will first observe the population to assess the general shape of the patch. Starting points should be generally located near one narrower end of oblong patches (most patches are oblong due to their location along limestone or other rock outcrops) and anywhere near the edge of round patches. Having located the general starting point, surveyors will then find two permanent fixed objects nearby (like steel posts). If there is a fence, put in two steel posts with a bright color of spray paint added to mark them. Surveyors will run a measuring tape from each of these objects and triangulate toward the general point. The exact starting point of the transect will be where these two tapes meet at a round number (e.g. 20 m from each fixed point). Clear descriptions of the fixed triangulation points, distances from them, and general location information will be immediately recorded and later typed into a field data file. Where possible, fixed points will be spray painted for ease of finding in the future.

From this starting point, a tape measure will be laid out in the cardinal direction that passes through the majority of the patch. Flags will be placed every 5 meters at the 0, 5, 10, 15 . . . 95 meter marks along

the tape measure. A 1m x 1m plot frame (these can be made of 1 inch PVC plastic pipe held together with elbow joints and glue) will be placed along side the tape on the right side of the tape, starting with the flagged point (the first plot will be from 0 to 1 meter on the right side of the tape, the second from 5 to 6 m). Field surveyors will make it a point to walk along the left side of the tape, so as to not trample any vegetation in the study plots.

At every flag, marked fence post, or other triangulation marker, a GPS measurement will be taken and recorded. A 10-inch long piece of rebar, with a piece of plastic flagging tape tied to it, will also be pounded into the ground. The ends of the plastic tape will be left sticking out, along with a centimeter of the steel rebar. This system, used in conjunction with a metal detector (inexpensive models from Radio Shack and other stores work sufficiently well) will allow for easier re-location of plots in subsequent years.

Personnel:

Field surveyors will work in teams of two people. While a biologist on every team would be ideal, observant seasonal staff, volunteers, and staff members from a variety of positions can easily be trained to count and measure Echinacea plants. Prior to the actual field work, a knowledgeable plant person (ideally a botanist or biologist) will need to help other team members spot Echinacea at various life stages.

While a single counter could record all necessary information, this is not recommended. After a full day of observing, even a well-trained scientist is likely to suffer fatigue and overlook a small plant, forget to mark a plot, or stray from a straight line. Working in pairs reduces these human errors and makes recording measurements a significantly quicker task.

A third team member would increase efficiency, particularly during the year in which the plots are set out. This person would be in charge of laying tapes, taking GPS readings, and marking plots.

Data collected every year:

Each year, numbers of plants in each of three size classes, number of seedling, and numbers of flowering individuals in each plot will be tallied. If the number of plants in a plot exceeds 20 (unusual), the 20 plants nearest the center of the plot frame can be sampled, and all remaining seedlings should be counted. Data sheets prepared in advance will make this a very straightforward task. Plants rooted in the plot, whether or not the tops lie in the plot, are counted "in" whereas all those rooted outside the plot, even if they overhang the plot, are considered "out" and not counted. A single Echinacea plant will occasionally fork from its underground caudex. Separate individuals may also grow in very close proximity to each other. In these cases, quick underground probing should reveal whether the stems are connected to one root or two and thus should be counted as one individual or two.

Size classes, defined below, can be determined by the size of the crown (measured by calipers). In addition, for each plot, cover estimates (aerial cover) should be taken for

the following categories: bare ground, grass, forbs, woody plants, and Echinacea. And all plants should be roughly mapped (X labeled by size class for each plant) so that they can be more easily found in future years. Field surveyors will also look for signs of harvest or other disturbance and note them in their field notes. All project notes need to be typed soon after fieldwork, while methods are still fresh in the mind.

One team member will walk the perimeter of the patch taking GPS measurements. These can later be used in conjunction with mapping software to determine the size and location of the patch. Where there is a discrete line between Echinacea and no Echinacea, the surveyor will follow it. In areas where there is no clear line, the surveyor will walk along the edge of the patch encircling the vast majority of the plants and all of the dense patch.

Size classes:

The size classes, or stage determinations are from Dana Price Hurlburt's dissertation (1999):

Seedlings – small, identified by cotyledons which persist into summer.

Small, pre-productive plants (<3 mm diameter stems) rarely have multiple stems per crown and are not flowering (with rare exceptions)

Medium plants (3-5 mm diameter), based on size

Large plants (> 5 mm diameter), based on size

Dormant plants – rarely occurs, but sometimes plants die back to the roots.

Data collected first year:

In addition to the Echinacea counts, the first year of the study the observers will record general information about each site. This will include a description of the soil, the slope and aspect of the patch, and a notation of surrounding dominant vegetation, as well as a clear description of the site location, GPS readings, triangulation readings, and marking the site on a topographic map. Prepared check list data sheets will make this a quick task.

Equipment needed:

The project will require: data sheets printed in advance, preferably on waterproof paper (write-in the rain paper is available from Forestry Supplies and others), pencils and erasers, waterproof clipboards, 2 long (100 m) tape measures, 1m x 1m lightweight plot frame, rebar cut into 10 inch long lengths (any welding shop/metal fabricator can easily make these for a price), heavy hammer or sledge (if rock is present) for pounding in rebar, bright colored plastic flagging tape, outdoor spray paint in a non-natural color, GPS unit compass, marking flags in bright colors (for marking plots while sampling), metal detector, calipers, rulers, steel posts for permanent location markers, galvanized nails (long) for marking any individual plants that can be tracked over time.

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MUSINGS FROM THE FARM

by Paul Strauss
Equinox Botanicals

FALL 2002 DEATH COMES KNOCKING

The fall of 2002 was unusually hot and dry. Strange weather can have alarming consequences for an ecosystem. It is a rare occurrence to have such dry streambeds at this time of year, but that is what was needed to hatch out a tiny gnat whose bite infected our sizeable deer herd with the disease E.H.D., Episodic Hemorrhagic Disorder. Within a two month period, I find 27 dead deer on the farm and the Sanctuary alone. I watch three young deer wobble and drop dead right in front of me. Many of the carcasses I find next to fence lines; they didn't have the energy to jump. Their inner organs hemorrhage and

internally bleed to death. Thin bodies blow open in 2 days and even the dogs, who dearly love deer meat at almost any phase of decomposition, would not touch it. Old and young alike are affected. I find the rack and skull of a stately 10-point buck just below the cave.



Heart Pond, UpS Sanctuary
Photo © Peggy Breevort

I know this natural yet rare occurrence likely had some benefit to the area ~ a thinning out of the old and weak. Low populations allow new deer to move into a recently vacated area giving more genetic variations. I'm sure there are many positive effects I am not aware of.

This is partly due to the overpowering of our most primitive of senses ~ smell. What will remain with me so strongly from this event was the ever-present cloying smell of death that hung around for a month. A smell that colored everything. Ever present and overpowering, no place to run and hide, death walks the hills and is apart of all.

I can now relate some to those who speak of the horror of battlefields littered with the dead. Smell is so very powerful, able to dredge up thoughts and memories long held back.

Smell often brings one memories of forgotten

times. These memories are most often wonderful ~ because of the rich sweet plant smells all around me. Pay attention, smell can be an invisible key unlocking our past.

It's deer season little more than a year removed from the die off. What I have noticed, but more

Smell is so very powerful, able to dredge up thoughts and memories long held back.

importantly, what Little Lee and the other deer hunters who have hunted here since their youth have noticed, is that yes, populations have recovered some. Most of this is transient or button bucks filling in ~ and they notice that there is an unusually low population of fawns this year. It is suspected that many does that made it thru the die off may have aborted.

I still see plenty of deer, but lower populations might lead to higher ginseng numbers. A good trade.

"What doesn't kill you makes you stronger"

THE 2003 PRESIDENT'S DAY ICE STORM

The notes in my calendar call it a day of beautiful devastation, a natural occurrence for sure, a pruning of weak trees, future forest soil surely. But if you love trees and already had more than enough work it was devastating! Yet another 100 year set of weather circumstance I get to see, feel, clean up and remember.

A cold snowy February day warms up and the snow turns to sleet, and then rain, and then turns cold again. Every living and non-living thing is totally coated with inches of ice. A mythological valley of glass and intense refractive light. The fields already with 5" of snow cover get another 4" of ice. Walking becomes laborious crunching and for 12 hours the sound of creaking, cracking, crashing and popping takes over the world. Trees and treetops fall everywhere. Ice war has come to the forest and farm.

Gutters twisted, slate roofs partially destroyed. Electric lines downed. Electric service being out for 11 days is the least of the circumstances. To clean up just the area around my cabin and camp kitchen to

get it ready for spring classes takes 12 guys and 4 chainsaws 10 hours of work.

Days of chain sawing had so warped my brain that I had an early morning dream in which my arms turned into chainsaws, my mouth a chipper, chips shooting out of me as I scream "but I am an herbalist! . . ." And then the endless cleaning up of 3 miles of forest trails and a half acre of medicinal herb beds begins; this takes months and then it's time for a summer of salvage logging. Plans change . . .

All of you who may idealize the life of a farmer or herbalist responsible for large tracts of land please know that it comes with a reality most people would never want to deal with. Work, joy, madness, sadness can make a confusing mix; everything in the end is out of your control. You learn the limits of your land and yourself. In the end I am no more than this land's groundskeeper, a temporary cog in this earth's wheel, perfect yet dirty as soil is silently built for the future forest.

As time passes, the memory of the work and devastation will dim, what I will carry to my death is the otherworldly crystal beauty I briefly witnessed and the ungodly sounds of a forest giving part of itself up, in the end to enrich the whole. All is change.....

INDIAN SUMMER 2003

I do believe one of the strongest glues holding me to this particular piece of land is the gift of Indian Summer, which I affectionately call *The Second Flowering*.

Our hills burn with color, days are warm, humidity low, clouds high, a sky of mare's tails, the air is alive. A time to dig roots and make cider. Unlike last fall, a year of little color, deer death and



Goldenseal Test Site

much cold, 2003 seemed endless and dreamy. We receive 3 different rounds of bliss. Each one ends with a few days of cold and rain that surely must signify the end. But no, wham, here are a few more weeks to swim in. Work is so enjoyable these weeks. Time seems to slow as you move between fall's farm tasks. You could give me any heaven on earth that time of year,

high mountains or balmy beach and this is where I'll be.

Thru mid November I have red raspberries every day, the garden's full of kale, chard, beets, lettuce and parsley, all tastier with cool nights. Apples, the king of all fruits, usable in so many different ways, with so many varieties, are in abundance. With friends, we juice 3/4 of a pickup load and make 64 gallons to put up. I have been using the same hand crank juicer for 33 years that was used in a local

With the help of other botanically obsessed planting fools, we put in over 10 lbs. of Ohio ecotype ginseng seed in over 100 acres of forest.

orchard 100 years ago. Juggling mugs of fresh cider, watching out for the ever-present yellow jackets, we apple dance around each other laughing as we take turns at the different tasks of the job. Shoveling the apples into the shredder. Cranking the shredder and its 100-pound flywheel. Turning the auger press and its 3" diameter screw. Waterfalls of juice fill small pots to be moved to big pots to be poured into gallon jugs for freezing. This is not work but a warm flow, a frenzy of friends leading a good and bountiful life. Replace the pickup with a horse and wagon and it could have been 100 years ago!

To top it off, one of the things that came together this fall was the first production in an apple orchard I planted 5 years ago that will replace the first one I planted soon after buying the farm. What a treat to taste these new varieties! Every apple was Christmas morning good after such a long and expectant wait.

This year also saw the absolution of guilt from the repetitive 25-year-old thought that this will be the fall to make a large planting of ginseng in the forest. With the help of other botanically obsessed planting fools we put in over 10 lbs of Ohio ecotype seed in over 100 acres of forest. That's a lot of plants and a lot of possibilities leading to next spring's game of finding the baby 'sang. On my calendar note I call it the reginsengization of the farm. The future is calling. ☘

"Every blade of grass has its angel that bends over it and whispers....Grow, grow."

~ The Talmud



UPS MEDICINE TRAIL REPORT

by Joe Viny
UpS Board Member

United Plant Savers' mission is to protect native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come. In keeping with our mission, we have established a growing number of independent medicinal plant sanctuaries throughout the country. The cornerstone of our Botanical Sanctuary Network (BSN) is the UpS Botanical Sanctuary located in Southeast Ohio on 384 acres owned and protected by

UpS. Our Sanctuary serves as an educational center, an onsite research center, a repository of native medicinal plant germplasm and propagation facility. Central to the objectives and operation of the Sanctuary is our newly developed medicinal plant trail. The trail encourages and allows the public to experience the riches of the Sanctuary in a

manner that is safe,

controlled, and sensitive to its special environment. This provides UpS a powerful educational tool that can be used by individuals or groups with or without staff assistance. Our trail meanders through the most significant botanical sites on the Sanctuary while traversing all five of its distinct ecosystems. Examples of how human activity can more harmoniously interact with the land are shown by projects such as woodland propagation of "At-Risk" medicinal plants, pond creation, and structures sited and constructed in an ecologically sensitive manner. The trail provides important access to other sites on the Sanctuary such as the intern cabin, remote hollows, and numerous spur trails. Additionally, the Medicine Trail serves as a working model for our sanctuary network members who we encourage to develop their own medicine trails at their own sanctuaries.

Natural Setting of the UpS Sanctuary

The flora of the Sanctuary is characterized by

tremendous diversity. There are more tree and shrub species per acre than almost anywhere in the continental United States. Vast medicinal and edible herb populations exist, including large native populations of "At-Risk" medicinal herbs. The Sanctuary contains one of America's largest stands of goldenseal. The Sanctuary is also home to many animal species including white tailed deer, wild turkey, grouse, squirrels, woodpeckers, turtles, amphibians, snakes, foxes, coyote, mink, chipmunks, beaver, muskrat, groundhog, and raccoons.

The climate is temperate with a long growing season, a moderate to hard winter, and four distinct seasons. Our frost-free season is approximately from May 20 to October 20, and we are located in zone 6. Rainfall is 40+ inches per year. These factors combine to create an ideal climate for woodland medicinals.

The geographical setting is also uniquely suited for medicinals. A limestone seam under all the soils appears to strongly favor the growth of herbaceous plants. Located in the foothills of the Appalachian Mountains, the rolling hills of the Sanctuary create a diverse habitat of rich bottoms, North and South facing slopes, prairie, hollows, and high and dry ridge tops. The approaching glaciers of the ice age stopped just before reaching the Sanctuary. This is an important factor accounting for the large number of plant species found on the sanctuary because plants ranging from Northern species, which fled the approaching glaciers, have come to coexist with subtropical species living at the Northern edge of their range.

Human History

The area was inhabited by the Adena and Hopewell Indians who are known for their earthworks and mound building. Later, the Shawnee, centered in nearby Chillicothe, used the area as a primary hunting ground.

Vast medicinal and edible herb populations exist, including large native populations of "At-Risk" medicinal herbs.

European settlement was carried out by recipients of revolutionary war grants. The main hollow, earlier known as Payne's woods, was famous for medicinal plants and large timber. The Lee Wood family carved out the family farm, which is now the Sanctuary. The Wood family, who continues to live



Some UpS Board & friends, Oct. 2003

Continued on next page....

adjacent to the Sanctuary, provides both a connection to the past and a commitment to the future through their assistance in maintaining and preserving the Sanctuary. Paul Strauss, the current sanctuary steward, worked on the farm with the Woods' in the 1970's. Paul purchased the land in the early 1990's, just in time to prevent its planned clear cutting. In 1998, Paul donated 70 acres of his land to United Plant Savers to help form the UpS Botanical Sanctuary. Shortly thereafter, Michael & Judy Funk of Mountain People's Warehouse, a natural products distributor, made a considerable donation that enabled UpS to buy 300 adjoining acres.

"UpS Medicine Plant Trail, Stay on Trail, No Picking of Herbs, Take Photographs Only."

The Medicine Trail

The trail was conceived of and laid out by Paul Strauss. Using game trails, old fence lines and other natural and manmade features, he laid out a course that covers the different ecosystems and most significant botanical areas. Attention was paid to many criteria including moisture levels, grade and soil type to create a trail that was both safe for humans and resilient to human impact. The trail is approximately 3/4 of a mile in length with 1/4 mile yet to be finalized. The trail runs through several named areas of the Sanctuary including Hydrastis Heaven (Gold Hill), Dad's Woods, Main Hollow, Beach Woods, Heart Pond, UpS Prairie, and the UpS Greenhouse. Access is provided to other important areas such as Turkey Feather Spring, Split Rock, Adams Hollow, Big Beech Hollow, the Mother Oak, the intern cabin, the Yurt, and several spur trails. A unique gravity-fed water system providing water from Heart Pond to the greenhouse and yurt is highlighted by the trail.

The trail was constructed by UpS staff, interns and volunteers. The first step was removing deadfall, natural barriers, fencing and barbed wire. Woodland planting beds were later constructed intermittently along the trail's edge. All the at-risk herbs growing on the trail itself were painstakingly transplanted to allow the trail to dramatically pass directly through large native stands of goldenseal, ginseng, bloodroot, and other key plants. To prevent erosion and enhance safety on steep slopes, rock steps were built in some areas while an innovative planking system was installed on others. Small bridges of several designs were built to cross streams. Deadfall was used to mark planting beds and the trail's edge. Following UpS' values, many of the construction materials were taken from the Sanctuary land itself.

As part of the Medicine Trail project, two large signs were created by renowned local woodcarver

Mamerto Tindogan. The wood for both of these signs was salvaged from the largest tree existing on the Sanctuary, aptly named the "Mother Oak." In 1999 a tornado touched down on the Sanctuary causing a good bit of damage including the downing of the Mother Oak. In this way, both signs embody some of the history and heart of the Sanctuary. The first sign marks the entrance to the Sanctuary. It is inscribed with the words United Plant Savers, Planting the Future, established 1998. Also carved into the Oak is an image of two hands planting a goldenseal seedling. The second sign marks the entry to the Medicine Trail. The following words are carved into

this sign: "UpS Medicine Plant Trail, Stay on Trail, No Picking of Herbs, Take Photographs Only." The Medicine Trail also includes numerous signs identifying and providing information on various herbaceous plants and

trees. The first of these plant signs are metal plant signs ordered from a manufacturer. Later we learned that handmade signs crafted from Sanctuary hardwood proved more durable and allowed for more extensive descriptions.

The Medicine Trail has already seen a good deal of activity. Some of the groups who have taken advantage of the Trail include UpS interns, Ohio University botany students, the Northeast School of Botanical Studies, The Tai Sophia Herb and Acupuncture College, Sassafras Outdoor Camp, State of Ohio botanists, Ohio State Foresters, local farmers, and local foresters. Several research projects have and are taking place on the medicine trail. One study conducted for the U.S. Department of Fish and Wildlife investigated different harvesting treatments on the regeneration of goldenseal, bloodroot, and black cohosh. Another study conducted by Miami University looks at the growth habit of goldenseal. Numerous plantings of native species have taken place on the trail.

Some of the prairie species planted include maximillian sunflower, echinacea (several species), baptisia, liatris, rudbeckia, lobelia, and royal catchflower.

Some of the woodland species planted include ginseng, goldenseal, wild yam, false unicorn, trillium, and black and blue cohosh. In this way the Medicine Trail is helping to fulfill UpS' goals for the Sanctuary by providing opportunities for education, research, preservation, and propagation. ❧



Virginia Snakeroot



GREEN THANKS AND GRATITUDE

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS & SUPPORT

We'd like to extend a special thank you to all of the members of United Plant Savers. Your support, effort, and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plant species. If we don't do it, no one else will, or, as much more eloquently stated by Margaret Meade, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has." All of your contributions and offers of help whether it be organizational, cultivating, or using medicinal herb products more judiciously is appreciated. Great gratitude goes to the many in-kind donations of goods and service from companies and friends that support our work. We hope to publish a complete list of in-kind donations in upcoming Journals.

We wish to gratefully thank the following supporters for their financial contributions to United Plant Savers.

GREEN ANGELS - \$50,000+

Judy and Michael Funk
Paul Strauss

LEADERS - \$5,000+

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Editor's note: Please except our sincere apologies if we have omitted anyone from this list. In the extremely difficult task of recovering records lost in the fire, we have diligently combed every source we have but know that there may be errors or missing files. Please contact our office if you have any additions or changes to this list. We deeply appreciate your support and wish to acknowledge everyone's contribution.

BIG GREEN THANKS TO STEVEN FOSTER, CHRISTOPHER HOBBS, & PAM MONTGOMERY

It is always with mixed emotions that the UpS family learns of a Board member 'retiring'. It is a combination of "aahaaa, it IS your time to retire; you've done so much for so long" and "WHAT WILL WE DO WITHOUT YOU?". In 2003, three Board members moved from the very active place of full time Board member to the calmer pastures of the UpS Advisory Board.

Board members who retired in 2003: Steven Foster, Christopher Hobbs, and Pam Montgomery.

These three stellar herbalists and supportive friends worked with UpS for over 10 years each, as some of our first Board members. Their contributions are many and we are pleased that they continue to be involved with UpS in important ways.

Thanks, gratitude and wishes for continued work together go to Steven, Christopher and Pam.

WELCOME NEW BOARD MEMBERS TIM BLAKELY & MINDY GREEN

In with the new!! It is exciting to welcome our two newest Board members, Tim Blakely & Mindy Green.

Tim has been involved with herbs his entire adult life. Currently he is the herb educator for Frontier Natural Products Co-op. Author, lecturer and land manager, Tim has been involved in all phases of plant life. He has created botanical gardens at Herb Pharm in So. Oregon, the National Center for the Preservation of Medicinal Herbs in Ohio and at Frontier. Passionate about herbs and conservation, he brings tremendous knowledge and energy to the UpS Board.

Mindy Green brings over 30 years of herbal experience to our Board. She is currently Clinical Aromatherapist for Aveda. A prolific writer, Mindy is the author of several useful and progressive books on aromatherapy. Her training in massage, holistic health modalities and her vast teaching experience allow her to bring much insight and guidance to the UpS education programs and our inter-industry networking. What is most remarkable about Mindy, of course, is her vibrant energy, spirit and dedication to the plants. As a long-time UpS friend, it is wonderful to welcome her to the Board.

GRANTING THANKS FOR GRANT WORK

Since 1999, UpS has been engaged in a native plant harvest and regeneration project granted by the National Fish and Wildlife Foundation. The plant work was conducted on the UpS Botanical Sanctuary in Rutland, Ohio. The study involved three "At-Risk" medicinal plants: black cohosh (*Actea racemosa*), bloodroot (*Sanguinaria canadensis*) and goldenseal (*Hydrastis canadensis*). This was an on-going population study with establishment of wild population plots for each species, establishment and characterization of growing conditions, growth and regeneration data, harvest treatments and general growth and regeneration data were applied and recorded for three years. The final grant reports were submitted to Fish & Wildlife this February and we will soon publish more information about the outcome of the study.

As any grant writers, grant workers and grant volunteers will tell you, grant work is challenging, often frustrating but usually gratifying. This grant was no exception. It was a tremendous challenge for UpS to "keep up with the plants", as

no matter that WE were in office, administration, directorship, and financial transition, THEY went right on doing what the plants do! - and we just had to keep up with them. So over the last 4 years, many friends have helped-literally come to our rescue - to do the grant work. It truly took a village!!

We'd like to thank the following friends for their work in the field or in the office, lab or on the phone:

Richard Liebmann, Nick Kulibaba, Rebecca Wood, Diane Don Carlos, Steven Foster, Kelly Kindscher, Pam Montgomery, Paul Strauss, Erica Renaud, Jan Salick, Emma-Rose Bancroft, Hank Huggins, Kathy Hanlin, Brian Swartz, Mike Lewis, John Withers, Scott Biel, Teresa McBride, Dr. Matthew Bernhart (Herb Pharm), Michael McGuffin, Dr. Daniel Gagnon, Lynda LeMole. With special thanks to contributing UpS financial donars: Warren Raysor (Abra Therapeutics), Bill Schoenbart (L. Perrigo Co.), David Winston (Herbalist & Alchemist) and Ken Hakuta (All Herb Co.)

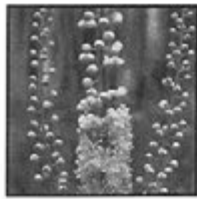
Many thanks to company friends for their generous in-kind contributions of work and resources. We could NOT have completed the grant work without use of their labs, students and highly trained plant professionals: Herb Pharm (for donating final testing), Ohio University, Frontier Herbs, Hocking College, Missouri Botanical Garden, and Rutgers University.

And finally, thanks and gratitude for patience, guidance and endowment of the grant go to National Fish and Wildlife Foundation, especially Beth Carolis and MOST especially Caroline Cremer, Project Assistant extraordinaire!!

Sweetbriar continued from page 23

sanctuary status. This was a big commitment from me and I wondered how I was going to accomplish the work that needed to be done to create the sanctuary. While I was in herb school I had also found out about a program called WWOOFies, *Willing Workers On Organic Farms*. You can find them on the web at OrganicVolunteers.org, so I got on the internet, found them and enrolled volunteers to work for me on my land for four months last summer. They did a fantastic amount of work: 40 raised beds for herbs, they cleared and cleaned up all the brush in the orchard area, built a sunset viewing terrace and helped me finish my organic garden. I provided a place to stay and fresh organic food, instruction about herbs, how to make herbal medicine and how to wildcraft. I don't do much wildcrafting on my property because I want all the herbs to grow more little herbs, but we picked yarrow, nettles, horsetail, goldenrod, St. Johnswort, gallium, blackberries and rose hips. This was a great experience, but I will pass on a note to the wise regarding volunteers: I am now very careful to screen all volunteers, set up rules and require resumes before I accept anyone.

This year the major changes will be in the woods. We will be making a medicine trail, planting more herbs such as Devil's Club, Lomatium and our native Ladies Slipper among others. I have contacted the Native Plant Society where I got information on purchasing native plants and their propagation. I have found that familiarizing yourself with the local resources is a key to success. This has been a great learning process for me, but there is a lot of help out there if we just look in the right places. Many people want to return to nature and all her glories. My sanctuary may be short on the agricultural attributes, but it is very long on beauty and abundance in the natural environment. ❧



UPS EVENTS & GREEN NETWORK

UPS BOTANICAL SANCTUARY STAFF EMPLOYMENT OPPORTUNITY

We are seeking a unique individual to work/possibly live on our Botanical Sanctuary in Rutland, Ohio (see www.unitedplantsavers.org for info on the Sanctuary). The job description for the on-site Sanctuary land manager-coordinator is varied and we are aiming to have this position filled for the 2005 farm season.

Land/maintenance: Individual must have well developed land maintenance skills. Basic building and equipment maintenance skills required. Basic knowledge of plants (growth & harvest cycles, care and maintenance) required.

Sanctuary coordination: Another part of this job is to coordinate with the UpS offices in Vermont and California and supervise on-site during activities held at the Sanctuary: Intern programs, medicine trail tours, education and association events. Good communication skills (with UpS members and the public, in person, by phone, email, etc.) necessary. Part-time to 32 hours, depending on season & projects.

We would like to hear from you if you are interested. Depending on applicant's situation, living accommodations may be available as part/full trade, but this is not necessarily a live-in job.

Please send a brief resume and letter of interest to UpS Executive Director: Lynda LeMole by email: lynda@unitedplantsavers.org or by snailmail to: P.O. Box 474, Graton, CA 95444.

"Although the connections are not always obvious, personal change is inseparable from social and political change."

~ Harriet Lerner

PLANTING THE FUTURE

SATURDAY, APRIL 17, 2004

*A Conference on the Cultivation and Preservation
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Presenters include renowned herbalists from across the country:

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ACTIVITIES INCLUDE

- Cultivation of Medicinal Herbs (emphasis on growing "At-Risk" herbs)
- Plant Walks
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- Biodiversity & Bioregional Herbalism
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Registration info: The total cost for the conference is \$55 by April 1, 2004 (\$65 after April 1st) \$10 discount for UpS Members

To register or for info, write to: UpS, Box 400, E. Barre, VT 05649
or call 802-479-9825 email: plants@unitedplantsavers.org

NURSERY & BULK HERB DIRECTORY UPDATE

We are in the process of updating our listings for our Nursery and Bulk Herb Directory. If you know of any herb and/or herb plant suppliers who should be added to this Directory, please contact us by May 1st so we can send out the forms for them to be included in our next publication.

Nursery & Bulk Herb Directory
PO Box 400
E. Barre, VT 05649
Ph. (802)479-9825 Fax (802)476-3722
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PLANTING THE FUTURE



Land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations. This book will supply you with valuable information including:

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JOB OPPORTUNITY

MANAGING EDITOR

International nonprofit, *American Botanical Council* (www.herbalgram.org), seeks managing editor of quarterly, peer-reviewed journal, *HerbalGram*; to work with publisher to manage all aspects, assign articles to writers, conduct peer review, work with art director and printer, read proofs, assist in marketing, etc.

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coordinating a publication required.

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field preferred. Please email letter, resume
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To view the job posting on our website, go to:
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RACHEL CARSON ENVIRONMENTAL ACHIEVEMENT AWARD

Presented to UpS Ex. Director, Lynda LeMole

UpS Ex. Director, Lynda LeMole, was awarded the National Nutritional Foods Association's (NNFA) *Rachel Carson Environmental Achievement Award*. This award was created to recognize individuals who have made outstanding contributions to the environmental community.

Lynda was acknowledged by the NNFA for her social and environmental achievements as executive director of United Plant Savers, and with organizations such as the American Herbal Products Association, the Environmental Action Report, the Euro-American Phytomedicine Coalition, The National Coalition to Stop Food Irradiation and for her pioneering business practices at Traditional Medicinals.

By receiving this award, Lynda joins a prestigious group of individuals who have made similar outstanding contributions in the environmental arena. Past winners include Frances Moore Lappe, author of *Diet for a Small Planet*, Alice Waters, owner of Chez Panisse restaurant, Katherine Dimatteo, Executive Director of the Organic Trade Association, and Lester R. Brown, founding president of Worldwatch Institute.

Lynda truly embodies the passion of the movement toward a 'greener' world, and we're honored to have her serve as Executive Director of United Plant Savers. ♫



"This award inspires instant gratitude for my many environmental heroes and heroines"

~ Lynda LeMole

MORE GREEN THANKS AND GRATITUDE

Our heartfelt thanks to two UpS member volunteers who stepped forward to help with events this fall. Kelly O'Hearn of Moretown, VT volunteered to take charge of the UpS Booth at the Green Nations Gathering in September where she single-handedly ran the booth for the 3 day event signing up several new United Plant Savers Members. Kelly also spent a day in the office getting out the seed orders from the fall giveaway. Our thanks also go out to volunteer Sarah Zettlemeyer who spent the day assisting in the booth at the Hyde Park Herb Fest in VT in September where several more new members signed on.

Special thanks are in order to member Sonja Jay Turner of Roanoke, VA who gave UpS Memberships as Christmas gifts to twelve of her friends! Sonja's generosity is a fine example of a thoughtful gift that benefits both the plants and the recipients of the memberships. Green thanks Sonja for your continued and generous support.

We'd also like to thank members who made special donations above and beyond their memberships in the year 2003: Tina Hardy, Meg Koeppen, Michelle Christopher, Sam Hoffman, Diane Nuckle, Kirsten Rohde, Nicole Zickler, Barb Earnst, Homescapes, Inc., Whole Body Concepts, Patricia Wallens, Michelle Borodinsky, Beth Green, Shalom Vegodsky, Kathleen Maier, Donna Estry, Alexa Boker, Jeff McCormack, Florence Fleskes, Deborah Edwards, Cindy Bloom, Louise Berliner, Burke-Cleaver Enterprises, Maryann Koch, Cindy Burnim, Michele LaBlonde, Pamela Jaukaitis, Gifts from the Earth, Bastyr University, Nancy & Michael Phillips, Amy & Joseph Kiefer, Jeff & Melanie Carpenter, Sunny Mavor, and Debra Hultgren. ♫

Echinacea Monitoring & Design Continued....

Terms as used in this document:

Site: a study area in the field that includes a population of Echinacea. The twenty small plots at a site are used to estimate information about the population at the site as a whole.

Plot: the small, 1m x 1m, study area in which all Echinacea plants are counted. There are twenty plots located at each site.

Population: The assemblage of individual Echinacea plants found at a site. These plants may or may not be genetically isolated from other nearby populations.

Patch: The area at a site on which the dense stand of Echinacea plants grows.

ⁱ Note 1: Number of Plots Needed

Sampling Objective:

To be able to detect a 10% change in Echinacea plant density.

Statistical Figures:

1-B = .90/90% sure of missing a false change
a = .1/10% chance of missing a change that happens using Dana Hurlburt Price's data from 1996, 1997, 1998 as pilot plots.

Using the most reasonable of possible standard deviations from Dana's data, we need 11 plots in order to detect the change. With 20 plots we would be able to statistically detect an average change of 1.16 plants per meter square, which is about 7 percent in Dana's study.

Permutations:

Using the best of the standard deviations (which is still possible, talk to me about it), we would technically only need 4 plots. 20 plots would allow us to detect a change of .2 plants per plot (about 2 percent in Dana's data, but 4 percent if we only average 5 plants/m²). Using the "worst" of the standard deviations (which includes some incomplete data and seedling data and, for other reasons I don't think is that applicable) we would need 53 plots. Using this standard deviation, however, we would need only 14 plots to note a 20% change, so 20 plots would still be useful.

Using the "reasonable" standard deviation value, we would need 17 plots to increase our power to .95 and decrease alpha to .05. To detect a 10% change at the stats .99/.01 levels, we would need 31 plots.

Compiled by:

Kelly Kindscher
Kansas Biological Survey
University of Kansas
Email: Kindscher@KU.edu

has been overlooked.

Next year there are plans for the third graders to develop a more current map of the trail, along with specific activities to enhance the trail experience.

In addition to the students in Ms. Lewis' class, there are many people to thank for the completion of this project. Russell Beilke, Paul Pizzale, and Bob Lockett pounded cedar posts in the rain one Saturday afternoon; Gayle Brown, Joanne Fitzgerald, and Marianne Stankiewicz helped with planting, Erika Lindberg and Barbara Morrison helped with several other activities; and Rick Rayfield did an amazing job of creating a "new and improved" design for mounting and protecting the Plexiglas signs. Thanks are also extended to Ed Reed of the Mad River Garden Center, Doug Kenyon of Kenyon's Variety Store, and Bisbee's Hardware, for supporting the project. Special thanks go to Nancy Scarzello, working as a consultant on the project, and to United Plant Savers for generously providing the grant money that made this project possible. ✨

*"Traveler, there is no path.
Paths are made by walking"*

~ Antonio Machado

UNITED PLANT SAVERS' POSTER



If you listen, they will teach you.

If you listen, they will teach you.

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by Richo Cech

illustrated by Sena Cech

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~ Rosemary Gladstar

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~ Michael Moore

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Growing At-Risk Medicinal Herbs

Cultivation, Conservation and Ecology



by Richo Cech
illustrated by Sena Cech

in cooperation with United Plant Savers

"The thing you are ripening toward is the fruit of your life. It will make you bright inside, no matter what you are outside. It is a shining thing."

~ Stewart Edward White



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Helonias, *Chamaelirium luteum*
photo ©Martin Wall

- Goldenseal
- Wild Yam
- False Unicorn

All orders must be received by **April 20th** for early May shipping. Planting instructions will be included with your shipment. To cover shipping costs, please include a **check or money order for \$5** and send to:

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UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Winter 2005

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A HISTORY OF UPS

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Winter 2005

A publication of United Plant Savers, a non-profit education corporation dedicated to preserving native medicinal plants.

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GREETINGS FROM UPS

Dear Friends,

Winter Greetings. It's United Plant Savers' Ten Year Anniversary ~ and its well worth celebrating. In the past ten years ~ thanks to your help ~ this small grass roots organization has helped set the precedent for medicinal plant conservation in the United States and has established a number of successful programs to ensure that native medicinal plants will remain part of our landscape for generations to come. This is no small task. Our fellow plant beings are some of the most powerful, beautiful and useful species on the planet ~ and it is our task as 'plant lovers' to help ensure that they remain here for generations to come.

Though these are solemn times we live in, there is much to be thankful for and much that we can do within our scope of influence to see that things 'stay green'. It has been a good season for United Plant Savers. Our roots are planted deep. Our Executive Director, Lynda LeMole, has done an excellent job getting us back on our feet and keeping us on course. The office moved back to Vermont and under the guidance of Betsy Bancroft, our friendly and competent office manager, is busy and humming again. Membership is up, we had another successful Plant Give-Away, and are currently working on another publication documenting the history of medicinal herbalism and wildcrafting in the United States. Researched and written by author and UpS member, Ann Armbricht, this excellent booklet fills in another important piece in our understanding of native medicinal plants and will be available for members by mid-summer. An excerpt appears in this issue of the Journal. Another bit of good news is the partnering of United Plant Savers with Aveda's Earth Partner program, which you can also read about in this Journal. This year the focus is on the protection of endangered plant species. UpS will be participating with Aveda salons to raise money on Earth Day.

Our biggest challenge, the challenge that most non-profits face, especially under the current political and economic scenario, is keeping ourselves in the 'green'. We really count on the help and support of our members to help us with our on-going projects. This year we ask that you remember the plants, not just with your membership but with whatever donation you can give. We have worked to keep our overhead down, so our funding goes to our programs, one of the most important being that we continue our research, data collection and assessment of At-Risk plants. Please give generously. Give what feels good. Know that giving comes back a thousand-fold and that together we can and are making a difference.

Peace & Green Blessings,

Rosemary Gladstar, UpS President and Co-founder

Join in the Celebration of United Plant Savers Ten Year Anniversary By Gifting a Special Contribution. A gift to United Plant Savers is a gift to the future and helps us in the on-going work of native medicinal plant conservation, preservation, and cultivation.

You can send your check directly to the UpS office; P.O Box 400 , E. Barre, VT 05649. A receipt for your tax-deductible donation will be mailed to you.

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LET US HEAR FROM YOU!

UpS' Journal of Medicinal Plant Conservation is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants.

We encourage you to send us your opinions and thoughts for submission to the Journal. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the Journal to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.

FROM LITTLE ACORNS: A HISTORY OF UPS

by Ann Armbrecht

UpS was founded with an 8 by 11 flier that said, "Join United Plant Savers, an organization dedicated to the preservation of native medicinal plants " and was distributed at the 4th International Herb Symposium. "UpS wasn't anything at the time," Rosemary Gladstar said. "It was just a piece of paper. But I got a tremendous response and so I knew I had to do something."

At that conference in 1994, Rosemary called together a group of individuals to talk about whether others were concerned about the health of native medicinal plant populations and, if so, what should be done. "It was really an eclectic group of people," Rosemary remembered. "In fact several people told me there was no way it would work because there was too much diversity. We had large manufacturers as well as small home businesses, wildcrafters and farmers, as well as people representing big industry. But the diversity worked. People came together in a very heartfelt way. They were all very committed. We found that people had been asking this question; they were already concerned. And with this concern they brought this heartfulness and that was the key."

"Whenever we got into areas that were more conflicted, around whether or not to oppose wildcrafting or the pros and cons of big business, we would always be able to come back to the point that our primary concern was the plants. As long as we kept that as our focus, we'd be guided. And that really has been our guiding focus."

"As we went around at that first meeting it became very clear that this was a problem. Our discussion was very non-scientific. We got a lot of criticism from the scientific community, which is valid - we didn't have scientific rigor. But what we did have was personal contact coming from lots of individuals and long term contact, people who had been out there for thirty years noticing that plant communities were not as vital as they had been."

A year later the group met again the day after the Green Nations gathering. Pam Montgomery remembered, "It was an exciting time. I can picture the whole scene, a sunny spot in the Catskill Mountains and I remember being very inspired by the idea that we could actually participate in doing something about conservation of plants before it got to be a real problem."

"It often seems that concerns come in through the back door, only after you realize something is already gone, when it is already too late. Our idea was to look at this now when we really had a chance to do something and make an impact. It was really exciting to think that we were doing this in a way that might be new and different."

The group decided that UpS should focus on educating people about plants and the pressures from loss of habitat,

continued on next page

over-harvesting, and market demand. They decided to look for ways to support the sustainable harvesting of herbs rather than call for a moratorium on wildcrafting.

"In the beginning when we made this announcement, there was a lot of nervousness about what we were doing. We were talking about how people made their livelihood and we had to make sure we weren't perceived as a threat. Most people involved in the herbal world are there because of an interest in herbs, not necessarily because they are interested in conservation. And many people who had herb programs also sold herbs, so they didn't really want to raise questions about conservation. So UpS had to be very thoughtful as we wanted to include people who were involved in all aspects of the herbal world, not just those interested in cultivating and conserving herbs."

"We kept saying no, this isn't about 'not wildcrafting', that's one of our great arts as herbalists," Rosemary continued. "We kept pointing out that there were several hundred species that weren't on this list, that were tenacious weeds and that weren't threatened. We did ask the herbal and manufacturing community to realize that it was very bad business practice to pull up the things you



Executive Board members and friends at Breitenbush Hot Springs

depend on for your business. But it's deeper than just being bad business. It's not ethical. That's really the bottom line of it. So it wasn't really about not wildcrafting, it was about identifying

plants that were sensitive that we needed to be mindful of for their sake as much as our own."

In bringing attention to the health of particular plants, UpS highlights the fact that the plants aren't just here for humans. Rosemary said, "We talked about the need to preserve the plants for the plants' sake, because other species of plants needed them, other insects and animals needed them. I would say that American

herbalism and herbalism as we understand it in the world is really based on what the plants can do for us. We're a very self centered community/species because we are very young. You know with babies, it's all about what they



UpS Board members and friends do a re-planting project, Hawaii

can get and what they can eat and the toys they can have. It takes a lot of maturity, a maturity that the human species is still working toward, to see that we're here to give out as much as we receive."

"And so I think that what's happened is the herbal community has matured and is now considering what can we give back? And our first calling was to go to the plants directly."

Rosemary paused and then continued, "I once had a dream of when the earth was forming, how it all came out of star dust in the cosmos, I could see the gardens actually being formed, watching these creatures evolve and how they became the gardeners and then over time how they always come back in force, whenever the gardens are in danger. And one of the things I see right now is that there is a strong plant community of herbalists and botanists and scientists and healers, from all over, shamans, native medicine people, who are all uniting right now. And I think it's because the gardens are calling out, calling us back to life, maybe from the stars again or wherever it is that energy rests, calling us back to take care of what we love."

"And in a way we've kind of solidified that into United Plant Savers." P

Ann is a cultural anthropologist (PhD, Harvard 1995) and is currently on the faculty at Goddard College. She has written several books, including Settlements of Hope: An Account of Tibetan Refugees in Nepal, a book manuscript, Thin Places: An American Pilgrimage, and numerous articles for scholarly and more popular journals. A Sage Mountain herb studies graduate, Ann lives in Vermont with her young family.



VOICES FROM THE GREEN

THE UPS 'PLANT GIVE-AWAYS' & GROWER: JOHN LENTZ

by Nancy Scarzello

Ten years ago, as UpS was beginning to develop its own roots, Rosemary Gladstar envisioned a program where *At-Risk* native medicinal plants would be given away ~ free of charge to members ~ so that the plants would have a safe and nurturing place to grow and that members would have the opportunity to grow some of our most interesting and useful natives. Her search for a grower to supply these plants led her to a most remarkable young man. In Frazeyburg, Ohio, in the heart of ginseng and goldenseal country, she found John Lentz. The first year of the Give-Away, in May of 1997, John grew, packed and shipped 20 goldenseal plants each to 102 UpS members ~ that's 2040 plants!

John's relationship to the woods and the wild plants that grow there is deeply rooted in family tradition. As a teenager he moved to his grandfather's log cabin in Frazeyburg where several members of his family practically lived on the money they earned digging ginseng roots. John joined their digging team for what was to become a life-changing experience. When he accompanied them to sell the roots he was amazed to find that the dealers were prepared to pay more than \$400.00 per pound for the dried roots, and the thought of earning a living from the forest began to take hold. Soon government put a season on collection of wild ginseng along with goldenseal in response to the dwindling wild populations. John was sensitive to the plight of the ginseng and, although he personally had always enjoyed his time in the woods wildcrafting he could see that he could not make a living at seasonal digging. But what about cultivating it? The idea intrigued him, especially the thought of working outdoors with the plants that he loved.

John traveled to Wisconsin where he learned about the ginseng and goldenseal growing business. Wisconsin is home to some of the biggest commercial growers of goldenseal and John learned a lot about the specifics of propagation and growing on a large scale. He saw the difference in the \$20/pound price

fetched for this commercially cultivated ginseng compared to the \$400/pound for wild. Most of the big pharmaceutical companies were growing their own ginseng by these commercial methods, and although the end product was inferior in quality (heavily sprayed with fungicides and fertilizers) the price was the bottom line for them, not the purity or medicinal value of the roots. John is quick to point out that this method certainly takes the strain off the wild populations and he is happy about that. But what disturbs him so deeply about this method is the fact that small-time growers of quality roots cannot compete with the price and are going out of business, and that the roots produced are tainted and inferior. He knew he wanted to do things differently so John took the knowledge he gained back to Ohio with him and, combined with his own experiences with the wild plants, started to cultivate woodland medicinals in a manner that was sustainable for both the plants as well as his income.

To find a way to make a living, doing something that he loved, was a path he longed to take. After graduating from Ohio State University with a degree in business marketing he entered the corporate world, but after a year of "the suit and commute" he grew tired of it, quit, and went back to working on what truly satisfied him ~ growing woodland plants. He had found his niche and formed his company, The Herbal Exchange.

...the ginseng diggers were noticing their stands disappearing and they were asking for seed to replant in the wild ~ he could supply them.

His business began to grow along with the plants. Dealers were telling him that the ginseng diggers were noticing their stands disappearing and they were asking for seed to replant in the wild ~ he could supply them. Then Rosemary's call came and he found that people wanted to grow the plants themselves ~ he could supply

continued on next page

those too. Soon he incorporated other woodland plants into his repertoire. Goldenseal, UpS' flagship plant, was the first to be added, soon followed by black cohosh and blue cohosh. As the demand for these beautiful woodland natives increased he added others that he loved like false unicorn and wild yam and the pink root he offered this year. One of the things most important to him was that the plants he grew for

John made sure that the Give-Away plants were fairly easy to grow if provided with the right conditions.

sale must have a high rate of success for the purchaser. Pink root is a favorite. The showy woodland medicinal with its stunning red and yellow flowers soon forms large clumps that will "set off your heart in rewards". Many of the folks buying the plants were not necessarily experienced gardeners of these particular species, so John made sure that the plants were fairly easy to grow if provided with the right conditions. 95% of what he offers will grow and thrive with the simple directions he provides along with the plants.

John noticed that when the plants were growing in community with other plants that liked the same growing conditions that they were healthier, with less disease, more vigor. With this in mind, he suggested that UpS offer a Woodland Garden Collection for the Fall 1998 Give-Away that included 2 roots each of ginseng, goldenseal, black cohosh, blue cohosh and bloodroot. 429 members ordered the collection of ten roots for planting, 4,290 plants for this order alone!

John grows his plants in three types of scenarios. The first is in raised beds under 78% polypropylene shade cloth. Here he starts plants in nursery beds, finishes specific orders like the plants for UpS, and can keep a close eye on some of the more tender plants like false unicorn or pink root. In these beds he can carefully monitor the health and vitality of the plants. Second are woods-grown in organized but uncultivated plots where, for example, blue cohosh or goldenseal rootlets are planted and left to grow in a natural setting with minimal human intervention. Third are the natural plots, the wild plots, of naturally occurring stands of ginseng, goldenseal, black cohosh and others. These plots are left relatively undisturbed with the intention to maintain wild populations. Some plants are removed to prevent overcrowding and disease but healthy culled plants are moved to the nursery bed. Seed is

dispersed and left to develop naturally, increasing the age diversity within the wild stands. These methods do not provide him with either the quantity or the carrot-sized ginseng roots he saw in the commercial beds, but as any herbalist or true plant lover can surmise, they are by far closest to what nature intended. The medicine of these plants is not measured by the chemical constituents that we can derive from them, but is proportionate to the energy that is carried with them, fueled by John's devotion to these woodland beauties.

I asked John about his views on wildcrafting and he candidly told me how much he enjoyed it and that frankly, wildcrafting the ginseng had been what had started him on this journey. John prefers to pick his locations well, considering access to the plants and the vicinity to major roads important criteria. He, and other diggers that visit the same places year after year notice declines in populations and care about re-seeding, care about the future of the plants. Poachers are still a problem in the in the area; taking roots out of season, elimination of entire stands, not replanting seeds, as well as trespassing and stealing roots; but John hopes that these methods will someday be replaced by ethical wildcrafting practices.

In the last few years, John has scaled down his business and no longer grows for harvest. He now accommodates just a few special customers



John Lenz: photo© John Lenz

like UpS and the individual members that contact him. The stress of single handedly running such a large business forced him to reconsider his plan. He now prefers this scaled down version to supplement his income and has found the balance between work and hobby that so many of us strive for.

I asked John to explain to me the way the Give-Away program works and I was amazed at the care and attention these roots are given to ensure that they arrive to members in the best possible condition ~ because he wants them to thrive in their new homes just as much as we do! And this is how it is done (and why our call to members to order the Give-Aways is so time sensitive):

Months ahead of time, John decides, along with UpS, what plants will be offered. He looks at our At-Risk and To-Watch lists and suggests plants that will grow well for our members, then, on speculation, he plants the thousands of roots he'll need to fill our orders. After a season or two of growing, a week or two before the shipping date, he begins to dig the roots. He checks them for quality, health and vigor, then cleans and labels them and stores them in temperature controlled refrigerators to keep them dormant while he readies them for shipping. He does this himself and is often up until 3:00 or 4:00 in the morning the day before his family arrives to help with the packing and shipping. John relies heavily on his father William and sister Amy who have "been there since day one and know the routine" well. The timing is critical because the plants must be ready to mail on Monday or Tuesday in order to reach their destination by the end of the week since sitting in a heated post office over the weekend would damage the roots. So the weekend before shipping, the roots are cleaned and sorted, packed with moss, instructions inserted, shipping labels applied, then boxed and returned to the refrigerators until the specially ordered truck arrives at the post office on Monday. When the plants arrive on our doorsteps a few days later, their total time out of the ground has been kept to a bare minimum, and we receive healthy roots ready to plant in our home gardens.

In order to diversify the plants in the Give-Away program, UpS has offered plants from other sources periodically. White oak, slippery elm and American chestnut saplings have been grown and shipped from the UpS Sanctuary in Ohio and one year ginseng seeds from Sylvan Botanicals were sent. We have been so pleased to

offer seeds from Horizon Herbs these last couple of years and would like to continue that tradition into the future along with roots from John Lentz. Over 20,000 plants have been sent and countless seeds dispersed with this program since it began, a program that UpS has been proud to offer as a benefit for our members. The nominal shipping charge we ask of members hardly covers the shipping itself, so the cost of plants/seeds and labor is absorbed by United Plant Savers ~ the total price tag adds up to over \$40,000! I think most folks will feel as good as we do about how that money was used, your membership dollars at work supporting quality growers, free plants for you and most important, as these plants find their way into your gardens and hearts, is the knowledge that each of us has helped in Planting the Future. P

2005 SPRING SEED GIVE-AWAY

"ANALOG SEED SET"

ORDER BY MARCH 1, 2005 !!

The "Analog Seed Set" consists of generous seed packets of certified organic seeds grown at Horizon Herbs. Please read more about the "Analog Seed Set" on page 9.

CURRENT MEMBERS ONLY !!

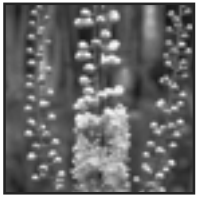
All orders must be received by March 1, 2005 for early April shipping. Planting instructions for all zones will be included with your order. To cover s/h costs, please send your name and P.O. mailing address and a check or money order for \$5.00 to:

UPS SPRING '05 SEED
GIVE-AWAY
P.O. Box 400
E. Barre, VT 05649

Don't miss this special opportunity to plant *At-Risk* plant analogs!



Volunteer mullein takes purchase in bare ground at Horizon Herbs Seed Farm in Williams, Or



CULTIVATION CORNER

BLACK COHOSH

by Deb Soule

In the early 1980's while studying the native medicinal plants of North Carolina, I first met black cohosh growing wild in the Appalachian Mountains. Its 4-5 foot tall white flowering spires (racemes) were stunning to come upon in the deciduous forests. I immediately took a liking to this plant. A few years later I transplanted two young plants into my garden. Fifteen years later these plants have spread by roots to fill a 13-foot by 15-foot area with over 100 flowering racemes.

Black cohosh (*Cimicifuga racemosa*) is a hardy woodland herbaceous perennial that appears to be long-lived. It is a member of the Ranunculaceae family. Currently black cohoshes range from the Appalachian Mountain Range across the eastern hardwood forest to the Ozark Plateau and north into the Great Lakes region (USDA, NRCS. 2001).

Once the racemes are in full bloom, they are covered with flies and bees, busy pollinating the flowers.

The deep brown almost black color of the black cohosh stems reminds me of ferns as they uncurl their leaves. The stem is smooth and furrowed and divides into three stems as it grows. The leaves are large and compounded with two or three lobes, double serrated and sharply pointed. The leaves look similar to red baneberry, *Actaea rubra*, a native to the northeastern, north central and western states.

Many white flowering spires can grow from one mature black cohosh plant and each stalk can contain dozens of individual flowers. The flower buds look like tiny round buttons that open into a flower with several stamens. Once the racemes are in full bloom, they are covered with flies and bees, busily pollinating the flowers. Black cohosh flowers have an unusual smell, some say rather unpleasant or fetid. This smell however attracts the pollinators by the hundreds. When the flowers are in full bloom in my garden, dozens of bees cover each flowering raceme creating a buzzing sound that always draws my attention. Come fall, the racemes are covered with brown seeds that scatter in the wind.

Black cohosh can be successfully propagated from root cuttings and from seed. It is easy to divide mature, seed-bearing plants by cutting the rhizome/root in the fall with a sharp clean knife. Each divided rhizome needs to contain a nascent bud and lots of rootlets. This herb prefers to be planted in well-composted, deciduous forest type soil. Space each plant 2 feet apart, either in the shade or a partly shady area. Once planted, cover the soil with rotted leaf mulch or bark mulch to help improve water retention.

I know a few long-term organic gardeners in Maine who have had success propagating black cohosh from their own freshly harvested seed. Despite the racemes producing large amounts of seed, the germination rate tends to be low due to factors such as fungal infection in the seed follicle or surrounding soil, short seed life span, and the specific seed stratification process required.

The seed needs an initial 2-4 weeks of warm temperatures to sprout (Richo Cech says 71F or 21C) followed by at least 3 months of cold. (40F or -4C) In Maine, ripe seeds can be planted in a clearly marked, shaded and protected nursery bed in the late summer or early fall and left for one and a half years. Once the tiny seedlings begin to appear and have their second set of true leaves, they can be carefully transplanted into individual pots and kept in the shade. These seedlings can be planted out into the woods or into a shade garden either in the spring or fall once the plants are two years old.

The thirty black cohosh plants I have growing in full sun are beginning to show signs of stress from the lack of consistent rain over the past several summers and from the sudden high temperatures that occurred after two long, cool and damp

continued on next page



Black cohosh: photo ©Deb Soule

Maine springs. With our climate under such change, black cohosh growing in the north may need to grow in more shade than it has needed in the past. I have begun moving most of my plants into a shaded woodland area amongst oak trees and old stone walls.

We harvested 10 pounds of black cohosh rhizomes and roots this fall and made over 3 gallons of fresh root tincture. Black cohosh's rhizomes grow close to the surface of the soil, making harvesting them easy and fun. For those of us herbalists who have gardens and make medicine for our clients, family and friends, tending a small patch of black cohosh plants from which to harvest is relatively easy, deeply rewarding and an important act for the preservation of this important native medicinal plant.

Black cohosh was an important medicine for many of the Eastern Woodland Indians. They generously passed their knowledge of this plant, as well as other herbs, to the early settlers. The root has long been used for a variety of situations specific to women. Currently the root is being used extensively by women experiencing various menopausal related symptoms such as hot flashes, depression, irritability, fatigue, water pretension and vaginal dryness. Black cohosh can be helpful for some women who wake in the night and have trouble getting back to sleep. (in combination with other herbs) Some women who experience premenstrual moodiness that has a brooding, "black cloud" feeling, whether before menstruating or as part of their menopausal journey, have found small doses of a fresh root tincture, 1-5 drops under the tongue taken for the duration of the moodiness, to be helpful.

Black cohosh tincture is used frequently in Europe instead of estrogen replacement therapies. It is an herb to consider for women who have surgically had their ovaries removed along with using other herbal and nutritional supplements. In my practice, I have found using black cohosh and chaste berry along with two ayurvedic herbs, ashwagandha and shatavari, to be an excellent combination for aiding sleep and improving energy levels and an overall sense of stability and wellness in the midst of changing hormones.

Herbalist Matthew Wood uses a small dose of the root tincture for whiplash, neck and

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SEED GIVE-AWAY

The "Analog Seed Set" consists of generous seed packets of each of the following 5 plants – 100% certified organic seeds grown at Horizon Herbs. Listed below are the At-Risk herbs for which they are analogs:

ANALOG

Blue Indigo (*Baptisia australis*)
Spilanthes (*Spilanthes acmella*)
Tulsi (*Ocimum tenuiflorum*)

Yarrow (*Achillea millefolium*)
White Sage (*Salvia apiana*)

AT-RISK/TO-WATCH

Wild Indigo (*Baptista tinctoria*)
Echinacea (*Echinacea spp.*)
American Ginseng (*Panax quinquefolius*)
Arnica (*Arnica spp.*)
Peace Blessing

Living close to the land, growing our own food and medicine, serving local people and the wider ecosystem while cavorting in the bounty of nature – these are some of the practices that hold us "UpSers" together. In the spirit of this connection we are offering all members a new seed set that will help connect our gardens by way of common plants. We're calling it the "analog set" because most of these plants are easy-to-grow substitutes for *At-Risk* plants.

Blue Indigo (*Baptisia australis*). I have to admit I'm guilty of changing the common name of this native plant from "false indigo" to something a bit more indicative of its sky-like radiant nature. As far as I've been able to determine, it is in every way as effective as our at-risk Wild Indigo (*Baptisia tinctoria*) in herbal medicine and is easier to germinate and much more adaptable to normal garden conditions, north and south.

Spilanthes (*Spilanthes acmella*). I consider this alkylamide-rich plant to be an Echinacea synergist and use it when treating infections, to amplify the effects of Echinacea. Spilanthes also makes an unparalleled mouthwash, fighting dental disease and decay.

Tulsi (Holy Basil) (*Ocimum tenuiflorum*). Perhaps the most unexpected development in western herbalism in the last 10 years is the discovery (or rediscovery) of so many potent adaptogenic plants. Ginseng-like effects can be experienced from using a Cucurbit (Jiao-gu-lan), from a Solanaceous plant (Ashwagandha), from a succulent Stonecrop (*Rhodiola rosea*), from a common Thistle (Maralroot) and now from a plant in the Mint family – Tulsi. The tea of dried Tulsi leaves heals the body and lifts the spirits. "Wherever Tulsi grows there is no misery."

Yarrow (*Achillea millefolium*). Over the years I've learned to use this tough and aromatic beauty more and more in medicine. We use it in our antiseptic formula (in tincture form) and we use it in our salve. I find that Yarrow serves many of the same functions as Arnica, is much easier to grow and is also more prolific.

White Sage (*Salvia apiana*). Here we diverge somewhat from our "analogs" model and make available again the certified organic seed of this traditional smudging sage. Those of you living along the Gulf Coast, in the Southwest and in California or Southern Oregon can grow it as a perennial. The rest will have to start early and grow the plant as an annual. While the native home of White Sage rapidly disappears to development, the message that this plant sends forth is still as potent as ever: There is no substitute for PEACE. ~ Richo



PARTNERS IN EDUCATION

ONE SEED AT A TIME

Join United Plant Savers in creating a greener, healthier world through education about the conservation of our native medicinal plants. We offer a special student membership fee of \$20 per student for all herbal schools, apprentice programs and training courses that enroll their students as a group. Each student receives a UpS membership package with all the benefits ~ informative Journals and Bulletins, *Nursery & Bulk Herb Directory*, free plant/seed Give-Away twice a year, membership discounts at UpS conferences, and more. When your school/program joins Partners in Education they will receive the UpS Educational Presentation Guide, a copy of the UpS book *Planting the Future*, use of the UpS *At-Risk* Slide Show & Video, a listing in both the UpS Journal and on our Website, guidance from experienced educators and the opportunity to make a difference ~ One Seed at a Time. Please contact Betzy at the office to find out how you can become a Partner in Education.

YERBA WOMAN HERBAL APPRENTICE PROGRAM

Willits, CA

The Yerba Woman Herbal Apprentice Program has been affiliated with Partners in Education since that program began a few years ago. The Apprentice class meets one weekend per month, March through November, and students learn a wide range of herbal information, from cultivation, to medicine making, to ethical wildharvesting, and more.

The class takes place in the hills of Mendocino County, at Motherland, which is an herb school and part of the UpS Botanical Sanctuary Network.

There are many *At-Risk* and *To-Watch* plants growing in the gardens and on the land. Ginseng, goldenseal and bloodroot were obtained from UpS plant giveaways and there is black cohosh, trillium, arnica, echinacea, gentian, maidenhair fern, Oregon grape, white sage, yerba mansa and yerba santa. Having these plants here, we can then begin to know them as we watch them change through the seasons, observing how they are pollinated, how they disperse their seed, and so on. This brings us into a new relationship with an herb, especially if we take it in some processed form as medicine.

Our partnership with UpS has provided opportunities to familiarize us with other herbs as well, by viewing the *At-Risk* Slide show and by reading the *Journal of Medicinal Plant Conservation*,

which is always a wealth of information and an inspiration to see what people are doing in other places.

The theme and focus of this year's annual Mendocino County Herb Association Herb Festival was "Native Plants". Students in the Apprentice class staffed a UpS information booth to help inform people of the need to preserve native medicinal plants! P

AUSTRALASIAN COLLEGE OF HEALTH SCIENCES

Portland, OR

Nationally accredited by the Distance Education and Training Council, our program, Herb 401 Diploma in Herbal Studies - Master Herbalist, is a rigorous distance educational program designed for the serious student seeking professional working knowledge of herbal medicine.

Australasian College of Health Sciences has provided students enrolled in the Master Herbalist program a complimentary membership to United Plant Savers so that the students can become more involved in the efforts of UpS.

We strive to educate our local community and international student body about the efforts of UpS to preserve *At-Risk* medicinal botanicals. Based on UpS recommendations, our botanical teaching garden features several *At-Risk* medicinal botanicals which we feature and discuss in our monthly garden tours. P

**THE CENTER FOR HEALING ARTS:
HERB & ECO-SCHOOL**

Long Lake, WI

The Center For Healing Arts Herb & Eco-School in northern Wisconsin has been a natural medicine clinic and herbal education program formerly in west central Wisconsin east of the Minneapolis-St. Paul metro area. After a decade of providing services in that locale, the educational arm of the Center was moved three years ago to a beautiful 40-acre location near the Chippewa Ice Age Trail. The teaching location is both beautiful and ecologically diverse. All of the natural elements create a desirable location for the preservation and study of plants, herbs, ecology and sustainable living.

In 2004 the school joined with United Plant Savers and became a Botanical Sanctuary as well as joining the "Partners in Education" team. The Center has historically provided several tracks of educational programming: community wide workshops, 'weed walks' and field trips, professional herbalism coursework and an ecology and earth sustainability track of workshops. Another unique feature of our teaching explores the entire realm of northern wetland plants where students are taught introductory level kayaking and journeys in wetlands via kayaks, plus bog walks to learn how to identify and protect such plants as sundew, pitcher plant, and native orchids.

In year 2005 our Center will be weaving together ecology and preservation efforts with United Plant Savers by opening our medicine trail entitled "Moon Lodge Trail" where sundry plants thrive and new plantings of goldenseal, black cohosh and wild ginger have been established. A plant identification checklist has been developed by the Center and will be

available to UpS members soon for educational purposes. Several advanced herbal students and the



EcoSchool students

director of our program will be working with UpS to conduct community wide education in a 7 county region with the UpS slide show of 'at-risk' medicinal herbs to raise awareness in 2005. Three additional research and education projects are in the planning stages with several of our school's graduates and nearby universities where cultivation and preservation of medicinal plants will be designed – all of this information will be adjoined with United Plant Savers to raise awareness of our sacred eco-systems. We have many reasons to hold hope for this planet in 2005!

(To contact the Center For Healing Arts Herb & Eco-School: 715-967-2300, 29588 State Road 40, New Auburn-Long Lake, WI 54757 or fireweed@citizens-tel.net)

Remember... "*The grounds are fertile, amidst the chaos of these times*" ~Gigi Stafne, Director P

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- Australasian College of Health Sciences
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PLANT LEARNING FOR KIDS

by Khadijah Lacina

Being a very quiet person in a very noisy house is not always easy. Things need to get done, messages need to be gotten across, ideas shared, important matters taught...you could say I have become somewhat of an expert in this, as I am a home schooling mother to six children, with one on the way. One of the most important ideas that we can pass onto our children is the beauty of the herbal world and the vital role each one us plays in preserving and nurturing it. Over the years I have shared my love and growing knowledge and experience with herbs with each of my children- indeed, with all of the children I come in contact with, as my way of planting for the future. Each child takes it to heart in a different manner, but they DO take it to heart, and the love of herbs becomes a part of them. Here are some of the methods I have found to be the most effective in teaching my children to know the herbs, to understand, use, and appreciate them.

First and perhaps most important, is exposing them to the plants themselves. When we lived in the States, we had a house with a garden and a little yard. The children and I planted herbs all

The important thing is to pass on your herbal wisdom and knowledge to your children in as many varied ways as possible, to keep them excited and interested.

over the place, every nook and cranny and stretch of grass was interplanted with them! First we made a list of each child's desire and goal in planting that year. Juwairiyah always opted for anything edible, Sukhailah for pretty flowers, Mujaahid for anything he could drink in tea, and so on. We would then begin pouring over the herb catalogs and making a list of wish-we-hads. Our favorite catalog was from Horizon Herbs- we all enjoyed seeing Richo and his family grow up (well, sort of - SMILE) as well as Cheesie the herbal mouse, who, in the last catalog we received before moving here to Yemen, had just had a baby- actually two! And the information in the catalog is invaluable, especially to those of us who are growing so many things for the first time. Ultimately, we had to look realistically at what we could afford as far as time and space, and order those herbs which made the cut. We did this even after coming here- we ordered

several herbs for our little container garden on the roof, though some of the baby plants didn't make it through our unexpected, wild trip through the mountains...which is a story for later! We always included at least one plant from the UpS *At-Risk* list. A great way to do this is to take advantage of the UpS plant Give-Aways. I find comfort knowing that our goldenseal plants are thriving back in the States, though they are on their own now. One thing that was important to me was that none of the plants was toxic. I loved watching the children playing in the yard, stopping to eat this or that herb, making little salads in their make believe houses, and referring to the dandelions that popped up all over by saying, "Look at all the food on the lawn!!" I made and sold a line of hand crafted soaps and bath and body products, as well as making my family's medicines, so we always had a healthy sprinkling of herbs that aided me in those creations as well. Now we just use containers, but the hands-on time with growing any herbs is invaluable in instilling a love and respect for them in the children.

Hand in hand with growing is, of course, taking walks and identifying the plants you see along the way, wild crafting them if possible, and storing and preparing them right along with your home grown efforts. Even the smallest of the children would learn to recognize many of the plants. Juwairiyah, at the age of two, would call out, "There's St. John's Work!! MY St. John's Work!!" Make sure you have a very good field guide for identifying the plants, we used the Peterson's guide for our area and it was excellent.

Secondly, I have herb books all over the place, accessible and inviting to the children. When I was taking Rosemary's herbal studies course, my then eight year old daughter did almost the whole course with me. They love the books with pictures the most, of course. There are several herbal encyclopedias available with beautiful photos and line drawings to help the children learn about and identify the different herbs. Penelope Ody's is even available here, translated into Arabic!! When we read stories, we always look for ways that herbs play a part in the lives of the characters. For example, Beatrix Potter stories are full of herb references, the most famous

probably being Peter's cup of chamomile tea after his ordeal in Mr. McGregor's garden. Agatha Christie and Anne Perry books often refer to herbal treatments (NOT just poisonings!) and there is a whole line of herbal mysteries by Susan Whittig Albert that are great fun to read. The library is an excellent resource for checking out lots of different books, allowing you to decide which books to add to your at home herb library.

Thirdly, we use the herbs for everything, from cooking to medicine to crafts. Even for coloring books- I would trace the pictures from an herbal book onto a piece of typing paper, add the name and uses of the herb at the bottom of the page, and give it to the children to color. And it's okay if her calendula comes out purple, or the Echinacea lime green...they are still learning and enjoying the process as they color the picture and read about the plant. Shatoiya De La Tour's wonderful book, "Earth Mother Herbal" is packed with recipes and ideas for crafts and activities. Though it is aimed at adults, there are so many, many things in there to share with children- it is a real treasure trove. I encourage my children to experiment with the herbs in whatever way they wish, trying my best to simply be there to gently guide and suggest, rather than to lead the way. Sukhailah came up with some wonderful lip balm recipes this way, and Mujaahid with many ideas for beverage and medicinal teas. And then there was the lavender and chocolate cake...mmmmm...

The important thing is to pass on your herbal wisdom and knowledge to your children in as many varied ways as possible, to keep them excited and interested. Some children can pour over an herbal for hours, while another simply wants to dig and plant and water the garden. Most children, however, seem to thrive on a combination of many different teaching methods. They enjoy participating in things, knowing that their input is important to you. When my children found out that goldenseal was on the UpS list, they became indignant when reading the label of an herbal product on sale that used goldenseal for no apparent reason except that the name sells. They even went so far as to ask the company in question why, exactly, was that goldenseal in there? And, if the benefits of the herb were truly needed, couldn't they use Oregon grape root or barberry instead? Well, the company never answered back, but even that was a lesson to them, I suppose.

Children are truly a key to the success of the goals of United Plant Savers. If our knowledge and concerns about the herbal world leave this world with us, there will be no chance for future generations to experience so many of these beautiful, beneficial plants. Even if you do not have children yourself, teach your nieces, nephews, neighborhood kids...whoever you are able. Even those children that are not all that interested in one aspect of herbalism will usually be entranced by another. And, I can almost guarantee that YOU will have fun and learn in the process as well!!!

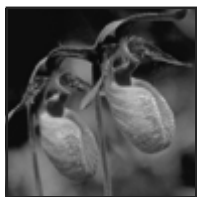
Before moving to Yemen two years ago, Khadijah and her family lived in the Catskill region of New York State where she had a wonderful garden and a business selling soaps and body care products. She does her best to remain sane amongst her wild tribe of homeschooled children. P

Cultivating Black Cohosh continued from page 8

lower back pain, tightness and hardness in the trapezius muscles and rheumatism or any feeling of dampness in the joints and muscles. The old Eclectic physicians, practicing in the 19th century, used black cohosh for migraines associated with menses, optic neuralgia, muscle pain associated with influenza, lumbago, and chronic, deep-seated muscle pain. (Herbal Therapy and Supplements, by Merrily A. Kuhn and David Winston, pg 60)

Loren Israelson, strong supporter of United Plant Savers wrote in a previous issue: "Frances Thompson, the English poet, once wrote that one could not pluck a flower without troubling a star, what then if we lose a species?" Planting 3-5 seedlings is a great way to ensure its continued survival. Space them two feet apart and after a few years you will begin to see new stems emerging from the spreading rhizomes. Black cohosh is truly a remarkable medicinal herb and a magnificent plant to consider growing for its beauty and medicine, both for its pollinators and for herbalists. P

Deb Soule has been organically growing and wildharvesting medicinal herbs for over 25 years in Maine. She is the founder of the herbal apothecary Avena Botanicals and author of A Woman's Book of Herbs. Deb tends an acre of medicinal herbs in West Rockport, Maine. Her gardens and apothecary are open to the public. Visit Avena's website at



UPS' At-Risk FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants. P

AT-RISK LIST UPDATE

The UpS At-Risk List committee is getting close to having our new methodology unveiled. If you have been following our At-Risk work, you know that a year ago we set out to identify as many traits as possible, from plant life history characteristics to habitat threats, that make a species vulnerable. Our goal is to create a transparent tool that yields a quantitative score for each species. We have now come up with specific questions that can be used to provide comparative scores for any species. These questions and their scores were distributed to a field of experts and their responses are now being fine-tuned. We do believe that the scale will work, for example, even with the rough draft questions and scores, we are seeing ranges of scores from something very rare, such as pink lady's slipper having a score of only 1.5, while something that no one would be concerned about, the common annual sunflower, *Helianthus annuus* having a score of 18.0. Next steps will be to finalize the tool, come up with scores for all of our At-Risk species, and then share it more broadly with UpS members for review. We will keep you posted.

Kelly Kindscher, UpS board member, and Associate Scientist, University of Kansas.

~ At-Risk ~

- American Ginseng
(*Panax quinquefolius*)
- Black Cohosh
(*Actaea (Cimicifuga) racemosa*)
- Bloodroot
(*Sanguinaria canadensis*)
- Blue Cohosh
(*Caulophyllum thalictroides*)
- Echinacea
(*Echinacea sp.*)
- Eyebright
(*Euphrasia sp.*)
- Goldenseal
(*Hydrastis canadensis*)
- Helonias Root
(*Chamaelirium luteum*)
- Lady's Slipper Orchid
(*Cypripedium sp.*)
- Lomatium
(*Lomatium dissectum*)
- Osha
(*Ligusticum porteri, L. sp.*)
- Peyote
(*Lophophora williamsii*)
- Slippery Elm
(*Ulmus rubra*)
- Sundew
(*Drosera sp.*)
- Trillium, Beth Root
(*Trillium sp.*)
- True Unicorn
(*Aletris farinosa*)
- Venus' Fly Trap
(*Dionaea muscipula*)
- Virginiana Snakeroot
(*Aristolochia serpentaria*)
- Wild Yam
(*Dioscorea villosa, D. sp.*)

~ To-Watch ~

- Arnica
(*Arnica sp.*)
- Butterfly Weed
(*Asclepias tuberosa*)
- Cascara Sagrada
(*Rhamnus purshimia*)
- Chaparro
(*Casatela emoryi*)
- Elephant Tree
(*Bursera microphylla*)
- Gentian
(*Gentiana sp.*)
- Goldthread
(*Coptis sp.*)
- Kava Kava
(*Piper methysticum*) (Hawaii only)
- Lobelia
(*Lobelia sp.*)
- Maidenhair Fern
(*Adiantum pendatum*)
- Mayapple
(*Podophyllum peltatum*)
- Oregon Grape
(*Mahonia sp.*)
- Partridge Berry
(*Mitchella repens*)
- Pink Root
(*Spigelia marilandica*)
- Pipsissewa
(*Chimaphila umbellata*)
- Spikenard
(*Aralia racemosa, A. californica*)
- Stone Root
(*Collinsonia canadensis*)
- Stream Orchid
(*Epipactis gigantea*)
- Turkey Corn
(*Dicentra canadensis*)
- White Sage
(*Salvia apiana*)
- Wild Indigo
(*Baptisia tinctoria*)
- Yerba Mansa
(*Anemopsis californica*)

"We should all strive to be good ancestors."

~ Jonas Salk

WILDCRAFTING: WHY WE SHOULD NOT A NATIVE AMERICAN PERSPECTIVE

by Karyn Sanders

In Native American culture we see ourselves as part of nature, intertwined with life, not separate. We as humans are connected to everything on this earth and in the universe. Every living being is our relation. Every action we take affects another. As Native people, we feel our purpose here is to protect Mother Earth, to tend this place we call home and help all living beings.

The plants have and could thrive without us, however we cannot live without the plant people. The plants are our family: our grandfathers, grandmothers, aunts, and cousins. Plants are people, living beings with the capacity for knowledge, intimacy, relationships and communication. Plant families have been in the same place, in their ancestral soil since the beginning of this planet. Plants and trees are in complete relationship with everything around them, the soil, stones, water, sky, animals, birds, and insects. If just one element is taken or changed, it weakens and often kills the plants.

As an herbalist, one of the most important relationships you need to develop and nurture is the one between you and the plants. If you don't have a deep, intimate relationship with the plants, your work and medicine will always be on the surface. This sounds obvious and basic but there are plenty of herb people who spend very little or no time with the live plants.

When I was being trained as a child to work with the plant people, I was taught that you never take a life before you have helped start and sustain life. I was not allowed to take a plant person until I had grown a stand and spread seeds, bulbs and roots in an area. This was to show that I could sustain life and not just take it.

Before you think to take plants from the wild, you should plant and tend some. You need to have a relationship with the area and the plant people. Spend time, sit, talk and listen to them. I do not mean for five minutes or once a year or once in your lifetime. You really need to be with them on a regular basis daily, weekly, or monthly. Watch them through every season, every change. Know every plant that grows around them and in the area, for these are their families. This way you will know who should be around and who is missing. Families are made up of plants that have co-existed from generation to generation in the same area. The plants support each other, and together they will create the medicine as a

whole, a family. This differs from the scientific or empirical method of classifying plant families by stems or flower structure. In scientific classification plants can be family simply by looking similar, yet live nowhere near each other. Without the family, the plant does not have its complete medicine. You should know what weather each plant likes and thrives in, the soil it likes, light and shade conditions and water sources. Does this plant like a lot of family nearby, or is it shy and quiet and live off to the side or behind others? Often plants do not even show themselves because conditions have changed or an area is being abused. Last year, this certain orchid that grows in high altitude, alpine conditions, was all over the place. I had not seen that orchid there for seven or eight years because the conditions weren't right, there had not been enough of a snow pack. Had I not been coming to the area for so long, I would not have even known they lived there, or that they were back. Eight years is a long time to wait for a friend.

If you regularly visit an area and sit quietly for long periods, the plant people will show themselves to you and talk with you. They will not sound like a voice out loud saying, 'Hi, I'm columbine!' but they do talk in many ways. You may experience them through sound, images of color, or images of animals. You may see an illness, or feel the plant in certain parts of your body. The point is, you have to spend time with the plants to develop a relationship. You will find your own way of communicating with them.

Once you know an area and have a relationship with it, then you can plant native seeds and roots of the plant families in that area. You can also spread seeds, roots and bulbs. To save yourself frustration and not hurt the plants, you will want to be trained by someone who knows how to do this. In most places, there are local gardening clubs or plant nurseries that can help you. Be sure and plant what is part of the medicine family and native to the area. Tend this area for four seasons. After a full year, you have set yourself to that area forever. You are responsible for caring for that stand. This will help you feel and be a part of nature and not outside looking in or always visiting. The land will no longer just be a place you visit on vacation or when you need something.

Without growing plants or watching their life

continued on next page

process, you can never fully understand and realize the sacrifice they are making for your well being and life! It is simple respect ~ give before you take. Just because you are an herbalist or medicine maker does not mean the plant people belong to you. Quite the opposite! Their medicine is a great gift to us.

Times have changed and the taking of plants from the wild needs to be re-addressed for many reasons. Herbalists and herb people have to look at the reality of dwindling and damaged wild areas. So many areas have been devastated by over-harvesting and incorrect harvesting. I have gone to stands that I have planted and tended for 20 years and found that someone has harvested horribly and in-correctly and half ~in some cases all ~ of the plants are gone. This is a hard fact to absorb; herbalists and herb people have been and continue to be a part of the problem of plants becoming endangered or extinct.

American ginseng and goldenseal used to be very common plants found in the mid-west to the southeast. They became very popular with herbalists and the general public and have been harvested almost to extinction. These are slow-growing sensitive plants that have not made a comeback in the wild but are being successfully cultivated. In the west, osha and lomatium have been over-harvested, but both osha and lomatium are hard plants to cultivate and have not become readily available in commerce.

Plants have very specific needs in how they should be cut or dug. To cut or dig a plant without knowing what you are doing will possibly kill the plant. Being shown where a plant grows and learning its medicine is not the same as knowing how to harvest without hurting or killing it. For each plant you need to know it's specific needs or you are going to be doing nothing but harm. You can so easily damage an area by not knowing the correct way to harvest or whether the whole family is healthy so that someone may be harvested. Anytime you go to harvest wild areas you stand a good chance of taking from an area someone has already been using.

Most Native American medicine people that I know try and hide their stands and collecting areas, yet stands and areas that have been tended for thousands of years have been decimated or destroyed. Traditional plants are gone or there is not enough growing to be able to gather. Ceremonial plants, plants absolutely integral and necessary for ceremonies to be effective, are lost to us. If you are not a Native American medicine

person you should not be harvesting ceremonial plants. Many ceremonial plants have become popular outside native culture and are frequently harvested, for example, white sage, angelica, and lomatium.

I am calling for a moratorium on harvesting, gathering, and wild crafting. We as herbalists should not take any plants from the wild for the next seven years. There are so few wild areas left, fewer stands and so much less plant diversity. Loss of wild areas to urban sprawl, de-forestation, pollution and over-harvesting by herb people have all been contributors to this loss. I want to promote and encourage wild planting and spreading what is still there. Go out and plant. Help create and sustain healthy areas by putting native plants back in their original environments. Many books are available that will tell you how to do this; the forest service often has list of the local native plants they will let you copy, garden clubs and botanists often know the plants in their area and of course the local herbalists. Imagine what places would look like if every person involved with herbs was planting and tending in the wild for the next seven years! This is the Native American way of using the plant people: you plant, spread, tend and sustain.

In addition to this, growing your own herbs and/or buying organically cultivated herbs is a very crucial and viable option. Support small organic herb farmers and seed companies. Do not promote mono cropping of huge amounts or multi-million dollar companies. Herbs grown with the right conditions and with their families are as healthy and strong as their wild counterparts. The plant people give their medicine readily if well grown. Ceremonial plants are different, as their medicine often involves the energy of the place where they grow as well. Again, if you are not a medicine person you should not be harvesting ceremonial plants.

We have to start thinking about the reality of what is now, and not what has been. Stop wild crafting and start wild planting. P

Karyn Sanders has been a practicing herbalist and teacher for 30 years. She has a full time practice as well as being the head instructor of the Blue Otter School of Herbal Medicine. She was traditionally trained by her Choctaw grandparents, by other Native American teachers, and apprenticed with a Mexican curandera. She has training in Western herbalism as well. Her school and practice in California have a Native American constitutional base. Karyn also produces and hosts "The Herbal Highway" on KPFA (94.1 FM).

I agree with much of what Karyn says and it warms my heart to read about someone that is so passionate about the plants. I too feel that herbalists need to have a real connection with the plants and get to know them through all the seasons. I feel very strongly about this because it is how I relate to the plants and it is how I live my life. I love to tell other people how they ought to do things, but people who relate to plants in a different way may not agree and may have very good reasons why.

If I lived and harvested in California and other places where plants really had to struggle o survive I would think a 7-year moratorium on harvesting was a good idea. But, where I live in the western part of New York state, we have no urban sprawl

And so along with wildcrafting in a sustainable way, we need to be careful on how we pass on this eons-old skill. Also, most of my wildcrafting is for medicines I prepare for my clients or to sell as tinctures at our local co-op. If I were gathering (and I wouldn't) on a larger-scale commercial basis, much of what I write here would be different in the reflection of the damage done by a small-scale wildcrafter compared to a large outfit.

In the years that I have been wildcrafting I have visited many ecosystems including Northeast woodlands, boreal forest, Midwest plains, alpine meadows, high and low desert, swamps, fields, abandoned homesteads, vacant lots and organic gardens. Most of these terrains are being despoiled by humans' indifference to their survival and certainly need time to repair and restore themselves. Other ecosystems are more self-repairing. The reason I mention some of the environments that I gather from is that when discussing wildcrafting, it is important to consider the individual ecosystems we gather from, as some are much more in need of protection than others. The more fragile ones should just generally be kept free from gathering and enjoyed for their unique beauty.

I will probably always wildcraft. It is an activity that I love. And more pertinent for this article, it is a pursuit that brings me closer to the earth. It may be that abstaining from harvesting would do the same, but there are reasons that will keep me in the fields and forests gathering plants.

One of my favorite lines in Karyn's article is "As an herbalist, one of the most important relationships you need to develop and nurture, is the one between you and the plants." I have great empathy for this notion and believe it should be a guiding principle for herbalists and that we should have a personal relationship with as many plants as possible that we use for medicine. For me, that means getting to know and see the plants where they grow. For plants such as calendula, hyssop, and other plants commonly grown in gardens, this is easy, but for the myriad other plants that I rely on in my practice, plants such as silk tassel (*Garrya*), lobelia or calamus, if I do not gather them, where will I get them? Do I trust other folks to gather them for me? Some of these plants are cultivatable, but many of these plants could not be grown in my bioregion, again I would need to enlist others to begin their propagation, and this

would encroach on my relationship with the plants. For me, giving up wildcrafting is somewhat tantamount to giving up treating people as an herbalist. I try to buy as few herbs as possible. The reasons for this would make a separate lengthy article, but here are a few I would include on the short list. I feel it important to be able to accurately identify the plant species I use. As a botany geek I see that the plants in trade are not always the correct species and sometimes the wrong herb altogether. Plants are so variable in their individual constituents that I want to at least control for the correct species. Unfortunately, many people who gather are not familiar with using a technical field guide and may gather close, or worse, uncommon relatives of a plant species, thereby putting a plant at risk. I admire Karyn's suggestion about purchasing plants from small organic growers, but the conversion of fields into gardens is another disruption of what these lands looked like hundreds of years ago. I'm not suggesting we stop gardening, I am implying that all of our actions concerning using plants as medicines (and food) changes the landscape around us.

As a wildcrafter, I feel that I get an up-close feel for the plants and their environment where I wildcraft them. Any negative impact that I make is quickly apparent and in this way I learn how to gather more lightly. When I wildcraft (along with many others whom I've had the pleasure to wildcraft with) I relish the time. Wildcrafting is not only the satisfaction of gathering plants for medicine, it is also getting to know ecosystems and just watching and being aware of the environment. I do not gather from any pristine environments (unfortunately there are few left), this is anathema to ethical wildcrafting protocols. But in the many disturbed pieces of land that are on a constant rise, I feel that I am not disturbing an area that has already been mucked-up. I still do not want to tamper harshly with these environs, but these plants have learned to adapt to the ways of humans and their lack of plant consciousness.

There is also a much bigger picture here at stake. I wholeheartedly agree with Karyn that wildcrafters should make a relationship with the plants that they gather, and practice principled and compassionate plant-gathering ethics. But the majority of the damage to our ecosystems comes from other sources. These include the overzealous and injudicious land harm caused

by developers, logging companies and 'technology parks'. I believe we can play an active role in preventing wholesale destruction of the earth. I believe that we as herbalists and wildcrafters should be activists and take whatever actions we feel called to, to try and halt the creation of this savage terrain. Other ways would be to limit our use of cars, electricity, and other non-renewable energy resources. And eat local foods. At gut level, wildcrafting helps me have a better understanding of my surroundings. After gathering plants such as skullcap, year after year from the same spot, I get to see the environments' ebb and flow and adjust my gathering commensally.

This next notion is something I grappled whether I should comment on or not, but here goes. Karyn writes of her Native American blood and their relationship with the earth and its inhabitants. Fair enough, I commend her direction in helping others see how we too can be in harmony with our surroundings. But there seems to be an implication that other groups may not have the wherewithal to also know how to interact with our environment. To me, it is not a matter of what race we belong to, but rather the individual actions that each one of us takes. And which group of people do not at least previously have a relationship with plants? All of us harken ancestrally back to the days when our lives were obviously dependent on plants (as they still are, think oxygen and food). And so when Karyn asks us not harvest ceremonial plants unless we are Native American, it disturbs me as I too enjoy the fragrance of white sage and cedar. And for a second round of disclosure I am a white, Jewish (non-practicing, but it is my cultural upbringing) male from Long Island, NY. It seems I would be left out of the plant-gathering loop. And yet, I love plants. I wish to protect plants. Their beauty and complexities help keep life on earth sane.

In order for us to protect the plants that both Karyn and I love I would propose gathering our own medicine. Not haphazardly but by watching patiently the cycles of the plants and learning how to do least harm. We should be able to make accurate species identification and learn which plants are in need of our support. We should study from knowledgeable people and learn how to not add undue stress onto an already taxed environment. We could learn to

rely less on others (particularly large companies) to gather our herbs for medicines and make an effort to see the plants we use in their natural habitats to see if they are threatened in any way. We could become active in ways to help stop land destruction. We can consider ways to do less harm in our daily lives.

I feel kindred to Karyn in many ways and this response is more an addition rather than a subtraction of her ideas. I hope all of us in the herbal community continually deepen our relationship to the plants.P

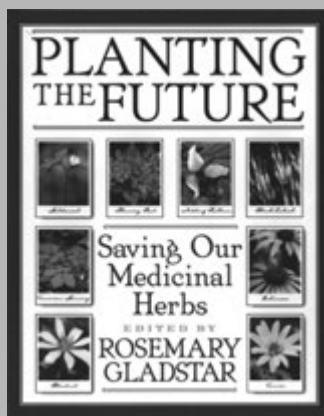
7Song lives in Ithaca, NY where he is the director and main teacher at the Northeast School of Botanical Medicine. He has been perusing his non-fatal attraction to plants for as long as he can remember. 7Song has spent a lot of the last 23 years searching and wildcrafting plants for his practice throughout the United States and feels that wildcrafting and being an herbalist is "the shit" (in his words).

PLANTING THE FUTURE

Edited by Rosemary Gladstar & Pamela Hirsch

Land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations. This book will supply you with valuable information including:

- Herbalists sharing their extensive experience with using and growing *At-Risk* herbs
- Suggestions for creating your own private herbal sanctuary
- Color photos of 30 medicinal plants
- Mail order resources for hard-to-find seeds
- Suggestions for making eco-friendly purchases and using other herbs with similar actions as alternatives



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SMALL NONPROFITS STILL "AT-RISK" 2004 FINANCIAL REPORT

by Lynda LeMole

Like all businesses, 'nonprofits' have to 'make ends meet'. It's also understood that recent years have been hard on charitable giving, as UpS has been reporting. A recent study of over 4000 nonprofit organizations by Guidestar, the national data base of nonprofit organizations showed 2004 bringing slight relief from economic hard times. However, most of this was experienced by very large organizations with budgets of over \$500,000. Smaller nonprofits like UpS are still struggling when it comes to 'donations'. Interestingly, throughout the last tough years, our membership has remained strong and increased this year! We have new BSN members this year as well. So the need and the interest in UpS are there ~ our members are with us ~ but everyone is feeling the economic crunch.

It's hard to write a financial report before year end, as this is the time of year many people give charitably and we still hope to end in the black. Approaching year end, our budget lines are all under, as we have continued to keep expenses down, but we are not yet breaking even. One surprise this year was the response to our Plant Give-Aways, with over 400 members requesting live plants and seeds - that's more than 4,000 little plant babies that have found new homes! This program is a member benefit and does not 'pay for itself', but we feel strongly about planting At-Risk herbs (see great article this Journal). Also, we're pleased that in spite of our lean year, we were still able to give about \$1,500 in Community grants.

We are ever-grateful to the donations that have come to us from our Board, who continues to give their time and financial support, and from large donors Dennis Wiancko /Jackson Hole Community Foundation, Wheeler Family Trust, The Gross's, The Harveys, and Carole Pittelman who gave generously this year. We are also grateful that both new and long-time company/organization friends: Women's Herbal Conference, Sage Mountain, California School of Herbal Studies, Frontier, Garden Continuum, Herb Pharm, Homeland Garden, Mountain Rose Herbs, Starwest, Traditional Medicinals and Quantum have renewed memberships and/or

given donations. To Herb Pharm, who extended their lab services for our grant testing (Matt Bernart's expertise) and continues to do our graphic work (Liz Butler's talent and dedication), Sage Mountain (Rosemary Gladstar's eternal blessings on UpS), Paul Strauss/Equinox Botanicals for work with his interns on our Sanctuary, and American Herbal Products Association we extend our thanks for their valuable in-kind support. We will continue to reach out to the herb industry to build alliances with herb companies who embrace our mission and are hoping to build a strong corporate membership in 2005.

The Aveda Earth Month partnership program will be an exciting fund-raiser for UpS and the 24 other nonprofits who will engage with salons and customers in April 2005. With our office in Vermont transitioned and strongly staffed, there will be less internal changes and we hope to make 2005 a year of increased fund-raising, stable and efficient program management and more frequent member communications. We have missed being able to mail more good news to our faithful and dedicated members and our veteran editor Nancy Scarzello vows to flood us with valuable educational herb/UpS news. So, it's been a few years of calling the wagons into the circle to regroup, and now its time to head out again, with strong and solid feet ever rooted in our precious soil. For all members who have stayed with us and new members joining, we thank you from our green hearts to yours! P

NURSERY & BULK HERB DIRECTORY UPDATE

All UpS members receive free of charge a Nursery & Bulk Herb Directory which lists sources for cultivated live plants and seeds of *At-Risk* native medicinals and fresh, dried harvested medicinal *At-Risk* herbs. Herb and plant suppliers: Send us your info for listing. Non-members: send Directory request and \$2 to our VT office.

Nursery & Bulk Herb Directory
PO Box 400
E. Barre, VT 05649
Ph. (802)479-9825 Fax (802)476-3722

FREEING UP THE MEDICINE

by Richo Cech

Elecampane plants growing in a gentle arc on the perimeter of the herb circle held out their dog tongue leaves, seeming to lap at the fine water spraying out of the gravity-fed sprinklers. Having expanded our medicinal garden to about a hundred species, we were actively benefiting by living in the midst of plant diversity, watching the interplay of butterflies and blossoms, listening to the buzz of myriad native pollinators on the fennel, eating burdock roots for dinner, and drying the elecampane roots to make tea for alleviating the inevitable coughs of the cold season ahead. That summer we worked happily, cultivating between the plants and spreading composted manure from the goat barn while watching the elecampane offer up its sunny blossoms to the southern Oregon sun. Being seed-savers, when the ray flowers shriveled in the drying breezes of August, we were soon busy collecting the seed-laden pappus. But we did not collect all of the seed – some was eaten by goldfinches, and some blew away. The next spring, I noticed a familiar dog tongued elecampane seedling emerging in the part shade in the moist, fertile soil next to the foundation of our yurt. The plant grew enormously, with leaves and flowers almost twice the size of those growing in the full sun, producing in time a root of magnificent proportions and highly acclaimed medicinality. One of the main principles of natural growing techniques had been clearly elucidated: the plants know best where to grow, and given the right conditions, they will eventually gravitate there – humans or no.

...the plants know best where to grow, and given the right conditions, they will eventually

If the principle of “gravitating to the right spot” holds true for a robust and forgiving plant such as elecampane, then this plant habit may be even more pronounced among our more delicate at-risk species that require very specific conditions of soil and shade for optimal health. For instance, I’ve always noticed that bloodroot reproduces and grows most reliably when fresh, mature seed drops naturally (or with a little

human flinging involved) onto perfectly receptive soil. Such soil can be characterized as a well-drained loam already harboring bloodroot and other mixed herbaceous understory species, covered by a layer of mulch



Local Williams, OR connoisseurs test the local Tulsi

containing fungal mycelia. Gibberellic acid is produced when fungi decompose, and bloodroot seed requires this growth hormone in order to sprout. Direct-seeding in this manner is in my experience the most reliable method of establishing or increasing a stand of bloodroot – the same method by which the plant spreads itself in nature.

Another *At-Risk* plant that moves in accordance to environment is goldenseal. Patches of goldenseal in the woods alter position, size and vigor in relation to expansion and diminution of the forest canopy. I will never forget one of my earliest experiences with goldenseal in the wild. My friend Charlie and I had been walking through dense forest, finding natural stands of goldenseal and black cohosh growing in swales among the trees, when suddenly we broke out into a cultivated field. Charlie pointed to the side, and there at the edge of the forest, in a position receptive to the full rays of the morning sun but otherwise shaded, was a patch of goldenseal that was beautiful to behold. Each slightly hairy, curving stalk held up a platter-sized leaf bearing a plump red berry. We both stood in awe.

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UPS GRANT REPORTS

ANCESTRAL SPIRITS NATIVE MEDICINAL PLANT TRAIL

by Alexis Katchmar

The first time I walked this land I could hear the footsteps and feel the heartbeat of the ancient ones. It truly is an amazing feeling to have my hands in the dirt, planting these roots into the Earth.

Ancestral Spirits Medicine Trail is nestled in the woodlands of The Longhaul Farm, in Holderness, New Hampshire. I am very thankful that the caretakers of this land, Lorri Downs, and H.O. Lenentine were kind enough to allow me the freedom, and blessings to create this sacred place on their land. The Longhaul Farm is a working organic farm, and garden center. The trail will be a place for visitors to explore, learn about *At-Risk* medicinal plants, and be with nature.

The experience of planting the Medicine Trail has been truly amazing. It began in July when we had a trail work day, hoping to get community members interested in helping out with this project.

We worked on getting the trail ready for planting. Projects included clearing brush and fallen trees, and building bridges in the places where the trail crosses the stream. It brought a true sense of community and positive energy into the project. We were also blessed with the presence of the medicine bag, which our four legged friends spent most of their day lying underneath. It was a magical and healing day.

I held a planting workshop on August 22, where we talked about native *At-Risk* plants, and re-introduced 7 plant species to the woodlands at the Longhaul Farm. Those planted were bloodroot (*Sanguinaria canadensis*), black cohosh (*Cimicifuga racemosa*), blue cohosh (*Caulophyllum thalictroides*), American ginseng (*Panax quinquefolius*), goldenseal (*Hydrastis canadensis*), maidenhair fern, and wild ginger

(*Asarum canadense*). From research I have done, and observations in the wild, I have tried to create as natural an environment as possible, creating symbiotic plant communities where

companions can thrive. Plants were grown by Melanie and Jeff Carpenter at Zack Woods Herb Farm, Hyde Park, VT, and Van Berkum Nurseries, Deerfield, NH. As autumn sets in, they are nestling into the earth, giving the energy back to their roots. I am currently working on painting signs for the trail that will identify each plant, and give information about the medicinal uses of each.

Thanks to Kurt Campbell,

Lorri Downs and H.O. Lenentine for the donation of the lumber for the bridges as well as to the kindhearted community members who willingly helped to complete all of the projects. I give many, many thanks to United Plant Savers for giving me the inspiration to take part in planting the future, and for granting us funds for this project. I also thank the plants for guiding me on this medicine walk. Peace and Harmony!!! P



Alexis planting the medicine trail

FUNDS AVAILABLE FOR COMMUNITY PLANTING PROJECTS

United Plant Savers has a fund designated for community planting projects. UpS guidelines require that the project have educational merit and that the land proposed for planting be protected either by individual ownership, or be a part of a school or park system. For application information please write to:

UpS Community Planting Fund Guidelines,
PO Box 400, E. Barre, VT 05649

WILDFLOWER MONTESSORI SCHOOL

We would like to thank you for giving us the opportunity to have a community garden at the Old Stone House Museum in Brownington, VT. There was an entrance in the middle of the front of the 100' x 100' garden with roses, nasturtiums and lemon grass artfully placed on either side. From the lemon grass on, there were red petunias, orange and yellow calendula, yellow violets ~ all the colors of the rainbow radiating out on either side of the entrance, with a backdrop of chamomile. We made tea from the chamomile, sun-infused the calendula, ate the violets and pansies in salads and saved seeds from all. We grew purple, red and green peppers along with grapes, cantaloupes and strawberries. The whole back edge of the garden was planted with beans and pumpkins that grew huge! The herb garden also included pineapple sage, spilanthes, mallow, oregano, parsley and borage blossoms that we picked and ate. The basil was companion planted with plum and cherry tomatoes. We had three different kinds of lettuce, Swiss chard, yellow squash, purple Viking, and blue and red potatoes. We donated potatoes to a local nursing home and received a nice thank you card saying they had made a wonderful stew with them. We wondered if the folks in the nursing home had ever seen blue and pink and purple potatoes before!

Our donations also included the Old Stone House Museum whom we gave some peppers and cucumbers. When the museum had their "Time Travelers Summer Camp" I gave the children involved in the sheep's wool and spinning demonstrations a tour of the garden highlighting the dye garden that was designed like a maze, the outer edge planted in two varieties of amaranth and sunflowers. All the seeds used in our project were from High Mowing Seeds, a local, organic, bio-dynamic seed supplier. The plants and seeds were all planted bio-dynamically and were grown organically. In addition to the grant from United Plant Savers, this garden was grown in partnership with a 4H Growing Connections grant. The garden was a huge success! There were fourteen children and six adults who participated in this project ~ a very memorable experience for everyone involved.

Our thanks again to United Plant Savers for making it all possible! P

~ Michele Wildflower, the students at the Wildflower Montessori School & The Barton Girl Scout Troop

LINCOLN COMMUNITY HERB PROJECT

Lincoln Community Herb Project (LCHP) began as a vision I had one summer morning in Maine while talking with herbalist Deb Soule. As she spoke of community herbalism, I had the image of a field of medicinal herbs growing on conservation land in my town, Lincoln, MA. From that moment, the image rapidly evolved into a community of people growing and learning about medicinal herbs as part of a nonprofit, volunteer organization.

The following summer (1999) we had our field! The Conservation Commission in Lincoln approved our proposal and leased us a 2.5 acre former hay field. We began by creating a labyrinth-design display garden, with a sampling of about 30 herbs, and by establishing a 1/2 acre crop area which was planted in cover crop for the first summer.

The following spring, we established beds of yarrow, calendula, echinacea purpurea, butterfly weed, skullcap, lemon balm, mullein, St. John's Wort, chamomile, monarda fistulosa, oats, garlic and blue vervain. We purchased and planted 45 black cohosh roots. In the fall of the same year, UpS gave us a community grant to plant 60 additional black cohosh. All of them thrived on the good soil, sun and tender loving care they received from volunteers.

Because the field had lain fallow for several years prior to our use, we easily qualified for organic certification by NOFA Mass. For three summers we harvested, dried and sold certified organic herbs to herbalists in the New England area. We presented classes on growing, making, and using herbal medicines. We raised money through memberships, plant sales, classes and donations.

In the fall of 2002, my husband Hugo and I moved to central Vermont and LCHP disbanded. The remaining LCHP folks tried for a year to figure out a way to continue the project, but try as they might, the project closed.

It was important to me to find homes for as many of the plants as we could, especially the black cohosh plants that we had acquired through the UpS grant. With the blessing of members of the UpS board, I searched out and found places where the plants would be preserved and available for public viewing, in display gardens or educational programs.

continued on next page

I realized that it was the specific light conditions of this spot which had encouraged such bounty.

After this early initiation into goldenseal, there ensued many years of investigation, starting with growing the plant from rhizome cuttings in the dappled shade on my Oregon farm, progressing to unlocking the secrets of growing the plant from seed. A primary question that needed answering was, "Can cultivated goldenseal equal the quality and effectiveness of goldenseal harvested from the wild?" To answer this question I ended up not in my garden boots, but in the lab, where many samples of wild and cultivated goldenseal from across the US and Canada were analyzed for total alkaloid content.

A picture began to emerge: there was lots of variation in alkaloid content between wild plants from different regions of Appalachia, and there was even substantial variation between individual plants from a given wild patch. But much to my relief, we also found that the larger roots of cultivated plants grown in good soil under shade were in many cases higher in active alkaloids than plants taken from the wild!

Clearly, it *matters* where plants grow. I think that the "hands-on" way of relating to plants in cultivation might benefit from occasional periods of "hands-off," giving plants the space they need to demonstrate their own wisdom through self regeneration and relocation. In this case, all us gardeners need to do is sit back and watch to determine where our next efforts will be most fruitful. And, I think you'll be glad to hear that too much weeding is contraindicated, lest we overly interrupt those patterns of natural regeneration. My advice to gardeners is to let at least a few of each kind of plant go unharvested – let them go to seed. To observe these plants completing their cycles on the farm will give valuable insight into how our gardening can merge with nature. This is a piece of the plant wisdom that keeps the earth green. P

Copyright 2004, Richard A. (Richo) Cech
Richo has been a UpS Board/Advisory member 'since the beginning'. He is co-owner of Horizon Herbs who supplies the seeds for our Give-Aways, author of "Growing At-Risk Medicinal Herbs" as well as many other articles and booklets about growing, harvesting and using medicinals.

In September of 2002 we had a closing circle, attended by many of our friends and supporters. Many of the hundreds of medicinal plants that we had grown went home with those who had nurtured them. The 105 black cohosh plants received careful attention. Space does not allow me to list the various places around New England that these well cared-for plants now reside.

When LCHP closed its books, we had \$2222 remaining, which we donated to UpS. For three years we worked hard, learned a lot, and had the good fortune to be able to give back to UpS.

Thank you, United Plant Savers, for having enough faith in our project to invest in it.

~ Cynthia Liepmann

(And UpS thanks the Lincoln Community Herb Project for giving back !!) P

UNITED PLANT SAVERS' POSTER



If you listen, they will teach you.

If you listen, they will teach you.

17"x23" black and green etching by Kevin Morgan
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"Unknowingly, we plough the dust of stars, blown around us by the wind, and drink the universe in a glass of rain."

~ Ihab Hassah

SPRING OBSERVATIONS

by Marc Connelly

I am always fascinated by the explosion of life at this time of year ~ flowering trees, shrubs and wildflowers, baby birds, animals, and wetland creatures too numerous to comprehend. Every being, every thing, functioning in it's own ingenious cycle. There are an infinite number of these cycles occurring every second, from the reproductive ones of plants and animals all the way down to the nutrient, mineral, chemical, and electrical ones too small for the naked eye to see. Thinking about the way so many cycles intertwine, functioning separately, but also working together so that life can exist always brings me back to my favorite quote by Einstein. Someone once asked him what his most burning desire was and he said, "I want to know how God thinks." So do I.

We, as a species, are incredibly arrogant. Often we will scratch the surface of something and believe we understand it, we give something a name and believe we know it. We are all guilty of this way of thinking. Look out your window at the nearest oak or pine tree. You "know" what it is. Somewhere along the line you learned its name, but what do you really know about its true self or spirit? Can you name the foods or medicines produced by either tree? What kinds of birds, insects, animals, lichens or moss can be found around them or depends on them? Their presence tells us about the soils and water beneath them, their branches about the local weather. Can you close your eyes and picture the texture of their bark, or dig back into the deep recesses of your mind and recall the distinct smell of their wood?

To those questions I realize many people would say, "who cares?" Such trivia no longer seems to fit into our fast-paced suburban lifestyle. But is it really trivial and if so, what does that say about our society?

Attend a few Conservation Commission meetings and you'll get to hear sleazy lawyers representing greedy developers who hire arrogant engineers claiming they can fill in wetlands and replicate them somewhere else, like they have the slightest understanding of the true dynamics involved ~ all for the sake of the mighty buck. The bothersome thing is that this is happening state and nationwide, and I can't help but wonder at what point the environment will start collapsing in on itself.

Nature is an incredible work of art, each piece of the mystery we uncover reveals several more to challenge our understanding. If you look around now at the unfurling leaves of our trees and shrubs you might think that it is just part of the program, it happens every year.

"Science" says it is due to many factors: correct temperature, movement of water, nutrients and minerals throughout the tree, and a higher sun to provide an energy boost. Mix them together with a few other more complicated ingredients and voila!

Spring!

Was it really that easy? Here is where a bit of that arrogance I referred to earlier may come in. A multitude of studies have been done

exposing plants to various forms of music. The best reaction plants had was to (you may have guessed) classical music. Of all the classics which do you suppose they thrived on? The answer: "The Four Seasons" by Vivaldi. Which of the four seasons did they respond best to? "Spring", of course.

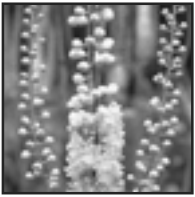
When they started breaking down the music and instrumentation in the Spring Concerto, it turned out that many of the sounds, patterns, rhythm and pitch of the music mimic birdsong! More involved studies have shown that cell growth, leaf development and flower bloom of the plants is proportional to the type and amount of birdsong!

So what is the bottom line? I don't know, maybe the more we learn, the less we know. Possibly it's Nature's way of saying to us to "slow down and stay humble." Maybe we should rekindle the mindset of the Native people here before us and think about how our actions will effect the next seven generations. Have you ever stopped to wonder what it is really all about? P

Marc Connelly is a writer and teacher of Earth Ceremonies and Awareness joyfully living in the wildlands of his heart in Holliston Massachusetts.



Trillium flower: photo ©Liz Butler



UPS BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

~Nancy Scarzello, BSN Coordinator

THE WELLSPRING VALLEY

Winterset, IA

Sanctuary Stewards: Linda & Larry Kirkland

Yesterday was the Autumnal Equinox and the day whispered of the ripeness all around. The sun warmed, the winds cooled, and the green - more ambers and ochres now - waved and danced to the rhythm of the new season. I love this time of year. It is a pleasure to peer out my front window at the planted prairie and think back on what an incredible year it has been. Larry and I planted this 1/2 acre plot three years ago with high hopes, a few friends and a little drumming and dancing to establish a bit of land back to its original, natural state. We live about three miles outside of a small mid-western town on a piece of land a little over 2 acres in size. Surrounded by trees and hills, this area has always had an air of sanctuary about it. Too rocky and hilly to do much farming, and with the river just around the bend, it's quite peaceful and beautiful, even with the well used road running through it.

We kept the prairie area mowed the first summer. The

following spring, a prairie burn was an abysmal failure, but comical (we were poised and ready with our hoses to contain the blaze - which turned out to be a flicker and a wisp of smoke). After a couple years of weedy chaos, this past spring (2004) we had a successful burn. I remember Matthias Reisen remarking that a fire is a plant releasing its energy and, wow, is that ever true! Alive and beautiful, breathing, crawling, blazing with song and dance, that fire was a sight to behold... and the prairie flourished with

grasses and flowers, birds and critters this summer.

This little Botanical Sanctuary that we call home is more than just the restored prairie, though. We have medicinal herbs both planted and growing on their own accord all around the property. With both open spaces and woods, many varieties of plants make their home here. I look forward to bringing groups of people out to enjoy the plants and learn about their uses and needs. As people remember their roots on this earth, I believe they will be inspired to be in good relation to their home and

the rest of its inhabitants. P



Restored Wellspring Valley prairie after the burn

THE CENTER FOR HEALING ARTS

Long Lake, WI

Sanctuary Stewards: Gigi Stafne & Tijhe Fireweed

We are pleased to announce that our 40 acres of land in northern Wisconsin has been added as a UpS Botanical Sanctuary this year, creating one more niche of sacred ecological protection. The Center For Healing Arts Herb & Eco-School relocated its main teaching space to this location nearly 4 years ago. It is a beautiful ecologically diverse area which is a neighbor to the National Ice Age Trail (Chippewa Moraine) in Wisconsin. Many exciting plants and projects have been germinating throughout this phase and in 2004 they began to bud and bloom:

- Herb walks and workshops in the woodlands, wetlands, bogs and open meadows.
- Another special portion of our program is "MI-ZI-ZAK" Kayaks...featuring introductory recreational kayaking and our fantastic "Plants & Paddling" trips, as well as bog walks.
- Kayak and plant trips highlighting the Wisconsin Department of Natural Resources environmental study on Lower Long Lake where 7 sensitive wildlife areas were visited
- The Plant Identification Checklist was designed by Sara Krueger and myself as a botanical educational tool for herb students and sanctuary visitors. (May be ordered from us by sending \$3.50; 29588 State Rd. 40, New Auburn, WI 54757)
- Much trail work! The Woodland Trail, Children's Peep Pond Trail and the new



Identifying plants at Center for Healing Arts

Moon Lodge Trail, which will be serving as some of our primary UpS Native Medicine Plant Trails highlighting 30-50 plant species along each.

- The Children's Plant Program being initiated by Miranda Plahn for 2005.
- Autumn *At-Risk* plantings of goldenseal, black cohosh, and wild ginger along the Native Medicine Trail.
- Greenhouse, seed saving and plant rescues have been coordinated by Carli Sanders, the school's herb students and myself.
- The foundations and poles have been set for the Tamarack tipi for visitors and the Women's Moon Lodge...more sanctuary and retreat niches!

Soon we will have beautiful winter in the northland...a time to snow shoe, ski, sauna, contemplate, commune with Plant Spirit Medicines and this sacred sanctuary.

Now it is time to go prepare more herbs and cords of wood for the sauna...P

LYNNWOOD HERB FARM

Lykens, PA

Sanctuary Stewards: Jack & Lynn Shiley

Our 10 acre organic herb farm and woodlands, located in the mountains of central Pennsylvania, was given to us about two decades ago as a gift of love from Jack's parents. Over the past decade, we built a log cabin and a life together farming organically grown herbs and garlic, teaching classes about herbs and their many uses, and discovering the abundance of plants and wildlife that are now so much a part of our own personal sanctuary.

Many native medicinal plants are growing here, such as, blue and black cohosh, collinsonia root, mayapple, joe pye, mullein, boneset, nettles, chickweed, yarrow, cleavers, red raspberry leaf, spice bush, to name a few. As members of UpS, we learned about the endangered herbs and are replanting some that once grew in our woodlands, such as goldenseal, American ginseng, and bloodroot. We are also working at naturalizing more black and blue cohosh, and along the edge of the forest, we planted some wild yam. All of the slippery elms have succumbed to Dutch elm disease so we are sowing seeds and planting seedlings to assist in the future survival of this versatile healing tree.

You ask what makes our land special. I stood on the back porch mid morning, and felt a peace come over me as my senses delighted in the lush green womanly curves of the mountains before me. In the background, I heard a subtle yet distinct splashing of water over rocks and fallen trees from the Black Creek nearby. The birds - so many of them - cardinals, red wing black birds, yellow and purple finches, PA eastern blue birds and mountain blue birds, and blue buntings - singing and courting each other among the trees and bushes. Also, out of the corner of my eye, I caught the flickering of a swallowtail butterfly as she made her way over the blossoms in the herb garden.

As herbalists and organic farmers/gardeners, each year we offer classes on a variety of related subjects, such as, Herbal Medicine Making, Organic Herb Gardening, Growing and Using Garlic, Safe and Easy Herbal Home Remedies, Harvesting, Drying and Preserving Herbs and Aromatherapy and the Use of Essential Oils. Herb walks are also a part of the educational classes here. We are educating individuals on how to create botanical sanctuaries of their own and about United Plant Savers. We are also clearing a path for a medicine trail with signs for educating children and individuals of all age groups.

We are currently discussing with Penn State University, School of Forest Resources, how our private woodlands can be a part of the PA Native Ginseng Conservation and Propagation Program (PAGCAPP). By replanting native ginseng in our woodlands, we would be assisting in the restoration of wild populations of PA ginseng seed for planting stock. We will also be applying for a farm research grant from Northeast SARE to assist in this project.

Apart from being genetically predisposed



Lynnwood Herb Farm workshop

(smile) to digging in the dirt and planting herbs and flowers, we have a strong commitment to restore and strengthen the integrity of the natural cycle upon which we, the plants, and animals are so dependent. Part of this commitment is to offer a safe and sacred place for individuals to gather and learn about how to become a part of this work. Our goal is to inspire others and to create a corridor of native landscapes to protect endangered plants and wildlife. Being a part of the UpS Botanical Sanctuary Network will help us realize our commitment. P

MEDICINE CREEK Laytonville, CA

Sanctuary Stewards: Tonya Whitdeer &
ThreeCrows Cargill

We have named our land Medicine Creek, for not only are there wonderful healing plants of the Green Nations everywhere but there is also a sacred feeling of calm and serenity throughout the ten acres. We know that we were shown the way to this wonderful haven to nurture it back to how it once was when our ancestors lived upon this small section of our Mother Earth. There are legends to tell about the ones that walked upon this land ~ the Legend of the Red Tree Spirit that comes from a fallen Redwood Giant that is slowly going back into the Earth is one. This venture is a lifetime dream. Medicine trails have been laid out by listening to the voices of the plants speaking to us, giving direction and guiding this simple two-legged to where each medicine should know a new home. At this time there is wild ginger, spikenard, black cohosh, goldenseal, angelica, and a wild rose garden. Growing in other areas are plants of sacred white sage, tobacco, sweet grass, comfrey and many others.

We are in the process of acquiring a non-profit status in the name of Medicine Creek Botanical and Spiritual Sanctuary as we give title to our goals and everyday endeavors. Plans for the future include monthly healing ceremonies, herb walks, group tours and speakers on several related topics. With acquiring non-profit status, it is our long-term goal that this land and its buildings be held in trust to continue this work of Walking in Balance upon the Beauty of our Mother Earth.P

SHAWANGUNK RIDGE FARM

New Paltz, N.Y.

Sanctuary Stewards: Halyna Shepko & Richard Hamilton; with their children Roxolyana, Zoya, and Stefan.

Shawangunk (pronounced Shongum in Algonquin), a mountain range 90 miles north of New York City, translates to "near and high place where you go south", directed Native Americans traveling between the Appalachian Mountains to the Hudson River Valley. We decided to use the directions of the earth and these mountains behind our farm as our guide as well.

Enveloped by the Shawangunk Ridge on the north and the Hudson Highlands on the south, we have created a small family farm where we raise our three (soon to be four) homeschooled children, Icelandic sheep, Toggenburg goats, ducks, chickens, a horse and angora rabbits. Even though farms in our area are being sold and developed quicker than any of us ever imagined, I feel a strong calling for a lifestyle that is connected to the earth, seasons, the sun, the circles of life, family, animals, wildlife, community and plants. We have been able to fulfill that dream and my Ukrainian mother who lives across the street with her Russian husband help make it a cross-cultural, three-generational haven. Some of the work that we have done is to put in nesting boxes for bluebirds, and they have been a success. The goats and sheep have cleared fields of purple loosestrife thus giving room to native plant species and grasses. Ponds provide homes for muskrats, migrating geese, many frogs and toads, wild turkeys roost up in the woods at night. We offer herbal, soap/cheesemaking, and fiber classes on our land for both children and adults. Families from our homeschooling group and community have come out to prepare and seed large areas of echinacea, ginseng, and black cohosh and will continue to join us for planting slippery elm, trillium, goldenseal, bloodroot and other endangered plants this year. Children are an important part of our farm and we provide different activities and welcome them to visit the animals, learn about the earth and help with planting.

Wild growing gifts that we have found here are ragwort, agrimony, poke, honeysuckle, edible mushrooms, goldenrod, elm, hickory, dogwood, lichens, grapes and wild yam. I am also an

herbalist and make herbal products together with the children to sell at local farm markets and at our farmstand. The herbal creams are made from oils infused from plants that grow here.

This is our first year living on the land after completing our log home. Our farmhouse also includes a 900sq ft. community room for gatherings, recitals, drum circles, dance and fiber events. Coming from a Ukrainian background I feel best barefoot and living close to the land picking fruit from trees and gathering eggs from our own hens. I feel my kids are lucky to still have a life that is some ways considered simple even though we all have to work hard as a family. Spending 10 years of my childhood living in Europe, I was able to travel to remote villages and realize what is important for me. I actually longed for the connectedness the people had with the land and realized how lost I was living in a city. I finally feel I have that in my own life.



Sanctuary Stewards of Shawangunk Farm

This is our first year living on the land after completing our log home containing a studio/workshop where we make goatmilk soaps, herbal products, dye wool, and hold classes. Our farmhouse also includes a 900sq ft. community room for gatherings, recitals, drum circles, dance and fiber events. Coming from a Ukrainian background I feel best barefoot and living close to the land picking fruit from trees and gathering eggs from our own hens. I feel my kids are lucky to still have a life that is some ways considered simple even though we all have to work hard as a family. They help as I shear the sheep to make clothing for them, they train, milk, and take care of the animals. Spending 10 years of my childhood living in Europe, I was able to travel to remote villages and realize what is important for me. I actually longed for the connectedness the people had with the land and realized how lost I was living in a city. I finally feel I have that in my own life and I hope my children agree. Plants help me root myself on this planet. P

DRAGONFLY MEDICINALS

Vashon Island, WA

Sanctuary Steward: Michael Laurie

Dragonfly Medicinals is located on 3.5 acres on Vashon Island in Washington State, a short ferry ride away from Seattle. I have lived on Vashon Island for 6 years and in Washington State for 29 years. 20 months ago, I purchased the home/office and 3.5 acres where I am currently growing medicinal herbs.

While I have been making and selling medicinal herb tinctures and oils for over 6 years, I have spent the last 20 months planting herbs and working on other sustainability projects here. I now have small numbers of over 140 species of medicinal herbs growing here. Plants I have established on the site that are on the UpS at risk or to watch lists are: American ginseng, arnica, black cohosh, bloodroot, echinacea, gentian, goldenseal, lobelia, maidenhair fern, Oregon grape, wild yam, and yerba mansa. I hope to establish more at risk and to watch plants in the future. Now that I have many well-established medicinal herbs on the site I have started saving seeds and plan to grow medicinal herb starts for sale next spring at the Vashon Farmer's Market.

The educational guide I developed has one page educational sheets on the following projects that I have implemented: Backyard Wildlife Sanctuary, Compost Toilet, Fluorescent Lighting, Forest Stewardship, Green Energy purchasing, Green Roof, Irrigation Timers, Invasive Plant Removal, Low Flush Toilet, Medicinal Herbs, Organic Fruits and Vegetables, Pesticide Free Zone, Rain Barrels, Soaker Hoses UPS Botanical Sanctuary, Low Water and Energy Use Washing Machine, and Worm Bins.

I received acceptance as a "Non-Toxic Zone" site and received acceptance in the "Backyard



Michael Laurie removing English ivy

Wildlife Sanctuary" program of the Washington Department of Wildlife. I display signs at the front door that note the "Non-Toxic Zone" status, the Backyard Wildlife Sanctuary, and the United Plant Savers Botanical Sanctuary. The signs encourage discussions with visitors about these subjects.

The picture shows me engaged in one of my projects, invasive plant removal. The site has a fair amount of English ivy but I have been making steady headway in removing it. The native medicinal plants that were growing on the site included: alder, bleeding heart, burdock, horsetail, kinnickinick, nettles, Oregon grape, salal, self heal, skunk cabbage, trillium, usnea, violets, and western red cedar. P

Growing *At-Risk* Medicinal Herbs

by Richo Cech

illustrated by Sena Cech



Provides organic farmers and gardeners with the information about the cultivation, conservation, and ecology of *At-Risk* native healing plants. Twenty-one chapters include detailed line drawings and descriptions; native range and distribution maps; hardiness and adaptability; preferred environment and plant associates; soil, water and sun requirements; propagation techniques; naturalization; medicine; harvest and processing; seed collecting, storage and longevity; conservation status and alternate species. 330 pg. \$14.95.

"A compelling book on one of the most important issues facing the future of botanical medicine – the demise of native medicinal plants in their natural habitat and what can be done to conserve these important wild resources. This book is in turn brilliant, insightful and scholarly, but is also well-seasoned with humor!" ~ Rosemary Gladstar

"This book is far more than it seems. Don't underestimate what Richo has accomplished. He has taken some of the most difficult plants imaginable, plants that sometimes find even the breath of humans to be anathema, and figured out what they need in order to grow near us and by our leave. He has a good brain and dirty fingernails." ~ Michael Moore

TO ORDER: send a \$15 (includes s/h) check or money order to:
UpS, Po Box 400, E. Barre, VT 05649



COMPANIES IN THE GREEN LIGHT

AVEDA & UNITED PLANT SAVERS EARTH PARTNERS, 2005

by Lynda LeMole, UpS Executive Director

We are excited to announce UpS's inclusion in Aveda's Earth Month 2005 campaign. Since 1999 Aveda, the country's leading company in pure plant-based hair care, skin care, body care, aroma and makeup products has raised over \$3.5 million for 65 organizations around the world. Each year in April, Aveda joins forces with selected non-profits to protect native plants, animals, forests, oceans, rivers, clean air and watersheds on our planet. Aveda president Dominique Conseil describes this innovative and generous program:

"Our commitment to care for the world we live in is what makes us different. Our commitment to the environment is part of our company's soul and gives us our deep sense of purpose. It is what makes our salons, spas and Experience Centers different from the competition. It is why we practice Earth Day every day.

During Earth Month 2005, we will focus on the protection of endangered plant species. Plants are very special to us. They provide the air we breathe, the food that sustains us, the clothes that protect us and the medicine that cures us. These

the art and science of pure flower and plant essences

"Beings of Light" also provide habitat for wildlife and for humans - processing and storing energy in ways we can use. It is alarming that many species are threatened by suburban sprawl, over-harvesting, pollution, invasive species and global climate change. It is often said that more than 30,000 species of plants are in danger of extinction. Is it not madness to believe that the plants that surround us can vanish without consequence - the tragic possibility of our own demise as a species? It's up to us to plant our future and the future of generations to come."

The month-long, Aveda salon network-wide

celebration raises awareness and funds via "Appointments for the Earth", Rosemary Mint product sales, petition signatures and individual actions. UpS is among 25 Conservation Partners that help preserve biodiversity by protecting endangered and threatened species. Aveda plans to collect 100,000 signatures from individuals who want to help save endangered plant species.

UpS is among 25 Conservation Partners that help preserve biodiversity by protecting endangered and threatened species.

Participating salons, spas and Experience Centers will hold fund-raising events throughout the month. As an Earth Partner, UpS will be working with Fredrics, the Aveda distributor for the four-state area of Ohio, Michigan, Kentucky and Indiana. We will be sending educational information to 600 salons who will feature UpS as their Earth Partner. This is an exciting opportunity to bring our message of At-Risk and To-Watch medicinal plants to a wide audience. Fredrics' Aveda salons and Education Institute in Cincinnati and soon Indianapolis can conduct over 200 appointments a day!

If there are UpS members, herbalists and plant activists who would like to participate in this program, by visiting participating salons in their area, attending staff trainings or just making appointments dedicated to raise funds for the project, please write me and I'll keep you apprised of activity in your near-by Aveda salons.

We are energized by the possibility of reaching out to plant-lovers who might not have heard of UpS. Posters, flyers, in-store videos, herb talks by local herbalists are part of how UpS will support the participating salons. Let's make this Earth Day the biggest, boldest and best ever for UpS and Aveda's Conservation Partners. What a refreshing concept that small earth-caring non-profits can join hands with mighty but conscious industry partners to stand up to protect our beloved plants! P



GREEN THANKS AND GRATITUDE

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS & SUPPORT

We extend a special thank you to all members of UpS who continue to support us with memberships and donations. Your support, efforts and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plants. All donations and help, whether it be organizational, cultivating, educating or choosing medicinal herb products more consciously is appreciated. Great gratitude goes to the many in-kind donations of goods and services from companies and friends that support our work.

We gratefully acknowledge the following long-time Green Angels, Leaders, Lifetime Members and Donations in 2004:

GREEN ANGELS - \$50,000+

Judy and Michael Funk
Paul Strauss

Margaret & William Brevoort
Robert Campbell
Community Foundation of Jackson Hole
Frontier Cooperative Herbs
Rosemary Gladstar
Herbal Magic
Herb Pharm
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Teechino
Trinity Herbs
Traditional Medicinals
Unitarian Universalist Congregation
Zack Woods Herb Farm

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John Woytowicz
Katherine Yvinskas
Dr. Janet Zand

Editor's note: Please except our sincere apologies if we have omitted anyone from this list. In the extremely difficult task of recovering records lost

PEOPLE MIRACLES

by Lynda LeMole

We've all had the experience of needing to rent or buy a house or apartment in a place where NO ONE finds a good one very quickly.... or looking for a job when EVERYONE wants one. And then a friend tells you to focus on what you want, chant, meditate, visualize - and lo and behold, THE PERFECT solution occurs in your life. All hail everyday miracles that don't happen every day! I thought about this phenomena last year when UpS moved our offices from rural Ohio to even more rural Vermont, needing to find THE PERFECT office manager, with full administrative skills and, of course, herbal wisdom. The idea that we'd actually FIND this person hovered in my psyche somewhere between IMPOSSIBLE and MIRACLE. Well, UpS has 'good karma' as we used to like to say, or 'good vibes', or whatever miracle-magnet ingredient that draws the very most perfect people to its needs at the most perfect time. And this is the story of how Betzy Bancroft came to be our office & membership manager.

Betzy was in transition herself as she was moving from New Jersey to Vermont, leaving her work of over 15 years with Herbalist & Alchemist, one of the premier herb companies in the US, led by herbalist David Winston (see UpS Journal interview, Spring 2004). A graduate of David's herbal studies program, Betzy became general manager at H&A and later staff herbalist, also doing educational presentations. When asked of her job description at H&A she humbly says, "I stirred the pot". Her years there taught and trained her for all phases of office, organizational and herbal business. Most important, Betzy began teaching and consulting with people about herb use, cultivation, wildcrafting, herb quality and sustainability. Somewhere in our 'chant' we must have also included a 'remarkable people person', and we got one!

Betzy is a graduate of Arcadia University (BFA) and her computer and graphic skills are shining now as she helps us with our website and layouts. She has done a lot of teaching including wild edible plant use at Tom Brown's Tracker School of Wilderness and Survival Skills. She's taught classes in field botany, conservation-minded collection and introductory herb studies at Morris Arboretum, Women's Herbal Conference, Green Nations, Herb Growing and Marketing Network Conference and an AHG Conference (she is a professional member of AHG).

A perennial student of all things natural, Betzy is an avid herb, vegetable fruit and flower gardener. She has currently settled onto 1.6 acres in E. Barre, very nearby Sage Mountain and is working on making her new home sustainable, putting her studies in Permaculture Design to good use. Once she is more settled in E. Barre, she'll put more focus on her clinical practice, but for now, she is strongly focused and doing a great job of putting the UpS Administrative & Membership office in tip-top shape.

As Betzy's co-worker, I gratefully add that it's more than a pleasure to work with her - another one of those 'people miracles' I spoke of. She is a richly talented and educated woman who comes from a heart-felt place of service, which all of UpS values and appreciates and benefits from. We encourage members to call or write Betzy with questions or comments. It's always the



Betzy Bancroft,
UpS office manager

MORE GREEN THANKS AND GRATITUDE:

We are grateful to our dear friends who organized herbal conferences in the Northeast this past summer and autumn. Each conference donated table space to UpS in the herbal emporium & vendor area for us to sign- on new members and take renewals, as well as sell *Planting the Future* and *Growing At Risk* Medicinal Plants books and other UpS fundraisers. Everyone who joined at the conferences received a free UpS tote bag. Betzy really enjoyed meeting so many members! We deeply appreciate their support as well!

WOMEN'S HERBAL CONFERENCE, August 2004, Peterborough, NH. Takes the prize with 24 new members, 20 renewals and a donation to UpS!

GREEN NATIONS GATHERING, September 2004, New York State. We had 9 new members and 14 renewals, even in the rain from the tail ends of hurricanes!

AHG ANNUAL MEETING & SYMPOSIUM October 2004. This year the American Herbalists Guild Conference was in Waterville Valley, NH. 22 new members joined and 9 members renewed.

IN THE GREEN LIGHT

Thanks to Kevin Morgan for his art on the UpS Poster.

Amy Goodman of Montpelier, VT for donating a portion of her basket sales.

Kate Gilday of Woodland Essence produces amazing flower essences of *At-Risk* herbs. She donates 10% of sales to UpS.

Rachel Jean Harper of Empowered Herbals, maker of Rachel Jean's Green Drink gave a donation to Hannah Hill.

Nina Casamento of Happy Herbs Soap is spreading the word about UpS in her "Camp Soap".

Julie Williams of Aspen, CO donated 5% of sales to UpS.

Herb Pharm for the genius and time of Liz Butler, graphic artist.



UPS EVENTS & GREEN NETWORK

THE 18TH ANNUAL NEW ENGLAND WOMEN'S HERBAL CONFERENCE

*Honoring the Wisdom of Our
Ancestors*

**AUGUST 26 ~ 28, 2005
PETERBOROUGH, NH**

Join over 500 other women in a grand celebration of herbs, healing, and life! Over 60 workshops for all level of interest * All ages welcome from children to elders * Tons of fun, tons of sharing, tons of learning! Held at a beautiful retreat center in Southern New Hampshire.

Early Bird Registration before May 30th is \$265 and includes all workshops, camping and meals. After May 30th, registration is \$285. Indoor lodging available. For further information write to **WHC, c/o Katie Pickens, 2984 Elmore Pond Rd., Wolcott, VT 05680.**
www.sagemountain.com

Parts of the proceeds of this event are

PLANTING THE FUTURE

*A Conference on the Cultivation &
Preservation of Native Medicinal Plants*

**SATURDAY, OCTOBER 1ST (OR 8TH) 2005
In the beautiful Blue Ridge Mts. of Virginia**

Join Sacred Plant Traditions and United Plant Savers in welcoming . . . Kathleen Maier, Jeff McCormack, and other great teachers for a full day of plant walks and herbal education

- Herb walks
- Herbal medicine
- Cultivation of medicinal herbs

Watch for flyers by mail or for more information call UpS: (802) 479-9825

PLANTING THE FUTURE

SATURDAY, JULY 30, 2005

*A Conference on the Cultivation &
Preservation of Native Medicinal Plants.*

**AT HERB PHARM FARM
Williams, OREGON**

Presenters are renowned herbalists from across the country:

**ROSEMARY GLADSTAR, Ed SMITH, CHRISTOPHER HOBBS,
RICH O'NEILL, Mindy GREEN, CASCADE ANDERSON, JANE**

ACTIVITIES INCLUDE

- Cultivation of Medicinal Herbs (emphasis on growing *At-Risk* herbs)
- Plant Walks
- Using Herbs as Medicine
- Ecological Herbalism; what it is & how we can participate
- Biodiversity & Bioregional Herbalism
- Sustainable Herbal Practices
- Edible Medicinal Seaweeds
- Aromatherapy: Sex & Smell

SPONSORED BY HERB PHARM

REGISTRATION INFO: The total cost for the conference is \$60
Postmarked by July 1, 2005 (\$70 after July 1st)
\$10 discount for UpS Members

For local info: call Sara Katz at (541) 846-6999 or email: hpsara@aol.com

UpS Invites You To Join Us at the
**7TH INTERNATIONAL
HERB SYMPOSIUM**

A Benefit Conference for UpS

JUNE 24-26, 2005

The IHS provides an incredible opportunity to learn from the world's leading experts in botanical medicine, teachers that embrace folkloric and shamanic practices as well as modern clinical uses. There are over 60 workshops, lectures and herb walks offered during the Symposium, but equally important is the sense of community, joy and celebration that is created at this event.

For all people who love plants, join us at this incredible Celebration of the Green.

The Symposium features ~

- An extraordinary selection of teachers
- Over 60 workshops, lectures, and classes for all levels
- Herbal Intensives for more in-depth study
- Hands-on demonstrations & herb walks
- Herbal Art Show of contemporary botanical artists
- Herbal Medicine Product Contest (*all invited to enter*)
- Relaxation Oasis; an IHS 'day spa'
- An Herbal Marketplace
- Dancing, Drumming, Music, and Ceremony
- The Herbalist's Grand Ball

Who's Teaching ~ An outstanding group of herbalists and natural medicine practitioners representing 11 countries:

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The IHS is held at the beautiful Wheaton College campus in Norton, Massachusetts (approximately 30 minutes from Boston). Inexpensive lodging is available on campus and delicious vegetarian meals are provided.

For a complete brochure write to: Sage Mountain, P.O. Box 420, E. Barre, VT 05649 Tel. 802.479.9825
email: sagemt@sagemountain.com

10% discount off registration fee for UpS Members!

**SACRED GIFTS OF
THE EARTH**

*A Plant Lover's Journey to Thailand, Laos,
and Cambodia*

**WITH ROSEMARY GLADSAR
NOVEMBER 5 ~ 20, 2005**

South East Asia is a region of tremendous natural beauty, diverse cultures, ancient religions and magnificent temples. We'll be visiting some of the more renowned sites such as Angkor Watt (the ancient Khmer capitol), Chiang Mai (Thailand's principal northern city), and Luang Prabang (a World Heritage Site), but we'll be spending most of our time immersed in village life, learning directly from the local people about their culture and traditions. The area is renowned for its traditional healers and natural therapies. The trip will include Thai massage and spa treatments, meditation and yoga, Thai natural food cooking classes, herb classes and herb walks with local herbalists.

For a complete itinerary, costs and travel info, write to Sage Mountain, P.O. Box 420, E. Barre, VT, 05649 (802) 479-9825

**HERBAL & AROMATHERAPY
VOYAGE TO THE LINDEN
FESTIVAL IN SO. FRANCE
JUNE 29 - JULY 9, 2005**

Herbalists Cascade Anderson Geller, Jane Bothwell and aromatherapist Kathi Keville, will escort you through the herbal paradise of Provence. We'll stay in comfortable cabins, each with bath and kitchen. The campground is part of France's world renowned campground system and has a swimming pool. We will take advantage of the fresh market produce as well as make herbal products with local herbs, oils, honey and alcohols.

Amidst these lovely Provence highlands grow thousands of linden trees. The aromatic linden blossoms are brought to market in early July. Soon after sunrise, wildcrafters tote their huge bundles of dried flowers to the market in a colorful procession. We'll witness this special once a year market day. This area is also famous for its wild lavender, intensely colored and scented.

Included will be hikes through the rugged, rural landscape where farmers, wildcrafters and even the village government maintain a deep reverence for plants as companions for medicine, food and fragrance. We'll visit lavender fields, distilleries and museums dedicated to the craft of distillation. For more info, contact: Jane Bothwell at janeb@arcatanet.com (email preferable) or call 707.442.8157. Group size will be limited.



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UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Winter 2006

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AVEDA EARTH MONTH

UPS' BOTANICAL
SANCTUARY NETWORK

GREEN THANKS &
GRATITUDE

UPS EVENTS & GREEN
NETWORK

UpS is a non-profit education corporation dedicated to preserving native medicinal plants.



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native medicinal plants.

UNITED PLANT SAVERS

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GREETINGS FROM THE UPS

"Creating healthy conditions for plants is not very different from creating a healthy environment for people.

It is a slow, passionate process of caring and love"

~ Judy Elliot from Digging Deeper

It's been a busy, exciting year for UpS. I think, one of our best ever! It seems the energy and enthusiasm of our earlier days has been renewed, born out of fire, and sustained by love and enthusiasm for the work at hand. We're not only on track again, but UpS is rocking! In a world that seems so full of calamities, it's refreshing to pick up the UpS News Bulletin and Journal of Medicinal Plant Conservation and read about all that's positive going on in the world of medicinal plant conservation, as well as the dedicated people who are making it happen both in this country and abroad. It may seem like a small drop in the bucket of change we'd like to see on this earth right now, but I am reminded time and again, 'to be the change we wish to see'. To do what we love doing and to do it well, with the best of heart and intention is making a difference. Saving plants and preserving our rich native plant heritage is part of a larger network dedicated to preserving the integrity of the planet earth. We are involved in the deepest of soul ~ and soil ~ work....

Let the beauty you love be what you do

There are a thousand ways to kneel and kiss the earth ~ Rumi

There's so much positive news to report. One of the most exciting events was the huge success of the Aveda Earth Month fund raising campaign that brought in over \$100,000 for UpS. What does this mean for UpS and medicinal plant conservation? For a small non-profit that works on a very modest budget and keeps over-head to a bare minimum, this sum of money goes a long way towards realizing long term goals, such as development of the Botanical Sanctuary in Ohio, which has been on hold for the past couple of years. UpS also had several generous donations this year from board members and UpS members. Though it is energizing ~ and productive ~ to have this influx of money, especially after such 'lean years', what's even more impressive is to have a budget that we are successfully operating within, thanks to the incredible guidance of our Executive Director, Lynda LeMole and the sharp eyes of our treasurer, Peggy Brevoort.

We had one of our largest plant give aways this year with 300 members planting over 2700 plants in their gardens and woodlands. I've lost track over the years how many this totals to date, but its well over 75,000 at risk medicinal plants have been planted in member's backyards since we began the 'Plant Give Away' project ten years ago. The UpS Botanical Sanctuary Network also saw its biggest increase this year with ten new Botanical Sanctuaries being established by our members across the country.

This was also our most successful year for conferences and events that highlighted the work of UpS and medicinal plant conservation.

Large conferences were held in Virginia, Iowa, Massachusetts, New Hampshire and Oregon and many smaller presentations and classes were given across the country. Grass roots education is one of the best ways to make a difference. When people are taught to know and love these plants, they will do what they can to preserve them; whether it's growing them, or making different choices when they purchase plant products, or preserving a particular swath of woodlands because there's at risk and/or endangered plants growing there, or teaching children to love and respect them.

One can never get too much good news these days, so read on...its here in the pages of your winter Journal.

I'd like to finish with praise and gratitude... for you, our members who so deeply support this organization. To all those who worked on the conferences this year, either organizing or teaching at them, and to those who supported us by coming to them, as well. To our Board members, past and present, who give so willingly of their time, resources, and wisdom to guide the organization forward. To each of the folks this year who took time out of their lives to help us in this work of medicinal plant conservation, either by contributing money, time, and/or knowledge. To the farmers and growers who are cultivating At-Risk plants and making them available for medicinal purposes. And most especially, I'd like to thank our office manager, Betzy Bancroft, who runs the office so flawlessly and joyfully, and to our very amazing Executive Director, Lynda LeMole. I'm quite convinced UpS has the smartest, funnest, funniest, sharpest, and heartfelt Executive Director around!

In deepest appreciation for another year with the plants,
Rosemary Gladstar

*In the end,
We conserve only what we love,
We will love only what we understand,
We will understand only what we have been taught ~ B. Dioum*

FALL FORWARD

Be on the look-out for a summer postcard announcement of our Fall Give-Away plants from John Lentz!! We will continue to send you our most requested: Ginseng & Goldenseal. Our third baby plant this fall will be Solomon's Seal.

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LET US HEAR FROM YOU!

UpS' *Journal of Medicinal Plant Conservation* is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants. We encourage you to send us your opinions and thoughts for submission to the Journal. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the Journal to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.

"When we look at any one thing in the world, we find it is hitched to everything else."

-John Muir



CULTIVATION CORNER

TILLING & TUNING

by Richo Cech

These days, even in the summer, the quiet spells between bouts of rototilling stretch longer and longer—not only because I try to avoid tillage as a rule, but because my tiller is getting so old and cranky that it's a real challenge to get it started. I have to remember to turn up the throttle and turn the key to "start," after which ends the practical part and begins the shamanistic dance: run around the tiller three times counterclockwise; check the wind direction with wetted finger; turn the choke on, off, then on again; whip myself in the forehead with the starter rope; fix the jumper cables; pray to the sun; cross two fingers behind my back and act like I don't care. When the engine actually catches, it's such a surprise that I have been known to fall over backward into the dandelions. On this particular day I needed the tiller, because the soil in

my proposed corn field had truly warmed up, and I was ready to have some fun planting corn and beans. The tines bit feebly through the mowed remains of the red clover cover crop, down into the dark earth. The rusted remains of the exhaust unit on the side of the tiller clattered and



bounced, held on by one tattered bolt. I sighed. It would require many passes to prepare the soil to sufficient depth. Crows watched from the shadows of the big oak tree in the gathering heat as I toiled back and forth. Tilling is an iconic task that opens awareness to the long lineage of earth tillers, the farmers who over the ages have fed the people. Somewhere in Czechoslovakia a potato farmer bore the seed of my blood generations before my baby buttocks ever saw the light of sun. So involved did I become in reflecting on the prehistory of agriculture that I took little notice of the task at hand. The crows ruffled their feathers again and I ran the tiller down the row for the last time, up onto the grass by the driveway, and, blessed moment, turned the key to "off."

Using the long-handled hoe, I scribed seven long, deep furrows in the newly tilled field. I noticed with satisfaction that the rows were not really straight, rather slightly sinuous, although practically parallel, like a family of petroglyphic rattlesnakes on the roof of an Anasazi cave. I counted them again. Yes, seven. Using the long-handled shovel and wheelbarrow, I then moved composted goat manure from the compost pile and spread a generous layer into each furrow. "No reason to fertilize the weeds," I thought, "I'll band the compost under the row." This process took up until lunchtime, and I considered taking a break, but then thought better of it. For me, planting corn is a holy act, and so fasting felt right. I took off my t-shirt and my boots, leaving them in a sorry little heap next to the tiller. The

sun warmed my back as again I walked down the rows, using my bare feet, pushing a little fine dirt in on top of the compost. "We want those seeds to sprout," I said to the crows, "not rot."

The seed room was dark and cold as I rummaged about in the vegetable seed barrel. This year, it would be red sweet corn interspersed with scarlet runner beans. It's a classic combo, really, another little symbiotic cycle there in the field, beans fixing nitrogen for the corn, corn creating a trellis for the beans. And you might say "Hey, I thought this was about growing medicinal herbs!" To

which I'd reply that the red corn is full of antioxidant anthocyanins, and consumption of fresh corn on the cob in season helps prevent colon cancer. The flowers of scarlet runner beans are crunchily edible and the dried pods are a valuable diuretic used in treating urinary infection. Truly, hand-grown food is the foundation of health—ultimately there is no difference between food and medicine.

Back out in the field with bags of seed in hand, my excitement mounted. Soon, very soon, I would drop seeds in soil. Standing at the beginning of the field, I closed my eyes and expanded my breast to the sun, a seed bag in either hand. I felt the position of the sun, and the position of my fleeting furrows on the land.

continued on next page...

This is a little hard to describe, but it is something central to natural farming techniques. For lack of a better term, I call it "tuning." Whether defining a garden path, or building a greenhouse, or planning a new asparagus bed, you take a moment to feel the energy of the land, to make sure that these changes resonate well with the movement of people, materials, crops, and especially that giver of energy, the sun. If it doesn't feel right, then you modify your project until it resonates. When you care this much about the land, it glows. This method of tuning is something I do before I pray. Now, I'm not Native American, and so have no cultural heritage of ceremony for the planting of corn and beans, crops that originated here in the new world and are held sacred by the First Nations people. So, I simply bathed the seeds in good intention and prayed from the heart that they would feed people well, and cure all ills of body and soul. Then I got on with the fun part. Resisting the temptation to plant too many seeds, I dropped them one by one, first a few corn seeds, then a bean, then more corn seeds. The red corn was so red, a fiery kernel against the black earth. The beans were so heavy and cosmic, purple and shiny, shot through with a constellation of pink. Three for the crows, one for me. In my imagination the corn crackled out of the ground behind me, and the beans lifted their fat cotyledons to the sun, tendriling their way up the corn stalks. The seeds lasted to the end of the final furrow. Starting over again at the beginning, I dropped to my knees and crawled back over the field one last time, pushing the soil from the edges of the furrows back on top of the seeds and patting it down by hand. The work was hard, the sun burned down, and I could feel my temples pulsing with each beat of my heart. Sweat trickled out of my hair, down my forehead and off the end of my nose. I noticed that dirt was sticking to the backs of my hands, glued there by sweat, the arm hairs rising up like a field of wheat. I was so happy I was singing. A crow swooped me, and I looked up, sweat stinging my eyes, and said "Not yet." Having crawled the whole field over, I stood a bit shakily and rubbed the crust of soil from my knees. "Grow baby grow," I mentally intoned for the hundredth time, and then I said out loud "I just love this," and went in for lunch.

2006 SPRING SEED GIVE-AWAY "FOUR SISTERS SEED SET"

FROM HORIZON HERBS

100% Organically Grown Corn, Beans, Squash and Sunflowers are the main cultivated food crops gifted to us by the first nations peoples, and they form a mutually supportive alliance when grown together in the garden. We are offering seeds for these traditional food plants to UpS members because really, there is nothing yummier than home-grown food. Sow seeds in the spring, directly in richly composted hills. If you like, you can locate each hill in one of the cardinal directions, in order to help tune the garden to the powers that be.

CORN, RED (*Zea mays*) Deliciously edible as boiled corn on the cob, or the kernels can be dried and used for making traditional dishes such as corn bread or posole. This particular type of corn has bright red kernels (the stalks and husk also boast streaks of intense redness), a source of vascular protective anthocyanins and one of the best anticarcinogenic foods. They make an excellent trellis for the scarlet runners.

BEAN, SCARLET RUNNER (*Phaseolus coccineus*) Strong climbing vine habit, bearing scarlet flowers that are crunchily edible when fresh. Beans also edible in green stage or as large and colorful dried beans. The dried pods of beans are diuretic and used in treating urinary tract infection.

SQUASH, BUTTERNUT (*Cucurbita moschata*) A prolific vine that produces scores of tan fruits with a characteristic rounded bulb at one end. The flesh is bright orange, firm, sweet and smooth. Requires a 100 to 110 day growing season and stores well into late winter. Rich in beta carotene.

SUNFLOWER, FAT MAMA (*Helianthus annuus*) A Horizon Herbs Selection. This is the kind of sunflower you grow for the edible seeds, which are striped black and white. The heads are huge and cosmic. The packet is stuffed full, so you will have enough to plant a whole line along the fence if you like. P

Good Growing,
~ Richo Cech

ORDER BY MARCH 1, 2006 !!

The "Four Sisters Seed Set" consists of generous seed packets of certified organic seeds grown at Horizon Herbs.

CURRENT MEMBERS ONLY !!

All orders must be received by March 1, 2006 for early April shipping. Planting instructions for all zones will be included with your order. To cover s/h costs, please send your name and P.O. mailing address and a check or money order for \$5.00 to:

UpS SPRING '06 SEED GIVEAWAY
P.O. BOX 400
E. BARRE, VT 05649

UNITED PLANT SAVERS' POSTER



If you listen, they will teach you.

If you listen, they will teach you.

17"x23" black and green etching by Kevin Morgan
\$10.00 (includes shipping)

Send check or money order to:

UpS • PO Box 400 • E. Barre • VT • 05649

UpS GOES FEM!!

UpS LADIES: Be among the first to wear our beautiful new **100% ORGANIC COTTON** 'GIRLIE-STYLE' T-Shirt.

Soft organic cotton, fitted women's T with cap sleeve, scooped neckline. Natural color with beautiful goldenseal plant illustration.

Sizes: Small, Med, Large, XL (sizes run small, not oversized)

Send \$20 to
UpS TShirt
P.O. Box 400
E. Barre, VT 05649



PARTNERS IN EDUCATION "ONE SEED AT A TIME"

Join United Plant Savers in creating a greener, healthier world through education about the conservation of our native medicinal plants. We offer a special student membership fee of \$20 per student for all herbal schools, apprentice programs and training courses that enroll their students as a group. Each student receives a UpS membership package with all the benefits ~ informative Journals and Bulletins, *Nursery & Bulk Herb Directory*, free plant/seed Give-Away twice a year, membership discounts at UpS conferences, and more. When your school/program joins Partners in Education they will receive the UpS Educational Presentation Guide, a copy of the UpS book *Planting the Future*, use of the UpS *At-Risk Slide Show & Video*, a listing in both the UpS Journal and on our Website, guidance from experienced educators and the opportunity to make a difference ~ One Seed at a Time. Please contact Betzy at the office to find out how you can become a Partner in Education.

Nicole Carter's Herbal Studies class

- Nicole Carter, Las Vegas, NV

Dandelion Herbal Center

- Jane Bothwell, Kneeland, CA

Green Turtle Botanical Sanctuary

- Susan Clearwater, Martinsville, IN

Heartsong Farm

- Nancy Phillips, Groveton, NH

Herb Pharm Herbaculture Program

- Germaine St. George, Williams, OR

Herbal Therapeutics School of Botanical
Medicine

- David Winston, Washington, NJ

Sage Mountain

- Rosemary Gladstar, East Barre, VT

Southwest Institute of Healing Arts

- JoAnn Sanchez, Phoenix, AZ

Wildwood Botanicals

- Jody Sterne, Welches, OR

Wisdom of the Herbs School

- Annie McCleary, Bristol, VT

Yerba Woman Herbal Apprentice Program

- Donna d'Terra, Willits, CA

FLOWERS BLOOM ORGANIC WITH UPS

by Lynda LeMole

"Earth laughs in flowers", as Emerson reminds us. Who among us is not lifted, cheered and delighted by these jewels of the soil? I was immensely 'bummed' and angered when my organic filters began to screen out the truth about commercially grown flowers. They are typically grown with some of the most dangerous chemicals, which have been proven to cause serious health problems for workers, AND of course, the earth. Testing a sampling of roses has revealed up to 50 times the residues allowed in food. Worker safety in flower -producing countries (over 60% of cut flowers are grown overseas) is of grave concern. Domestically grown flowers are generally not much better.

What's a flower child to do? My green sense says: Grow your own. Dry your own. Don't waste fuel for shipping. Don't waste packaging. But my sentimental side still wants to send flowers to Texas when I miss my mom, or when a friend falls to a broken heart, or a last minute birthday pops up. And oh the joy I get when a bouquet of flowers rings my doorbell! Also, my eco-economic side says that people are going to buy and send flowers anyway, so can't we find a way to clean up the flower scene?

Organic Bouquet to the rescue! In 2001, Gerald Prolman, a brilliant and eco-hearted veteran of the organic produce trade launched Organic Bouquet, an internet -based organic flower business. Building a supply of organic flowers grown and harvested using practices that aim to improve the quality of farm working conditions, minimize damage to ecosystems, conserve biodiversity and enhance environmental quality for future generations has not been easy! He worked with Scientific Certification Systems to develop Veriflora, a new certification standard recently launched into the American market that certifies crops and growers and provides standards for growers as they transition toward organic. This has greatly increased the available supply of flowers, which in turn has allowed Organic Bouquet to offer competitive prices for their superior flowers.

Gerald's complementary idea for his pioneer business has been to partner with non-profits whose missions align, like UpS. We are now in the good company of Amnesty International, CARE, Heifer International, Flowers Not Landmines and Working Assets and others as non-profits that benefit from a donation each time someone orders a specified bouquet from Organic Bouquet.

I can offer my personal experience with ordering organic roses from Organic Bouquet. Do you remember the experience of your first taste of the difference between commercial fruits and vegetables and homegrown organic? It is the same experience with flowers. These blooms are heartier, more beautifully lustrous in color and fragrance (not all cut flowers are fragrant, so if you want aromatherapy, shop for the fragrant blooms) and they last a remarkably long time.

UpS has always been mindful of our partnerships. As Executive Director, I am careful to find those green businesses, academic, scientific, political and economic partners whose values I respect and feel good about. I also know that our members are more like 'earth shoes' than we are 'dress shoes'! We are concerned about packaging, use of fuel for shipping and careful to avoid unsustainable business practices. I mention this because, as I've said in this article, ordering and shipping cut flowers is not a wholly eco-strict conscious act. But please also consider that by increasing the demand for organic flowers, we send a message to the highly toxic commercial flower industry. By supporting businesses who are working to change the system, who encourage and teach more growers to grow organically and who have created an economic triple bottom line, we are helping the planet in the phase its in right now, not just as we may idealistically want it to be.

I do hope you will visit www.organicbouquet.com and read their whole story, be dazzled by the gorgeous blooms, choose the dedicated UpS lavender roses bouquet and thrill a friend, family member or loved one soon. You will be donating to UpS and widening the circle of 'flower-child' friends who just may have been right 'back in the day' when we danced with flowers in our hair!



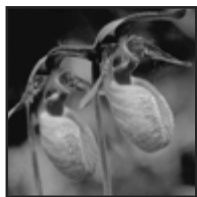
VALENTINE'S DAY BLOOMS TWICE

"May flowers' loving kiss be thine, on this sweet day of Valentine" ~ unknown

Send your organic love a gift of beauty, purity and generosity and you will be giving twice this Valentine's Day !

Each lavender rose bouquet you order from www.organicbouquet.com sends a message of love and sustainability plus UpS will also receive a donation.





UPS' At-Risk FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants. P

~ At-Risk ~

American Ginseng
(*Panax quinquefolius*)
Black Cohosh
(*Actaea (Cimicifuga) racemosa*)
Bloodroot
(*Sanguinaria canadensis*)
Blue Cohosh
(*Caulophyllum thalictroides*)
Echinacea
(*Echinacea sp.*)
Eyebright
(*Euphrasia sp.*)
Goldenseal
(*Hydrastis canadensis*)
Helonias Root
(*Chamaelirium luteum*)
Lady's Slipper Orchid
(*Cypripedium sp.*)
Lomatium
(*Lomatium dissectum*)
Osha
(*Ligusticum porteri, L. sp.*)
Peyote
(*Lophophora williamsii*)
Slippery Elm
(*Ulmus rubra*)
Sundew
(*Drosera sp.*)
Trillium, Beth Root
(*Trillium sp.*)
True Unicorn
(*Aletris farinosa*)
Venus' Fly Trap
(*Dionaea muscipula*)
Virginiana Snakeroot
(*Aristolochia serpentaria*)
Wild Yam
(*Dioscorea villosa, D. sp.*)

~ To-Watch ~

Arnica
(*Arnica sp.*)
Butterfly Weed
(*Asclepias tuberosa*)
Cascara Sagrada
(*Rhamnus purshimia*)
Chaparro
(*Casatela emoryi*)
Elephant Tree
(*Bursera microphylla*)
Gentian
(*Gentiana sp.*)
Goldthread
(*Coptis sp.*)
Kava Kava
(*Piper methysticum*) (Hawaii only)
Lobelia
(*Lobelia sp.*)
Maidenhair Fern
(*Adiantum pendatum*)
Mayapple
(*Podophyllum peltatum*)
Oregon Grape
(*Mahonia sp.*)
Partridge Berry
(*Mitchella repens*)
Pink Root
(*Spigelia marilandica*)
Pipsissewa
(*Chimaphila umbellata*)
Spikenard
(*Aralia racemosa, A. californica*)
Stone Root
(*Collinsonia canadensis*)
Stream Orchid
(*Epipactis gigantea*)
Turkey Corn
(*Dicentra canadensis*)
White Sage
(*Salvia apiana*)
Wild Indigo
(*Baptisia tinctoria*)
Yerba Mansa
(*Anemopsis californica*)

AT-RISK LIST UPDATE

One of the most exciting projects that UpS has been working on for the past two years is the development of *The At-Risk Plant Assessment Tool* and this summer saw a 'baker's dozen of herbal experts from around the country' gather at Herb Pharm in Oregon to further work on refining this tool. Under the expert guidance of Board Member Kelly Kindscher and Lisa Castle-Walker, a doctoral student in plant ecology at the University of Kansas, the At-Risk Plant Assessment Tool is designed to help determine the vulnerability of particular plant species. By using a comprehensive list of factors that affect plant populations, a rating score is given to each plant. "Having plants ranked with the Assessment Tool let's us know which plants are most vulnerable and why ...and will enable us better to focus on conservation efforts", says Lisa Castle-Walker. Like the At-Risk and To-Watch List that was developed in the early years of UpS, the Plant Assessment Tool is another important tool offered to the plant community and conservation groups interested in determining which plants are most at risk and most in need of conservation efforts.

You can either complain that rose bushes have thorns – or rejoice that thorn bushes have roses.

~Anonymous

2005 FINANCE REPORT

by Lynda LeMole, Executive Director

Dear Friends of UpS,
I really feel that this should be more of a love letter to our membership than a 'report'. Because of the support, dedication and faith you kept up for UpS, we made it through a few years of financial trials. Your memberships, donations, volunteer work and participation in our conferences, programs and services sustained and lifted us out of the red and into the black. When I started as Executive Director in 2003, I struggled writing the Finance Report, trying to find ways to make it sound 'not so bad'. The truth was, we had to do some serious trimming and 'leaning' to create a sustainable economy. And it was your faith in membership that carried us through. Thank you from our green (now black) little hearts!

If you were reading our Journal and Bulletins in 2005 (this one included), you couldn't miss the exciting news of our participation in Aveda's Earth Month program. It was a phenomenal turnout for us on every level. How does a small grassroots organization get to play in an arena with big corporate sponsors like Aveda? For starters, our mission to protect at-risk medicinal plants speaks to those companies engaged in their commerce and whose mission also includes a high level of environmental responsibility. Also, we are blessed to have Mindy Green, Aveda's clinical aromatherapist on our Board of Directors. She never falters to introduce UpS where we are most needed and wanted. The Aveda network in Mid-America got incredibly excited about supporting our mission. Many, if not most of the plants on our At-risk and To-watch lists are native to these states, so it was a natural match for us to campaign in this region during Earth Month 2005. The Earth Month donations will allow us to continue development of the Intern Program on our Botanical Sanctuary in Ohio, increase our Community Grants, further refine our educational materials for Sanctuary members and continue the At-Risk research.

In 2005 we kept on budget, added memberships and increased donations by 500%! As Executive Director, I'm proud of our staff and member volunteers for their commitment to frugal and sustainable administrative practices that allow us to keep expenses in line. In-kind donations of services like Betzy's new computer from Herb Pharm, Liz Butler's creative work on our graphics, generous donations from Rosemary Gladstar's International Herb Conference and Women's Conferences, the assistance from our plant providers John Lentz (The Herbal Exchange) and Richo Cech (Horizon Herbs) who

made our plant and seed 'give-aways' so wonderful, and the generosity of many herbal teachers who donated their time to our conferences made UpS a sustainable and profitable non-profit in 2005. I'm pleased to share more details of our finances with interested members.

We've been invited to participate in Aveda's Earth Month 2006 and we will continue to do all we can to introduce new members to the message of the plants. Going from being in the red to being in the black is a good thing, but turning people on to the REAL green is what we're all about! Thank you again for keepin' on with us. Together we're making a difference.

IT'S ALWAYS ABOUT YOU!

by Betzy Bancroft

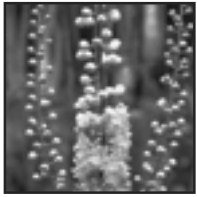
Great news to report from our office in Vermont! Overall, UpS membership is up about 25% from last year. Renewals are up as well, a combination of regular monthly renewals and returning lapsed members. Thanks so much to all renewing members for keeping your faith in us!

Please send us your email addresses! We are doing more with email lists, for example looking for local volunteers for projects, environmental events, etc. If you'd like to be notified if something is happening in your neighborhood, we'd love to keep you in the loop. Email your name and email address to plants@unitedplantsavers.org.

Members' email addresses will also help us help you save plants . . . if you are interested in networking with other members in your area, perhaps planning a plant rescue or educational presentation, we can give you contact info. If you would prefer UpS only use your information or email for office purposes and not give it to anyone, we will of course honor your request.

Thanks to all the members who kindly let the office know about address and email changes! It saves UpS money for you to keep us up to date rather than have the post office return mail.

Betzy's in the office Monday through Thursday and can be reached at 802-476-6467 or plants@unitedplantsavers.org. Currently UpS is only able to take checks, not credit cards so please send all correspondence for memberships, purchases, donations, etc. to the Vermont office. UpS exists to help our members help the plants, who in turn help the planet. Thank you for being a part of our green community.



UPS GRANT REPORTS

UNIVERSITY OF SOUTHERN MAINE'S MEDICINAL HERB GARDEN - THANKS TO UPS!

by Corinne Martin

The University of Southern Maine in Portland hosts the College of Nursing and Health Professions - a multidisciplinary healing college offering training in nursing, sports medicine, and therapeutic recreation. Committed to whole health education, the college has supported courses in holistic health for decades, and in September of 2003 began offering a Botanical Therapies course for students interested in pursuing an exploration of this healing modality. CONHP faculty member and clinical herbalist, Corinne Martin, feels that students learn best when they can participate in a "hands-on" fashion in identifying and preserving medicinal plants, and in making herbal preparations in class. In the spring of 2004, an application was made to United Plant Savers for funding to help start a medicinal herb garden at Masterton Hall (home of the college of nursing) on the Portland campus. Plans for the garden were to include many of the medicinal herbs students are learning about in the classroom, and to explore the possibility of including some plants that might be at risk - either in the Northeast, or in the country.

With the \$300 grant received, ground-breaking occurred in the Fall of 2004, with students happily pulling up weeds (preserving the healing ones, of course!), and uprooting ivy and juniper that had taken over in the little-utilized spot. College landscaping crews - already committed to including native plants in their garden plans - were happy to turn the spot at Masterton Hall over to the Botanical Therapies students, and students were more than happy to be outdoors. In fall of 2004, the ground was turned over and compost donated by the university worked into the soil. Mulch was shoveled over the soil in preparation for spring planting.

Spring of 2005 saw students moving mulch to expose soil, digging holes and seed rows, and planting a couple dozen varieties of medicinal plants - including some of the "weedier" healing plants like St. Johnswort, several species of echinacea, and some of Maine's native medicinals like valerian, several lobelias, gravel root and angelica. In Fall 2005, new varieties of echinacea were included, as well as a number of native medicinals whose populations are dwindling due to

housing development. Plans are to find ways to include some of the more at-risk plants in the future so students can learn to identify these significant but threatened species. A guided map of the garden is in process and will be housed in the college of nursing and available for all students and visitors. Garden stakes with the name (both Latin and common) of the herbs will be designed and crafted by students in the Spring 2006 class, and summer program students will maintain the garden during the growing season - adding new herbs, weeding (while identifying those useful weeds), watering, harvesting, and continually learning about the plants.

Of course, the garden will continue to change with each semester. In the meantime, faculty members and students are so pleased to have the healing garden, and are grateful to United Plant Savers. Every season, the garden continues to be a great reminder of the healing bounty that rests right under our feet.

SOOTHING HERBALS

by Chin Valesquez & Raleigh Mason

We are deeply grateful to United Plant Savers for giving us the opportunity to create a medicine trail on our recently established botanical sanctuary in Goshen, VA. It's been an inspiring and amazing experience so far, and we are excited for it to keep on growing.

We received \$250 this past summer, and bought blue cohosh, American ginseng, goldenseal, wild yam and wild ginger from Jeff McCormick's Garden Medicinals in Earlysville, VA. We also drove 2 hours to Peter Heus' Enchanter's Garden in Hinton, WV and purchased helonias root, sundew, trillium, true unicorn, venus fly trap, gentian, partridge berry, pink root, spikenard, stone root, turkey corn, Jack in the pulpit, wild indigo and Solomon's seal. We started getting the trail ready for planting in mid-September, mainly clearing brush and moving fallen logs to guide the path. We brought in a truckload of leaf mulch and wood chips and mixed them into the beds along the trail.

continued on next page...

Soon after, we received our plant giveaway roots from John Lentz, and the next day I planted 3 American Ginseng, 3 Goldenseal and 3 Pink Root. We also received 4 Wild Yam rhizomes in the mail from Jeff McCormick, which I planted the following day. After they nestled in to their new spots, I sat with them and silently said a prayer for their healthy new growth next spring.

On October 11 we had our first planting workshop with the city of Lexington's Montessori Kindergarteners. 13 children, their 2 teachers and 4 volunteer parents came on an afternoon after days of heavy rain, which was much needed. We started with and opening circle at our Medicine Wheel Garden, smudging white sage around the circle and singing a song. Then we proceeded to the woods where the Medicine Trail is, and planted helonias root, partridge berry, pink root, spikenard, stone root, turkey corn and trillium. We said a prayer of blessing for the plants and talked about native "at risk" plants and how the children were helping restore these wonderful plants back into their natural habitat. Finally, we had a tea making demonstration for the kids and drank some Lemon Balm Peppermint Tea before it was time for them to go.

As I write this, the cool, crisp autumn air surrounds our place, and the feeling of settling in for the winter comes over me. We are still waiting for Jeff to dig up the rest of our order, and when we receive it in a couple of weeks, I'll take my husband Raleigh and our 2 sons, Evan and Aiden out to the trail and we'll finish up the rest of the fall planting, giving new homes to blue cohosh, wild ginger, and more American ginseng and goldenseal.

Again, we thank all of you at UpS for having faith in our project and granting the funds to help us make it happen. Blessings to all of you!

MINNEHAHA AVE COMMUNITY GARDENS

by Sandi Arseth

This season was very busy for the gardens and medicinal beds located here in the heart of Minneapolis on 31st and Minnehaha Ave. Thanks to the United Plant Savers grant we were able to increase our plant species and get labels for the garden's plants, an important tool when utilizing the beds for educational purposes and self-guided tours. Here is a synopsis of what happened this season at our inner city gardens:

continued on page 25...

CENTER FOR HEALING ARTS HERB & ECO-SCHOOL

by Gigi Stafne, Director

At the Center for Healing Arts Herb & Eco School and Botanical Sanctuary in northern Wisconsin, we are happy to describe some of the exciting ways that we have been utilizing your gracious grant gift for native medicinal plant preservation and education projects.

The two outdoor plant education projects that we have been able to focus our efforts on include the "Moonlodge Medicine Trail" and the "Medicine Wheel Teaching Garden" on our 40-acre sanctuary. In April, we re-groomed and nourished the winding Moonlodge Trail, while monitoring the black cohosh, wild ginger and goldenseal plants that are part of a national monitoring project. Additionally, we were able to conduct 3 'official' 'plant identification walks' and presentations that were open to both our herbalism students and the public. One of the first took place on Earth Day and numerous formal and informal walks have taken place through the present date. In addition to these, we were able to utilize a portion of the UpS grant for cedar stakes and plant identification signs. One of our Master Herbalism students, Kathy Miller, has digitally photographed many native woodland plant medicinals and created new signs for that trail, as well. The Moonlodge itself has been completed entirely by recycled and donated materials, with the help of an all-volunteer team. Monthly gatherings have taken place there since February of 2005. It has also been an ideal spot for our "Plant Spirit Medicine" workshops!

We have utilized \$300 of the UpS grant toward purchases of additional native plants that now grow along the educational Medicine Trail and in the creative Medicine Wheel Teaching Garden. Some of these new plant 'babies' have included black cohosh, blue cohosh, bloodroot, lobelia, blue flag, sweetgrass, goldenseal, native ginseng, Jack-in-the-pulpit, wild sarsaparilla and some additional cedars. We could not have made these additional purchases for educational and cultivation purposes without your help! Along the lines of native sweetgrass...we are wondering if any UpS members knows of any expert growers who could guide us in cultivating a larger garden of this. (One such crop failed in 2002-4).

continued on next page...

STANDING ROCK BOTANICAL SANCTUARY

by Monica Skye

Thanks to United Plant Savers for awarding us a grant to help cover the costs of establishing a Botanical Sanctuary in the Porcupine District of the Standing Rock Lakota Nation. We made good use of the UpS Video and the Slide Show in PowerPoint format by making a presentation to fifth graders on the Standing Rock Indian reservation who later came to the sanctuary to hike and learn about native plants. We also presented to the Tribal Council of the Porcupine, North Dakota local planning district who gave their full support for establishing the sanctuary on Tribal lands and expanded it to 85 acres!

Thomasine Loans Arrow said, "The Botanical Sanctuary will benefit the youth by helping them to learn about plant medicines and more about nature. It is the best idea to come to this area in a long time!"

We had many visitors to the sanctuary this summer, including Linda Jones, Ethnobotany Instructor with Sitting Bull College and her students to study native plant identification of this sensitive riparian area as well as many local residents – elders and children alike. Our neighbor, and strong supporter of the work we are doing, Kenny Painte said, "We need to bring our children to learn about the plants. This is new to a lot of people and we need to support things like this. We need support from natural environmental people, and we can help one another. Always pray for the plants to come back plentiful." (Kenny also said to invite people to come, to share their herbal knowledge.)

Richo Cech's book "Growing At Risk Medicinal Herbs" was very helpful in guiding through the growing process in our plans to cultivate and re-introduce increasingly rare/endangered indigenous plant species back into the zone-4 Northern Plains grassland/unique woody area biome that forms the plant refuge. We started many plants in our protected garden beds and are moving them into the preserve as they mature. We began with the UpS

Analog Seed Set from the Spring Give-away and a tray of echinacea, adding more plants as the weather warmed. We also ordered some small lomatium plants from Horizon Herbs to hopefully be able to grow this sacred plant here in North Dakota. We purchased low-impact signage for plants on the interpretive trail through the sanctuary. We envision this area to be a guided interpretive medicine trail for learning from our best teacher, Grandmother Earth (Unci Maka), and to revitalize ancestral connections with the sacredness of nature.

My husband, Aubrey Josh Skye, Hunkpapa, Lakota said: "We learn our meaning from the plants and animal life, these are our relatives, sacred to us. Today, the lives of our relatives are in danger from contamination from numerous pollutants. We ask that you listen to the voices of our relatives before it's too late...listen. The botanical sanctuary has been very useful as a teaching tool to educate the youth about conserving our natural resources. For example, the wild crafting of medicinal herbs into tinctures and salves has shown our community members that there's a lot more out there than just weeds and grass. The sanctuary is the beginning of the re-emergence of traditional knowledge that was in danger of being lost."

Center for Healing Arts continued from previous page....

Finally, \$150 of the UpS grant money was used for the printing of several of our resource materials, specifically our "Plant Rescue" literature and our "Wild Earth Walk" booklet. The "Wild Earth Walk" booklet has been designed in 2 formats – one for purchase and the other free as a plant identification guide for those who visit our sanctuary. Both versions include statements explaining the vision, mission and contact information for the United Plant Savers organization. We hope this will help promote the cause!

Two additional events that we were able to host in autumn 2005 were the "Plant Spirit Medicine Intensive" weekend where participants deeply engaged in 3 days of learning about the medicinal and spiritual properties of native plants and the final plant ID walk of the autumn entitled, "The Tradition of Trees". These learning opportunities took in the Medicine Wheel, the UpS sanctuary trails and our Moon Lodge.

Once again...MANY THANKS for the opportunities afforded us by this UpS "Take Action!" grant. Please let us know if there is anything else that you may need from us in the future. It was a delightful year for the plants and people of the north!



Linda Jones' Ethnobotany class at Standing Rock

CREATING BIOREGIONAL RELATIONSHIPS: LEARNING AND HEALING ON A PACIFIC NORTHWEST MEDICINE TRAIL

by Megan Kupko

A fertile meadow, surrounded in forest, sprinkled with springs, and touched by a meandering creek, JEAN's Urban Forest Farm is an emerald jewel nestled in a small hip pocket of the urban landscape of Portland, OR. Owned by the Johnson Family for the last 130 years, this 10-acres of land has survived a century of development and rests as an oasis and learning site for many in the city who are striving to learn, know and care for this bioregion. JEAN's (Johnson Environmental and Nutrition) Urban Forest Farm is an educational farm that was initiated by Portland State University's PII ECL (Portland International Initiative for Ecology, Culture and Learning) program in January of 2005. The mission of the farm is to partner with Portland Public Schools to help improve academic achievement and cultural competency that enhances sustainable life choices through hands-on experiences of urban farming.

Although preserved from development, the landscape has still transformed significantly through time. The forest once full of old-growth Douglas fir, cedar and hemlock, ferns, Oregon grape, trillium, and more is now arrested in succession with the dominance of alders, maples, mostly English ivy, and Himalayan blackberries galore. The meadow, once a river bottom and wetland, has shifted to a dry floodplain due to the reshaping of the creek and now offers a rich agricultural site for organic farming. The land is beginning to shift once again due to human intervention but this time we hope for the benefit of all species. We have begun this shift with a grant received by United Plant Savers and the Bureau of Environmental Services to restore the watershed and create habitat and sanctuary for plant medicines, native plants, and wildlife.

Building the medicine trail and restoring the watershed has been one of our main projects at the farm because we want to emphasize that farming is more than using the land to grow food; it is about taking care of the health of the whole ecosystem. It has been a gateway to really learning about the true essence of the land so that we can work in harmony with it. But most of all, creating the trail has been a beautiful process of building relationships with the land, the community and with each other.

This summer, interested graduate students gathered to spend time in the forest learning about what lives there, what are the microclimates and conditions like while taking the time to ask the land what medicines want to be here? We also wanted to create partnerships in creating the trail in order to be an educational and inspiring journey for many. At the start of the school year we invited two middle school classes to take on the project for the entire year. In the fall, these classes came to the farm to learn from a local non-profit group called SOLV about watershed restoration and English ivy removal. The classes then spent time learning about the species in the forest, and then mapped the land and the trail location. The students also learned from a local herbalist about native forest medicinals. In late fall, a trail building Americorps team came to the land and helped create the physical trail through the forest. In the winter, the middle school students will be each choosing a medicinal plant or native plant to research for the trail. We look forward to working with them in the spring on planting the trail.

I believe this to be a place for many to learn to know and love their home that is the forest, the creek, the meadow and all that is this bioregion. I believe this is a healing process and a beautiful way to learn how to use medicinal plants. Saving "at-risk" medicinals is about building relationships to the land where you live, knowing the species that grow and can grow there and, most of all, protecting them through education and creating new habitats.

The medicinal plants, whose home this is, we call you back to this land so that you may flourish here and offer us guidance and healing. We knew we were doing the right thing on this land the day we sang to the land, "thank you for the rainbow and thank you for the rain, thank you for the plants that come and come again".

Two red-tailed hawks circled close above our heads to sing with us loud and long.



Middle School students removing invasive English ivy from Trail site

AVEDA SALONS & CENTERS PARTICIPATING IN EARTH MONTH 2005

A David Anthony Salon & Spa
 Above & Beyond Salon & Spa
 Ambience Salon Spa
 Artrageous Hair Design & Day Spa
 Ashka Salon
 Avalon Salon & Spa
 Avanti Salon
 Aveda Concept Salon
 Aveda Corp.
 Aveda Experience Center
 Aveda Experience Center #840
 Aveda Institute
 Aveda Somerset North
 Avivage Salon
 Bella Capelli, Inc.
 Brown Aveda Institute
 Casal's De Spa & Salon
 Classic Image Salon Spa
 Douglas J. Aveda Institute
 Douglas J. Exchange, Inc.
 Douglas J. Salon & Day Spa
 Elan
 Epiphany Salon
 Farrell Salon Systems, Inc.
 Fine Line Hair Design & Day Spa
 First Impressions Salon
 Frederic's Hair Design
 Fredric's Institute
 Full Circle Hair Design
 GSV Design Group, Inc.
 Hair Co. The Salon & Spa
 Hair Design & Bella Donna Spa
 Hairy's Salon
 Head Quarters Spa & Salon
 Head Quarters, Inc.
 Headway Salon
 Images Salon & Spa
 Imagine Salon, Inc.
 In Touch Salonspa
 J. Michael's Hair Salon
 Jerry Heston Hairdressing, Inc.
 John Robert's Hair Studio
 Joseph's Hair Fashions
 La Luna Salon
 Ladies & Gentlemen Hairstylists, Inc.
 Laura Lee Salon
 Lennonheads
 Life Spa
 Life Spa - Columbus
 Mane Attractions
 Maria Giallanza Salon
 Michael Christopher Salon
 Michael's Hair Design, Inc.
 Miguel Christian Salon & Spa
 Mystique Salon
 Natural Concepts Salon Group, Inc.
 Nature's Envy Day Spa
 New Awakenings
 New Design Salon & Spa
 NJS Studio, Inc

GREAT GREEN AVEDA EART

"Aveda and its global network raised more than \$1 million for Earth Month partners focused on the preservation of endangered species. In addition, more than 220,000 signatures have been added to petitions aiming to protect endangered species - especially plants - from extinction." (Beleaf in Earth, Aveda newsletter, 8/02/05)

United Plant Savers is elated to report that as one of the 25 participating Earth Month nonprofits, we received over \$122,000.00 from the Fredrics' network of 260 participating salons, spas, experience centers, stores, institutes and individual donors in Ohio, Michigan, Minnesota, Kentucky, Indiana and Missouri. What an incredible gift of support and encouragement



this is for us to continue to do the work of preserving and restoring native medicinal plants and to ensure their abundant and renewable supply for future generations.

We thank the many individuals and centers that supported us during Earth Month 2005. We have listed (hopefully) all who participated in the program by individual or business name.



UpS Board member and Aveda clinical aromaterapist Consiel and Mary Tkach, Executive Director of Bouquet's stargazer lilies and our

As part of our network of enthusiastic plant-lovers and eco-activists, the Aveda network contributed generously to the conservation and protection of our planet's green treasures. The pressure on our wild medicinal plant communities is growing yearly. Vast numbers of plants have been and continue to be taken, and indiscriminate

**ORGAN
BOUQUET**

RATITUDE TO H MONTH 2005

ild harvesting, deforestation and urbanization have
evastated many areas of former abundance. Their
ntributions will ensure that our education programs,
uilding of botanical sanctuaries, plant rescues and research
ill continue for years to come.

e are especially grateful that these donations will allow us
re-instate an educational intern program on our 360-acre
anctuary in Ohio, where students and plant professionals
n come together to learn plant identification, land



management, sustainable
growing methods and plant
medicine-making. Our goal is to
open the program in late
Summer 2006.

We are ever grateful to Aveda



ist Mindy Green presents President Dominique
Environmental Sustainability with Organic
s for sponsoring Earth Month 2005.

for including us
in their
remarkable
program and to
Fredrics for
sharing their
generous
network with us.
Every person we
worked with,
every small or
large center that
participated in
Earth Month
displayed an
enthusiasm and
commitment to
the environment
that was truly
inspiring. If
gratitude is the
language of the
heart, then
from our hearts
to yours -
blessings on

your green and generous spirits.



For the plants,
Lynda LeMole, Executive Director and
The UpS Staff, Board of Directors and
thousands of grateful members of United
Plant Savers!!

Participants continued...

Nordson Company
Panache Salon
Phases Hair Salon
Premier Salon Concept
Pure Concept Salon, Inc.
Pure Concept Salon, Inc.
Pure Rituals
Rafiels Signature Salon, Inc.
Raphael's Salon
Reeda/Todd Lifestyle Salon/Spa
Reflections Rejuvenation Spa
Rejuvenation Station
Ripple Effect
Rometrics One Hair Design
Rumi Spa & Salon
Rumours Hair Salon
Salon Agape
Salon Hazelton
Salon Image Body Spirit
Salon Nouveau
Salon Tru, Inc.
Salon West, Inc.
Samson & Delilah's Inc.
Sandalwood Bay Spa & Salon
Shear Image
Simply Swank
Snippers, Inc.
Square One Salon & Spa
Stephen James Salon Spa
Studio 2007 Hair Design
Studio B / Tipton Lakes Athletic Club
Style Masters Salon, Inc.
Sundance Salon Spa / El Sol
The Creative Edge of Muskegon, Inc.
The Edge, Inc.
The Essential Day Spa
The Future Wave Salon
The Grand Salon
The Spa at River Ridge
The Village Spa
The Woodlands Salon
Tru Salon & Spa
Urth Tones Salon & Spa
Vanis Salon & Day Spa
Vaughn Morrison & Co.
Z Salon & Spa / Seelbach

With SPECIAL Thanks to our EARTH MONTH
GREEN GIANTS (without whom we would not
have sprouted such high flyin' wings!):

Betzy Bancroft, Dodee Butkus, Tim Blakley, Peter
Borchard (Companion Plants), Bridget Buescher, Liz
Butler, Peter Gail, Jill Gears, Irene Giannakos, Mindy
Green, Sara Katz, Land Reformers, Lynda LeMole,
Jean Loria, Diane Randazzo, Linda Scheumann,
Mary Tcach, Tara Wesely, Rebecca Wood... and to all
the baby plants who made their way into the salons
and hearts of the Aveda customers who fell in love
with them and took them to good homes!

*(If we left your name off this list, please let us know so we
can make it right!)*



UPS BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

~Nancy Scarzello, BSN Coordinator

CHEROKEE MEDICINE WOODS

Bloomington Springs, TN

Sanctuary Steward: Lisa Bedner, R.N., A.H.G.

My heart is full that these 23 acres have been added to the *UpS Botanical Sanctuary Network*. Many Native American Nations once shared this area of Middle Tennessee near Cookeville as a source of plant medicines. The elders have told me that when the Cherokee and others were forced to move further north and east, that there were many medicine plants they could no longer find in the mountains. Medicine women traveled with gathering parties to this area to find the needed plants. As a member of one of the Native American nomadic tribes, the Teehahnahmah, I was taught that our healers knew to come here for the medicine plants.

The uneven terrain makes the wonderful gifts of this land even greater. The land is covered with natural woods, steep inclines, heavy clay soils and very rocky ground. This has prevented developers from clearing and building here in rugged Jackson County. As a result of this, and the natural geological protection of being located just inside the dip of the highland rim, the natural flora has been essentially untouched for generations. There are only about seven acres cleared for hay and herbal harvest.

The land is rich with blue cohosh, solomon seal, wild yam, baneberry, bloodroot, wild ginger, trillium, snakeroot, greenbrier, lobelia,

passionflower, milkweed, butterfly weed, joe pye, and many more. Since I began to care for this place in 1983, I have replanted species that have been dug out: ginseng, black cohosh, partridge berry, lyre leaf, goldenseal, cherokee mint, and others.

Medicine Woods is the home of Pipsissewa Herbs, a healing, teaching, and growing center. We have organically grown medicine herbs and greenhouses with starter plants for others. Seed is gathered each year for sale and propagation. We carry a line of herbal medicine salves and products, made in the traditional way and create custom medicines for individual use and alternative healers. (You can view more about Pipsissewa herbs at www.pipsissherbs.com). As a traditional healer, Medicine Woman of the Turtle Clan, and AHG certified practitioner, I know first hand the importance of saving and maintaining these plants for medicine. I also teach classes and workshops in herbal medicine and traditional Native American healing. In spring and summer we offer tours of the many display gardens, herb beds, and wild plants. We have been fortunate to host many visitors in past years, from elementary school groups to Senior Citizen garden clubs.

I am grateful each day to be in my home here in Cherokee Medicine Woods with the plants and trees, deer and other four-leggeds, the winged ones, the small crawlies and especially the little people, the fairies, and the plant spirits. I am honored to carry on the teachings of the Earth Mother. Creator has blessed me as well with a wonderful partner, Stephen, as well as the occasional help of my sister and others to keep the medicines flowing.

LUNA LITHA BOTANICAL SANCTUARY

Monto Centre, Ontario

Sanctuary Steward: Dr. Lisa Yates

Late May 2004, I am on an early evening walk after a thunderstorm. The night was warm and fresh and the rolling hills were irresistible. Ten minutes into the stroll I thought I had stepped on a fallen hawthorn branch and the thorns had gone into my ankle. No, a rattlesnake had just struck me. Rare for this particular area. Not to panic, I limped back to the house, made a poultice of plantain and wrapped the ankle. That night the dreams came. I saw a large parcel of land with an old cabin made of huge logs. Inside the cabin was a photo of an aboriginal man. Walking the property, I came upon huge boulders inside the forest. Sitting on one of the huge rocks was the same man but now much younger.

The next day I found this property in a real estate ad. It was the same cabin sitting on 100 acres. Walking through the forest I saw the boulders! No native man sitting on them this time but I spotted several endangered medicine plants. It was if they were waiting for me. Now it all became clear. The snake, representing medicine, was the messenger of the native voice and had led me to my next garden.

Three months later the teachings begin and the spirits are dancing! Gentle trails are in place, native plants recorded, 350 trees planted, 3 massive gardens started and spiritual gathering areas are blessed. Lots of work and the blessings are worth it! Yes! Another Botanical Sanctuary!

Late spring 2005, the wheel quickly turning and life again changes. No! I will not leave! I realize that I am being called again. How can this be? I try to ignore my intuition and continue planting. Under the full moon of June on the Solstice I am led to another property. Within 24 hours, I purchased a new parcel with an old stone house and a buyer was found for the established sanctuary. Thirty days later I move and another sanctuary is planned.

The new property is called "Luna Litha", named for the magic of that particular full

moon and the Summer Solstice that beckoned me here. This time I have ten acres on the Niagara escarpment in an area known as a World Biosphere Reserve. I shall continue my job as the keeper of the medicine plants and to listen to messages given. I remember Juliet de Bairacli Levy telling of the gardens she had started in many different places and what joy they had given her. What a wise woman. I have learned to treasure the peace of working with the green wherever it may lead me. Yes, they are all keepers and need to be forever kinds of places.

SOOTHING HERBALS BOTANICAL SANCTUARY

Goshen, VA

Sanctuary Stewards: Chin Velasquez & Raleigh Mason

We are honored and proud to introduce our land now as an established Botanical Sanctuary in the United Plant Savers network. Our Botanical Sanctuary is a sacred space we have created at our home on a little over 2 acres of land, located 15 miles west of Lexington, VA, bordering the George Washington National Forest, in between the Blue Ridge and Allegheny Mountain ranges. In the 3 years that we've lived in Goshen, VA, or more accurately, "Little California", we have been blessed with excellent soil that gives us beautiful gardens where I plant, grow and harvest the herbs that go into Soothing Herbals' line of products. There are several perennial and annual garden beds that are homes to calendula, chamomile, comfrey, St. Johnswort, arnica,

lavender, rosemary, monarda, echinacea purpurea and paradoxa, marshmallow, elecampane, sage, thyme, horehound, angelica, valerian, lobelia, butterfly weed and many, many more. We are also blessed to have native medicinal "at-risk" plants growing wild in our woods, such as black cohosh and bloodroot. We are grateful to United Plant Savers for giving us a grant, which was used



Planting goldenseal at Soothing Herbals

continued on next page

to purchase many more “at-risk” and “to watch” plants to establish in our gardens and woods for educational purposes. We have recently created a Medicine Trail in our woods and planted American ginseng, goldenseal, wild yam, helonias root, trillium, true unicorn, blue cohosh, gentian, partridge berry, pink root, spikenard, stone root, turkey corn, wild indigo and wild ginger. We are grateful to be blessed with all the incredible plants that share our home.

At Soothing Herbals Botanical Sanctuary, it is our intention to protect, preserve and restore the native wild plants that surround us, while educating our local community about plant conservation. This land is here to serve as a botanical educational retreat center to our community in Rockbridge County. We intend to deepen our connection with Mother Nature through our commitment to the plants by offering herb walks and workshops on plant conservation, herbal medicine and herbal product making. By sharing our sanctuary with our community, we hope to inspire others to be able to do the same. We look forward to all the learning and growing the plants have to offer.

WILDCROFT HOLLOW BOTANICAL SANCTUARY
Richmond, VA

Sanctuary Stewards: David & Lena Welker

We acquired the land that was to become Wildcroft Hollow Botanical Sanctuary in June of 2004. We had both been wishing and dreaming such a place for years. I was looking for a place to take care of, a place where I could build my home for myself, and the woman I love, a place where we would belong. Lena was looking for the same things ~ a garden, a cabin, and, I think, a man who could help her build those things. Shortly after closing on the land, we were married there.

Wildcroft Hollow comprises 71 acres of Appalachian cove forest on the eastern side of Buffalo Ridge in Amherst, VA. After buying the land we made a deal with each other, and with the land itself, that we would spend a year only working on smaller projects and find out what the land needed, or wanted us to do. It has turned out to be a year well spent. We have identified every plant we have come across and have made lists of all of the plant life to be found



Wildcroft Hollow Stewards' Wedding Photo

in the hollow. We have kept lists of all of the fauna as well. To be sure, we have missed quite a few, and have yet to work on keying out many of the grasses, mosses, caterpillars, and a myriad of others. This will be a labor we will be working on for many years to come.

Wildcroft Hollow is indeed a magical place. We have six of the plants listed on the UpS “at risk” list that are indigenous here and nine on the “to watch” list. With so much biodiversity, our idea was to create a place where people could come to see these plants in their natural habitat, and so the idea of a “sanctuary” was born.

We decided that we would “take over” about 3 acres of the property to create a cabin and gardens for ourselves, leaving the rest in its natural state except for adding small woodland gardens of native plants or deliberately selecting for a particular native species by pruning, or “weeding” or leaving it the hell alone.

Wildcroft Hollow is presently open to groups by appointment. School groups, garden clubs, plant societies, and students of herbalism are all welcome. We have been working on clearing trails that crisscross the property and visit interesting plant biomes. We have more than five different springs, which create wet meadows. Dry hilltops, secluded hollows, lots of shade and some sunny areas are also places to visit. We plan to offer guided tours.

I have run a small outdoor school for about 10 years now. Blue Heron Outdoor School offers classes in Wild Edible and Medicinal Plants, Plant Identification, Cordage and Basketry, Tracking, Primitive Tool making, Fire making, Primitive Shelters and others. Wildcroft Hollow will be the base of those operations. Since Lena and I are in

the middle of building our cabin and toolshed, we have taken some time off from teaching in order to get a roof over our heads. Once our building projects are under a bit more control we will start teaching again, sharing the beauty and bounty of this land.

PHILO PHARM BOTANICAL SANCTUARY

Philo, CA

Sanctuary Steward: Mary Pat Palmer

When I was pregnant with my daughter Maia, I often sat in the middle of a fairy ring in meditation. A fairy ring is created by the death of a mother redwood. The mother redwood grows tall and straight and around her grow her same-aged children. The mother dies naturally, or perhaps is logged, and the ring of redwoods remains. Young redwoods are the mother; not seeds thrown off but created from her very body. The ring of trees that results has a very powerful energy. They are as ancient as the original mother. My gestation fairy ring was in Sebastopol, California and the trees perhaps one hundred years old.

I never believed in the concept of private property. In many ways I still don't. However, I had a powerful revelation when herbalist Jean Argus bought her land in upstate New York. I fully grasped the difference between ownership and stewardship. I understood that if Jean, a wonderful steward, didn't buy that land, someone else would. And that someone might be a steward for the land. I opened my heart to stewardship.

The redwoods called me for a very long time. Finally, I heard them and answered. Three years ago I moved home and bought sixteen acres of land in beautiful Philo, Anderson Valley, in Northern California. Thirteen of these acres are redwoods. The redwoods were sustainably logged about forty years ago so most of them are about one hundred years old. I understood that I could not live without them, quite literally. I almost died from colon cancer. They could have died, sacrificed to another vineyard. Yet, today we are alive and well. Every day they fill my heart with great joy. It is a struggle to pay the taxes and support the land but with the help of the redwoods it will happen.

Three acres of land have become the Philo School of Herbal Energetics and Educational Center. The houses and outbuildings are here, in great need of repair. The new orchard, medicine garden and vegetable garden thrive in about two-thirds of an acre that is fenced, allowing the deer and other animals to roam freely on the rest of the land.

The thirteen acres of redwood on Philo Pharm remain as I found them, with walking trails. Many plants are specific to the redwood forest, among them wintergreen, wild ginger and the beautiful Columbia Lily. Mountain lions still roam here as well.

Neighbors who did what I did surround me. We are all redwood preservationists. The result is over one hundred acres of redwoods in conservation. Four miles south of me are the old growth redwoods of Hendy Woods; to my north are the Navarro Redwoods, younger but breathtakingly beautiful as the light filters through their branches.

It is the interplay of the Botanical Sanctuary that moves me most. My worship of redwoods allowed me to create this sanctuary that was already a sanctuary but could have been destroyed. In turn, the redwoods are my ongoing inspiration. I am inspired by other beings; my children, baby seals, the swoop of a flock of birds, the Blue Cohosh emerging from Jean's land in New York, the way Ashwaganda grows here in Philo. I am filled with reverence daily by these redwoods around me. It is always new, always renewing.



Philo Farm

THE HERB CRIB

Blairsville, GA

Sanctuary Steward: Karin Rutishauser

Our land, consisting of both open and wooded areas, is nestled in the beautiful North Georgia Mountains just a few miles from North Carolina. Here, we started the Herb Crib in 2000, built a small retail shop and cleared land for an organic herb garden.

Over the years the business has grown and so has



my interest in native medicinal plants and the land. As I learned more about the plants, I discovered that we already had many growing right in front of us. This spring I found fifty-nine Lady's Slipper Orchids behind my little shop! I was so excited about the discovery that I called all my friends!

Walking the land and finding bloodroot, wild yam, pipsissewa, Jack-in-the-pulpit, hepatica, and trillium growing wild gave me the idea to apply for Botanical Sanctuary status with Ups. I started with a 1/4-mile medicinal plant trail along my creek that has witch hazel and sassafras and some of the above-mentioned plants already growing. The trail ends in a gentle curve shaded by big oak trees. In the sanctuary, I planted the first beds with goldenseal, American ginseng, black and blue cohosh and mayapple. The fall "give-away roots" from John Lentz have a new home here too and I can't wait to see the pink root blooming next spring. I have taken many of my costumers along the trail to show and explain what and why I am starting this sanctuary.

This part of our land is truly magical to me. In the sanctuary I feel a bond with nature, happiness and peace. For the years to come I hope to be able to enrich, conserve and cultivate the land and pass on what I learn along the way to others. My life is so much richer thanks to the plants and people I met through them. 2006 will be an exciting year of learning, planting and teaching.

STANDING ROCK BOTANICAL SACNTUARY

Porcupine District, Selfridge, ND

Sanctuary Stewards: Monica & Aubrey Josh Skye

My husband and I wished to get out of the madness of industrialized, and colonized high impact city living. After cramped apartment living in Phoenix we felt in awe with the expansiveness of the open Northern Plains landscape in rural North Dakota. During a family reunion in the summer of 2000, we visited Standing Rock, my Lakota husband's ancestral homeland, and we decided to stay. Since housing is hard to come by here, we camped out all summer until we found a place in mid September. We appreciate the beautiful land base of The Standing Rock reservation, and feel that there are infinite possibilities here. We realize that open green space contributes to physical, mental, emotional, and spiritual well-being and were inspired to get back to the land. We began doing organic gardening that led to form a community garden project, box gardens, and the first botanical sanctuary on tribal lands. We started out by requesting that a few acres surrounding our home be set aside for the sanctuary, but the Tribal Council embraced the idea and expanded the sanctuary to include 85 acres in this large watershed area which includes a spring and rare prairie plants.

Our vision for the Botanical Sanctuary is for it to help re-connect people with nature, and for it to be a low-impact form of sustainable eco-tourism. This past summer we had a number of programs and visitors to the sanctuary. One visitor came all the way from England, who said that the landscape reminded him of Australia. Sitting Bull College Ethnobotany teacher Linda Jones, brought her students out to identify plants. Children from the community of Porcupine came out to hike and learn about the plants. A special feature is an established inipi (sweat lodge) located in the Botanical Sanctuary boundaries that brings people together to heal and pray. In both rural areas and large cities alike, we need places to go where it is quiet and not steeped in technology. We hope that this refuge will be such a place for people, plants and animals.

The ecological work that my husband and I are doing is part of the course work for our BA degrees in sustainable Community Development with an Indigenous perspective at Prescott College (www.prescott.edu).

continued on next page

OM SWEET OM GARDEN HERBS & YOGA

South Woodstock, NY

Sanctuary Steward: Lalita Karoli

I grew up going on nature walks with my Chippewa/Canadian French grandfather and my dad. I realize how important it is to bring children out into nature from an early age so they will feel reverence for the natural world. I hope that the plant refuge on Standing Rock will set an example for more plant preserves to be established throughout Indian Country.

Our vision and hope is that this 85-acre preserve will give people a glimpse of how sacred the living earth is. Being in a wild natural setting is a catalyst to remember our innate connection with nature. Our awareness becomes attuned to the interconnected whole of the universe when spending time in the wilds. We choose to make a difference by consciously exploring new ways to simplify and live closer to the earth. Our future plans include building a small solar underground off-grid home bermed into a hill that will have a greenhouse as well. We continue to learn from our gardening endeavors and apply the permaculture philosophy of duplicating the web of life. Our plans include the possibility of a bed and breakfast shelter made with appropriate technology, such as a traditional Lakota tipi. So, if anyone would like to experience the beauty of Lakota territory, taste traditional foods and sleep outside in a tipi please correspond with us to come out for a visit. We can be contacted at treeeyes@westriv.com. There might be the possibility of work-exchange for people who would like to visit and help with our 1 acre organic heirloom vegetable garden and help with our goats, horses, chickens, guinea fowl, ducks, and rabbits; learning about permaculture, nature awareness skills, and work consciously in partnership with nature. People can come together in this time of climate changes/earth changes and unite to remember our innate connection to Unci Maka (Mother Earth), and go back to the old ways as much

as possible. We feel blessed and have gratitude in our hearts to be able to steward this 85-acre tract of land, and are happy that our children, Marias and Wicahpi are growing up with nature as a playground. Wopila (thank you) to the Oju Oyate (Plant Nation).

Mitakuye Oyasin "We are all related"



Monica, Wicahpi & Marias Skye

We are so pleased to be accepted as a Botanical Sanctuary with United Plant Savers. We thought that we always were, and now have the inspiration to live up to the title and to share the possibility with others. These precious 23 acres we steward are part of densely covered forest of deep shade on a south-facing slope. Hemlock, maple and some surviving elm surround the babbling brook that traverses the property and provides a refuge for rare salamanders among ancient moss covered stone walls. The soil is moist and black, therein you will find a community of medicinals thriving: nodding trillium, stone root, bloodroot, true solomon's seal, maidenhair fern, jack-in-the-pulpit and many wild mushrooms flourish.

One acre of this magical place is cultivated. Our little hemlock sided cabin and yoga studio are surrounded by aromatic plants and veggie gardens. We have planted Echinacea, butterfly weed, black cohosh, calamus, goldenseal, arnica, wild ginger and partridgeberry. Our "lawn" holds hundreds of lobelia inflata and on the roadside we have found spikenard. We maintain a no-till system so we have strong backs and our little frog pond provides lots of entertainment for our children catching frogs and developing strong reflexes! There is a tree house, fairy house, hideaways for small folk and tent spaces on the top of the mountain with Grandmother Maple for the big folk.

We offer tea, tincture and balm-making workshops, seminars in Ayurveda, retreat time for spiritual aspirants, sweat lodges and peace pipe ceremonies along with seasonal potlucks and daily yoga classes. Our students enjoy a mindful walk from a parking lot surrounded with medicinal plants, past a fragrant herb garden, next to a pond, then past the veggie garden and rose garden, and finally following along the stone path of the crystal garden into the sacred place of the studio.

This year we hope to create a self-guided medicine trail and hold plant walks. We will be open as a nursery and as a sanctuary for the plants, animals and human beings. Please come to visit or write us for a current listing of events.

CLARIS BOTANICAL SANCTUARY

Union Grove, NC

Sanctuary Stewards: Jennifer Smith, Katy Farrar, & John Robertson

We are a budding educational center nestled at the base of the Brushy Mountains in the small town of Union Grove, North Carolina. (Home of the Fiddlers Convention since 1924?). Our land is a 32-acre site that consists of 12 acres of pine forest, a 4-acre field, a 4-acre home and garden area, and 12 acres of hardwood forest. You are welcomed onto our property by an enormous, wise, 300 year old oak tree that is 19 feet in circumference.

John Robertson, a 76 year old retired banker, was born and raised on this land. He has been actively involved in many local projects regarding land and water conservation. John's property is in a land trust, and he is placing the stewardship of this land in the hands of Jennifer Smith and Katy Farrar. Jennifer is a naturopathic physician specializing in homeopathy (NCNM graduate), North Carolina native, and granddaughter of a line of North Carolina herbalists. Katy Farrar is a New Mexico native, clinical psychologist and long time organic gardener.



Jennifer Smith, Katy Farrar, and John Robertson

John, Jennifer and Katy are committed to preserving this land, rich with native plant species. This land is a part of a rich herbal history where John's grandmother and mother gathered herbs (such as sassafras and wild cherry bark) for trade, as this community used herbs as currency from post Civil War until after World War I. The "herb house" in this community (owned by the Wallace brothers) was the largest in the United States. In 1890 the Wallace brothers were shipping annually a million and one half pounds of dried roots, bark and leaves of over 2,300 different varieties of plants around the country. Of particular interest to the local folks was sang, or ginseng.

John, Katy and Jennifer are watching with horror, as the Brushy Mountains (still rich with ginseng and many of the other medicinal herbs) are being stripped to make way for housing developments. It is their goal to protect local plant species and to educate the community of the plants' importance in nature and their critical role in promoting overall health.

Our land continues to be rich with plant species. So far, we have identified 90 medicinal plants and know there are still others we have yet to discover. The land is home to some of the "at risk" and "to watch" plants such as lady slipper, pipsissewa, butterfly weed, mayapple and partridge berry.

Our intention is to become a multidimensional education center. We are in phase one of many planned phases for growth. We feel that becoming a UPS Botanical Sanctuary member is at the heart of our development in that it communicates our primary goal to serve as an example of plant conservation, and as an educational facility regarding all aspects of land and water conservation.

Although we have introduced some very nontraditional concepts and methods to this community (such as sheet mulching, and eating chickweed on our veggie burgers) we are continuously amazed at the support we receive. Neighbors have generously given us material for a green house, rain barrels, plants, hay, herbs, produce, organic seeds, and some good advice. Guilford College, a Quaker college located in Greensboro, NC has offered to bring students to help build a nature trail. We welcome this opportunity to be a part of a group committed to ensuring the future of our plants, and to educating others about the importance of conservation.

FUNDS AVAILABLE FOR COMMUNITY PLANTING PROJECTS

United Plant Savers has a fund designated for community planting projects. UpS guidelines require that the project have educational merit and that the land proposed for planting be protected either by individual ownership, or be a part of a school or park system. For application information please write to:

UpS Community Fund Guidelines,
PO Box 400, E. Barre, VT 05649

AVENA BOTANICALS MEDICINAL HERB GARDEN

West Rockport, ME

Sanctuary Stewards: Deb Soule, Liz Ferraro, & Julia Yelton

Avena Botanicals one-acre medicinal herb garden is situated on 30 acres of field and forest that borders 6000 acres of undeveloped woods and wetlands. We are on a south-facing slope, 400 feet above sea level, only 4 miles from the ocean. Being in a rural area, we are blessed with a diverse bird population, and on occasion we see deer, moose and signs of coyote and fox.

Adjacent to the garden is an old 1800's farmhouse in which Avena Botanicals herbal apothecary creates various medicinal remedies. 65% of the herbs used in our products are grown in our organic gardens or wild-harvested in nearby fields or islands. All of our work, from the planting of seeds, to the tending and harvesting of our herbs, to the making of our remedies is done by hand. We strive to live and do business in a way that honors and respects the natural world, traditional plant knowledge and our community at large.

We offer a variety of herbal classes, plant walks and workshops year round through our sister organization, Avena Institute.

Over 150 different types of medicinal herbs and flowers grow in our certified organic gardens. Every plant, shrub and tree in the garden is grown for medicine, food or to feed the pollinators. Clearly marked labels, and a colorful garden map, assist visitors and students to recognize the plants. Along with our garden map is a 25 page Plant Guide to Avena Botanicals Medicinal Herb Garden available to at the entrance to the garden.

The plant guide alphabetically lists 135 of the garden plants by common name and includes Latin and family name, place of origin, parts used and something about their medicinal uses. Stone and wooden benches, 2 arbors, meandering stone paths, 3 tiny hand-made ponds and our new woodland garden offer visitors and the pollinators a peaceful place to find refuge and healing.

Being near the coast and on ledge, our soil is shallow and a bit acidic (not ideal for native woodland

herbs). Homemade compost, cover crops, leaf mulch and biodynamic preparations have benefited our soil fertility and plants enormously. In the main garden, arnica chamissonsis, black cohosh, butterfly weed and different echinacea spp. have been growing successfully for years along with other more common native plants: bee balm, black-eyed Susan, blue vervain, boneset, crampbark, elder, evening primrose, hawthorn, joe-pye weed, milkweed, Solomon's seal, staghorn sumac, white ash, wild geranium, willow and witch hazel. Recently, Julia Yelton, perma-culturist, helped us build 4 terraced beds on a north western, partially shaded slope where we have created a beautiful woodland garden that contains black cohosh, bloodroot, blue cohosh, goldenseal, spikenard, trillium and violets. A lovely old New England stonewall, still in good condition, is the backdrop for this garden.

I feel deeply grateful to be a gardener and steward of this land and honored to be a part of the UpS Botanical Sanctuary Network. My interest in plant pollinators continues to expand and I am currently researching the plant pollinators specific to the native woodland plants we have growing. We are also planning an experimental garden bed of false unicorn plants and are eager to hear and learn from other gardeners who are cultivating false unicorn or from people who have plant pollinator information to share. You can contact me (Deb Soule) at rosmarinus@adelphia.net. Avena Botanicals gardens and apothecary are open year round, Monday-Thursday, 9-5. You can also visit www.avenabotanicals.com to learn about us and our projects. We always enjoy meeting other plant lovers.





GREEN THANKS AND GRATITUDE

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS AND SUPPORT

We extend a special thank you to all members of UpS who continue to support us with memberships and donations. Your support, efforts and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plants. All donations and help, whether it be organizational, cultivating, educating or choosing medicinal herb products more consciously is appreciated. Great gratitude goes to the many in-kind donations of goods and services from companies and friends that support our work.

We gratefully acknowledge the following long-time Green Angels, Leaders, Lifetime Members and Donations in 2005:

GREEN ANGELS - \$50,000+

Aveda Corporation
Judy and Michael Funk
Paul Strauss

LEADERS - INDIVIDUALS & COMPANIES \$5,000 +

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Laura Downey	Patience & Rod Harvey	Kathryn & Dan Rakosky	

And thanks to many others who made smaller, but no less heartfelt donations this year!

continued from page 10

Kari Tauring had her “Green Thumbs” class of boys and girls ages 7-11 throughout the growing season working and learning about medicinals at our garden site. They made their own identification books on what they had learned and their own drawings of the medicinals. Then, during the American Community Garden Association conference in August, they helped as Kari gave a seminar on their “Green Thumbs” project. They were spectacular! They were also a great help in watering and planting some of the plants we received this year for the medicinal beds.

Lisa Wolff, a well-known local herbalist, utilized our garden space for one of her classes this summer. Her students seemed to soak in the knowledge she expertly shared and of the plants that so lovingly gave of themselves. The students returned those gifts with gentle hands, careful steps and many words of thanks to the plant beings.

The American Community Gardens Association conference came to Minneapolis in August. We were a stop for a couple of tours that were given. People came from all over the world and wandered through our gardens and medicinal beds. They learned of our little project and of United Plants Savers. They also learned that medicinals are everywhere you look, that growing and harvesting sustainably is vital to all of our survival. They heard how our “weeds” need to be looked upon in a whole new light: one of respect, love and knowledge, not of rage and disdain. One man from Ohio, after learning the benefits of yellow dock and burdock, could barely contain his excitement! It had never occurred to him that these two “noxious weeds” had a purpose, a reason for Being, that part of their proliferation was their way of correcting an imbalance or healing an illness. I was grateful to meet with such a wide variety of people and show them our inner city medicinal herb beds. I know some people think that nothing healthy, balanced and energetically potent can come from land that has been abused for so long. But, I beg to differ ~ loudly! I see it every morning parking on a busy inner city street (Minnehaha Ave.) and then walking into our gardens and being greeted by rabbits, a hummingbird, Mourning Cloaks and Swallowtails. A hawk swoops down now and then to check us out. I hear it in the plants as they

speak, beneath my feet, in a language of vibration that I have not heard for a very long time. It brings me to my knees every time in joy and gratefulness. It is possible. Participating in the restoration of the land and Beings in our metropolitan cities is healing from within and radiates outward. I truly believe health, balance, sustainability and magic can be restored but it takes work, belief and unity of many Beings to make it happen.



Students of Linda Wolff
in Minnehaha herb beds

MORE GREEN THANKS & GRATITUDE: 2005

Very special green thanks and gratitude to Herb Pharm for so graciously hosting one of the UpS Planting the Future conferences this year, for participating in Partners In Education with all their Herbaculture Program interns and for the genius and time of Liz Butler, graphic artist and Will Bishop, computer tech.

GREEN THANKS TO:

Organic Bouquet for the creation of the lovely “UpS Rose Bouquet” that benefits UpS with a portion of sales.

Goosefoot Acres for donating 5% of sales of Dandyblend when customers specify the code 4UPS when they order.

Julie Williams of Leaf People for donating a portion of her sales at the Aspen Farmer’s Market.

Topline Marketing of Maine for giving UpS memberships as contest prizes.

Sage Wood for donating part of their plant sales at the International Herb Symposium.

Amy Goodman of Montpelier, VT for donating a portion of her basket sales.

Nina Casamento of Happy Herbs Soap for donating a portion of sales of Camp Soap.

Elk Creek Herbals and Jean’s Greens put together a raffle basket at the Catskill Ginseng Festival to benefit UpS.

Susan LaVallee of Queen of Trees for donating a portion of sales.

Traditional Medicinals for putting info about UpS on their box tabs.

All the members who “root” for us by including messages of support on their correspondence to the office.

NOTES:

We already thanked the herb conferences this year in the *Bulletin*, but they were:

International Herb Symposium
Frontier HerbFest
NE Women’s Herbal Conference



UPS EVENTS & GREEN NETWORK

A SERIES OF HERBAL LECTURES

At the Asheville Botanical
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Saturday January 21st, 2006:

Rosemary Gladstar - *United Plant
Savers Slide Show & Herbs for
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Saturday February 18th, 2006:

Phyllis Light - *Appalachian Folk
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JANE BOTHWELL, KAREN AGUIAR AND TERRI JENSEN,
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ACTIVITIES INCLUDE

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(emphasis on growing "At-Risk" herbs)
Plant Walks
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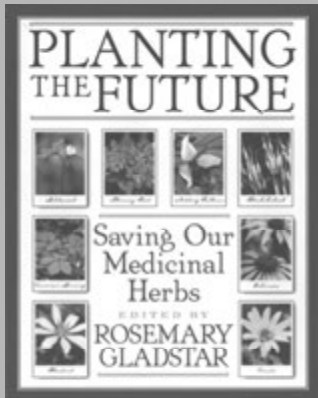
*"The voice of the great Spirit is heard in
the twittering of birds, the rippling of
mighty waters, and the sweet
breathing of flowers."*

-Gertrude Simmons Bonnin (Zintkala-sa)
1876-1938 Dakota Sioux Zintkala means bird,
the sa is another way of saying red.

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by Richo Cech, illustrated by Sena Cech



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SANCTUARY NETWORK

GREEN THANKS &
GRATITUDE

UPS EVENTS & GREEN
NETWORK

UpS is a non-profit education corporation dedicated to preserving native medicinal plants.

Goldenseal in flower | photo ©Liz Butler



Winter 2007

A publication of United Plant Savers,
a non-profit education corporation
dedicated to preserving
native medicinal plants.

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GREETINGS FROM THE UPS PRESIDENT

Dear Friends,

It's a great feeling to be able to share good news with you all. And at UpS, it does feel like 'Good News Thyme' for the Plants. Not only are there small non-profits like United Plant Savers giving due recognition to medicinal plants these days, but also large NGO's and government agencies are putting efforts into plant conservation and preservation. The network is growing, and we can't help but feel that we've had a small part ~ perhaps even a large part ~ in the growing consciousness of medicinal plant conservation.

One of our great success stories this year was the Plant Rescue that happened in the Wayne National Forest, Ohio, which UpS was excited to support. Over 2500 plants were 'rescued' from a highway project through the Wayne National Forest and replanted ~ many of them on the UpS Sanctuary in Rutland, Ohio. This project, coordinated by Rural Action, involved several other organizations including UpS, Hocking College, Ohio University Environmental and Plant Biology Dept., The Nature Conservancy, the Sierra Club and over 100 volunteers who worked for several days rescuing plants. 2500 plants might not seem a lot in the face of everything else going on in the world, but remember, many of these plants were mature old specimens and contain the seeds for millions more of their kind.... It's a garden restored! The Wayne National Forest Plant Rescue, thanks to Rural Action, provides a great model of how various organizations can work together for the good of the plants and the planet. The full story can be read in our Fall 2006 Bulletin.

Many of you remember our early events at the beautiful UpS Sanctuary in south eastern Ohio. The sanctuary was gifted to UpS in 1996 through the generosity of Judy and Michael Funk. It's truly an amazing plant-rich Sanctuary as all of you who've had the good fortune to visit would know. Some report that it's one of the most dense concentrations of medicinal plants in the country ~ and I think I have to concur. For the past three years we've put our plans at the sanctuary on hold as we've focused on rebuilding financial stability within the organization. With all due praise to the remarkable leadership of our Executive Director, Lynda LeMole, and the UpS board of directors and supportive membership, we're now able to move forward on the Sanctuary plans once again. This year, under the supervision of UpS board member Joe Viny, the Sanctuary barn was renovated and now includes four 'stalls' (converted horse stalls), or rooms, for students/interns to stay in. In keeping with our sustainability goals, the barn now also includes a 'state of the art' composting toilet and showers. We're ready to roll again at the Sanctuary.... we'll be working toward offering an intern program and perhaps a couple of classes this year. We all need to give Joe a big round of applause. Not only did he supervise the 'barn project' from start to finish, but also he and his wife, Wendy, gave birth to our youngest UpS member, little Stanley Arlo Viny, born on July 10, 2006. We also wish to extend our gratitude to Lee Wood, who oversees and manages the Sanctuary. (Before becoming the UpS Sanctuary, it was Lee's family farm for many years).

Another great success for UpS and plants is the near completion of the "At-Risk" Assessment Tool. One of our early undertakings as an organization was the forming of the "At-Risk" and "To-Watch" lists. Habitat destruction, market

demand (either current and/or future), life cycle and growing conditions (i.e. how easily plants could be cultivated) were factors used to determine if a plant should be included on either list. Though these two lists have remained at the forefront of medicinal plant conservation and are often referred to as 'the definitive lists', there has always been criticism that the lists didn't offer substantial evidence and/or weren't 'scientific enough' to warrant listing a plant. Kelly Kindscher, a professor at the University of Kansas and UpS board member, volunteered to head a task force to develop a more definite tool to determine whether a plant should be listed. Along with his grad student assistant, Lisa Castle Walker, and several other UpS colleagues, Kelly has worked for the past three years developing the At-Risk Assessment Tool. With a little more fine-tuning, it's ready to 'unveil'. David Bunting, a long time friend and fellow herbalist, will be working with Kelly and Lynda to complete the project and hopefully, it will be ready for further distribution later this year.

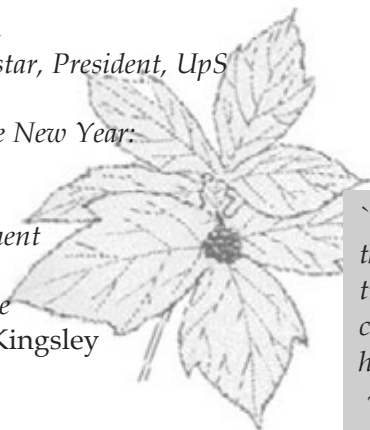
There are many other 'good news' stories to share about UpS and plants and you'll find them throughout this issue of the Journal. Some of the best stories we hear are from our members and what they are doing to help preserve and conserve plants. I think we must have one of the most supportive and impassioned memberships of any organization. Thank you for your on going support and in put, and for you deep and abiding love of plants and the earth.

I'd like to finish with a few words of gratitude...to Betzy Bancroft, our most amazing Office Manager and community resource person. She's a jewel to work with. And to Lynda LeMole, truly one of the most amazing Executive Directors an organization could ask for. She's done a terrific job not only creating financial stability for the organization, but of making the work enjoyable, even fun. All of us at UpS would like to extend our gratitude to Kelly Kindscher and Peggy Brevoort who, after six years of serving on the board, are leaving 'so that's there's room for someone else to join'. They have given UpS members and the medicinal plant conservation movement a huge gift ~ the At Risk Assessment Tool, a new accounting system, and countless other contributions. And finally, I'd like to welcome in our newest board members, Bevin Clare, Jim Chamberlain, and Kathy Larson - all great plant lovers who bring a variety of skills and talents to UpS. Here's to a glorious 2007 together in the Green!

In joy and light,
Rosemary Gladstar, President, UpS

My goals for the New Year:
Breathe fully
Drink deeply
Savor each moment
Share laughter
Live in gratitude

~ Dr. Kingsley



"...Even though all of the players (plants) may not be superstars, when the going gets tough, it is nice to have extras on the bench. The same is true with our natural plant communities. They are facing tough challenges with hurricanes and changes to their habitats. The more we have, the more likely that some will make it through the storm."

~ Joyce Maschinski, conservation ecologist, Florida

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LET US HEAR FROM YOU!

UpS' *Journal of Medicinal Plant Conservation* is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants.

We encourage you to send us your opinions and thoughts for submission to the Journal. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the Journal to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.



CULTIVATION CORNER

FALSE UNICORN ROOT

by Chip Carroll

False unicorn (*Chamaelirium luteum*) is a very unique perennial herb native to an area ranging from western Massachusetts to Michigan and eastern Canada, south to Florida and Mississippi. Although the range is extensive, the occurrence of this elusive herb is rather limited and is most commonly found in the south. A member of the Liliaceae Family, false unicorn is a somewhat nondescript, little rosette of a plant when not in flower. Plants are male or female, with only the females producing seed although both the male and female plants flower. Commonly referred to as colic root, devil's bit, fairy wand, helonias root, star grub root or grub root, this species is often confused with true unicorn (*Aletris farinosa*). The underground rhizome of *Chamaelirium* curves upward at the tip giving it the appearance of having a horn and has been cited as the source for its common name: false unicorn. It is the rhizome of this plant that is sought after medicinally.

Unfortunately, much like American Ginseng (*Panax quinquefolius*), harvesting the entire rhizome kills the plant, making this species critical to cultivate.

Although false unicorn has been highly valued as one of the most reliable tonics available for women, many herbalists and herbal companies will not buy, sell or trade this species because it is currently sourced exclusively from the wild with no major cultivation taking place. This, along with an increase in usage, demand, and a higher monetary value being placed on the raw material, create what may be a great opportunity for aspiring herb growers, especially those in the South.

Because there isn't a history of cultivating this plant, information is limited. Several commercial gardens sell seeds or plants, but this is a fairly

recent phenomenon. Most of the information below is taken from sources working on a few sites in North Carolina, New England, Ohio and Oregon.

False unicorn can be cultivated in zones 5-8. It is generally thought to be a 6-8 year crop from seeds or root divisions. In the wild of North Carolina it prefers shaded, moist, well-drained, slightly acidic soils with a pH range of 4.5 - 6.0. University researchers there have grown it under shade cloth but found that it did not do as well as other plants in that setting. Woods-cultivated plants nearby were more successful; the researcher surmises that differences in soil composition, soil fungal populations, and mulch depth may be responsible. (Greenfield and Davis 2004, Persons and Davis 2005). But even in the woods, these researchers reported that false unicorn grows very slowly.



Richo Cech of Horizon Herbs in Oregon is growing plants descended from North Carolina stock. He recommends sowing seeds or planting rhizome cuttings (as small as a quarter inch long). Seeds can be planted as soon as they are ripe or they can be stored in a cool, moist environment to be sown in a cold frame in the fall. After establishment the young seedlings can be transplanted to a suitable permanent spot. He states that growing in controlled conditions in pots for one or two years improves the seedlings' chances for success. He also recommends an annual application of a compost mulch in fall or early spring. Person and Davis (2005) discuss the ease with which false unicorn is grown from seed. An intern at N.C. State University found

that differing treatment of the seeds did not seem to affect germination rates of about 80%. They found that in contrast to what Cech (2003) and others have reported, cold stratification was unnecessary with greenhouse cultivation, and are unsure why this is true. They therefore recommend trying both methods.

In 2000, we planted over a dozen beds of false unicorn here in Meigs County, Ohio. These beds

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have been growing for almost 7 years now, appear to be healthy and consistently produce flowers. Although Dr. Davis claims they are the largest and healthiest plants she has ever seen, all preliminary indications are that they aren't really growing further. In 2005, Amy Brush with the Tai Sophia Institute in Maryland did a study on these beds to see what kind of weight increase we had on the rhizomes after 5 years of growth. The study showed that the roots actually had stayed the same or had shrunk in size. One problem with our beds might be the fact that false unicorn doesn't naturally occur around here. Another issue with the beds may be that they were never heavily amended and weren't consistently maintained. All of the rhizomes we planted were whole and not divided; maybe they were already at their capacity for growth? Who knows? Perhaps divided rhizomes would have shown a weight increase. As you can see, there is a strong need for more experimenting and research. If you live in an area where false unicorn occurs naturally, you are likely in the best position of being able to answer these questions and cultivate it as a crop.

I have heard from several herbalists and industry personnel who say that they would be using this herb if they had a sustainable supply. Although I suspect that there are as many as a dozen people in the U.S. who may have begun cultivating this species in earnest over the last 5 years or so, there is still certainly "room to grow" for others wishing to try their hand at cultivating this valuable herb. And, until the cultivation side can sustainably supply the demand for false unicorn root, this highly valued herb will remain "At-Risk". At the very least, everyone should work to have a specimen or two growing in his or her herb garden.

References:

Cech, Richo. 2002. *Growing At-Risk Medicinal Herbs*. Horizon Herbs, Williams, OR.

Persons, W. Scott and Jeanine M. Davis. 2005. *Growing and Marketing Ginseng, Goldenseal, and Other Woodland Medicinals*. Bright Mountain Books, Inc., Fairview, NC.

Appalachian Forest Resource Center 2005, *Plants to Watch*. http://www.appalachianforest.org/ptw_false_unicorn.html

Chip Carroll is the Farm Manager & NTFP Research Education and Demonstration Coordinator for the Rural Action Research & Education Center in Rutland, Ohio and is also the owner of Woodlandwise Botanicals.

PARTNERS IN EDUCATION "ONE SEED AT A TIME"

United Plant Savers offers a special student membership fee of \$20 per student for all herbal schools, apprentice programs and training courses that enroll their students as a group. Each student receives a UpS membership package with all the benefits ~ informative Journals and Bulletins, *Nursery & Bulk Herb Directory*, free plant/seed Give-Away twice a year, membership discounts at UpS conferences, and more. When your school/program joins Partners in Education they will receive the UpS Educational Presentation Guide, a copy of the UpS book *Planting the Future*, use of the UpS "At-Risk" Slide Show & Video, a listing in both the UpS Journal and on our Website, guidance from experienced educators and the opportunity to make a difference ~ *One Seed at a Time*. Please contact Betzy at the office to find out how you can become a **PARTNER IN EDUCATION**.

Bastyr University: Robin dePasquale, Kenmore, WA

Castleton State College: Kathy Vidovich, Castleton, VT

Cedar Spring Herb Farm: Donna Wood Eaton, Harwich, MA

Dandelion Herbal Center: Jane Bothwell, Kneeland, CA

Florida School of Herbal Studies: Emily Ruff, Orlando, FL

Green Heron Gardens Apprenticeship ~ Anne Romance, Salem, WV

Green Turtle Botanical Sanctuary: Susan Clearwater, Martinsville, IN

Green Witch School: Salem, MA

Herb Pharm Herbaculture Program: Germaine St. George, Williams, OR

Honoring Herbal Traditions: Kelley Robie & Sarah Zettelmeyer, Milton, VT

Mountain Spirit School of Herbalism: Lupo Connell, Asheville, NC

Sage Mountain: Rosemary Gladstar, East Barre, VT

Southwest Institute of Healing Arts: JoAnn Sanchez, Phoenix, AZ

Tai Sophia Institute for the Healing Arts: Robyn Urbach, Laurel, MD

The NC School of Holistic Herbalism: Ceara Foley, Asheville, NC

Wisdom of the Herbs School: Annie McCleary, Bristol, VT

Yerba Woman Apprentice Program: Donna d'Terra, Willits, CA



UPS NEWS

NEWS FROM THE UPS BOARD

by Sara Katz, UpS Treasurer

Two of our dear and wonderful board members, Peggy Brevoort and Kelly Kindscher, who have made huge contributions to UpS over the last 6 years, have announced that it is time for them to focus on other aspects of the incredible work they do to keep our planet green.

Peggy, who has been an herb industry leader and organization maestro for her entire adult life, has brought a bounty of depth, wisdom and perspective to the UpS Board. As treasurer for the past 6 years, Peggy has helped to keep our budgeting and financial reports in excellent order. Her wisdom, heart, and perspective on all organizational matters have helped guide us towards good decisions at every step the way. Peggy continues to work with important non-profit organizations such as the American Botanical Council, of which she is board president, and Bastyr College of Naturopathic Medicine.

Kelly Kindscher, with his Ph.D. in Ethnobotany and passion for native medicinal plants, has brought tremendous skill, experience, and resources to help further the development of one of UpS' most important projects: the At Risk List. We could always count on Kelly to infuse board meeting discussions with his gentle wisdom and tremendous humor. Fortunately, Kelly will continue to work with United Plant Savers to oversee the further development of our At Risk Plants Assessment Tool. Both Peggy and Kelly will serve on UpS's Advisory Board, so they will fortunately be close at hand and heart. As they say, every ending is a new beginning.

UpS continues to be blessed with AMAZING people who are willing to donate their precious

time and valuable knowledge to our beloved organization. We are very pleased to introduce you to our three wonderful new board members:

Bevin Clare is a practicing herbalist, plant lover, nutritionist and world traveler. She is on the core faculty of the Master of Science in Herbal Medicine program at Tai Sophia Institute in Maryland, where she teaches and has a busy clinical practice. She is also engaged in a master's program in Infectious Disease at the London School of Hygiene and Tropical Medicine, where she studies the interactions of humans and the microbial world. Bevin is adjunct faculty at the Massachusetts College of Pharmacy and is a guest



Bevin Clare

researcher at the National Institutes of Health. Bevin serves on the board of directors of the American Herbalists Guild, and is an ethnobotanical consultant for the creation of the Shawmut Corridor Gardens in Boston, MA, a large scale medicinal plant garden.

Jim Chamberlain, Ph.D. has focused his professional attention for the last 28 years on forestry, forest management, forest products and natural resource conservation issues.

Much of his career has focused on rural development forestry, finding ways rural communities can better incorporate forest plants into their landscapes to provide economic



Jim Chamberlain

opportunities. Dr. Chamberlain is a Research Scientist with the National Agroforestry Center of the USDA Forest Service, Southern Research Station. He is building a regional and international program on rural development opportunities with non-timber forest resources and products. His particular interests are the social and economic market dynamics that affect how non-timber forest products are incorporated into forest

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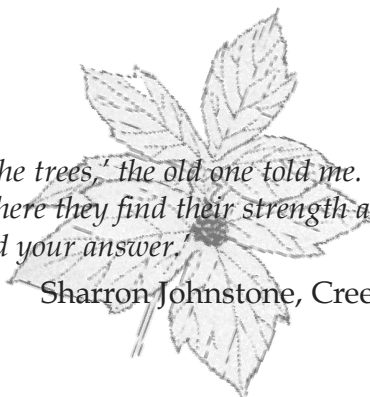
management. He has active research on selected products, including ramps, galax, and black cohosh, as well as a project to define, describe and evaluate the non-timber forest products industry in the southeast. Jim holds an Associates degree in forest management from Paul Smith's College; a Bachelors degree in Wood Products Engineering from SUNY, College of Environmental Science and Forestry; a Master of Forest Science from the Yale, School of Forestry and Environmental Studies; and a Master of Economics from Virginia Tech. He received his Ph.D. from the College of Natural Resources at Virginia Tech in 2000. Jim also is a Certified Forester and a member in good standing of the Society of American Foresters for 15 years. He has published extensively on forestry and non-timber forest products issues. He is being trained as a Master Gardener to aid in his efforts as his church's gardener.

Kathy Larson has worked at Frontier since 1980, and has held a variety of management positions in Purchasing, Quality Assurance, Research and Development, and Marketing. Currently Vice President of Sustainability and Education, she has been a member of Frontier's management team from its first formation, and she served two terms on Frontier's Board of Directors. Kathy is an herbalist and a strong advocate of organic agriculture. She has traveled to Europe and Asia to source botanicals and establish organic-grower programs for Frontier. In addition to heading Frontier's social responsibility programs, Kathy also manages the company's education and communications programs. She has served on the AHPA Board and been active in several industry committees.

We enthusiastically welcome these amazing new board members to our circle of plant protection enthusiasts.

'Go to the trees,' the old one told me. 'Ask them where they find their strength and you will find your answer.'

Sharron Johnstone, Cree Nation



UNITED PLANT SAVERS' POSTER



If you listen, they will teach you.

If you listen, they will teach you.
17"x23" black and green etching by Kevin Morgan
\$10.00 (includes shipping)

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WELCOME UPS!

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SPECIAL OFFER!

With each flower purchase Organic Bouquet will donate 10% to United Plant Savers. Our



flowers are grown and harvested using practices that aim to improve the quality of farm working conditions, minimize damage to ecosystems, conserve biodiversity, and enhance environmental quality for future generations.



UPS' At-Risk FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants. ▽

~ At-Risk ~

American Ginseng
(*Panax quinquefolius*)
Black Cohosh
(*Actaea (Cimicifuga) racemosa*)
Bloodroot
(*Sanguinaria canadensis*)
Blue Cohosh
(*Caulophyllum thalictroides*)
Echinacea
(*Echinacea spp.*)
Eyebright
(*Euphrasia spp.*)
Goldenseal
(*Hydrastis canadensis*)
Helonias Root
(*Chamaelirium luteum*)
Lady's Slipper Orchid
(*Cypripedium spp.*)
Lomatium
(*Lomatium dissectum*)
Osha
(*Ligusticum porteri, L. spp.*)
Peyote
(*Lophophora williamsii*)
Slippery Elm
(*Ulmus rubra*)
Sundew
(*Drosera spp.*)
Trillium, Beth Root
(*Trillium spp.*)
True Unicorn
(*Aletris farinosa*)
Venus' Fly Trap
(*Dionaea muscipula*)
Virginiana Snakeroot
(*Aristolochia serpentaria*)
Wild Yam
(*Dioscorea villosa, D. spp.*)

~ To-Watch ~

Arnica
(*Arnica spp.*)
Butterfly Weed
(*Asclepias tuberosa*)
Chaparro
(*Casatela emoryi*)
Elephant Tree
(*Bursera microphylla*)
Frangula
(*Rhamnus purshiana*)
Gentian
(*Gentiana spp.*)
Goldthread
(*Coptis spp.*)
Kava Kava
(*Piper methysticum*) (Hawaii only)
Lobelia
(*Lobelia spp.*)
Maidenhair Fern
(*Adiantum pendatum*)
Mayapple
(*Podophyllum peltatum*)
Oregon Grape
(*Mahonia spp.*)
Partridge Berry
(*Mitchella repens*)
Pink Root
(*Spigelia marilandica*)
Pipsissewa
(*Chimaphila umbellata*)
Spikenard
(*Aralia racemosa, A. californica*)
Stone Root
(*Collinsonia canadensis*)
Stream Orchid
(*Epipactis gigantea*)
Turkey Corn
(*Dicentra canadensis*)
White Sage
(*Salvia apiana*)
Wild Indigo
(*Baptisia tinctoria*)
Yerba Mansa
(*Anemopsis californica*)

UPS' NICK KULIBABA & THE WORLD CONSERVATION UNION

We are pleased and proud to report that UpS Advisory Board member, Nick Kulibaba, has joined IUCN (The World Conservation Union) as Senior Development Officer in the USA Multilateral Office. The World Conservation Union, headquartered in Gland, Switzerland, is the world's largest organization devoted to biodiversity conservation and is home to the Species Survival Commission, 'The Red List' of endangered species, and also the World Commission on Protected Areas. IUCN's membership includes nearly 90 sovereign government members and over 1,000 non-governmental organizations.

Nick, a veteran fundraiser for non-profit organizations, is currently attempting to generate \$100 million to guarantee sustained funding for The Red List, as well as support for the 2008 World Conservation Congress in Barcelona.

You can either complain that rose bushes have thorns – or rejoice that thorn bushes have roses.

~Anonymous

GREEN BARS PROGRAM: PLANTS IN PRISON

by Lynda LeMole, Executive Director

Plants grow in every corner of life, and they crop up sometimes where they are least expected. We were amazed to learn of plant work in U.S. prisons. Recently, friends in the herb community who were working with prisoners who had started an herb garden, contacted UpS and we were asked if we wanted to become more involved. As it turned out, Rosemary Gladstar's Herbal Correspondence Course had already made its way into the system and she had a student, David Ayala, who had was taking her course.

We began corresponding with David and other friends who had worked in prison gardens. Not all prisons are open to allowing them. It is often difficult to get approval to send educational materials to a prisoner and it can be even more difficult to send seeds or gardening tools. Several institutions do allow gardens though, but as they are not 'formal' programs, they must be carefully approved. Additionally, some institutions align themselves with local colleges or universities, and it is possible to work with teachers that visit the prisons and teach classes on many subjects including those that support a garden program.

We are currently working on contacts that will allow UpS to make presentations at a California institution to encourage and assist the garden project that was developed. If you know of prisons where a garden project might be possible, please contact me and we can discuss the possibilities of a Green Bars Program.

David has since completed Rosemary's course ~ with flying colors ~ and he has been awarded his certificate in The Science and Art of Herbalism. We asked David to write a short piece on his experience over the last few years. While it does not tell the whole story, we felt it was inspiring and wanted to let our members know how the medicinal plants were creeping in behind bars.

From David Ayala...

Nobody ever really expects to go to prison. I mean, it's not like you wake up and say, "When I grow up, I want to be a prisoner!" For most of us, it just sort of happened and it may take years to figure out *how* it happened. After crossing the gates into this unknown world, you are

forced to basically learn how to swim as you are picked up from your old reality and dropped into a new and very different one. And that is how it started for me. I spent most of my early time here educating myself and attending the American Indian sweat ceremonies. I've always had a green thumb and had used a variety of herbs in the lodge, so as soon as I had the opportunity here, I planted. One thing about prison, you meet people and many are just like you ~ a bad choice or bad timing got you here ~ but most are filled with a storehouse of knowledge or a gift of some kind. And that's how it was when I met G. He really had a green thumb and a vision of what to do. He wanted to grow herbs of medicinal value in this prison setting and to teach the way of herbs ~ what a concept!

So, we started out humbly with a few hand picked guys with like-interests, and on Sacred grounds in back of the prison near the sweat lodge, we began our first garden. It was there that the seeds sprouted and started to grow. Right away, you could see that everyone who was involved was transformed. You could actually see the glow in the men from their involvement with the earth and with the plants. Now, G had a friend that was truly gifted and blessed enough to see how her written lessons could actually spread green consciousness. So, we began those lessons ~ Rosemary Gladstar's Correspondence Course, "The Science and Art of Herbalism. And it did. From our simple garden plot and making simple teas, we then wanted to see what we could do in this setting and with the herbs. So now I got really excited, it was something new and something with value. We continued with Rosemary's course and ~ lesson by lesson ~ the garden grew, we grew. This was my first serious look at herbs, and when I looked, I couldn't see a bottom ~ it was endless.

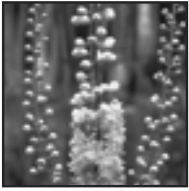


G journeyed on and I took the lead. I think the saying goes that if you want to learn something, teach it! Soon, we moved the garden and I was teaching around 50 men a week. The prison administration made us move the garden to be in a proper

area. This was nice because it was a

continued on page 15...

Winter 2007



UPS GRANT REPORTS

PEJUTA OJU (CEREMONIAL PLANTS) FOR THE NORTHERN PLAINS

by Monica Skye of Standing Rock Botanical Sanctuary

Wopila tanka (big thank you) to United Plant Savers' generous community grant. The funding of our multigenerational planting project last Mother's Day helped to restore land that was previously scarred by a bulldozer. Cattle also caused damage to the area before it was established as an UpS Botanical Sanctuary.

Planting indigenous and ceremonial plants along a dry stream was rewarding for everyone involved. Young children and elders together planted eastern red cedar, red osier dogwood also called red willow, buffalo berry, ash trees, native plum, sumac, chokecherry, June berry, bur oak, and echinacea plants in the area of a sacred inipi (sweat lodge), one of the seven rites of the Lakota people. We also planted Horizon Herbs' "Earth Healer's Seed Mix" over the surface of earth that was disturbed by cattle and the noxious weed called leafy spurge. After planting we ate an organic picnic lunch together among the new plants that blended beautifully into the natural landscape.

Prior to our planting, during three inipi ceremonies, we prayed for the plants to grow and to be plentiful. It was meaningful to help carry out the prayers in the lodge. Zona Loans Arrow, a 79-year-old Dakota/Lakota seasoned gardener originally from Porcupine, North Dakota said, "Our words are our seeds. Pray for the plants. Talk to the plants." And this we did.

We mulched the plants with organic matter from rabbit droppings mixed with straw and watered the plants with fish emulsion and comfrey leaf fertilizer. Most of the plants survived the record-breaking drought that was the driest summer since the dust bowl era of 1936. We even had 90-degree weather in April and 112 degrees in July!

The year 2006 was full of milestones. I graduated from Prescott College with a B.A. degree in Environmental Studies/Sustainable Community Development and became an enrolled tribal member of The Sault Ste. Marie tribe of Chippewa Indians. My academic research will continue in organic gardening, permaculture, heirloom seed preservation, herbalism, native medicinal plant conservation, grazing with goats, holistic livestock husbandry, and wind energy projects.

Friends both on and off the reservation gifted 27 acres to my family to pursue our land restoration project. Our land restoration efforts have gained positive and influential attention and it was very encouraging to be acknowledged for our efforts in sustainable living methods. Now we are hoping to

initiate more land recovery projects. We appreciate all the support and inspiration from the United Plant Saver's extended family.

Editor's Note: Monica was also the recipient of the Medicinal Plant Conservation Award for 2006 from United Plant Savers in recognition and appreciation of her on-going work.



FUNDS AVAILABLE FOR COMMUNITY PLANTING PROJECTS

United Plant Savers has a fund designated for community planting projects. UpS guidelines require that the project have educational merit and that the land proposed for planting be protected either by individual ownership, or be a part of a school or park system. For application information please write to:

UpS Community Fund Guidelines,
PO Box 400, E. Barre, VT 05649

HERB CONSERVATION AS A WAY OF THINKING IN MONTENEGRO

by Steven Foster

Seeing an herb in its native habitat for the first time is like meeting an old friend. I know of few things more exciting than traveling to a foreign land and seeing an herb I've long known through words or pictures, or used a thousand times, and there it is—growing on a mountainside where it may have thrived for millennia. Such is my experience in the Balkans, in Montenegro. Tucked between Croatia and Bosnia-Herzegovina to the north, Albania to the south, Serbia and Kosovo to the east, and the Adriatic Sea to the west, I think of Montenegro as one big wild garden of herbs. It's a tiny country barely the size of Connecticut; the phrase used to brand tourism is simply "wild beauty."

That wild beauty is breath-taking mountains and stunning water features cloaked in a blanket of wildflowers and herbs. The flora of Montenegro includes nearly 3,200 species of flowering plants. Here, the word diversity unfolds before your eyes as you wind over the coastal mountains through the Zeta Plain along the emerald-tinted azure waters of the Morace River Canyon to the long climb up the road over Mt. Sinjavinia to the Tara River Canyon on the other side. In a very short span, the flora transforms from Mediterranean elements, abounding in herbs familiar from the herb garden — sage, thymes, oregano, bay trees, myrtles, bay trees and pomegranates — to a Continental flora, where one sees elders, linden trees, elecampane, colt's foot, and many more familiar herbs. Here they are not garden escapes or naturalized weeds. Here they are the native flora from a part of the world where these plants evolved.

Conservation is a view of the world that makes you realize that you are like another blade of grass, transient as the sun reflecting off a full moon. Everything comes and goes. In nature change is constant and rhythmic. The only constant factor in the plant world is endless variation. That endless variation is the diversity we wish to "conserve" and perpetuate in plant

conservation. It is not something that we see before our eyes as if it is a movie, rather it is more like a snap shot of a moment in time that lasts as long as one human lifetime. Therefore, we conserve and preserve not for ourselves, but in the words of Cherokee elders, for the people seven generations from now.

When we take herbs from wild habitats for the use of humans, the harvest of herbs must be sustainable — not just a short-term measure of sustainability — but over the time it takes for seven generations of humans to walk on the earth. These concepts come into play as a backdrop for international development work in the herb sector, as one travels to a country such as Montenegro to improve the human and economic condition. Recognizing that its greatest asset is indeed its wild beauty, in 1992 the assembly in Montenegro, then a part of Serbia, declared itself the world's first "ecological state." As a rugged mountainous extension of the Alps, the Balkans in Montenegro have never leant themselves to large-scale human development. With a relatively sparse population, Montenegro has remained a pristine wild place. The beautiful Tara River Canyon, a UNESCO World Heritage Site, and the many crystal clean water features throughout this little country beg to remain as they are.

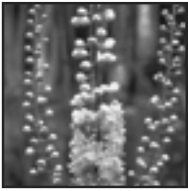
Since the summer of 2005, I have come here several times to advise herb and essential oil producers and the tourism business sectors on increasing their

understanding of how to live and do business in the modern world. As an individual, I can only offer small pieces of advice, simply a different perspective of an outsider looking in. Although I'm thinking about the plants, the trips always become about the people. It's developing friendships, trust and helping folks understand what small changes they might need to make to move forward in international markets.



Gentiana © Steven Foster

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THE POTTING SHED

We are opening a new corner of our Journal, "The Potting Shed", where we hope to place ideas that we read, or that members send us, that may not be complete articles, but are thoughts we think are important, and ideas that we think will sprout more discussion. Send us your seedling thoughts on

this piece or other germinations! Below is an excerpt from an on-line discussion from Bob Beyfuss via [MPWG] [PCA] Electronic Public Discussion: Evaluating the Invasive Potential of Imported Plants

EVALUATING THE INVASIVE POTENTIAL OF IMPORTED PLANTS

by Robert Beyfuss, Agriculture and Natural Resources Issues Leader
Cornell University Cooperative Extension

Ecosystems are not static! This is my point entirely! If a natural event such as a forest fire burns up a forest, it will soon be colonized (invaded?) by new species of plants that were not there before the fire. These plants may be considered as "exotic" to that forest ecosystem since they were not there before the fire but moved in afterwards as result of the fire. Whether those plants were present nearby 100 years ago or 400 years ago makes no difference. The process of colonization followed by succession is exactly the same whether the pioneer species are native from 400 years ago or introduced 100 years ago. The big question is "what is native?" or how long does a plant or animal have to be here before it is considered "native"? Policy makers (not scientists, scientists know that picking dates like this is not at all scientific) have "arbitrarily" chosen the time period of somewhere around the year 1600 AD as the beginning of "exotic" plant importations and hence invasions. The Asian peoples that colonized the United States before European settlement brought plants with them. Many of those plants became naturalized and since they were here before 1600 they are now considered as "native". The assumption on my part is based on the fact that examination of the 7,000 year old "ice man" in the Alps revealed that he had seeds of non-local plants with him, i.e. wheat. People have always brought plants with them as they migrated from place to place and the plants they brought in had the same virtues or vices as plants imported since 1600.

These systems are not static. They are constantly changing, whether due to natural events such as fire, wind, tides or man-made events such as acid rain, global warming, paving,

selective herbicides, etc. Policy makers have decided that "we like these ecosystems that have been here since 1600 and we will be trying to protect them from the invasive plants". But it is the environment that ultimately determines whether any given plant will survive or not. The plants that appear either succeed or fail based on the environment that is currently in place. When the environment changes, so too will the species composition. I have no problem with people trying to preserve a "current" ecosystem because they happen to like that ecosystem, but this is purely an arbitrary decision and not how nature works. To pretend that preserving a current ecosystem by banning plants that "might" be successful in it is a bad, very bad policy.

This policy diverts sparse resources from far more pressing environmental concerns, like global warming and other habitat alterations caused by humans that are correctable by means other than banning plants. When a coal company blows the top off a mountain, we should be happy that anything grows back! This policy also assumes that someone in Washington or Albany or some other state capital is able to distinguish "good" plants from "bad" plants. I sincerely hope that scientists don't make judgmental calls about "good and bad" plants. In science there are no "good" or

"bad" plants. There are just plants with different characteristics. Yes, purple loosestrife will displace many other species of plants and form almost a monoculture for a period of time. No one really knows how long that period of time will be. It might be 50 years or maybe even 100



Purple Loosestrife © www.cofc.edu

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years, but if there is anything we know for sure, we know that it will not be there forever. To label purple loosestrife as a "bad" plant overlooks its good points. It makes wonderful honey, it does provide food for many species of wildlife as do the much maligned "exotic" honeysuckles, autumn olive, multiflora rose, etc. By banning plants simply because they are exotic and may be potentially invasive, what potentially valuable plants are we excluding? Should people like Liberty Hyde Bailey, Thomas Jefferson and the many, many other botanists who made collecting trips abroad be condemned as evil people because they brought back new plant material? Should the pilgrims have been forced to leave behind the plants they used in the old world? 90% of the food we eat and a substantial amount of the plants we enjoy horticulturally are "exotic". The county executive in NY who "banned" the use of all but native plants in county landscaping projects should be "banned" from drinking coffee, tea, orange juice, milk and beer. He should not eat beef, chicken, pork, bread, rice, apples, oranges, kiwi fruit, mangos, avocados, lettuce, onions, garlic, cabbage or any of its relatives. He should remove his Kentucky bluegrass lawn, all his spring flowering bulbs, most of his shrubs and his other landscape plants, as these are all "exotic" species. Failure to do so makes him a hypocrite in my opinion.

In a nutshell, my main problem with this whole issue is that it is extraordinarily arbitrary and judgmental. When scientists start saying that this plant is "bad" or "good" they are imposing their opinions and not their observations. When policy makers start making policies based on opinions, we suffer as a nation.

It is nice to engage in these interesting discussions. Happy days to all of you, native Americans and exotics too!

SPRING SEED GIVE - AWAY

by Richo Cech

United Plant Savers Northern Set

Set consists of one generous packet each of Arnica (*Arnica montana*), Calamus (*Acorus calamus*), Fireweed (*Epilobium angustifolium*) and Rhodiola (*Rhodiola rosea*).

United Plant Savers Southern Set

Set consists of one generous packet each of Cordao (*Leonotis nepetaefolia*), Mexican Tarragon (*Tagetes lucida*), Purple Passionflower (*Passiflora edulis*) and Spilanthes (*Spilanthes acmella*).

This year's seed giveaway is designed to help diversify your garden with potent medicines from the North Country and/or luscious flowers from the South. We've combed through our collections looking for useful and florific species not previously offered to UpS members. This seed is fresh and ready to be planted in pots or flats. After the seedlings develop their first true leaves, they may then be transplanted into the spring garden.

The North Country species are all hardy to at least -25 degrees F. Arnica, Fireweed and Rhodiola do well in acid/loam soils and full sun. Sprinkle small seed on the surface of potting soil and press in hard, then keep gently watered and in the light. Calamus seed can be buried a little deeper and kept moist until germination. It's fascinating to watch those mini-monocots make their way into the world! Calamus is a water-loving plant that can be grown in waterways or in a moist garden bed. It is a sun-lover that purifies the water or the soil where it grows. The rhizome is a well-respected aromatic bitter.

The Southern set includes 2 fast-flowering annuals (Cordao and Spilanthes) that are easy to grow and make a big show. These are sure to please both hummingbirds and neighborhood gawkers. The Mexican Tarragon and the Purple Passionflower are herbaceous perennials hardy to about 20 degrees F. The Tarragon makes very pretty yellow flowers, and the dried leaf makes a good tea for treating colds. As a spice, this plant tastes similar to French Tarragon. The Purple Passionflower seeds are best soaked overnight in warm water before planting. Once they get going, the Passionflowers prefer a very sunny exposure and fast-draining soil. This particular species has mildly sedative leaves and produces sweetly edible fruits. The flowers are a complexly colorful bumblebee dance floor mandala. We had a Passionflower seedling this year that grew only about a foot and a half tall, but really got busy underground, sending out a runner as thick as a pencil, giving rise to another plant at a distance of about 6 feet. I guess that's why we love growing plants — we appreciate the butterflies, the flowers, the aromas and the ready medicine; and we never get tired of the surprises that the plant world has in store for us. We take unfettered delight in being students of nature, the greatest teacher of them all.

2007 SPRING SEED GIVE-AWAY

Northern or Southern Herb Seed Set

Each contains four generous packets of certified organic seeds grown at Horizon Herbs. Planting instructions will be included with your order. (See side bar for description of seed sets.)

CURRENT MEMBERS ONLY!

To order seeds, please send your name, mailing address, choice of Northern or Southern seed set and a check or money order for \$5 (to cover shipping/handling) to:

UpS Spring '07 Seed Giveaway
PO Box 400 East Barre, VT 05649

Please note: orders must be received by
April 1st, 2007 for early April shipping.

A TREE BENDING

by Barbara Salvatore Klopping

'She stands there still and fills the sky with feathery silver leaves, soothing whispers and wide limbs. Willow trees smell like summer brooks feel. Wet and cool, pungent and green. You miss them when they go.'

On June 28th 2006 our town had over 13 inches of rain and saw the worst flood in its history. We were without power for 23 days ~ no phones, no internet, no mail delivery, no bridges, long detours and the village was swept through with eight feet of water. National Disaster #1650. Red Cross, National Guard, FEMA ~ our own mini-Katrina. It didn't make national news, and although our tributaries feed reservoirs for New York City, when something like this happens, it *should* be news. The water ran brown for two months.

The **Willow** tree saga began when our town was stumbling back to its feet. Everyone was trying to save houses, businesses, sanity, and I was concerned about **A Tree**. It was not easy to get help under such circumstances. But it had to be done.

You see, **Water Willows** kept the brook from washing away our road frontage. While my neighbors to the left lost their mailbox, then their garage, and finally their house and old dog; neighbors to the right lost their bridge and basement when the brook blew straight through it. The road at either end of our driveway was **Gone**. But as the waters roared past, the **Willow** in front of our house kept the road intact ~ the only tarmac that was not curled up and washed away in chunks.

Up and down the brook, black **Willows** stood holding the banks with their roots. Pine, hemlock, ash and maple came crashing down. When the clean up started, a **Tree Crew** was hired to tackle Pines Brook. I realized how close they were, when chainsaws woke me up. That morning I immediately wrapped a large sign around **The Tree**:
"Please Do Not Cut This Tree! It is old and has held this bank together for many years! WILLOWS Help our Streams!"

I spent the next days trying to convince *someone* that *this* tree should *not* be killed. It is *medicine*, it is *native*, it is a *survivor*, it *belongs* here, it serves a *vital purpose*.



As trees were cut, limb from limb, further down the brook, I started **Documentation**. I kept a **Written Log**, and took **Digital Photos** and **Video** keeping track of events, dates, times, names, numbers, and notes from phone calls.

I met the **Highway Supervisor** under the tree. He explained that he was bound to the recommendation of the **Tree Foreman**, as they were the **Experts**.

The **Tree Foreman** claimed that the tree was undermined, damaged, a liability.

I begged for time to get another **Authoritative Expert** involved that could examine the tree and support its claim to remain, firmly rooted. They agreed to give me another day.

While stirring up hot water, it was necessary to let my **Family** in on my plan. This further disruption to our business and routine had to entail their support. We gathered up and saved all the cut **Willow** branches for transplanting. We soaked them in the frog pond to root future generations.

With laptop on generator power I did **Research** and **Wrote Letters**. I emailed the **Local Newspaper**, faxed **The Town Supervisor**, "The Tree Crew is making serious errors in cutting the willows. I want this indiscriminate practice stopped, as it will cause greater future damage to our roads and waterways." I copied official's names at the bottom of each letter so it was clear I was raising a public ruckus *and* that I was seeking **Legal Counsel** because the authorities involved said they would hold me responsible should this tree fall and hurt somebody.

I visited **The Landowners**, my neighbors, Bill and Dottie, saying that if they thought there was *any* risk that the old willow would fall into the brook and be washed up into their house, I would not pursue it further. "Those willows won't fall," they answered, "You go ahead and try to save that tree."

The **D.E.P. Police** I spoke with said the road department had the **Right-of-Way** (a certain distance on either side of the road)

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and any land on that right-of-way did not maintain rights for the landowner. Even so, I intended to block the cutting the next day. He warned me again that trespassing was *against the law*. I replied that sometimes citizens need to go against laws in order to stand for what is **Right** (Civil Disobedience).

My **Lawyer** graciously informed me that the **Town** can *not* hold me responsible for the tree or its actions. The landowner himself could not be held responsible. And no one could sue either of us over this ~ *within the law*. This gave me the courage to continue.

When I called **The Soil & Water Conservation District Department**, a professional actively involved in saving the stream banks gave me the '**Authoritative Expert Opinion**' that I needed: "Willows are a valuable tree to keep, a good bank stabilizer," he confirmed, "This willow ~ strong enough to survive the worst storm in our recorded history, as well as hold the road together ~ did *not* pose an immediate threat and should be conserved." He'd call the **Highway Supervisor** and give the recommendation to allow the tree to remain standing!

But my husband delayed going to work the next morning when the **Tree Foreman** told him that he'd gotten the "Go ahead to cut her down", and maybe my husband should "Keep his wife inside." Of course throughout it all I was praying ~ **For the trees ~ With the tree**. It was an example of rooted strength even then, so I did not stop. Someone heard my tears.

At 10 a.m., after three of the four trunks had been sawn off, we got the return call from the **Highway Supervisor** saying, "*Yes, the tree can stand...*"

My husband tore out the door screaming. "*You lied to me! You don't look me in the eye and lie to me!!!*" The man with chainsaw in hand felt the hair rise on the back of his neck. The **Foreman** that lied to us said, "*Pack it up.*" The cutting stopped.

I did my best to speak for the **Willow**. Standing for her, hoping she'd be left standing. Only her main trunk remains. But we stopped the **Tree Crew**, and they were fired soon after when the **Town Supervisor** came to view their work.

No willows remain on the south end of the brook to hold against the next storm. But **Willows** still stand on the north end and up the left branch. Six months later, I can see to write by the full moonlight. I've come out to sit with the **Willow** tree and remember how it went, to encourage others to take a stand where and when it's needed. We must speak up for the plants and trees. We cannot ever take them for granted.

Barbara Salvatore Klopping
Big Horse Herb Farm, Walton, NY

Green Bars Program ...continued from page 9

bigger space but somewhere between vision and my excitement I got carried away! We planted way too many stinging nettles ~ about 110, then over 30 milk thistle plants ~ oops or ouch I should say! I think I still have stickers! As we grew, we targeted each stage of the planting cycle. We now have four 20 x 10 foot Quonset-style huts for our starts, a garden of 60 x 75 feet, a drying rack place for harvest, large tables for garbling and eight crates with gallon jugs for storage. They aren't glass, as plastic is all we are allowed, but they work. And we spend time in the books doing research, lots of research.

Now, you have to look at this picture: men from all different walks of life, backgrounds, belief systems and ages. We all had our strong sides, for some it was research, some planting. In addition to the gardening, we do teas each week and make herbal oils, lotions, salves and oh, don't let me forget the facials ~ yes, facials! You can see it can't you? A bunch of macho men with herbal clay or honey all over their faces! We got here together because we all made mistakes, but we are all human and to see the glow in an elder's eyes as he would partake in the journey, was amazing. What an experience and incredible journey this has been for us all. Amazingly, with the cooperation of the institution, our little program has touched many and I'm sure their excitement has spread from each them to family and friends.

I really do not know why it takes some of us so long to see what is real in life, but I am thankful for all involved on both sides of the bars, for the help, patience and belief that we are worthy of this gift.

In Peace and Unity,
David Ayala

PARTICIPATING SALONS

A David Anthony Salon & Spa
Above & Beyond Spa
Aveda, Inc.
Affinity Salon
Ambience Salon Spa
Aria of New York
Artistiques
Asana, Inc.
Ashka Salon
Avalon Salon and Spa
Avanti Salon
Aveda Fredric's Institute
Aveda Institute Columbus
Aveda Svcs Midwest
Bella Capelli Salon
Bella Donna Salon & Spa
Birchtree Studios
Brown Aveda Institute
Casal Aveda Institute
Casal's deSpa & Salon
Casal's Howland
Chez Ritz
Classic Image Salon and Spa
Creative Edge
Darae's Salon & Spa, Inc.
Details
DiBela Hair Designers
Diva Studio Inc.
Douglas J. Aveda Institute, Inc.
Douglas J. Exchange, Inc.
Douglas J. Salon & Day Spa
Eastern Exposure Hair Salon LLC
Elan Aveda Concept Salon
Elements
Entheos Salon & Day Spa, Inc.
Europhia Salon & Spa
First Impressions Salon and Spa
Flux A Salon by Hazelton
Frederic's Hair Design
Full Circle Hair Design
Giovanni's Hair Design
Grand Salon of Ada
GSV Design Group, Inc
Hair Co. The Salon and Spa
Hairy's Salon
Head Quarters Salon & Spa
Head Shed Inc
Headway Salon
Heath & Company Salon & Spa
IBI David Salon and Spa
Images Salon & Spa
Imagine Salon and Spa
In Touch Salonspa
Input Specialties
J Romer Salon
Ja'ross Salon Inc.
Jeffrey Richard Salon
Jerry Heston Hairdressing
John Roberts by the Falls
John Roberts Hair Studio & Spa
John Roberts Salon Mayfield
Joli Salon & Day Spa
Kim & Company
La Luna Salon
Ladies & Gentlemen Salon & Spa
Laura Lee Salon

AVEDA EARTH MONTH 2006 SAVE PLANTS - SAVE YOURSELF

"Save Plants - Save Yourself" was the mission of Aveda's 2006 Earth Month program. During April 2006, the Aveda global network gave donations, portions of proceeds from "Appointments for the Earth" and 100% of proceeds from their "Light the Way" candle sales to help UpS and their other conservation partners save threatened and endangered plants.

As we have been reporting for the last two years, the Aveda network in the mid-America states of Ohio, Kentucky, Michigan and Indiana was the area in which UpS campaigned with our Aveda partners. We are once again hugely grateful for over \$150,000 in donations to UpS. Over 120 Aveda centers and hundreds of individual donors contributed to our work. This year we sent flats of 32 At-Risk plants from Companion Plants of Athens, Ohio to over 50 salons that found good homes for them.

We thank the Aveda salons, centers and their customers that contributed to UpS during Earth Month 2006. We also give great gratitude to Dominique Consiel, President of Aveda; Mary Tkach, Executive Director of Aveda's Environmental Sustainability; Katherine Whittington our Aveda champion; Mindy Green UpS Board member and Aveda clinical aromatherapist; Lynda LeMole, UpS Executive Director; Betzy Bancroft, UpS Office Manager; Peter Borchard and Companion Plants; Horizon Herbs, John Lentz, Sara Katz, and Liz Butler. These individuals made Earth Month a success for UpS. It has been a spectacular honor for UpS to work with Aveda and we will be benefiting from their generosity for years to come.



*Everybody needs beauty as well as bread,
places to play in and pray in, where
nature may heal and give strength to body
and soul.*
~John Muir

FIVE EASY STEP TO PLANTING A BILLION TRE

1. Research what medicinal (other) trees grow in your zone
(Consult National Arbor Day Foundation website for a list www.arborday.org/media/z)
2. Source trees or seeds. Co UpS Nursery Directory or call UpS.
3. Enroll in the Billion Tree Campaign and make your pl www.unep.org/billiontreeca
4. Plant trees !
5. Care for the trees and wa grow!

PLANT FOR THE PLANET: THE BILLION TREE CAMPAIGN

by Lynda LeMole, Executive Director

United Plant Savers is SO excited to be joining what we call "our kind of revolution"! We've been accused of being 'tree-huggers' for years, and it's finally come into fashion.

The United Nations Environment Programme (UNEP) is launching a major worldwide tree planting campaign. Under the *Plant for the Planet: Billion Tree Campaign*, people, communities, business and industry, civil society organizations and governments will be encouraged to enter tree planting pledges on their website (www.unep.org/billiontreecampaign) with the objective of planting at least one billion trees worldwide during 2007.



by Green (treehugger)

Professor Wangari Maathai, Nobel Peace Prize laureate for 2004 and founder of Kenya's Green Belt Movement, which has planted more than 30 million trees in 12 African countries since 1977, inspired the idea for the Plant for the Planet: Billion Tree Campaign. When a corporate group in the United States told Professor Maathai it was planning to plant a million trees, her response was: "That's great, but what we really need is to plant a billion trees."

A WORLDWIDE EFFORT

Recognizing that there are many tree planting schemes around the world, UNEP proposes to federate these efforts in both rural and urban areas. People and entities - individuals, children and youth groups, schools, community groups, non-governmental organizations, farmers, private sector organizations, local authorities and national governments - are encouraged to enter pledges on the **online form**. Each pledge can be anything from a single tree to 10 million trees.

UpS hopes that you will go to the website and make a pledge to plant one tree or many in your name using United Plant savers as your organization. We will be pledging tree plantings on our Ohio Sanctuary and we hope that you will join this planetary effort in 2007. We encourage you to plant native medicinal trees from our At-Risk and To-Watch list if possible. If you are unsure what will grow in your zone, you can go to the National Arbor Day Foundation website, type in your zip code, determine your zone and choose medicinal trees to plant. If you have difficulty finding seedlings or seeds, consult your recently published Nursery Directory (sent to all current UpS members), or call UpS for plant nursery references in your area.

The Billion Tree Campaign website has excellent and inspiring information about trees, how to plant a tree, the state of trees on our planet and other good information. This is an excellent project to do with children, community groups or for HerbDay 2007 (October 13, 2007). **Commit to Action - Join the Billion Tree Campaign!**

Lennonheads Salon & Spa
Light Salon and Spa
Lockworks Salon
Look for Hair
Looking Glass
Looking Good
Maria Giallanza Salon
Mars Venus Salon & Day Spa
Michael Christopher Salon Inc
Michaels Hair Design, Inc.
Midwest Massage
Miguel Christian Salon & Spa
Mio Spazio Salon, Inc.
Modern Concepts Salon
Mystique Salon LTD.
Nature's Envy Day Spa
New Awakenings
New Design Salon/Spa
Panache Salon, Inc
Phases Salon
Pompa Dos
Pure Concept Salon by Aveda
Pure Rituals, LLC
Rafiel's Signature Salon
Raphael's Aveda Concept Salon
Reflections Salon and Day Spa
Renee Salon
Revelations
Rometrics One
Rometrics Salon-Spa
Rumi Spa & Salon
Sakora Salon
Salon 297
Salon Agape
Salon Bliss
Salon Hazelton
Salon Indigo
Salon Krelic LLC
Salon Legato
Salon Tru
Salon West
Samson & Delilah's, Inc.
Sandalwood Bay Spa & Salon
Scot Matthew Salon, Inc.
Shapes
Spa Collections
Spring Renewed Salon
Square One Salon and Spa
Stephen James Salon
Steven L. Marvin Salon
Studio 1400
Studio 2007 Hair Designers
Studio B
Style Masters Salon
Sundance SalonSpa
The Creative Edge
The Edge, Inc.
The Essential Day Spa
The Future Wave Salon
The Grand Salon of Ada
The Hair Co Salon & Spa
The Styling Nook
Total Dimension
Transformation Hair Company
Vans Salon Day Spa
Vaughn Morrison & Co

Winter 2007



UPS BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

~Nancy Scarzello, BSN Coordinator

CENTER FOR HEALING ARTS HERB & ECO SCHOOL

Long Lake, WI

Sanctuary Steward: Gigi Stafne, CHAHES

It is the personal connection with Earth, Pacha Mama, that we have all been striving to maintain and sustain in these past years in northern Wisconsin. I write to you of our closest ties that have been woven with the Botanical Sanctuary at the Center For Healing Arts Herb & Eco School near the national Chippewa Ice Age Trail region. In the 5 years since we have moved the educational branch of our botanical medicine programs here, we are beginning to feel rooted to the heart of nature herself; an important move for those of us who desired to teach and learn the lessons of nature through immersion, rather than stiff classroom settings. It was difficult to understand Mama Nature's subtle ways in the urban setting where we began our natural medicine clinic many years ago.

We continue to open our sanctuary paths to community members, students and others who wish to enroll in an intro herb workshop, 'wild weed walk' or an exciting 'plant and paddling' eco tour to study wetland and medicinal plants while learning how to kayak at the same time. Some students choose to study with us intensively...through our Beginner to Master Herbalism programs. We have enrolled health care workers, engineers, artists and weed-eating wild ones! This diversity brings excitement to our classrooms...especially when they are held outdoors. It is so satisfying to watch the student

graduates grow their own green, sustainable businesses...enriching the regional economy with healthful, organic foods, herbs, naturally made products and holistic health care practices.

This past year we engaged in numerous projects and activities, and at times it felt like too much time and resources were spent on remodeling and creating infrastructure of necessary buildings. We strived to do this work sustainably...and for those of you who have gone that route, you know it takes much time and attention. But, there were plenty of other exciting "happenings":

~Amy Quade was hired as our Botanical Sanctuary Manager, and what a wonder she is!

~Our Women's Moon Lodge has become a popular regional event. Held each full moon, women young and old gather together to support and inspire one another with contemporary and ancient womanly wisdom. At any given lodge, you may hear drumming, chanting and native peace songs reverberating...or women speaking quietly about chakras, herbs and healing methods. The Moon Lodge is a small 6-sided structure that serves other purposes, too ~ rustic guest lodge, meditation hut, vision quest space.

~Plant preservation projects in the past year have included: Eco tours of Lower Long Lake shoreline which edges the national Ice Age Trail and has 11 designated 'sensitive zones' (ID'd by Wis. Dept. Natural Resources), specialized kayak and plant ID trips to this region regularly, and 'Bog Walks' at our Sanctuary. Last year our summer students discovered THOUSANDS of stunning, blooming Lady Slipper orchids.

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~After a devastating history of logging in the Great Lakes region, our sanctuary has one particular area that is what we call the "whitepine nursery" or "incubator" with thousands of trees coming into succession. Along our UpS trails we nurture native medicinals that naturally occur including partridge berry, Labrador Tea, bog cranberry, bunchberry, blue flag and more. Other sacred ones that we have replanted along our woodland trails for preservation and study include: ginseng, goldenseal, black cohosh, blue cohosh, wild ginger, and others. Specialized cultivated projects of echinacea and sweetgrass continue in other appropriately designated permaculture zones.

~Sustainable, green and off-grid plans for the future have been unfolding and at the Center & Sanctuary we all know NOW IS THE TIME to take the necessary steps to unplug from conventional energies and unwise consumption patterns so we've offered alternative energy workshops here.

~Collaboration and cooperative teaching, plus community service projects with two universities within the University of Wisconsin system have been in full swing.

Time to bring visions into reality! Regional eco-sustainability programs for 2007 include:

- ~Working With Native Northland Plants (an independent study program)
- ~Botanical Medicine Field Study Intensive
- ~Walking Lightly in Northwoods Time
- ~Eco Writing & Kayak Adventure
- ~Living Green: Transforming the Dream into Reality

On a national and international level we are organizing ethnobotany trips through our sister program and business, Adventure Botanica, being birthed in 2007!

May your connection with this beautiful planet remain strong throughout the year!



Long Lake, WI

SAGEWOOD BOTANICAL SANCTUARY

West Kingston, RI

Sanctuary Stewards: Kate & Dan Rakosky

We live in a tiny pre-revolution era village called Usquepaug, Rhode Island located in rural South County. Thirteen years ago it was our great blessing to become stewards of this land. The two-acre parcel we affectionately call Sagewood was once part of a nearly 300-year-old farm. The house is still intact, retaining the charm of a simpler time. The old stone barn foundation and surrounding stonewalls have had been enveloped by the returning woodlands and beautiful gardens.

For such a small space it has diverse habitats supporting native wildlife. About half the land is wooded and connected to many acres of contiguous woodlands under the protection of our local land trust. Portions of this parcel and the surrounding land contain wetlands, which has helped protect the area from development pressures. A small stream runs through the middle of the land at the edge of the woods into a pond. We have seen otters using this waterway where skunk cabbage, ferns, winterberry, barberry, multiflora roses and grapevines are growing and around the edges of the pond are turtlehead, goldenrod, lobelias siphilitica and cardinalis (a delicacy to hummingbirds), marsh mallow, tall meadow rue, blue flag, jewelweed, elders, pitcher plants, and pussy willows. The pond supports a lot of wildlife including green and blue herons, kingfishers, dragonflies, turtles and frogs and a mating pair of mallard ducks. There is also a sunny bog area where meadow beauty, boneset, Joe Pye weed, northern white violets and many grasses and sedges grow. Last fall, we introduced some blue vervain hoping it will be happy there, too. The woods are home to a very old white oak, maples, hemlocks, white pines, linden, birches, wild cherry, mayapple, wild ginger, Jack-in-the-pulpit and Indian pipe. There are also a couple of old apple trees that provide tasty apples and moist shade for medicinal plants.

When we look at the existing flora and fauna and the remnants of earlier inhabitants, we are always reminded how this land has nurtured many before us.

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Winter 2007

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Using only hand tools, we have encouraged the restoration to its earlier abundance, diversity and vitality, giving back copious amounts of compost and other offerings in gratitude for all of the life this land has supported. Over the years we have slowly introduced more wild medicinal plants to appropriate habitats. A few of our favorites are: bloodroot, bergamot, wood betony, black cohosh, blue cohosh, echinacea, American ginseng, goldenseal, butterfly weed, pink root, wild yam, hawthorn, Siberian ginseng, and passionflower. It is through caring for them that we too are nourished and healed.



Several new woodland gardens have emerged over the last few years as our “woodland nursery” plants mature to healthy transplant size or joyfully multiply. We created a path through the woods, retaining all of the plants except a few bull briars and it is a joy to walk. Dan built a couple of bridges (inspired by the walkway in the fen at Sage Mountain) so we can walk through and enjoy the wet part of the woods and cross the stream but not disturb the native habitat. There is a mossy stone bridge that crosses the stream at one entrance to the woods and stone steps that lead out of the hollow at the other end of the woods.

The seasonal rhythms of Sagewood have become as much a part of us as our own heartbeats, but familiarity has not diminished our passion. We are still deeply in love with her and her everyday miracles. In our desire to share this sacred space with others, we will continue to offer tours and have seedlings/divisions of plants available again this year. Visitors are encouraged to meander through the display gardens and native woodland and bog habitats, rest at one of the shaded tables or comfortable chairs nestled among the gardens with a cup of tea and look for evidence of the fairies! We hope people will come with open hearts, breathe, take their shoes off,

stand on the Mother, and really drink her in for an hour or two.

Probably the main reason for wanting to be a part of the UpS Botanical Sanctuary Network is

gratitude. We have been so fortunate to learn from so many wonderful teachers, not the least of which are this land and these plants. Especially in a tiny state like Rhode Island, where many people need to share a small space, and land is at a premium, we feel that maybe Sagewood could inspire others in our community to nourish and protect the land they are care-taking, no matter the size. Inviting people back to the garden, and reminding them that they can grow their own healing plants and that the best

medicine for body, mind and spirit is a deep connection to Mother Earth is our hearts’ desire. We also hope to continue our education by embracing this network of cherished green spaces and amazing plant people.

Thank you for including Sagewood as a member in the UpS Botanical Sanctuary Network.

OWL MOUNTAIN HERBS

Clyde, NC

Sanctuary Stewards: Randy Crouch

Owl Mountain Herbs is now part of the UpS Sanctuary Network and we are honored to be included among the other sanctuary stewards.

We purchased approximately five acres of 90% wooded mountain property in the Fines Creek area of Clyde, North Carolina in 1994. After many years of “visiting” the land we love and planting at-risk and endangered medicinal plants we moved into our log home in December 2004. It was built to suit our simple needs and fit into our woodland surroundings. It is a blessing to

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live in a place where you are glad to be home and it is here, tucked away on Owl Mountain Road, that we find peace.

Existing plant life that we have identified include ginseng, wild yam, bloodroot, black and blue cohosh, St. Johnswort, stinging nettle, trilliums, clinton/bearded orchid, ramps, Jack-in-the-pulpit, mayapple, pipsissewa, rattlesnake plantain, maidenhair fern, ghostpipe, morel mushrooms, and many more. We have planted goldenseal with much success and are proud to have re-integrated this important medicinal to its native grounds. Our old-growth forest includes eastern poplar, white and red oak, birch, dogwood, mountain laurel, locust, white pine, hemlock, long-needle pine, hickory and maple trees.

Western North Carolina is unique. It is a diverse terrain of mountain and meadow with a multitude of endangered and at-risk species of plant and animal life. Our property is only 15 miles from the Tennessee border. At around 4,000 feet above sea level we get snow when no one else does.

We are just beginning to establish the educational part of our sanctuary. Teaching a new generation of medicinal herb growers how to improve their growing and harvesting techniques is a primary goal for our prospective educational programs. Spring and fall planting and fall harvesting programs in keeping with curriculum designed by local high schools, colleges, and the Eastern Tribe of the Cherokee Nation are among our plans for educating the community about protecting and propagating native medicinal plants.

Our method of teaching will be mostly "hands-on". Students will learn the importance of proper planting, harvesting, and caring for (primarily) native medicinal plants in a natural woodland setting. We hope to instill the urgency for this generation of humans to propagate and protect our native plants in order to ensure a viable future.



Randy Crouch

By becoming a part of the UpS Sanctuary Network, we are hopeful that our dreams of planting the future and spreading the word of native plant conservancy will grow into a permanent reality.

RESTORATION HERBS SANCTUARY

Franklin, PA

Sanctuary Stewards: Sonja Hunt & Leslie Alexander

The idea for Restoration Herbs was conceived on a windy beach in Scotland, UK in May 2004 and was born in Franklin, PA in June 2005. After several months of searching we finally found this property tucked away in a corner with an acre of woods falling down to a creek behind the house and 5 acres of pasture in front. This we are slowly turning into formal and informal herb gardens, vegetable plots and will soon begin planting an orchard and a wild flower meadow.

Our land is already home to many 'to-watch' and more common herbs such as: alfalfa, cleavers, red clover, chicory, monarda, burdock, jewelweed, hawkweed, St Johnswort, butterfly weed, mahonia, white sage, Joe pye weed, pokeweed and *Echinacea angustifolia*. The woods with their stands of black cherry, white pine, hemlock, dogwood, 'muscle trees', shag bark hickory and linden are perfect for the re-introduction of once prolific species such as American ginseng, black cohosh and goldenseal. Indeed, in the 1800's Pennsylvania hillsides hosted copious stands of ginseng but its export business was only too successful and almost rid the area of these indigenous species.

Restoration Herbs has three goals. The first is to help local people discover the gentle support of healing herbs. Our second purpose is educational. We currently run workshops on herbal teas and health and speak to gardening clubs. We are planning a series of workshops for adults and children on topics ranging from the benefits of herbs in the diet to sustainable gardening methods, and from the importance of preserving native species to propagation and garden design. We've already had a modest educational success by persuading a local farmer to reduce his use of herbicides. (He was especially impressed when Leslie, an herbalist, used one of his "weeds",

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Plantago major, to help heal an ulcer on his thigh!) Third, we have a small range of herbal teas, dips and vinegars, dried and fresh herbs in season that we sell as part of a local growers' network at the Market House in Meadville.

RURAL ACTION'S RESEARCH & EDUCATION CENTER
Rutland, OH
Sanctuary Steward: Chip Carroll

This 68-acre piece of certified organic land is located in Rutland Township, Ohio about 2 miles from the United Plant Savers Botanical Sanctuary. Originally a corn and cattle farm, Frontier Natural Products Co-op purchased the land in 1998 to set up the National Center for the Preservation of Medicinal Herbs and save the timber from being logged out. The farm was set up by Frontier for research on best cultivation practices for at-risk medicinal herbs. In 2000 the property and project was donated to the current owner Rural Action Inc., a regional non-profit organization that promotes social, economic and environmental justice in Appalachian Ohio. The farm, now known as Rural Action's Research and Education

Center is used as a model demonstration & education farm that showcases sustainable forestry and agriculture practices and continues to work with growers and producers of medicinal herbs throughout the region. The farm also has facilities to serve as a retreat or meeting space and is available for rentals. The farm has continued to generate basic research focused around cultivation of at-risk medicinals and cooperates with several universities and graduate students on new and on-going research projects. Typically, about 200 people come through the farm annually for tours and educational workshops. The farm is about 60 acres wooded and 8 acres in fields. Approximately 6 acres of woodland are currently under cultivation with expansive beds of goldenseal, ginseng, black

cohosh, blue cohosh, bloodroot, wild yam, stoneroot, false unicorn root, ramps and other species too numerous to mention. Wild populations of all the herbs mentioned (with the exception of false unicorn) and many more are located throughout the property. Rocky outcroppings, mature tulip poplar, oak, sassafras & maple, a swimming/fishing pond complete with irrigation system as well as a small waterfall in the middle of the woodland, "Fishhead Falls" make this property truly unique.

Throughout the spring, summer and fall of every year there are a wide variety of educational programs that take place here. The main focuses of our educational efforts on this farm revolve around medicinal herbs and other NTFPs (Non-Timber Forest Products). Typically about 2-dozen different groups will pass through the farm for educational workshops and events throughout any given year. The farm also operates with the assistance of youth

volunteers from various local and national programs for youth in service, these programs provide youths with an opportunity to gain some experience in working on a farm and learn about the environmental, social and economic benefits that can be derived through wise land use.



Chip Carroll for Rural Action

The property adjoins the botanical sanctuary of Paul Strauss, which in turn adjoins the property of United Plant Savers, creating over 600 acres of "sanctuary corridor". Currently we are undertaking a new project that will connect the three properties by a series of trails to create a "Talking Forest Walk" which will include interpretive signs and allow for more hands-on educational opportunities.

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.

~John Muir

SOULFLOWER BOTANICAL SANCTUARY

Leicester, NC

Sanctuary Stewards: Ceara & Faey Foley

As a child I spent all of my “free” time in Nature developing relationships with plants rather than people. I truly feel that these plants had aided my evolution more than any other beings. So, naturally when I decided to officially devote my life to becoming an herbalist, I wanted to study with them rather than study them with someone else. I am deeply blessed to have found Soulflower Botanical Sanctuary to fulfill this purpose and to call it my home.

Soulflower Botanical Sanctuary is located in rural Madison County, NC, nestled in the Blue Ridge Mountains, the world’s oldest mountains and possibly North America’s most botanically diverse area. A respite for plants and animals (including humans), Soulflower consists of 31.31 acres with organic gardens, a beautiful stream, rock outcroppings, a cave and a hand dug, spring fed pond. The rich hardwood cove which includes eastern hemlock trees, red maple, black birch, black gum, white pine, and tulip poplar, has various solar aspects and land forms creating a variety of microclimates that support over 65 plant families and 150 genera.

At Soulflower we strive to do more good than harm and live in a sustainable fashion.

My daughter and I live in a Tulip Poplar log cabin, exquisitely crafted with hand-hewn timber harvested from the property, protected and cradled between the two ridges of the “holler”. The cabin is off the grid, run on solar electricity, heated by woodstove, with gravity fed spring water and a gray water system. The large vegetable and medicinal herb garden, kitchen garden right outside the kitchen window, and butterfly/bee garden have been chemical free for over 20 years. The garden soil is precious, having been augmented with sheep, goat, and horse manure for equally as long. Three hives of honeybees grace the garden and grounds while providing



many precious lessons to students and visitors.

Many classes are offered at Soulflower Botanical Sanctuary through the NC School of Holistic Herbalism. Students visit Soulflower weekly and *Earth Sprouts* frolic there for three weeks out of the summer. This is my daughter Faye’s favorite time when she has a group other children present to accompany her in making sun teas spore prints, plant pressings, growing seedlings, and discovering nature’s delights. Various other weekday and weekend workshops held there are open to public not enrolled at NCSHH. People who visit Soulflower are touched by its sacred quality and the sincere effort to steward the land in a sustainable way. This sacred quality has been enhanced and empowered by 5 years of continuous full moon ceremonies.

Several people have spotted faeries, especially the children, so we have dedicated time and classes to building faerie eco-villages. This October we celebrated the first annual HerbDay with edible and medicinal plant walks, talks on plant rescues, flower essences, propagation by root division, martial arts, and even hula hooping! We were proud to be able to raise some money for UpS in the extremely fun process. Since then we have implemented a bed of ginseng, added a beautiful stone wall to the kitchen garden and begun working to improve and expand the trails to provide more access to the rich diversity of plants present at Soulflower.

My dearest goal is to bring inner city youth from some of the cities I have worked in and others to Soulflower Botanical Sanctuary. I wish to share with them the vast ways in which plants have healed me physically, emotionally, and spiritually. Soulflower is aptly named to encourage people to mirror our plant friends and allow our spirits to blossom proudly in unity with nature. We are ever thankful to have United Plant Savers to support us and endeavor to give some of that support back to them and their vital mission.

FINANCES, FRIENDS, AND A GREEN FUTURE

by Lynda LeMole, Executive Director of UpS

Many of our loyal members know that as non-profits go, UpS is a small, minimally staffed organization. During our founding years in the 90s, many individuals and companies generously supported UpS in its initial work to establish the At-Risk research and the plant education programs we've developed. And, we were the fortunate recipients of a 360-acre Ohio Sanctuary land thanks to a generous gift from Judy and Michael Funk. While these donations sustained us over the last decade, we also had a few years of 'natural disasters', including a fire that burned our records to the ground. At that point we had to re-organize to create a more sustainable internal economy. As Executive Director since 2003, this has been the focus of my first 3 years with UpS. In 2005, we were asked to participate in the Aveda Earth Month program and then again in 2006. That blessing brought us the funding we needed to move from survival mode into a comfortable growth mode. Last year we began a renovation of our Ohio Sanctuary barn into living quarters for interns or workshop guests. We'll be starting a program at the Sanctuary later this year and we hope it will begin a new era of excitement on the Ohio Sanctuary. Other plans are also possible with this additional funding.

Organizations, like people, go through many cycles, phases and 'ages'. UpS has reached a new maturity in its development. Currently, we are fiscally sound, organizationally efficient and we have good direction and support from a strong Board of Directors. As your Executive Director it is my duty to report to you about our finances, and I am again pleased to tell you that we are meeting our Board approved budgets and have savings to begin and continue new projects. As members, you may see our financial information more closely if you are so inclined. Just call or write to me. Our direction is to grow our membership and create programs that more fully engage our members. One of the most encouraging aspects of my work with UpS has been to learn from members the many ways they are engaged with plants, and their love and passion for growing and using medicinal herbs.

Now that UpS is organizationally more solid, we can focus on supporting members and their communities to host plant events and build education programs. One such idea came just yesterday from member Wendy Fogg saying that Misty Meadows in Lee, NH will have an "old fashioned lawn party & picnic" on June 16. They will have a picnic with music, scavenger hunts, games and an auction that will benefit UpS. This spring a local member near me will hold a garden party, showing off his wonderful plants, serve some local wines, we'll make a presentation about UpS work and it will benefit UpS. If you want to host an event, we will send you whatever support materials are appropriate for your event. It is wonderful to share your garden or Sanctuary with your community and to benefit the greater UpS plant community. At our "First Ever Herbal Palooza" in Santa Rosa, CA, we auctioned off baskets we received from local businesses that were pleased to make an in-kind donation of products, as it was all a benefit for UpS. There are many ways that you could become involved with UpS and in doing so, you would be out-reaching to your community and fellow plant lovers.

In the next few years UpS will be challenged to raise donations that will meet the needs of our education programs on our Ohio Sanctuary and to fund the At-Risk research that is on going. Please contact us to discuss your ideas for events that we can host together.

I am grateful for the help with our financials that retiring Board member Peggy Brevoort extended to UpS during the last 4 years. Working with Betzy Bancroft, Nancy Scarzello, Liz Butler, Lee Wood and our Ohio Sanctuary friends, and our incredible Board and Advisory Board members makes my job a green dream come true. Please continue to extend your green support to United Plant Savers - one of the strongest, sweetest, most productive little non-profits on earth!



Lynda LeMole & Sara Katz, Plant Sisters for UpS

UPS FILES WITH FWS ON GOLDENSEAL & AMERICAN GINSENG CITES POSITION

by Lynda LeMole, Executive Director of UpS

CITES (the Convention on International Trade in Endangered Species of Wild Fauna and Flora) is an international agreement between governments. Its aim is to ensure that international trade in specimens of wild animals and plants does not threaten their survival. CITES will hold the 14th regular meeting of the Conference of the Parties (CoP14) of the Convention in June 2007 in The Hague, Netherlands. The U S Fish & Wildlife Service invited comments on the proposals that they will submit at that meeting and then they held a public meeting in December to review their proposed decisions on which comments they will present at the CITES meetings.

Goldenseal (*Hydrastis canadensis*) and American ginseng have been on the UpS "At-Risk" list since the list's inception in 1974. CITES has included goldenseal in their Appendix II species list since 1997. The Appendix II list includes those species that, although not necessarily threatened with extinction, may become so unless international trade is regulated in order to avoid utilization incompatible with their survival. International trade in Appendix II species is allowed but is strictly controlled.

In a November 7, 2006 Federal Register notice, FWS announced that since the call for comments, the agency had received recommendations that both goldenseal and American ginseng be de-listed from CITES Appendix II. In this same Federal Register, FWS stated that it was not planning to submit these recommendations for consideration at the CITES meeting, unless they receive significant additional information. They requested that further comments be filed by December 22, 2006.

On December 17, UpS filed the following comment with FWS:

"UpS is aware of and supports the positions presented by the Fish and Wildlife Service in its Federal Register notice of November 7, 2006 that the United States is not planning to propose, at the 14th Conference of the Parties to CITES, that American ginseng (*Panax quinquefolius*) or goldenseal (*Hydrastis canadensis*) be removed from CITES Appendix II. UpS agrees that information currently available for these taxa does not support a defensible proposal to de-list either of these species. UpS urges the United States to maintain its stated intention to not propose removing

these species from CITES Appendix II."

It continues to be our position that both goldenseal and American ginseng are "At-Risk" species in their natural habitats in North America and our recent work with the At-Risk assessment tool confirms this position. We will be reporting further information on the status of the At-Risk work in our next member Bulletin.

FWS stated that it does not plan to recommend that goldenseal be removed from Appendix II.

NEWS FROM THE OFFICE NEW NURSERY & BULK HERB DIRECTORY

A new edition of the UpS Nursery & Bulk Herb Directory is on its way to you! We are excited to have many new listings as well as familiar favorites and some returning listings from editions past. The Directory was sent out in January, so keep an eye out for it in your mailbox!! The new Directory will also accompany all new and renewal member information packages.

By the time you read this, we will have set up the UpS website to accommodate online credit card payments for memberships, fundraiser merchandise (t-shirts, books, etc) and conference registrations. You can also call in an order by phone with a credit card. For many people, this will make orders and renewals much easier. Remember, though, that it costs UpS money to process credit card payments, so if you would prefer all your money go to help the plants, please continue to send "checks in the mail". Renewal notices will still be sent through the post office, with reminders also now arriving in your e-mailbox.

Betsy is in the office Monday through Thursday and can be reached at 802-476-6467 or plants@unitedplantsavers.org. Thank you for being part of our green community!



GREEN THANKS AND GRATITUDE

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS AND SUPPORT

We extend a special thank you to all members of UpS who continue to support us with memberships and donations. Your support, efforts and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plants. All donations and help, whether it be organizational, cultivating, educating or choosing medicinal herb products more consciously is appreciated. Great gratitude goes to the many in-kind donations of goods and services from companies and friends that support our work. We gratefully acknowledge the following long-time **Green Angels, Leaders, Lifetime Members and Donations in 2006:**

GREEN ANGELS - \$50,000+

Aveda Corporation
Judy and Michael Funk
Paul Strauss

LEADERS - INDIVIDUALS & COMPANIES \$5,000 +

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Rebecca Wood
Katherine Yvinskas
Janet Zand

And thanks to many others who made smaller, but no less heartfelt donations this year!

...continued from page 11

Why do we need organic certification many ask? Atop the 6000-foot-high plain that runs the ridge of Mt. Sinjavina, viewing a vast mountain expanse with no human activity in site, a friend with arms outstretched asked, "Who can say these herbs are not organic." I looked at him and said, "That is not the question. The question is who can say they *are* organic?" The work becomes a simple process of helping people to understand that it is not enough to say Montenegro is an eco-state. It is not enough to say that herbs are organic without third party certification. It is not enough to say wild herbs are sustainably harvested without third party monitoring. These are the little thoughts one must plant to get people to think in a slightly different way. The thought grows like a seed and on the following trip to Montenegro, I see that my friends have taken steps toward a future that encompasses thinking of the plants as sustainable resources.

Wherever I travel, it's easy to pick out the people who are in the herb business, not for financial gain, but because they are passionate about herbs and their benefits to people. My friend Veselin Vucinic, who has a small bulk herb and essential oil production company in central Montenegro at the mouth of the Tara River Canyon, is one such person. He took me 10 hours off road deep in the mountain plains of Mt. Sinjavina to show me how gentian is making a comeback after years of over-harvest. Its harvest is now banned in Montenegro. The only people atop Mt. Sinjavina are seasonal shepherds and a few farmers in very remote mountain villages, secluded from any reasonable road and far beyond the electric power grid. There, as in most of the country, hay is cut, raked and stacked by hand. As we see people harvesting hay where gentian grows, we stop and kindly ask them not to cut the gentian plants, so that they may flower and go to seed. Further along in cut hay fields we see populations of gentians like small islands in a sea of grass. Obviously my friend has already been here before, and the shepherds have listened. These are people who are close to the earth, part of the earth. They understand what grows around them better than any herbalist, conservationist or botanist. Planting the future comes one person at a time, but one thought at a time.

Steven Foster, former UpS Board Member, is an adviser to the Booz-Allen Montenegro Competitiveness Project, USAID. For more about Montenegro, go to stevenfoster.com/herbalblog

EXTRA SPECIAL THANKS

To the conferences who graciously gave us free table space: Breitenbush Herbal Conference, Green Nations Gathering, NE Women's Herbal Conference. Also to the many HerbDay celebrations who gave out UpS information and donated proceeds to UpS. Don't forget Betty Bouffard of Accura Printing for doing such a beautiful job on all UpS's printing at a 10% discount. And to Liz Butler and Will Bishop of Herb Pharm for taking great care of our graphics and computer needs.

MORE GREEN THANKS & GRATITUDE: 2006

Many of our members have herb businesses and have created ways for their "green money" to support the UpS green! We want to highlight several companies whose contributions to UpS come as a percentage of sales from dedicated items. For example, Organic Bouquet has beautiful organic cut flowers that raise funds specifically for UpS. (www.organicbouquet.com/ups - see Valentine Organic Rose Bouquet offer in this Journal). The Herbal Sage Tea Company (www.herbalsage.com) makes a "UpS Tea" and \$1 from each sale of this tea comes to UpS. Another of our Partners, Woodland Essence, has been donating a percentage from sales of their "At-Risk" Flower Essence to us for many years. You will see a section, "Partners in the Green" on the front page of the UpS website where we've made it easy for you to link to these thoughtful businesses. By supporting these companies, you are supporting UpS!

Green thanks and gratitude for the following businesses in the green:

Amy Goodman Kiefer - Vietnamese nesting baskets - Ph. 802-229-2507

Empowered Herbals - Rachel's Green Drink - Ph. 360-301-3130

Goosefoot Acres - Dandyblend
www.dandyblend.com or Ph. 800-697-4858, be sure to use the order code 4UPS!

Herbal Sage Tea Company - "UpS Tea"
www.herbalsage.com or Ph. 740-594-5522

Happy Herbs Soap - soap
Ph. 845-733-4577 LearningHerbs.com

"Wildcraft!" boardgame
www.learningherbs.com

Organic Bouquet - organic flowers and botanical gifts
www.organicbouquet.com/ups

Queen of Trees - herbal products
Ph. 347-204-6570

Woodland Essence - flower essences and herbal products - Ph. 315-845-1515 or email woodland@ntcnet.com



UPS EVENTS & GREEN NETWORK

MAKE *HERB*DAY 2007 EVEN BETTER! OCT. 13, 2007

Many UpS members celebrated the first national HerbDay in 2006 by holding local events and we reported these in previous member publications. You can read about the national events that occurred by visiting the HerbDay website (www.herbday.org). UpS is a member of the HerbDay Coalition and we will continue to promote events each HerbDay. This year UpS will be holding a Planting the Future Conference in North Carolina on HerbDay. If you have ideas for events and would like UpS to assist in some way, please let us know, as we would like to help you create a wonderful HerbDay event. Schools, community groups, garden clubs, herb businesses, retail stores, media, entertainment - think of HerbDay when you are planning for 2007! It's also a great day to host a fundraiser for UpS!!



UpS GOES FEM!!

UpS LADIES: Be among the first to wear our beautiful new 100% ORGANIC COTTON 'GIRLIE-STYLE' T-Shirt.

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Send \$20 to UpS TShirt
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PLANTING THE FUTURE

A Conference on the Cultivation and Preservation of Native Medicinal Plants

Saturday, October 13, 2007
Blue Ridge Community College
Flat Rock, North Carolina

Presenters include: Rosemary Gladstar, David Winston, Jim Chamberlain, Robert Eidus, Ceara Foley, Jeanine Davis, Patricia Howell, June Ellen Bradley, Robin Suggs

Sponsored by: Gaia Herbs, Inc.

Registration information available by mail or online: Current UpS members \$55, Non-members \$65: United Plant Savers, PO Box 400, East Barre, VT 05649 www.unitedplantsavers.org
plants@unitedplantsavers.org

8TH INTERNATIONAL HERB SYMPOSIUM

Celebrating the Healing Power of Plants

June 22-24, 2007
Wheaton College
Norton, Massachusetts

International speakers include: Rocio Alarcon, Dr. Juan Almandares, Dr. Rosita Arvigo, Isla Burgess, Daniel Gagnon, Cascade Anderson Geller, Rosemary Gladstar, Christopher Hobbs, David Hoffmann, Phyllis Light, Anne McIntyre, Dale Pendell, John Redden, Ed Smith, and many more...

Sponsors - Herb Pharm, Frontier Natural Products Co-op, New Chapter, Mountain Rose Herbs, Clayton College of Natural Health

Early bird registration until March 30th: \$235, regular tuition \$275 Registration and information: IHS c/o Sage Mountain, PO Box 420, E. Barre, VT 05649; phone 802-479-9825; email sagemt@sagemountain.com or visit www.sagemountain.com

UNITED PLANT SAVERS PRESENTS

PLANTING THE FUTURE

Saturday July 14, 2007
8:30am - 5:30pm



A Conference on the Cultivation, Preservation & Uses of Native Medicinal Plants.

AT **HERB PHARM FARM** IN **WILLIAMS, OREGON**

Presenters include renowned herbalists from across the country:

Cascade Anderson-Geller, Ed Smith,
Robin dePasquale ND, Kathi Keville,
Steven Foster, Tori Hudson ND,
Deborah Frances ND, Mindy Green,
Richo Cech, Bevin Clare,
Mark Wheeler, Trinity Ava Rizzi,
James Jungwirth, Jonathan Treasure

CONFERENCE EXTRAS

FARM TOURS (\$20 donation to UpS)
Sunday 10am to 4pm. Tour Herb Pharm's
herbal extract manufacturing facility, **Horizon
Herbs'** medicinal seed and baby plant nursery,
and **Pacific Botanicals'** certified organic herb
farm.

RARE!! FOCUS ON HERBS with
STEVEN FOSTER: *Getting great plant
photographs with the equipment you have.*
(\$180 donation to UpS)

Author & photographer, Steven Foster, will share his experience and composition techniques in this 4 hour workshop. "We will focus on techniques for improving your plant photography, spending most of our time on techniques for field work. We will work with ambient natural light and making the most of the equipment you have. Our subjects will be the fabulous herb gardens at Herb Pharm." *Workshop is limited to 20*

ACTIVITIES INCLUDE

Cultivation of Medicinal Herbs
Women's Health: What's New in
Botanical Research
Plant Walks
Unusual Historical Medicinals
Herbs for Sexual Health
Sustainable Herb Harvests in
Far-Flung Places
Community Herbalism
NW Natives: Who Are They &
What Is Their Medicine
Regulatory Actions Affecting Herbs
Aromatherapy and the Art of Bathing

REGISTRATION INFORMATION

COST: \$70 (\$60 for UpS Members)

Boxed vegetarian or turkey lunches are available for \$10

Phone: (802) 476-6467 Email: plants@unitedplantsavers.org
You can register online at www.unitedplantsavers.org, or send each registrants' full name, address, email, lunch preference, a check or money order payable to United Plant Savers, and a **Self Addressed Stamped Envelope** to: United Plant Savers, PO Box 400, E. Barre, VT 05649. For additional information please visit: www.unitedplantsavers.org or www.herb-pharm.com

**SPONSORED by HERB PHARM,
PACIFIC BOTANICALS, HORIZON HERBS**

Winter 2007

HERB CONFERENCES FOR 2007

April 14 - 15 ~ SOUTHWEST CONFERENCE ON BOTANICAL MEDICINE

Tempe, AZ - Contact Herbal Education Services, PO Box 3427, Ashland, OR. 97520, 800-252-0688 website: www.botanicalmedicine.org

May 18 - 21 & May 25 - 28 ~ NORTHERN CALIFORNIA WOMEN'S HERBAL SYMPOSIUM

Laytonville, CA - Contact Terri Jensen & Karen Aguiar, 707-824-1429, or email: info@womensherbalsymposium.org, website: www.womensherbalsymposium.org

June 2 - 4 ~ MEDICINES FROM THE EARTH HERB SYMPOSIUM

Black Mountain, NC - Contact Herbal Education Services, PO Box 3427, Ashland, OR 97520, 800-252-0688, website: www.botanicalmedicine.org

June 22 - 24 ~ INTERNATIONAL HERB SYMPOSIUM

Wheaton, MA - Contact Sage Mountain, E. Barre, VT. 802-479-9825, website: www.sagemountain.com

July 6 - 14 ~ PERMACULTURE FUNDAMENTALS COURSE

UpS Sanctuary in Rutland, OH - Contact Peter Bane at pcactivist@mindspring.com or 812-335-0383

July 14 ~ PLANTING THE FUTURE

Herb Pharm, in Williams, OR - Contact Betzy at UpS office, 802-476-6467 or www.unitedplantsavers.org

July 21 - 22 ~ NW HERB FEST 2007

Wise Acres, 84537 Proden Lane, Pleasant Hill, Oregon, 97455 - Contact Sharol Tilgner, sharol@herbaltransitions.com 541-736-0164, website: www.herbaltransitions.com

August 3 - 5 ~ HERBALISTS WITHOUT BORDERS MIDSUMMER FESTIVAL

Colyer Lake, Centre County, PA - Contact Herbalists Without Borders, 153 South Allen St., State College, PA 16801. website: www.herbalistswithoutborders.org

August 24 - 26 ~ 20TH ANNUAL NE WOMEN'S HERBAL CONFERENCE

Peterborough, NH - Contact Katie Pickens, 2984 Elmore Pond Road, Wolcott, VT 05680, 802-888-3736, email irishherbs@aol.com, website: www.sagemountain.com

Aug 24 - Sept 1, 2007 ~ PERMACULTURE DESIGN PRACTICUM

Grailville in Loveland, OH - Contact Peter Bane at pcactivist@mindspring.com or 812-335-0383.

Aug 31 - Sept 3 ~ NORTHERN CALIFORNIA WOMEN'S HERBAL SYMPOSIUM

Laytonville, CA - Contact Terri Jensen & Karen Aguiar, 707-824-1429, or email: info@womensherbalsymposium.org, website: www.womensherbalsymposium.org

Sept 7 - 9 ~ BREITENBUSH HERBAL CONFERENCE

Breitenbush Hot Springs, OR - Contact Trillium Botanicals, 503-236-2220, website: www.trilliumbotanicals.net

Sept 28 - 30 ~ SE WOMEN'S HERBAL CONFERENCE

Black Mountain, NC - Contact Red Moon Herbs, Kimchi Rylander, 888-929-0777 website: www.redmoonherbs.com

Oct 13 ~ PLANTING THE FUTURE (HerbDay!)

Blue Ridge Community College, Flat Rock, NC - Contact UpS, PO Box 400, East Barre, VT 05649, phone 802-476-6467, email plants@unitedplantsavers.org or website: www.unitedplantsavers.org

OCT. 13, 2007 HERB DAY ~ NATIONWIDE

Oct 26 - 28 ~ AMERICAN HERBALISTS GUILD CONFERENCE

Columbia, MD - Contact AHG, 141 Nob Hill Road, Cheshire, CT. 06410, phone 203-272-6731, email: ahgoffice@earthlink.net, website: www.americanherbalistsguild.com

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Beautiful **Organic Cotton**, green and black art on a natural background.

(See page 7 for art detail)



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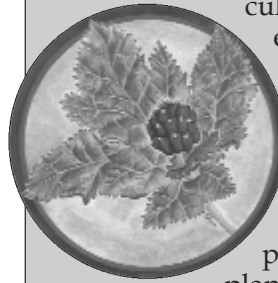
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GROWING AT-RISK MEDICINAL HERBS

by Richo Cech, illustrated by Sena Cech

Provides organic farmers and gardeners with the information about the cultivation, conservation, and ecology of *At-Risk* native healing plants. Twenty-one chapters include detailed line drawings and descriptions; native range and distribution maps; hardiness and adaptability; preferred environment and plant associates; soil, water and sun requirements; propagation techniques; naturalization; medicine; harvest and processing; seed collecting, storage and longevity; conservation status and alternate species. 330 pg.



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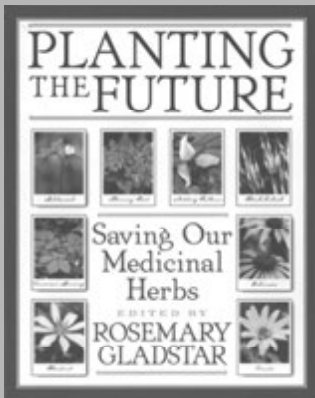
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PLANTING THE FUTURE

Edited by Rosemary Gladstar & Pamela Hirsch

Land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations. This book will supply you with valuable information including:



- Herbalists sharing their extensive experience with using and growing *At-Risk* herbs
- Suggestions for creating your own private herbal sanctuary
- Color photos of 30 medicinal plants
- Mail order resources for hard-to-find seeds
- Suggestions for making eco-friendly purchases and using other herbs with similar actions as alternatives

using other herbs with similar actions as alternatives

Selected by the Vermont Book Professional Association as one of the *Twelve Best Books of 2000* by Vermont Publishers!

Send \$25 (plus \$3 S/H) to:

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Eckhart Tolle quote from

"A NEW EARTH, AWAKENING TO YOUR LIFE'S PURPOSE"

"The mind is more comfortable in a landscaped park because it has been planned through thought; it has not grown organically. There is an order here that the mind can understand. In the forest, there is an incomprehensible order that to the mind looks like chaos. It is beyond the mental categories of good and bad. You cannot understand it through thought, become still and alert, and don't try to understand or explain. Only then can you be aware of the sacredness of the forest. As soon as you can sense the hidden harmony, that sacredness, you realize you are not separate from it, and when you realize that, you become a conscious participant in it. In this way, nature can help you become realigned with the wholeness of life."



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UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Winter 2008

CULTIVATION
CORNER

SPRING SEED
GIVE-AWAY

THE TALKING FOREST

UPS GRANT REPORTS

INTERN PROGRAM
RETURNS

THE POTTING SHED

UPS' BOTANICAL
SANCTUARY NETWORK

GREEN THANKS &
GRATITUDE

UPS EVENTS & GREEN
NETWORK

UpS is a non-profit education corporation dedicated to preserving native medicinal plants.

Bloodroot in flower | Photo by Liz Butler



Winter 2008

A publication of United Plant Savers,
a non-profit education corporation
dedicated to preserving
native medicinal plants.

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Rebecca Wood

Katherine Yvinskas

STEWARDS OF HEALING HERBS

by Rosemary Gladstar, UpS President

"Great Mystery, Creator of all things...I call out to You today in this sacred place in Prayer. Please guide our hearts as one. Creator placed the Plant and Tree People here to be used as medicines for the people. I pray that this site be used in a respectful way as a tool to the better understanding of the medicine ways of my ancestors. Please help bring peace and balance between the colors of the world through education at this site...." So began the prayer of Chief Soft Shell Turtle Netz at the initiation ceremony of the UpS Sanctuary in Ohio, 1998. This was a huge year for United Plant Savers as we saw the vision of our first UpS Sanctuary become a reality.

Much has happened at the Sanctuary ~ and with United Plant Savers ~ since that day that rings true to the vision that Chief Soft Shell Turtle had. We've held gatherings and classes, had hardworking interns, planted wild gardens and at-risk herbs, and are working on the Talking Forest Medicine Trail....all with deep respect for the earth and her green skin of healing plants. Even more rewarding is the work our members are doing at their Sanctuaries across the country.

Chief Soft Shell Turtle also said, "When a human being learns a lesson, this is knowledge. When a human being takes this knowledge and betters himself and others, this is wisdom. May wisdom always stem from this sacred place." He was referring not only to the Ohio Sanctuary, but to all land. As we become more concerned about our environment and the dangers that seem to assail us from every direction, one of the most effective acts we can do is to create sanctuary and sacredness right under our feet, in the place we call home, and share it with others. We hope that every UpS member will consider taking the plot of land you call home, whether it be a small city lot or a large country estate, and create a living Sanctuary becoming part of the UpS Sanctuary network.

My biggest epiphany this year came at a UpS planning meeting that I didn't even attend! Our Executive Director, Lynda LeMole met with long time board member Sara Katz, Liz Butler our graphic artist, and Ed Smith at Herb Pharm to review and update the UpS literature. Part of the discussion was creating a byline that summed up UpS's mission and goals. Together this creative group came up with several great ideas and sent them around to the rest of the board for comment. One really stuck with me ~ and several other of the board members, as well: *Stewards of Healing Herbs*. Though simple, it expanded the vision of UpS from a narrow scope to a much wider 'field of vision'; it spoke more truly about what our mission and goals were about. Though we've always felt that our role was more inclusive than the safe guarding of a few rare plants, suddenly it became clearer in that simple byline. UpS's role is to steward native medicinal plants, both rare and common, and to ensure abundant renewable supplies for generations to come through ethical wildcrafting practices, organic cultivation and sustainable use. The most sacred part of our vision is simply to do our part in ensuring that these plants are here for the future of the Earth and the great web of life of which each plant, whether at-risk or abundant, holds a sacred and necessary place.

Many members of United Plant Savers already are quite clear of their role as *stewards of healing herbs*. You are planting gardens, creating sanctuaries, and are conscious of the herbs you use.

continued on next page...

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You are conscious practitioners mindful of the herbs you mix in your formulas and thoughtful educators teaching your students about the necessity of ethical harvesting practices and picking only what is needed and only if it is plentiful.

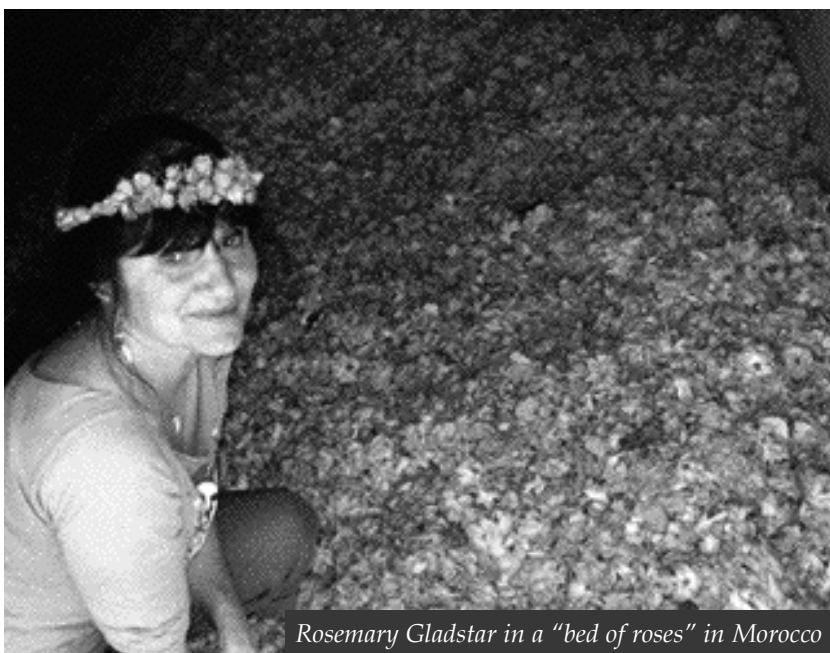
One other very effective way we work together as *stewards of healing herbs* is by our participation in United Plant Savers. UpS's sole purpose is to help ensure an endless abundance of native medicinal plants. We do this with great gusto and passion. By ensuring that UpS has a strong lasting role in American Herbalism, we are leaving a legacy of stewardship.

~ *Help UpS Grow* ~
Sign up One New Member This Year

One very simple way you can help UpS in our goal of stewardship is by signing up one new member this year. Invite a fellow plant lover to join UpS and/or sign them up! Members are richly rewarded with free plants and seeds, journals and bulletins, opportunities to attend Planting the Future Conferences and participation in plant rescues and other planting projects...

Like all non-profits, we also need funding for projects. We feel blessed in every way by our membership and know we have some of the most active, passionate and caring members of any organization. But money is needed to fund some of our bigger projects. Please keep United Plant Savers and the plants in mind when you think of charitable giving. No amount is too small; all gifts are received in the spirit of gratitude.

Thank you for your help in planting the future,
Rosemary Gladstar



Rosemary Gladstar in a "bed of roses" in Morocco

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LET US HEAR FROM YOU!

UpS' Journal of Medicinal Plant Conservation is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants. We encourage you to send us your opinions and thoughts for submission to the Journal. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the Journal to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.



CULTIVATION CORNER

BLACK COHOSH GERMINATION

by Richo Cech, from *Growing "At-Risk" Medicinal Plants*

Cultivation from seed. Cultivation of black cohosh from seed yields several advantages: genetic diversity is enhanced, hundreds of individuals may be propagated from a single parent plant, and in my experience seedlings are more disease resistant than plants grown from cuttings. Seeds are best sown in about 1/4 inch deep in well-drained soil, tamped in and kept moist and shaded throughout their stratification and early growth. To sprout, the seed requires a short period (at least 2 weeks) of warm conditions (70 degrees F) followed by an extended period (at least 3 months) of cold conditions (40 degrees F). Black cohosh seed was sown on 1/23/01 at Horizon Herbs Seed Farm in outdoor conditions. The seeds emerged as vigorous seedlings on 4/8/02, a germination period of 440 days. If the warm stratification period doesn't do the trick, the seed may demonstrate double dormancy and germinate after a period of approximately 800 days.

These conditions may be provided naturally by sowing the recent seed in the late summer or early autumn in a shaded outdoor nursery bed or in shaded outdoor flats. Alternatively and usually with less success, the seed may be artificially stratified by mixing it in a barely moist medium (sand, potting soil, vermiculite or peat). The bag is then subjected to at least 2 weeks of warm temperatures, followed by 3 months of cold treatment. The mixture is then removed from the bag and planted in a warm greenhouse. Average cultivation success with black cohosh seed is about 25% and can range as high as 90%, but complete failures are not uncommon.

Seedlings may be grown at close spacing (2 inches) in the flat or nursery bed until they produce their second set of true leaves. At this point, they are best transplanted to individual gallon pots or to a wider spacing (6 inches) in the nursery bed. During the first year of growth, the plant must be kept adequately shaded. I find that dappled forest shade is fine, and in controlled conditions (shadehouse or greenhouse) a 66% shade cloth has proven completely serviceable.

Potted plants may be transplanted after 1 or 2 years of growth, either in the fall or in the spring. Space the plants 2 feet or more apart. Bare-rooted transplants dug out of nursery beds are best transplanted in the fall, just after the aerial parts go dormant. If plants are to be placed in an unprotected woodland situation, care should be taken to intersperse them among existing features such as rocks, trees and different species of perennial plants and ferns in order to mix the ecology, not providing a monocrop lunch for visiting herbivores. The newly transplanted rhizomes will produce white, hair-like feeder roots in the cooling autumn soils. These rootlets help secure the plant, both physically and nutritionally, to survive the long winter dormancy in top form.

SPRING SEED GIVE - AWAY ORGANIC BLACK COHOSH SEEDS

Compliments of Herb Pharm

Grown on Herb Pharm's remarkable 85-acre organic medicinal herb farm in southern Oregon, these seeds were donated to UpS to share with our members. Herb Pharm's commitment to sustainable farming, education, and quality is evidenced by their herbal products and by the healthy environment in which these seeds were grown. *Thank you Herb Pharm!*

*Current members only,
one packet per member.*

Packets are at least 20 grams each. Seeds will be shipped as soon as we receive your order so you'll have time for the stratification process. Order early to plant this spring!

To order seeds, please send your name, mailing address and a check or money order for \$5 (to cover shipping & handling) to: **UpS Spring '08 Seed Giveaway, PO Box 400, East Barre, VT 05649**



SUSTO

by Gigi Stafne

Susto: Curandera word for Soul Loss
"Susto" ~ has the land experienced Susto?

Linda Hogan writes of "phantom pain" in humans, but also regarding instances when there is loss of species.

I have walked around with an uneasy feeling in my stomach for a week as the Cutters start a logging operation across from our United Plant Savers Botanical Sanctuary in Wisconsin. I have been thinking of how Monica Skye and those at Standing Rock UpS Botanical Sanctuary have been feeling about the threat of a cell tower near them. The phantom pain or Susto, soul loss, concept makes sense to me now more than ever because in one day, and then a fast and furious week, a massive amputation or soul loss happened across the road from us, leaving a massacred mess upon the floor where a beautiful layer of plants provided rich habitat. A huge logging cut was launched before we could know that a Plant Rescue should be done immediately. Now there are lonely gaps and spaces where woodland animals once freely resided.

The warning came. It was just prior to the slaughter that a muscular stag stood alone on the rise of that forest ~ coming out for one last look in that 80-120 acre woodlot that was his home. I spoke to him. He stopped and stared directly at us for the longest time. *He knew.* He hesitated, and then crossed the road and dashed into our protected preserve. I have not seen him again in these past weeks. The Machines and the Cutters have been so excessively loud ~ shaking the core of the Earth and all beings here. There has been a rumble each and every day near our botanical sanctuary for weeks. Not one of us feels comfortable in our own bodies while this is happening.

The owners of that virgin land are anonymous. In 6 years while here, I have never seen nor met the landowners, only a solo son-in-law Army recruiter who periodically comes to hunt on the land. He too, I imagine, will be sad when he walks the devastation to the once hidden lake at the center of the land. All of his deer, MIA. While this is not a clear cut, it is a selective cut, I am told, a "Managed Forest Plan". However, we can clearly see the devastation. I know that the Cutters are simply 'hired hands'. But have these laboring men been affected by psychic numbing? Are they in denial about what they do, I wonder daily? Walking outside recently, I witnessed one nearly being hit by a car on that road. I don't know what he was doing. He was running like that deer. I imagined the energetics of the space shifting radically as I heard brakes and skidding.

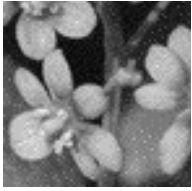
I know this is NOT about managing a forest as I count the logging trucks stacked high with loads of prospective lumber heading down the highway. As we watched I asked a contractor neighbor, "How much is that one load worth?" He replied, "Most likely \$3000-5000." I add it up as multiple loads roll by daily...this cut is about profit.

Maybe these people, the landowners, are nearing the ends of their lives and they have planned this cut as their retirement fund. Perhaps someone in the family is having a health care crisis, funds being needed. A more cynical voice in me says, "Maybe it is time to cash in on the land and buy that dream condo in Florida!" Perhaps it is a development. Regardless, this land is experiencing a healing crisis now. And we feel that, here at the UpS sanctuary, we are a healing sister nearby.

One of my elders is Marjorie. We care take Marjorie's little cabin on a nearby lake while she is away. She grew up here on the land that is now the UpS botanical sanctuary. Her parents lived and nourished this land from 1930 into the '70's. Sustainably. It is evident in her descriptions of their lives through The Great Depression. She spoke about how they lived off (and with) the land. And how they thrived and were incredibly happy. She and I both understand that we are simple Earth Guardians living here for brief a time. Recently Jim called her to check-in about winter weatherizing and more. He also broke the sad news to her of her family's former land across the road being logged. This was once the locale of her father's famous Sugar Bush. As Jim slowly and sadly began to tell her of the Cutting she said, "I had a dream they were cutting all the trees there several weeks back." One thousand miles away and she felt this. *She knew.*

Poignantly, my grandchildren were here visiting the day the Cutting began. I continued to hear an unusual hum, and then out of the corner of my eye I saw the machinery and my heart skipped, then raced. I tried not to cry, but I did and so did the Young Ones. Hannah, the 10 year old, came in and requested some tag board. I thought it was for artwork, but in fact, she created a protest sign. She scurried down to the opening of our UpS Botanical Sanctuary right across the road from the Cutters. As she blew out the door, she exclaimed to her little two-year-old brother, "Bye Riley, Ha is going out to save the Earth!" Hope so, Hannah.

continued on page 17...



UPS NEWS

FROM OUR VERMONT MEMBERSHIP OFFICE

by Betzy Bancroft, office manager

UpS has a new educational publication available – the **Take Action! Guide**. It’s one of a few publications we had envisioned long ago, and Nancy Scarzello and Betzy Bancroft’s teamwork has now made it a reality. **Take Action!** will be mailed to all the schools that’ve participated in Partners In Education in the last few years, and will also be available from the Vermont office.



Take Action! includes articles on plant-saving and educational projects. Richo Cech’s *Creating a Medicinal Plant Trail* and Nancy Scarzello’s *Plant Rescue* articles have appeared in UpS publications before and are included. New articles from Tammi Hartung on *Growing Your Own Medicines*, Trish Flaster on her work with plant population monitoring projects and Rural Action on larger scale plant rescue efforts are also included. There are many inspiring descriptions of projects folks have done with UpS Community Grants and a section of resources both from UpS and other organizations. We hope you will find **Take Action!** a useful tool for conceiving and implementing projects of your own! *Please call or write us if you are interested in receiving a copy.*

The also long-awaited **Botanical Sanctuary Network Workbook** is in the final stages of completion! It should be ready by late winter and will be an extensive resource for inspiration and information related to creating and maintaining botanical sanctuaries.

Do you know of a great fair, conference, or other event where people would be interested in the work of United Plant Savers? Volunteering to staff a table for UpS to give out information and answer peoples’ questions about “*At-Risk*” medicinal plants is a wonderful way to meet people while doing a good deed for the plants! Contact the Vermont office to receive UpS info and brochures. By spring we’ll have new versions of our membership brochures and BSN (Botanical Sanctuary Network) brochures to distribute. UpS is staffing tables and sending information to a growing number of events nationwide, and we’d like to continue to increase our presence. You know where the local events are happening, and we’re happy to send you the support materials to raise awareness about native medicinal plant conservation!

Do you teach classes on herbs? Do you offer an internship or apprenticeship? Organize an herb

conference? The UpS website has sections to list opportunities for programs like yours! For current UpS members to list workshops or programs on the website, all you need to do is email the information to the Vermont

office. Check out the sections under “Educational Opportunities”, “Internships and Job Opportunities” and “Herbal Events” for listings.

I am looking forward to another great green year and I invite you to become a more active UpS member, taking advantage of your love of plants and your desire to make our planet greener!

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2007 MEDICINAL PLANT CONSERVATION AWARD RECIPIENT: GIGI STAFNE

We are pleased to announce that the 2007 UpS Medicinal Plant Conservation Award was awarded to **Gigi Stafne** of Long Lake, Wisconsin. Gigi is an enthusiastic leader within the natural & botanical medicine fields as the former director of The Center For Healing Arts Herb & Eco School for 14 years & coordinator of a 40-acre UpS Botanical Sanctuary in northern Wisconsin. She teaches & writes in realms of natural medicine, ecology, sustainability & environmental health. Gigi now operates "Adventure Botanica" and MI ZI ZAK KAYAKS, which offers cross cultural/ethnobotany trips regionally and internationally in places such as Mexico and Cuba, often in her kayak!



Gigi Stafne & her totem, Fireweed

In this *Journal*, we are pleased to publish "Susto", written by Gigi (see page 5). She continues to inspire others by her work within the green world and by walking the path of a healing sister to the plants, the people and the land she stewards.

4TH ANNUAL UPS MEDICINAL PLANT CONSERVATION AWARD *Call for Nominations*

UpS announces a call for nominations for the **Fourth Annual Medicinal Plant Conservation Award**. We invite our members to take this opportunity to nominate a person and/or organization doing outstanding work to conserve and preserve North American medicinal plants. Projects can be on a grand scale or small, community oriented or individual. Any project, person or organization that has to do with the conservation, preservation and cultivation of native medicinal plants and their habitat will be considered, such as: Plant rescue projects, research projects, creating native medicinal plant trails and/or botanical sanctuaries, preserving habitat, or special articles, classes and programs on medicinal plant conservation.

The **UpS Medicinal Plant Award** is given annually to recognize a beneficial, inspirational and original project or person that supports native medicinal plant conservation. One need not be a UpS member to enter or receive the award. Current UpS

Board Members, Advisory Board Members and/or employees of UpS are not eligible.

The UpS Medicinal Plant Conservation Award will be granted to an individual or group based on:

Benefit: long lasting benefits for medicinal plant conservation

Inspiration: inspiring others to become more active in medicinal plant conservation

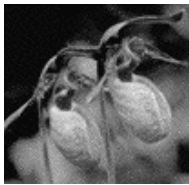
Original idea: unusual or unique efforts will be considered first

Focus: on "At-Risk" and/or native medicinal plants

Let us know of anyone (including yourself) who is doing something outstanding to help "At-Risk" native medicinal plants that you would like to nominate for the Award. Send a one to two page report to the UpS office in Vermont describing your nomination by **April 1st, 2008**. It would be helpful to include additional information such as a brochure, report about the project or website if applicable. Include contact information so we can notify the nominee directly if they are selected. The Recipient of the Award will be notified by **June 1st, 2008**.

The Recipient will be recognized in the UpS Journal and website, receive a Medicinal Plant Conservation Award, free tuition to a UpS conference or event and a one-year honorary membership to United Plant Savers.

Former MPCA Recipients: Kathleen Maier, 2005; Monica Skye, 2006; Gigi Stafne, 2007



UPs' "AT-RISK" FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

~ At-Risk ~

- American Ginseng
(*Panax quinquefolius*)
- Black Cohosh
(*Actaea (Cimicifuga) racemosa*)
- Bloodroot
(*Sanguinaria canadensis*)
- Blue Cohosh
(*Caulophyllum thalictroides*)
- Echinacea
(*Echinacea spp.*)
- Eyebright
(*Euphrasia spp.*)
- Goldenseal
(*Hydrastis canadensis*)
- Helonias Root
(*Chamaelirium luteum*)
- Lady's Slipper Orchid
(*Cypripedium spp.*)
- Lomatium
(*Lomatium dissectum*)
- Osha
(*Ligusticum porteri, L. spp.*)
- Peyote
(*Lophophora williamsii*)
- Slippery Elm
(*Ulmus rubra*)
- Sundew
(*Drosera spp.*)
- Trillium, Beth Root
(*Trillium spp.*)
- True Unicorn
(*Aletris farinosa*)
- Venus' Fly Trap
(*Dionaea muscipula*)
- Virginiana Snakeroot
(*Aristolochia serpentaria*)
- Wild Yam
(*Dioscorea villosa, D. spp.*)

~ To-Watch ~

- Arnica
(*Arnica spp.*)
- Butterfly Weed
(*Asclepias tuberosa*)
- Chaparro
(*Casatela emoryi*)
- Elephant Tree
(*Bursera microphylla*)
- Frangula
(*Rhamnus purshiana*)
- Gentian
(*Gentiana spp.*)
- Goldthread
(*Coptis spp.*)
- Kava Kava
(*Piper methysticum*) (Hawaii only)
- Lobelia
(*Lobelia spp.*)
- Maidenhair Fern
(*Adiantum pendatum*)
- Mayapple
(*Podophyllum peltatum*)
- Oregon Grape
(*Mahonia spp.*)
- Partridge Berry
(*Mitchella repens*)
- Pink Root
(*Spigelia marilandica*)
- Pipsissewa
(*Chimaphila umbellata*)
- Spikenard
(*Aralia racemosa, A. californica*)
- Stone Root
(*Collinsonia canadensis*)
- Stream Orchid
(*Epipactis gigantea*)
- Turkey Corn
(*Dicentra canadensis*)
- White Sage
(*Salvia apiana*)
- Wild Indigo
(*Baptisia tinctoria*)
- Yerba Mansa
(*Anemopsis californica*)

"AT-RISK" UPDATE

by David Bunting
(with Kelly Kindscher, Jim Chamberlain, Sara Katz & Lynda LeMole)

United Plant Savers' "At-Risk" list is the cornerstone of our medicinal herb conservation efforts. This widely regarded list identifies wild medicinal plants of concern and creates a forum for action.

The original list, created in 1994, was based on the observations and knowledge of a variety of plant experts including the UpS board, UpS members, herbalists, botanists, wildcrafters, and others concerned about the over-harvesting of wild medicinal plants in the U.S and Canada. A broad effort was made to gather as much feedback and participation in evaluating the plants as the new organization could muster. After several formative meetings and collective efforts, it was determined that the plants of most concern would be called the "At-Risk" herbs and there was a secondary list of "To-Watch" herbs. The data used was a combination of available empirical reports and scientific statistics/knowledge about medicinals in the wild. Over the years, this list has become widely adopted and referred to by individuals and organizations worldwide.

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About five years ago, the UpS board of directors formally recognized that the "At-Risk" list information would be enhanced and more useful by collecting additional scientific data to then determine a plant's status. Based on an evaluation matrix concept originally developed by UpS "At-Risk" Committee members Mark Wheeler, Richo Cech and Christopher Hobbs, a more detailed adaptation was proposed by UpS board member Kelly Kindscher and Lisa Castle of the Kansas Biological Survey at the University of Kansas. To review and further develop the work, a 'summit' of botanists, herbalists, harvesters, growers and participants from various plant-related fields came together in July 2005 to 'grow' the evaluation process. This concerted effort has resulted in UpS' new, comprehensive "At-Risk" Assessment Tool.

The "At-Risk" Assessment Tool is designed to gather and quantify detailed data on various parameters, factors and variables (i.e., part used, mode of reproduction, use in commerce, etc.) to indicate that a plant is either "At-Risk" or should be classified "To-Watch". As more scores are collected, UpS will be able to move from a simple list identifying "At-Risk" plants to a prioritized inventory ranking the status of our important medicinals. It is interesting to note here that the original list of "At-Risk" herbs was recently challenged through the more formal, scientific, statistical tool and the list does, in fact, remain almost exactly the same! However, there are many other plants needing to be scored, and the more scores we receive, the more accurate the survey becomes.

Scores provided by the new assessment tool can range from negative twelve (-12) to positive ninety-four (+94) with higher scores indicating a relatively higher "At-Risk" status. This broad range, coupled with the refined data being collected, helps to quantify the degree to which a particular plant may be "At-Risk". Eventually, we will be able to list plants by their "At-Risk" status and focus our conservation efforts on those plants higher on the list. First, we need to accrue more scores in order to publish a ranked list of "At-Risk" plants that is truly meaningful.

The complete "At-Risk" Assessment Tool consists of two complementary parts designed to be used together to rate each plant. Part one contains basic guidelines for completing the score sheet, the scoring schedule to be used when ranking a plant, and five groups of detailed questions regarding each plant. The second part is the *Score Sheet*, which calls for information about the scorer and

provides a format to record specific plant scores. Each question category section contains one main question, which defines the category, and several supporting questions. Main categories consist of a plant's life history, effects of harvest on individual plants and populations, abundance and range, habitat and annual amounts of the plant used in commerce. For each score the tool asks for reasoning on the assigned score and for a source of the information, whether published or personal.

The assessment tool is a dynamic tool that will continually be improved through use and feedback. If you are knowledgeable about a wild-harvested medicinal plant and would like to participate in the UpS "At-Risk" assessment program, you can download the "At-Risk" *Tool Instructions* and *Score Sheet* from UpS' website, www.unitedplantsavers.org, or contact UpS office manager, Betzy Bancroft, at plants@unitedplantsavers.org or PO Box 400, East Barre, VT 05649, and we will mail you a paper copy of the Assessment Tool forms.

It is our hope UpS members and the plant community will participate in the "At-Risk" survey so that we can collect more information about medicinal plant communities. With more current data, we are better informed to assess the 'big picture' and to then make regional plans to preserve, conserve and restore our native medicinal herbs, while ensuring their abundant renewable supply for future generations.

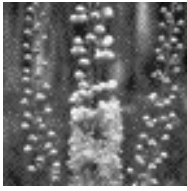
UpS thanks David Bunting for his recent work on the "At-Risk" project. He will continue to coordinate our findings.



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UPs GRANT REPORTS

United Plant Savers has a fund designated for community planting projects. UpS guidelines require the project have educational merit and that the land proposed for planting be protected either by individual ownership, or be a part of a school or park system. For application information please write to: UpS Community Fund Guidelines, PO Box 400, E. Barre, VT 05649

URBAN REMEDIATION PROJECT IN CHARLOTTESVILLE, VA

by Kathleen Maier

Five years ago, I made the move from rural, Rappahannock Co., Virginia where I had been stewarding a 25 acre blend of meadow and woodlands to downtown Charlottesville where the city property that acquired me had only a large house and under 1/4 acre. The adjacent lot was a 2-acre woodland with an abandoned field, which I thought, was owned by the city, but the day I closed on the property, bulldozers appeared on the lot next door and began construction for a condominium project called the Belmont Lofts. Needless to say, soon there was great "re-arrangement" of the landscape.

The land north of the condos was a brownfield site (contaminated site) and the City of Charlottesville entered into the state of Virginia's Voluntary Remediation Program that was designed to clean up such sites. A railroad runs through the property, and in the past this location was used as a dumping ground and refueling area. The soil has been tested and found to contain arsenic and other heavy metal contaminants. Remediation was completed to state standards by bringing in approximately 2 feet of new fill to cover the area, and some revegetation was established on steep slopes. The land was then sold by the City of Charlottesville and privately developed into the Belmont Lofts condos. After three years of head-banging and heart-wrenching attempts to work with the developer, I surrendered. I placed the UpS Botanical Sanctuary sign on a tree and with a spring equinox ceremony offered my services to the land and let go of the "plan". The following spring, the residents themselves were the ones who asked for help.

From that request I designed an eight-month course, *Healing the Land, Healing Ourselves* with environmental consultant Christine Gyovai. This was a permaculture-based eco-design, medicinal plants, and restoration course taught through Sacred Plant Traditions. To begin, we studied the area by conducting a site analysis. We took soil samples and compiled a species

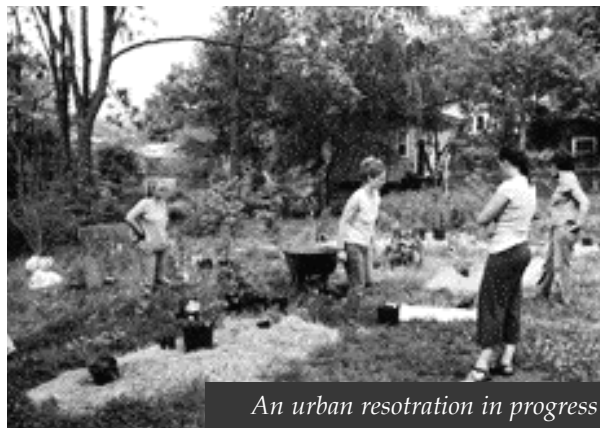
inventory of what was currently growing in the area. The class then used principles of permaculture to work towards creating a design that would increase the biodiversity and wildlife habitat of the site. We specifically choose plant and mushroom species that have regenerative properties and are capable of breaking down the excess of nitrogen and other toxic residues in the soil as well as medicinal plants that are native to the area, some of which are included on the UpS as well as Virginia's "To-Watch" or endangered species lists.

The students drew maps of the meadow area we were restoring. Texts for the course were Bill Mollison's *Permaculture: A Designer's Manual* and Toby Hemenway's excellent primer, *Gaia's Garden*. We developed a walnut guild for planting a variety of species compatible with *Juglans nigra*, received a discount from local nursery Edible Landscaping and planted a large variety of nut and fruit trees, berry bushes and vines. Jeff McCormick of Garden Medicinals and Culinaries also donated a number of goldenseal, false unicorn and American ginseng roots. With the grant from UpS we purchased the above-mentioned trees as well as native medicinals from Enchanter's Garden in Hinton, West Virginia including goldenseal, ginseng, trillium, bloodroot, black cohosh, spikenard, wild yam, and more! The woodlands project was also an area where we did diagnostic energetic readings as taught by Stephen Buhner. The results of the readings were profound and reflected an area of conflict, arguments and "border wars". The history of the site revealed that this woodland area, next to the train track, was

indeed a site of cockfights and gatherings of questionable merit. The relationship between the developer of the condos and the neighbors also had been contentious, to say the least.

The last project we undertook was to restore a riparian buffer in a wetland area adjacent to

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An urban resotration in progress

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the condominiums. A landscape business was piling mounds of compost close to a creek and excessive levels of nitrogen from run-off were destroying the creek. In line with the city's new watershed plan for enhancing buffers and streams, the restoration included building swales at the bottom of the culvert opening for the run-off to pool. We stacked bales of hay behind the swales, planted nettles for nitrogen fixing activity and seeded spores of King Stropharia mushrooms to set up a mycoremediation site.

It is so fascinating to see that the history of the land lives on in some form and that this is played out (i.e. border wars) until a healing and release can take place. I write this as an inspiration for others whose projects may be confronted with what seems to be insurmountable odds. I know that engaging in prayer and working directly with the spirits of the land enabled this project to move forward; that working with the land energetically is evident in plants that look vibrant and strong.

None of this would have taken place without the community efforts of the students involved. Many thanks to Jeffery Brown, Ginger Collier, Terry Lilley and Kristen Roberston. It was their tuition that financed the project. It was their energy that beautified the garden. They wrote letters and received gifts such as the UpS grant, a beautiful garden bench, a truckload of hardwood mulch and other donations. With this level of dedication and the miracle of sheet mulching, many green dreams can flourish.

Kathleen Maier is an herbalist and Director of Sacred Plant Traditions, A Center for Herbal Studies where she teaches one to three year community/clinical herbal training programs. www.sacredplanttraditions.com

"A true conservationist is a man who knows that the world is not given by his fathers but borrowed from his children."

- Audubon

EARTH SCOUTS CHARLESTON, RHODE ISLAND Native Planting at Trustum Pond National Wildlife Refuge

by Aimee Fontaine & Dixie Hill

"This was so much fun!", "Aren't there any more plants?" These were the sentiments expressed by the children of Earth Scouts Rhode Island as they completed their native plant restoration project at Trustum Pond National Wildlife Refuge. Thanks to a community grant from United Plant Savers, ten Rhode Island children participated in the project, restoring two trailhead areas at the refuge. This group of children aged 3-14, along with their parents and volunteers, partnered with US Fish & Wildlife and the Trustum Pond National Wildlife Refuge in a project to help protect the state's only undeveloped salt pond. With the guidance of Janna Greenhalgh, wildlife biologist at Trustum, the children chose two areas at the trailheads to provide maximum visibility for the beautiful native plants and grasses that will come next spring. The property hosts more than 50,000 visitors annually who will see this restoration project.

In preparation for the planting, the children cleared the plots of rocks and shells and added organic matter to the soil. As some children took turns raking the areas, others began spreading the native seed mix which included Creeping Red Fescue (*Festuca rubra*), Little Bluestem (*Schizachyrium scoparium*), Indian Grass (*Sorghastrum nutans*), Partridge Pea (*Chamaecrista fasciculata*), Wild Blue Lupine



Spreading native seeds at Trustum Pond Refuge

(*Lupinus perennis*), Canada Wild Rye (*Elymus canadensis*), Zigzag Aster/New York Aster Mix (*Aster prenanthoides/novi-belgi* mix), New England Aster (*Aster novae-angliae*), Wild Senna (*Cassia hebecarpa*), Golden Alexanders (*Zizia aurea*), Butterfly Milkweed (*Asclepias tuberosa*). When the seed bag was empty, the children turned to the Common Milkweed (*Asclepias syriaca*) plants. Each child planted two milkweed plants, first digging a hole in the ground, next pouring some water into the hole, and finally putting the plant into the ground and tamping the soil around it.

Once everything was planted, the children watered down the areas and stepped back to see what they had done. The sun was shining and was reflected in the smiles on their faces. A job well done!

Thank you to United Plant Savers for the wonderful experience and for the opportunity to give back to such an important and beautiful Rhode Island refuge.

THE MANITOU PROJECT: WILLIAMSVILLE, VT

by Marli Rabinowitz

The Manitou Project is a non-profit that stewards a beautiful tract of forest in Williamsville, Vermont. Its mission is to celebrate the sacred interdependence of humans and nature. We are learning to manage the forest as active and respectful partners in its growth and healing as it changes from a re-grown sheep pasture to a mature and evolving hardwood forest.

A Community Grant from United Plant Savers helped to buy roots of herbs that most likely once flourished here but have not yet returned to the forest, since the seeds were destroyed during the years it was clearcut.

We gathered at our hogan on a day in early October, when the heat of summer had passed but the roots would still have time to set into the ground. Tim Scott, who is a local acupuncturist and Chinese herbalist (and whose own forest garden belongs to the UpS sanctuary network (BSN), led us in learning about four native medicinal herbs: bloodroot, black cohosh, ginseng, and goldenseal. He talked about their medicinal qualities and how both Chinese and North American people used and respected their qualities. He talked about their growth needs, and how to plant and nurture them. He kindly bought some extra herbs of each species so that everyone had a few precious roots to take home a mini sanctuary for their own garden. It was beautiful to see the reverence that the herbs inspire and there was a time of silence to welcome the herbs to the land and back into our lives as growing, living beings.

Then we set out up the trail to plant. We planted bloodroot all around the labyrinth. Then we walked to an area with a natural spring, amidst red maple and birch. We planted two little forest gardens, about 8x10 each, and then we spread out and found nooks and welcoming spots over about an acre. As darkness fell we were still planting!

At the end of the day we gathered at the entranceway to the land and planted an example of each herb in our teaching garden, where people can see examples of many wildflowers before they set out on the trail. Tim brought another present, a maidenhair fern, for this garden, as it is a companion plant to the others. We planted a white cedar, an elderberry, and a mountain ash,

as sentinels to bring purity and abundance, safety and healing to all the herbs we had just planted. We thanked them for traveling to be with us.

Several days later a group of us gathered to plant the remaining roots in a spot Tim had picked out as especially appropriate. We hauled buckets of water up to one of the highest spots on the land, on the northeastern slope amongst hardwoods, tiny rivulets, and some deep leaf mulch. We sang to the plants as we dug, but as we scattered to find sites, we began to drink in the deep abiding silence of the woods. The summer birds were gone and the rustling leaves had mostly fallen. It was incredibly beautiful to feel we were returning a gift to the forest, to make it more plentiful and diverse.

Every root was marked with a bamboo skewer and a piece of survey tape donated by our local hardware store. Through the community grant we were also able to purchase large markers for the trail side, to draw attention to the new gardens in the woods. Our winter project is to create the labels and drawings.

We obtained the ginseng, goldenseal, black cohosh, and bloodroot from UpS member Randy Crouch of Owl Mountain Herbs in North Carolina. Randy was incredibly helpful and spent a good deal of time preparing the herbs for us. He donated the shipping charges and said that he even hated to charge for herbs, because their medicine is free and needs to be shared freely as well. Tim got the herbs that he gave away from UpS members at Companion Plants of Athens, Ohio. The other plants came from Nasami Farms, the nursery for the New England Wildflower Society in Whately, MA. It is definitely worth a trip to see their many species of native plants.

The attendees were gardeners and people who used the herbs for their own health. It was wonderful to make the circle whole, to return to healing the Earth so it can heal us...

We did our best to plant well and we look forward to seeing them come up in the spring.



Planting a woodland at Manitou

A COMMUNITY EFFORT FOR EDUCATION & AWARENESS ON CAPE COD

by Donna Wood Eaton

It has been 7 years since Cedar Spring Herb Farm joined the UpS Sanctuary Network. At that time the dream of a UpS Medicine Trail was conceived. Part of the farm's 7 acres includes a vernal pool, which had been 'mistakenly' disturbed by neighboring development. A plan to rehabilitate the wetland, which included a native medicinal plant trail, was proposed and sent for approval on the local and state level. Rehabilitation included natural berming of the land to protect from runoff, replanting native vegetation and clearing of the warrior plants (poison ivy and bull briar) that had been protecting the vernal pool. Planting beds were marked and amended each year and native species were documented and encouraged. In the fall of '06, I was encouraged to apply for a Mass. Cultural Council Grant through the



Cedar Spring's vernal pool medicine trail

Harwich Cultural Council, for trail signage in text and Braille, and a UpS grant for medicinal plants. Both grants were generously approved and we spent the winter searching out plants and signs. Plants

were obtained through New England Wildflower Society's Garden in the Woods and Jeff McCormack's, Garden Medicinals & Culinaries, in Earlysville, VA. Three dates were set for volunteers and farm staff to plant and set signs in early spring. At the same time, the Harwich Conservation Trust was involved in a program to certify and register vernal pools in town and the farm's vernal pool qualified for protection.

A grand opening date for the trail was set and advertised in conjunction with the Harwich Conservation Trust, the Harwich Cultural Council and the local Conservation Commission. Herbalist Tracey Fisher developed a visitor's guide for the 3000 - 5000 people that visit the farm each year. The opening day was a beauty and attended by 60+ plant lovers, conservationists, friends and family. Thanks to all who helped make this dream come true and thank you UpS for your generosity, inspiration and continuing support of the green world.

Cedar Spring Herb Farm,
www.cedarspringherbfarm.com

PLANT RESCUE EXTRAORDINAIRE

by Marguerite Uhlmann-Bower, RN, Herbalist

This is an accounting of a wonderful unexpected happening. It occurred this summer. It's about our Green Beings. Don White. And Nancy. Both Green Being workers.

Don found me. He heard there was a collective of green being workers in Delaware County in upstate New York. Don had plants to give away - woodland plants, medicinal woodlands. We had just found some land to live on. What perfection here! Our dream manifesting.

We developed an email relationship over one moon, then my honey and I set out with buckets and shovels in hand; a two-hour trip, over many hills. Map Quest served us well this day.

Our arrival had us in suburbia where we found Don. Drive around back? On the lawn? Yep. Don walked before us, guiding us into his home yard. Around back we felt cradled by the Earth and plants Don had fostered - a different world, a paradise world, a world away from the hustle-bustle noisy world.

On all sides green beings were allowed to do as they pleased, with obvious, yet very gracious human intervention. Vegetable gardens abounded to our left. The woodlands, shaded by hardwoods and elder were to our right. As we walked the paths with Don and Nancy, black cohoshes were in full bloom in a misty distance! I thought, "We're in faerie's land for sure!" Above and below, all around us, we felt blessed by the plants and by Don and Nancy. A richness was in their hearts and the soil and air that one could not ignore. And why would anyone want to?

Though it was Don that found us, it was Nancy who had requested (to Don) that he find a home for their plants. Don needed more growing room. His plan was to compost. But he made an email call first.

Today, through the kindness and thoughtfulness of Nancy and Don, hundreds of their green beings are growing in many places in the northeast: black cohosh, goldenseal, wild ginger, bloodroot, Solomon's seal, false Solomon's seal, lobelia and eleuthero.

It took us two visits to complete our transplanting, and then, lots of planning with other green workers to find the homes. Some are in Rhode Island with Bonnie Kavanagh, in the Catskills with Bob Beyfuss, with Katherine Ferris in Delhi, New York, with Dr.'s Michael and Denise Freeman in Walton, New York. And with Yemana Sanders and myself in East Meredith, New York. Yemana and I are planning a shared Botanical Sanctuary; something we have talked about in recent months, and the time now is here. We all have started the re-planting, Nancy and Don. Thank you both so much. Your green children are in good places: Sanctuary.

AN HERBAL COMMUNITY BLOOMS IN THE DESERT

by Nicole Carter Med., M.H.

If you asked an herbalist where would be the worst place in the United States to live, someone would undoubtedly answer, "Las Vegas". They would not be far off base in thinking that there are no herbalists here. When I came here 15 years ago, I was not concerned with that, but within a couple of years my life would turn to the direction of herbal medicine. After several years of studying at home to be an herbalist I began to seek out other professionals willing to collaborate. Eventually I realized that there was simply no community of herbalists and little organization for locals to seek them out.

Feeling defeated and limited, it became my goal to build an herbal community. I started by offering community based herbal medicine classes at my local university. I had just finished graduate school and had some friends in the university willing to hear my ideas. The response was good and grew steadily over the next 5 years. In my 3rd year of teaching I started a local herbal newsletter, trying to encourage people to stay connected, keep busy with herbs. Still, there was not a community of people working together other than meeting at my classes. I then opened my regular purchases up to students eventually creating the Las Vegas Herb Co-Operative. It is a great network of over 40 people who have a genuine interest in herbs. Some of them are just learning and some are quite experienced but all of them love having an "herbal group" to belong to. We have learned how to work together to obtain excellent quality products at good prices while also working to reach out more to the public by organizing educational classes, events and eventually conferences.

This was put into action in a big way with our local HerbDay event, hosted by the co-op. This was the first herbal event in Las Vegas. I began planning for the event 10 months ahead of time and yet was met by resistance and lack of support by the few local vendors in town. Still, we felt the response was outstanding with over 150 people in attendance. We offered free classes on growing herbs in the desert, the importance of organics, making simple infusions, tinctures and taught people about the useful things that they may already have in their yards. The co-op offered information on the companies we work with as well as information about the work of United Plant Savers. It was instrumental in letting the public know herbalists

are here as well as the co-op. Herbal and supplement shops abound in southern Nevada but practicing

herbalists and herbal educators are very limited. Las Vegas may appear to be a town known for is gambling and nightlife but there is a great number of people in this city of 2 million that desire a "green" community in which to take part. This will be an ongoing goal for me as long as I live here and I hope that others will join in my efforts to help build our herbal community.



Volunteers staff the HerbDay table in Las Vegas

Nicole Carter is a Master Herbalist and Health Educator. She offers consultations, community classes, private classes, field trips, publishes the local Herbal Living News and is the founder of the Las Vegas Herb Co-Operative.



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INTO THE FOREST ~ A MODEL FOR LAND CONSERVATION

by Allison Perrett

In the far reaches of Western North Carolina, in a relatively remote and wild valley carved out by a tributary of the Little Tennessee River, Robin Suggs grows native medicinal plants. His business, MoonBranch Botanicals, supplies raw botanical ingredients valued for their medicinal qualities to medicine makers and herbal practitioners. This is not your typical operation. At MoonBranch Botanicals, you won't find greenhouse nursery production. On 32 acres of forested land, Robin cultivates plants in their naturally occurring environments. Home to more than 3,000 native plant species, this area of the southern Blue Ridge Mountains is botanically rich, and Robin's business depends on maintaining the integrity of this biodiverse natural system.

Ten years ago, when Robin began working on this land, he used conventional means of production. Several years ago, he began to explore alternative methods. "I began to see that the way I was approaching my production was an uphill battle. I was working against nature," Robin says. "Rather than modifying the natural system to fit the crops, I started to modify my production practices to fit the natural system. It makes perfect sense. Natural systems are the result of hundreds of thousands of years of trial and error. The native plants I work with are perfectly adapted to the conditions of this region."

On a recent visit, Robin led me along one of the trails that traverse his land. I followed Robin as he crossed over a meandering stream that veered off the path into a veritable sea of green. To my inexperienced eye, each plant looked the same. Not so for Robin, who has been working with plants for over 25 years. He pointed out bloodroot, American ginseng, mayapple and witch hazel, just some of the plants he cultivates. He then stopped and knelt down in front of the plant he was looking for: black cohosh; its root is sought by herbalists to treat symptoms associated with menopause.

Robin cleared organic debris from around the base of the plant, then pulled out a clawed tool to break up the earth so that he could use his hands to gently free the root. Before placing it in his satchel, Robin broke off a piece of the root and replanted it. He told me that replanting is an essential and basic step in his harvesting practice. "My production relies on stewardship of a naturally occurring system. Taking steps to maintain its integrity ensures the forest system's ecological health and also the viability of my business." The root Robin dug during my visit will supply an order from one of Asheville's local grocers, like Greenlife or the French Broad Food Co-op, or for a

local herbal practitioner, while the replanting will generate new growth.

Working Forests: A Renewable Resource

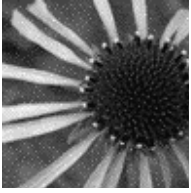
Driving along the main road of his community, Robin and I counted the number of real estate signs advertising home sites for sale. "Things are really changing. When I moved out here a decade ago, it felt like I was living in a remote place. It doesn't feel like that anymore. More roads. More second homes. If we keep heading this way, we're going to lose it," he says. We followed one of the signs up a freshly cut road to a cleared home site. Robin commented on the view. "Who wouldn't want to live here? Look at it. People come here because they want to live in a beautiful place, to get away from crowded cities. The irony is that the sale and subdivision of the land is destroying the very thing that attracts people to this region."

At a time when our forested areas are shrinking, Robin's model of production offers a means to protect them from further development. North Carolina currently leads the nation in loss of forested lands. A recent report published by the North Carolina Division of Forest Resources reports that pressures related to the expansion of urban areas have contributed to the loss of more than 1,000,000 forested acres since 1990. "A line of thinking that dominates discussions on land use is that wildlands are valuable for their development value," Robin notes. "If you want to base their worth purely on the bottom line, then their value lies in their natural state. Working forests managed properly can be renewable and profitable sources of medicine, food and fiber."

As the name suggests, working forests are not nature preserves. Forested areas are utilized for their resources—timber and nontimber—in a way that maintains ecological integrity and that can potentially enhance biological diversity. "One of the best ways to preserve wildlands is to make them economically productive, to manage them as working forests," Robin believes.

Studies conducted by the American Farmland Trust support Robin's statement. These studies, which compared the costs of providing infrastructure and services to residential property versus farm, forest, and open lands in 83 communities across the country, demonstrate that residential land uses are a net drain on municipal funds. It costs local governments more to provide services to homeowners than what residential landowners pay in property taxes.

continued on page 19...



THE POTTING SHED

Within this corner of our Journal, "The Potting Shed" is where we hope to place ideas that we read about or that members send to us. They may not be complete articles, but thoughts that we think are important, and ideas that we think will sprout more discussion. Send us your seedling thoughts on this piece or other germinations!

With expert assistance from Jim Chamberlain and Richo Cech, the article that follows was distilled from an on-line discussion concerning the propagation of a critically rare plant in California.

THINK BEFORE YOU PLANT

by Betzy Bancroft

Over time, plants adapt to areas where their populations have endured. These local variations are known as ecotypes. Even though plants may look similar, their gene structure may be somewhat different from the original plants based on the uniqueness of local environmental conditions.

UpS Advisory Board member and botanist Christopher Hobbs believes, "One has to consider that the unique genome and adaptive traits found in wild populations could well be altered by gene flow from a cultivated version of the plant. It may be unlikely to happen if the cultivated plants are far away from the populations, but who is to say that someone couldn't buy a plant that came from one population and grow it close to the other population. The unique genome (and 'essence') that evolved over millions of years that 'is' that plant, could be altered in such a way that it could not survive in that habitat. Yes, if the cultivated plant grows readily, like a weed, then some version of it will continue to exist. But not the unique plant of the wild population."

Jim Chamberlain, Research Scientist with the US Forest Service put it this way: "We, as stewards of native plants, need to really consider the impact of introducing genetic variants to isolated populations. Our introductions can, and have changed the gene pool significantly, and irreversibly. We may not be aware of the genetic changes, but they happen and the plants are therefore not the same as they were before anthropogenic activities."

On the other hand, Nature is never static, and has always provided means for plants' pollen, seeds and spores to travel via the wind, water, birds, and animals, including humans. Humans have been relying upon, propagating, and wittingly and unwittingly disseminating

plants, both domestic and wild ones, for a very long time. Rosemary Gladstar reminds us, "We all have to change in order to survive. That's the message. Sometimes we are the winds ~ or the animals ~ that blow or carry the seeds to better grounds to grow in. That's genetic transformation and survival."

A lack of genetic diversity can occur when habitat destruction fragments the natural range of a plant. This is known as "inbreeding depression," a phenomenon that limits the gene pool and the adaptability of the plants, making them vulnerable to dramatic changes or catastrophic events in their environment. Seedsman and UpS Advisory Board member Richo Cech points out that this phenomenon can occur with plants in cultivation, as well. "When cultivated plants begin to lose vigor due to inbreeding depression," he says, "there's an easy fix. You go to the wild, pick seeds, grow the plants from the wild seeds, and intermix those wild plants with the existing domestic population. The seeds from subsequent generations will exhibit increased vigor."

So how much do we have to be concerned with the genetic makeup of plants that we introduce to our gardens, and is it a good idea to introduce plants into the local wild lands? For UpS members, this is certainly something to think about as we plant our little fall give-away rootlets. One factor is how the

new plants were raised. Agriculture and Natural Resources Issues Leader of Cornell University Cooperative Extension, Bob Beyfuss explains, "when plants are removed from their environment and propagated artificially, they are subjected to 'artificial selection' by the conditions they are grown under. If they are grown in a greenhouse for example, individuals that



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survive become adapted to greenhouse culture. After a few generations in captivity, they may shed genes that were needed in their natural environment while favoring genes that allow survival in the greenhouse. If these plants are then re-introduced to the wild, they may pass some of these newly acquired greenhouse survival genes to wild plants, called 'outbreeding depression'. These genes may put the remaining local plants at a disadvantage if they have replaced shed but needed genes."

If you mail order plants from other areas, they may not be greenhouse propagated, but still a different ecotype, or strain of the species. You can purchase plants from a local nursery, particularly one that sustainably propagates local stock. Resources are available to help you learn how to propagate existing populations of plants as well. This perpetuates the local gene pool, and helps ensure that your new plants are adapted to your area, one way to give them a better chance for survival.

In practice, however, especially among plants which humans find useful, there has and continues to be widespread dissemination of various ecotypes. This dissemination can result in permanent changes in local plant genetics. On the other hand, there is a widely held belief that if wildcrafters had not replenished ginseng with introduced seed it would be gone by now. One needs to consider risks versus benefits when re-introducing plants into any environment.

All these factors bring us to some fundamental questions: How rare is a particular plant, and how widely distributed was it originally? Has this plant already had much genetic change from cultivation? Is the plant's natural habitat (especially last remaining) in danger? Can we get ourselves out of the way and determine what is truly in the plant's best interest? From both a scientific and philosophical viewpoint it may be best to leave an intact population of native plants alone to preserve their genetic uniqueness and continuity. For truly imperiled plants and for the remediation of human damage, rescuing and reintroducing plants may be the most ecological approach.

Gary Kaufmann, a botanist with the National Forests of North Carolina, sums things up this way, "I think one always needs to examine the question of propagation of a rare species as a tool to further enhance the species. Propagation can be useful. However for critically rare species we need to be very careful how far afield we introduce them, particularly if in the case of attractive natives they

become commercially available. For me the critical issue is preserving or restoring the habitat to allow natural regeneration of the rarer species."

Perhaps above all, these issues point to the need for preservation of habitat. Whether preserving intact populations of native plants or reintroducing them and giving them a chance to eventually naturalize and adapt, the safe haven a botanical sanctuary can create is an important part of conservation strategy for the plants.

...Susto continued from page 5

Later, I stood out at the edge of the entrance and watched the workers. A bulldozer pushed down aspen, maple, birch and oak, trampling the woodland understory of plants. It was a horribly violent cut to witness. It has been going on for days. Most of us are feeling the impact of this Cut. And, Trees do scream.

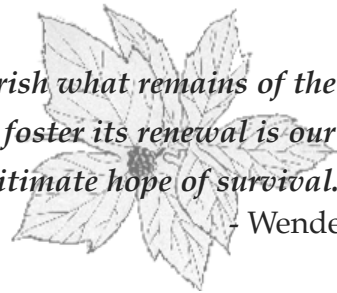
Walking this land ~ the old Ojibwa path and stage coach trail called "The Chippewa Trail" that eventually leads to Lake Superior ~ we realized the impact the logging would have on the land, trees, plants and the geography. Together we began photographing parts of the trail that would soon be scarred by dozer tracks. The Sugar Bush. The Chippewa Trail. The Sacred Trees and Plants. I know the land will eventually recover, but how many trees must be taken, how many new homes and buildings will come in, how much consumption? How will we be in the future when there has been Susto?

We depend upon the wholeness of nature to sustain us, to nourish us, to teach us. What are the truths in the story of this land? I have been told numerous times that people who live removed from the land will seldom hear the land, will be less likely to respond to its needs, or preserve the land or act in its best interests. We need more Earth Guardians. Calling all Green Ones! Dream of Trees tonight.

Written by Gigi Stafne, Steward of the UpS Botanical Sanctuary in Long Lake, Wisconsin and recipient of the UpS Medicinal Plant Conservation Award for 2007.

*"To cherish what remains of the Earth
and to foster its renewal is our only
legitimate hope of survival."*

- Wendell Berry





UPS SANCTUARY NEWS

FALL '07 INTERN PROGRAM: RENEWAL FOR INTERNS & UPS OHIO BOTANICAL SANCTUARY

by Chip Carroll, UpS Intern Manager

The United Plant Savers Internship Program was brought back to life again this past fall with 6 interns enrolling for a 6-week session. Interns from many diverse backgrounds came from all over the country to live and work on the 378-acre Botanical Sanctuary in Rutland, Ohio (in years past, interns have come from as far away as Japan and Ireland). Over the 6-week program each of the interns performed 25-30 hours of work a week on Sanctuary related projects for a total of over 900 hours of labor! Much of the work performed revolved around the "Talking Forest" trails project currently taking place at the Sanctuary.

Trail development, bridge building, rock moving, landscaping and sign staking were some of the more common tasks performed and each provided its own "education". Whether moving massive black locust timbers down steep inclines with only human-power (albeit over 20 humans) to place for foot-bridge construction, painting both the Latin and common name for red oak on a sign 20+ times, or just living communally for 6-weeks, all "work" fostered learning and an increased appreciation of nature.

Educational classes were offered weekly for the interns by a wide variety of teachers on a wide variety of topics, both basic and advanced. This group was especially lucky to have the UpS Board meeting at the Sanctuary for a few days in September and was able to take advantage of the wealth of knowledge present in board members attending. The Northeastern School of Botanical Medicine was also in the community for a week during the Intern Program. Song, a renowned herbalist who runs the school, was kind enough to include Interns in some of the school's classes and stayed a few days extra to work on botanizing with them. Many other neighbors, herbalists and entrepreneurs including Lee Wood, Paul Strauss, Diane Don-Carlos, Cindy Parker, Rebecca Wood, Hank Huggins, Chris Chmiel and David Keller provided both classroom and field-based classes. Although this was one of the driest years on record

for Southern Ohio and many of the forest herbs that one would normally see thriving had already gone dormant for the season from lack of sufficient rain, the Interns were still very much able to experience and learn many, many new herbs & trees.

The Sanctuary undertook a major transformation over the 6-week program. Since the Intern Program had not been active for a number of years, the first several weeks of the program focused on "reclaiming" much of the landscape, trails and infrastructure on the Sanctuary grounds. Maintaining a 378-acre farm takes a lot of work, without the Intern program the task of maintaining such a large piece of land becomes next to impossible. Not only did the group get the Sanctuary back to an easily maintainable state, they also left the Sanctuary with some major improvements. 3 large footbridges were constructed out of oak and black locust by the group, all of which turned out beautiful and really lend a nice addition to the improved trail system. A native woodland medicinal herb landscape was established near the Yurt within view from the kitchen window. Herbs from a nearby "plant rescue" provided the planting stock for this garden. This group also began creating and placing signage throughout the "Talking Forest" trails that identify landmarks, points of interest and tree & herb species. This work is critically important in establishing an interpretive trail system that we hope will serve as a "living classroom" for all who visit the Sanctuary.

I believe those participating in the program also undertook a major transformation through their experiences in the community and on the land.

Everyone who participated expressed similar views about their experiences in the program. All found the community, the classes, the land & the region to be extremely diverse and welcoming.

All found that communal living, although at times is strenuous, allowed them the opportunity

continued on next page...



Fall interns take a break with manager, Chip Carroll

...Interns continued from previous page

to grow and bond together and provided some strong friendships. I believe all walked away from the program with new insights, skills and knowledge that will help to enhance their lives as well as those who they come in contact with. That is what this program is all about.

I feel very fortunate to have the opportunity to work with the Interns at UpS. Working intimately with a group like this, you really get to see the transformation that the program, the land and the experience as a whole has on individuals. It is enriching to see folks leave here changed, renewed and invigorated. It provides a validation of all of the hard work that has gone into the Sanctuary and community here over the past many years. For those who live and work here daily, at times I think we may wonder if we are doing the right thing, if there are better ways we can make change and make a living? When you can see the impact that this place has on people, it becomes very clear that a difference is being made and that the payoff for all of that hard work has come.

I want to extend a major **Thank You** to all of the 2007 UpS Interns. Jessica Oppenheimer, Donna Fossier, Amanda Wiles, Sara DeAloia, Susan Garguillo & Brett Nagafuchi, you all have made this a better place and we truly appreciate your time, effort, blood, sweat and tears (several folks got to experience their first caterpillar sting and Amanda was "lucky" enough to get stung by both a caterpillar and a wasp!). You all are always welcome here and we hope that you will come back and visit us soon!

Chip Carroll lives in Rutland, Ohio and for many years was the Farm Manager & NTFP Research Education and Demonstration Coordinator for the Rural Action Research & Education Center in Rutland. He is also the owner of a ginseng company, Woodlandwise Botanicals. He will be managing the UpS Intern Programs in 2008.

*"In the end, we conserve only
what we love. We will love only
what we understand. We will
understand only what we
are taught."*

- Baba Dioum, Senegalese poet

... Into the Forest continued from page 15

By contrast, working farms and forested lands generate more in local tax revenues than they require in services (*Cost of Community Services Studies: Making the Case for Conservation, 2002*).

As I collected my notebook and camera to make my journey back to Asheville, Robin gathered up his equipment to go back out into the forest. "In our society," he told me, "we have become so disconnected from the land, people forget that they are just part of one living world."

His statement captures the reciprocal relationship that binds owner and forest on working lands. Forest products provide landowners with a source of income; forested landowners steward and build a natural resource. For more information about MoonBranch Botanicals, visit www.moonbranch.com.

Allison Perrett is a PhD candidate in applied anthropology, works for Appalachian Sustainable Agriculture Project, and teaches at Warren Wilson College.

..... *United Plant Savers'* **INTERN PROGRAM**

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WILDLIFE MANAGEMENT AT THE UNITED PLANT SAVERS BOTANICAL SANCTUARY IN OHIO

by Lee O. Wood III and Randy Wood

The Ups Ohio Sanctuary is a haven for all living species, even though our focus is on the plants. Recognizing the interconnection of Nature, UpS needed to survey the wildlife as well as the plants and form positive solutions for the problems of maintaining wildlife, plants and habitat. Before UpS became stewards of this land, our family lived on or close by it. The hunting and trapping skills we learned early in life, along with many years of experience farming and working the land allowed us to make wise suggestions to UpS about how to maintain and live in harmony with wildlife in the Sanctuary habitat. The UpS plant focus and our experiences living on the land, opened our eyes even more than before to the importance of preserving a healthy and diverse heritage for the future.

For wildlife management, throughout the year, we 'check our numbers'. To do this, we draw on our experience and knowledge of trails, tracks, nesting areas, staging areas and other clues to get us a good accurate count of all wildlife in the habitats. As avid outdoorsmen we believe the land is for use not abuse and when you use it, you must pay it back by making it better than it was before you were there, a lesson taught to us by our father.

Habitat care is one of the most important and controllable ways we, as humans, can assist and assure that wildlife needs are met. Habitat is diverse and renewable. We need to maintain our larger wooded areas. For example, take only dead or diseased hardwood for timber or firewood. When you do take a tree, stack all the discarded limbs into a pile and plant in and around the pile. This will give your animals cover and future habitat. It will also give you starts on your plants such as ginseng and yellowroot (goldenseal). Then plant what hardwood you want in that area and allow it to grow for a couple of years before you plant, say, black locust. In that time you will produce great habitat in blackberries, honeysuckle and close growing brush for grouse, deer and other animals. An area managed in this way will give you 7 to 10 years of good habitat.

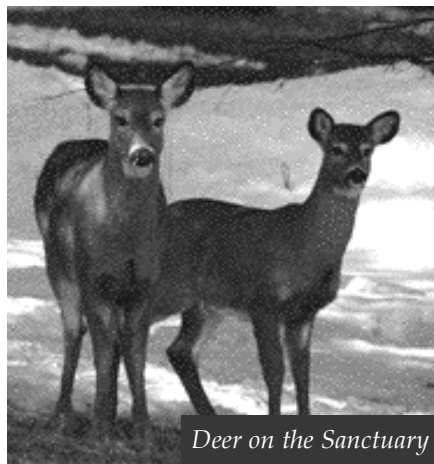
Plant buffer crops on areas too hard or too poor to cultivate. This will keep animals away from profitable crops and allow you to build up soil in areas with little or no topsoil. Here in Ohio we can also plant starter forests for trees

in some of these poor areas. Trees like elm, ash, buckeye, dogwood, wahoo and gum would do well. In swampy areas, birch, spice, autumn olive and chestnut would be good. This cover will last for 10-15 years.

Hunting is an important way to help control gene pools and disease in wildlife. It also allows for numbers control so as not to deplete the habitat you have. Poachers and irresponsible trespassers on your land destroy the bond between the landowners and the responsible hunters, causing loss of income and damage to the animals and habitat. Controlling trespassers is difficult, to say the least. Expanding the number of "No Trespassing" signs is time consuming, but important and worth it. Before hunting season begins, the fellow hunters that come to help out at the Sanctuary cut grape vines, replenish the salt licks, plant ginseng berries and remove their yellowed leaves to deter poachers. Also, before the deer's breeding season, they cull the smaller, less healthy deer and ultimately improve the gene pool. This has created a win-win situation for both the Sanctuary and our neighbor-hunters, since an over-population of deer could negatively impact the plant life that we are dedicated to maintaining.

Currently the variety, abundance and health of wildlife at the Sanctuary is reflected in the plants and trees. We have a strong herd of deer as well as foxes, coyotes and many smaller animals such as squirrels, raccoons and mink. Bobcat has recently returned to the Sanctuary after not being sighted for some time. The many ponds attract a wide variety of water birds including ducks, geese, and herons. There are grouse and turkey as well as several species of owls and hawks. I could go on and on, I love to watch them all.

Let's face it. No one can look at what we have done here on the Sanctuary and hear about what we want to do in the future, and not be impressed! It is unique. Yes, we work hard, but it is all worth it when at the end of the day, you sit up on top of the hill with the sun going down and you say to yourself, "Oh Lord, this is beautiful". And you realize you have helped make it that way, and you helped save it for the future.



Deer on the Sanctuary

Lee Wood and his family were living on the UpS Sanctuary land when we acquired it a decade ago. He still lives there and is our resident Steward, an Advisory Board member and the best 'man on the ground' we could wish for!

THE TALKING FOREST TRAIL SYSTEM

by Paul Strauss

We are very excited about the Talking Forest Trail System, born and growing here in Meigs County Ohio (in Rutland which is near Athens). We developed the trails to expand our existing Medicine Trail at the UpS Sanctuary. By connecting it with adjoining lands in our rural community via a corridor of hundreds of acres of interconnected land, we have created a model educational environment in which plants and animals can feel safe and flourish.

This unique networking of plants, animals and people is possible because of the shared land ethics in our community. All together, the trail will be approximately 7 miles long, traveling over 1200 acres, joining the non-profit UpS Botanical Sanctuary with the non-profit Rural Action farm, and then continuing through Joe & Wendy Viny's Art Farm and Paul Strauss' Equinox Botanicals Farm. As more parts of the trail become open to the public, groups or individuals must contact each landowner for permission to utilize their portion of the trail to protect their privacy. The deer don't seem to care about this.

When I thought about how I had become familiar with so many species, I realized it was simply recognition through repetition because of the long hours I spend in nature. I also realized that not everyone has that same time or interest, so on most of the trails the plants are labeled repeatedly so you can see them over and over again and associate them with their names. With so many different tree & shrub species on our lands, this is very valuable because plants, like people, can look very different as they age. Along the trails there are also short floragrams placed discretely in nature that describe many of our most important and most-used species. Many individual sites on the trail have informational write-ups fostering further understanding of an outstanding botanical treasure or an exceptional habitat. The many trails are clearly marked, using large white lettering on beautiful slate stones, enabling one to read the species or trail from a distance ~ which is especially helpful when learning your trees or finding your way, or just having bad eyes! Visibility also keeps hikers off the trails and off the plants!

These trails are not situated in a densely populated area of the U.S. The lands are 90% forested and there is no major airport or highway close by. I consider our remote location a wonderful and sane choice of where to live, but I know that many people must travel a distance to be here, so we want to give them something unique and memorable when they do make the trek to the woods. Meigs County is mostly known for deer hunting, logging, king coal and marijuana cultivation, yet the real gold in these hills is our monstrous & concentrated populations of herbs. We have more species of trees and shrubs (the Big Herbs) than almost any area of this country or world, with the exception of the planet's rain forests.



Paul Strauss & Chip Carroll examine ginseng root

There are no lions or grizzly bears, no ocean beaches or giant redwoods, but we have beautiful multi-species forests and boy do we have herbs! Lots & lots of herbs! If you look at a map and find Charleston WV and draw a 200 mile circumference around it, you have found the most varied and valuable deciduous forests in America and most of the world - a true planetary treasure.



Bridge-building under Paul's expert direction

Well, by building this new and different kind of educational trail system that highlights our botanical nirvana, in time, a little more Botanical Eco Tourism will come this way and help support the UpS Sanctuary and this very special nature-centered community. Most importantly, the green spark ~ the inspiration of these woodlands ~ will inspire others to do their part, wherever

they live, to protect our disappearing botanical resources.

Paul Strauss is a naturalist, herbalist, medicine maker, farmer and builder of bridges between plants, animals and people. He is the Steward of the UpS Ohio Sanctuary and he developed the concept and plan for The Talking Forest Trail System. Over the last two years, he and the Meigs County community have been building the trails. Last spring the UpS Sanctuary interns worked on the trail with Paul and the trail builders, bringing us further along in our completion of this exciting project. We are planning a Talking Forest Trail Open House in Spring of 2009. Once the trails are 'official', we will welcome visitors to hike the trails. Until then, "unofficially" we welcome visitors to hike the trails! Call us if you want to come to the Sanctuary!



THE TOOL SHED

FINANCES, FINISHING THE JOB & WHAT FRIENDS CAN DO TOGETHER

by Executive Director, Lynda LeMole

(Author's note: I've named the Executive Director's corner of our Journal The Tool Shed because in many ways, this is where the physical work starts, and where it ends up during, and after it is finished.)

UpS is an organization of several thousand plant-people: Plant-workers, plant-friends – *plant-lovers* (*plantaephiles*?). 'Love of plants' is what we all have in common. True lovers of *healing plants* are particularly vulnerable to this love affair, though the tough and dedicated gardeners of *all species* of plants find the heart and soul of UpS to be irresistible.

Because UpS has been the 'voice for the healing plants' since the early 1990's, if you love plants, you love UpS!

2007 was a year of finishing our Ohio Sanctuary accommodations so that our resurrected Intern Program could begin. For that important improvement, we *spent* some money! It was a year of well-attended herb conferences and herb classes in our partner herb schools (our PIE program), so our fund-raising events *made* some money, including a grant from 'Aveda the Benevolent'! It was also a year of productive board, committee and special project collaboration – the kind of good work that happens when friends come together to make the planet a little greener. The spirit of the herb-workers who volunteer with UpS isn't easily defined. It seems to be: *Lovers of healing plants doing what they can do to help.* And that's a lot!

About 30 years ago, 'the plants' decided that my primary job for a few decades would be to deal with the business of plants, the government of plants and the two-legged organizations we need to make plant projects happen on Planet Earth. I've been busy! I'm always available to talk with UpS members about our financial status, so call me if you would like more financial information on UpS. I don't publish a financial statement in our Journal, but as a member, you have full access to our audited information. My job is to keep the tool shed well organized, stocked with the right supplies and tools, and ready to respond to the needs of the plants; be it education, research, rescue, restoration, or communication to the plant-troops. Maybe you have already guessed that I believe I 'work for the plants'.

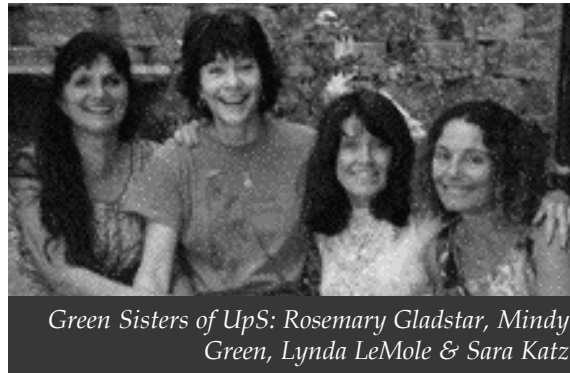
The future is green. Our Ohio Sanctuary is alive with new Intern Programs that bring tremendous energy and revival to the land. In 2008 two intern programs will fill the Sanctuary with new life. The "At-Risk" project work is about to be published for greater input from the greater plant community. Our administrative structure and overhead is lean, multi-talented and dedicated. The UpS leaders - the Board, our Ohio Sanctuary community, the Advisory Board, committee members, regional conference champions, Botanical Sanctuary Stewards, Community Grant recipients, generous donors, and

all active members, continue to fulfill our mission. Betzy, Nancy, Liz and I are the core staff and, blessed be, we are 'collaboration in action' when it comes to working together! The truth is, conditions on Planet Earth are getting tougher for the survival of medicinal plants in the wild. But the evolution of the synergy

between plants and plant-lovers is increasing and fostering new ways of cultivation, harvesting and how we use the healing herbs. It seems that the two species are actually catching up with each other!

At the same time that the wonders of the future never cease, we look back at global warming, increased habitat destruction, senseless and toxic wars, natural disasters and political greed. But to the future, we see more plant sanctuaries being created in our BSN, greater awareness of healing plants through education, more knowledge of the status of plants in the wild, record national charitable giving, and double the number of environmental non-profits in the US. If you have experienced and believe in the synergy between humans and nature, then you know that we are doing the right work with the healing plants, at the right time, and in the right place.

Thank you for being a UpS member. Please keep us close by, maybe near the tool shed. Help whenever, and as much, as you can to keep us running in good working order! We exist to help you help the plants and the planet. *Join for the plants; stay for the people!*



Green Sisters of UpS: Rosemary Gladstar, Mindy Green, Lynda LeMole & Sara Katz

TRUE ROMANCE

by Elizabeth Stone

It began so innocently. Little did I know the day my husband and I moved to our new farm that I would fall in love.

Truth be told, I should have had an inkling of our future romance from the very beginning. Before we even bought the place, while my husband inspected the farmland, I set off alone through the woods. It was then our courtship began. Despite the dryness of the season, springs were running cool and clear. Shade welcomed me in from the late summer heat. And just before I emerged back into the sun, there was a rustling from the branches overhead and a single feather drifted down at my feet. The sound of the water, the cool of the shade, the feather (still stuck in the band of my summer hat) turned out to be my first gift.

After the flurry of moving in, our trysting began. My daily walks on the bike path adjoining our previous property had been mainly a time of inner reflection. But my woodlot *demand*ed outward attention. It was fall by then, and the trees were bare, but what were they? I simply had to know, and as a result our first winter together was one of discovery; how to identify trees by their bark- maples, beeches, tulip poplars, and black walnuts primarily, occasional locusts, hedge apples, junipers... By the end of winter I had changed the way I saw the world. Trees, mere objects before, are now friends I have come to know, a part of me.

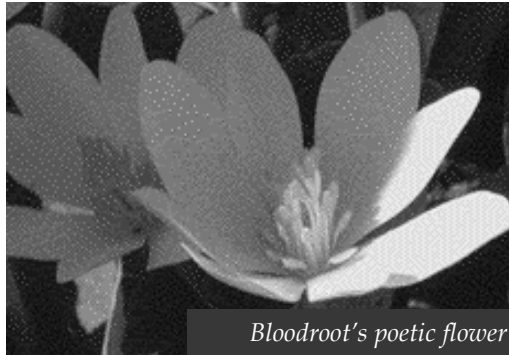
But that was nothing. I had yet to experience my first spring, my first spring walking daily through the woodlot. Up until that time my journals resembled, more than anything else, the field guides I had become addicted to. Dry, with occasional sketches, mostly written for identification purposes. Suddenly my writing changed. I did not realize it then, but this was when what had been, at most, fascination, interest, maybe even a bit of infatuation, turned to love.

The woodlot was bursting to life in front of my eyes. I ran to the bookstore for help, another flurry of field guides to buy: "Wildflowers of Tennessee, the Ohio Valley and Southern Appalachians", "Eastern Central Medicinal Plants and Herbs", "Smithsonian's Herbs"; who knew that we were surrounded by such abundance? How had I lived my whole life in such ignorance? Everywhere I looked I confronted another gift, all with the most poetic names ~ bloodroot, trillium, waterleaf, wood violet, Solomon's seal. My

journals started gushing with fervor, and it seemed everyday brought another gift; ladies slipper, showy orchis...I was overwhelmed.

I was at the bookstore when the cover of the book "Growing 101 Herbs that Heal" by Tammi Hartung caught my eye. Pictured was a flower I had in my woods that I'd been unable to identify, (goldenseal!). That's when I started viewing these beautiful creatures as more than just a pretty face. I launched into an investigation of the medicinal properties of my newfound friends. In Hartung's book I found a reference to United Plant Saver's and a new discovery- I am not alone! There are people out there who share my passion!

As of this writing, my woodlot and I have shared only two full seasons together, so I know our relationship is only just beginning. Last winter, when the plants were resting, I first discovered that all was not perfect. Honeysuckle, multiflora rose, and wild grape vines are abundant enough to pose a threat, so my daily walks now include efforts to put a damper on their proliferation.

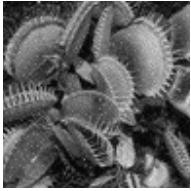


Bloodroot's poetic flower

It is only recently that I have become aware of the fact that I am truly in love with my woodlot. I have been blessed with many loves in my life; love of husband, children, friends and family, even pets. Never before have I fallen in love with something like a woodlot. Up until now, I never even realized you could.

The most amazing thing about my newfound love is that it is not a one sided relationship. In fact, looking back, it seems the woodlot actively courted ME, gifting me with every possible manifestation of beauty and life. These gifts still take my breath away every single day, leaving me with a profound sense of gratitude, and the need to do what I can to repay my woods for all it has so freely given me.

And, just as all good love affairs do, this romance has helped me grow. What used to be a love confined to a woodlot has now extended to all of the earth. What was at first increased awareness of problems and threats to just this one narrow band of property has become increased awareness to threats to the entire landscape. Look around, you will see it's true ~ that's motherwort growing by that parking lot, evening primrose along the side of the road. We are literally surrounded by beautiful gifts. All we need to do is remember how to say, "thank you".



UPs BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

~Nancy Scarzello, BSN Coordinator

THE MANITOU PROJECT

Williamsville, VT

Sanctuary Stewards:

Jeanette Pfeifer & Martha Rabinowitz

"The Manitou Project celebrates the sacred interdependence of humans and nature. Through experiential education and mindful land conservation, Manitou integrates spiritual and practical ecological awareness. Manitou seeks to awaken its members to new ways of being in relationship with the land, its inhabitants, each other, and the wider community."

The Manitou Project is a nonprofit organization that was formed in 1993 by Pamela Mayer to steward and celebrate 235 of mostly forested acres of land she owned in Williamsville, Vermont. We are very happy to be new members of the Botanical Sanctuary Network.

We have an extensive trail system, maintained by volunteer members. Along the trails are many sites such as "Grandmother White Pine", "Grandmother Black Birch", a large labyrinth, a winding stream, a fen, and several high-energy areas dowsed out by Pamela.

At the entry area, several small gardens have been started. One has examples of local woodland wildflowers and medicinals. Another is an "observation" garden that is fenced off but will not be touched, so that the changes over time can be observed without interference.

Another is a



Jeanette Pfeifer & Martha Rabinowitz replanting native medicinals

seed bed, so that visitors can bring seeds down from the trails for germination and protection and later replanting. In a sunny spot, there is "gardening by focused weeding" to encourage certain self-seeding species. In 2007 we added ten species of native plants to the entranceway gardens. We also received a community grant from United Plant Savers to plant ginseng, goldenseal, bloodroot, and black cohosh on the upland wooded slopes.

Growing naturally on the property are blueberry, sundew, yellow lady's slipper, goldthread, partridgeberry, wintergreen, and other herbs yet to be discovered. Our problems with invasives are at this point minimal.

Also in keeping with its mission, Manitou creates events for the community. Examples run the gamut from seasonal celebrations, children's Wilderness and Art camps, to plant identification and bird walks. We have had t'ai chi on the land, dowsing, sweat lodges, and blessing ceremonies. All events are open to the public.

Manitou is honored to have joined the Botanical Sanctuary network. We look forward to learning, from those of you who have walked the trail ahead of us, how to reintroduce and encourage native medicinals in the forests and in our lives. As indicated above, we are open to the public. We hope other Botanical Sanctuary members will visit us, and hope ourselves to take trips to other sanctuaries. Please visit our website at www.manitouproject.org, and visit us in person if you are in the area!

GREEN SPIRAL HERBS

Middleburgh, NY

Sanctuary Stewards: Dan & Betty Pillsbury

Botanical Sanctuary – a sacred refuge for plants - that is the idea and vibration we strive for on our bit of land. Nestled in a hollow in the hills of the northern Catskills, we have encouraged medicinal plants to find a home here. We also encourage people to meet, to learn and to respect those plants.

Receiving certification as a Botanical Sanctuary in February of 2007 was very exciting for us. We have been nurturing our property for the 6 years we have been here and receiving validation for that was satisfying. But, it has been the response of the general population to that certification that has been amazing.

For several years we have been giving classes, weed walks and lectures, both at the gardens and at colleges, clubs and events. This year, we sent press releases to local papers about the certification and the open house we held in June to celebrate. Several papers ran the press release and the Schenectady Gazette sent a reporter and photographer to write an article. That article, which was two full pages with ten photographs of the plants, has caused us to be viewed in a much different light and by a much wider audience. And it has shown us that the mainstream population is embracing the green world in larger numbers than ever before.

This year, we have added more plants and raised beds. Lady's slippers, Oregon grape and many other herbs were added to our vast array. Our herb varieties number near 300, from common to rare. Some are specimen plantings like the eleuthero and others are in large beds like the arnica. More signage has been installed after realizing previous signs had been stolen. A huge arbor (30 foot long and 13 foot high) on which to grow more roses, hops and vines has been built. The crescent garden that holds white sage, poppies, lavender and baptisia has been completed.

This year, I researched and designed a Colonial herb garden for the Daughters of the American Revolution's meeting house in Schoharie. I taught at Herb Day



Betty in the Green Spiral Gardens

(held in July here in NY), SUNY Cobleskill, local health fairs, at Green Spiral Herbs, for private clubs and shops. I lectured on "Doing What You Love and Loving What You Are

Doing" for a women's business symposium. Everywhere, we have been spreading the message of "love the herbs". We also took classes from the International Herb Symposium again this year. No better way to spend a long weekend than surrounding yourself with intelligent, caring people who share respect for the plant world. Additionally, we have been certified as a Monarch Waystation and a Wildlife Habitat.

Future plans continue to grow. We are planting 500 lavenders in the spring. Dan will be making a pump to draw water from the creek. The woodland area of the garden will be expanded. A retail space may be added. The mushroom logs inoculated last year will be mightily fruitful in 2008. The herbal study program will run again. Time to enjoy winter for now! Please visit us at www.GreenSpiralHerbs.com.

Not all UpS members have Sanctuaries, but all members can dream! And all members can receive plants through our Plant Give-Away. Kristena Roder reminds us that sometimes there are small first steps to finding our big dreams - three plants from a UpS Plant Give-Away, and the message and inspiration she received.

THE DREAM BOTANICAL SANCTUARY

by Kristena Roder ~Arkansas herbalist

"Several acres with herbal beds. Herbs for immunity and herbs for flavor. Tea herbs, decorative herbs. A hops arbor with a swing or bench to sprawl out on while enjoying a favorite book and lemon balm tea. An outdoor clawfoot bathtub with roses surrounding this place to enjoy on a summer's night."

These are my dreams and desires that I look forward to creating. We are currently living in a small house on a small lot in the NW Arkansas Ozarks. It is beautiful here, but for someone with little gardening experience it has been challenging.

This year the knowledge of endangered herbs became an intense reality. Along with our herbal dreams, we had work to do to save these plants!

So we pack our 3 smaller children into our Honda and travel the countryside and curving mountain roads looking for land we could call home. A place to create our dream and devote a portion for endangered herbs. The summer sun was hot and the ticks and mosquitoes flourished. These insects surely loved our curiosity about all the properties we explored. We spent many days treating bramble scrapes, insect bites and itching, but I have to be honest, it was fun exploring.

continued on page 27...

Winter 2008

LOVING SPRINGS BOTANICAL SANCTUARY
Robbinsville, NC

Sanctuary Stewards: Kim Hainge & Jim Kriner

My husband and I discovered the pristine mountains of Graham County, North Carolina early one spring. We literally walked into a world where we could still experience something of what our eastern forest once was. We hiked through mountains that were thick with yellow poplar, oak, maple and birch. The trails were edged with all the wild flowers and plants we most loved and cherished. The sound of water, as it traveled from the peaks of mountains downward into the streams and lakes in the valleys, soothed our spirits. The area vibrated with a unique energy that rejuvenated both body and soul.

We decided to relocate to this remarkable area on that first hike. Our land is composed of 36 acres of forested land which includes a small orchard and vegetable garden. It is located adjacent to the Appalachian Trail and the Bartram trail in Western North Carolina. It is within twenty miles of Cheoah Bald and the Joyce Kilmer Memorial Forest in

Robbinsville, North Carolina. It is surrounded by wilderness areas on the north and eastern boundaries and the Great Smokey Mountain National Park is just north of the property. The Loving Springs Botanical Sanctuary consists of land covering both north and south sides of the mountains, with a stream called "Beech Creek" running through the valley. Most of the 36 acres is a rich hardwood forest and there are many plants that are on the "At-Risk" and "To-Watch" Lists. In April and May the hills are covered with trillium, American ginseng, black cohosh, bloodroot, blue cohosh, lady's slippers and other terrestrial orchids, partridge berry, slippery elm, lobelia syphilitica, wild yam, spotted pipsissewa and many, many more. Each year, from late February to early December, different plants can be spotted growing amidst the three different forest stand types: low grade hardwood, cove hardwoods, and the hemlock area.



Kim Hainge in the sanctuary greenhouse

We relocated in 2006 and settled into the small cabin nestled in the valley between the north and south slopes along the stream. We are now at the beginning stage of creating a sanctuary that will serve not only as a nature preserve but as sacred space for the healing of the spirit. This year we completed a commercial greenhouse where we will propagate the native plants that are diminishing rapidly in the area. As more people discover the beauty and comfort of the mountains and wish to relocate, the wilderness is disappearing along with many of the plants' habitats. We intend to increase the number of native plants throughout our property by transplanting and propagating as many of the endangered plants as possible. Many of these plants will be sold to landscapers who specialize in using plants that are native to the area. In that way, the people who relocate to the area can add to the unique beauty that attracted them initially.

The Sanctuary will be open to the public and all visitors will be introduced to the native plants and informed of their traditional uses and future potential. We are developing four unique nature trails that wind through the different ecosystems on the land. In the future we intend to build several rental cabins on the property where

people can stay, renew their energy and gain clarity for their future endeavors. The plants along the trail will be labeled with common and scientific names and there will be a library available for research. My husband and I plan to contact others who respect and honor nature and who wish to create environments where humans can interact with the natural world. In particular, we would like to connect with the school systems and people who conduct home schools so that they can bring classes of children to introduce them to the plants and trees around them. Jim and I plan to conduct educational presentations and nature walks for both the people who live in the area and the ecotourists who come to visit and appreciate.

We feel privileged to be a part of the Ups Sanctuary Network and to quote once more the indomitable Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has."

SWEETWATER SANCTUARY AT PARTNER EARTH

Danby, VT

Sanctuary Stewards:
Pam Montgomery & Mark Carlin

Sweetwater Sanctuary sits at the base of Marble Mountain and the Dorset Peaks, some of the highest mountains in southern Vermont. This is home to black bear, coyote, bobcat, moose, raven, wild turkey, porcupine, ermine, beaver, red-tail hawk and the extremely rare catamount. We are surrounded by thousands of acres of protected woodlands and meadows with a rushing brook that cascades down the mountain and flows centrally through the property. There are many natural springs on the mountain and right at our doorstep is Heart Spring, generously providing our drinking and washing needs. This constantly flowing water filters through the mountain's abundantly natural marble (calcium carbonate) base creating a very high PH, literally making it sweet. It is this pure, sweet water that is the ever present reminder of the dynamic life force that nourishes not only our bodies and soil but our spirits as well. For centuries the rich alluvial deposits have found their way to the base of Marble Mountain giving us deep rich soil that makes for good gardening.

Sweetwater is a natural sanctuary with many of UpS's identified "At-Risk" and "To-Watch" plants growing wild such as blue cohosh, trillium, bloodroot, eyebright, goldthread, maidenhair fern, lobelia, partridge berry and mayapple. Others we grow in our organic gardens or woodland setting such as goldenseal, echinacea, black cohosh, butterfly weed and arnica. The treasure trove of plants here at Sweetwater includes many others as we continually expand our gardens.

Sweetwater Sanctuary is the home for Partner Earth Education Center where herbal, earth-centered and plant spirit healing classes are held. Many well-known teachers such as Rosita Arvigo, Matthew Wood, Rosemary Gladstar, David Winston and Amanda McQuade Crawford, to mention a few, have taught classes here.



Sanctuary found in Sweetwater's gardens

My passion has always been about understanding plants beyond their physical properties. Over the years I have developed a way of working with plant spirits- the intelligent conscious aspect

- which has resulted in a Plant Spirit Healing Apprenticeship that I teach here at Sweetwater Sanctuary. It is the plants and their intelligent spirits that have guided me to create a sanctuary where plants and people can be in sacred space together. When plants are in sanctuary they know they are being kept safe with life-giving intent. This

knowledge by the plants brings about a heightened level of positive response to those tending and visiting the sanctuary. The sacred space that is created by sanctuary allows communion between plants and people to occur easily and viewed in this light the sanctuary becomes a living church/temple where communication and healing can take place. Plants have always preceded their animal counter-parts in evolution so that now the plant spirits are leading us in our spiritual evolution. It is our intent here at Sweetwater Sanctuary to create a container of sacred space for the on-going communication between plants and people to guide us in the raising of our consciousness - an evolutionary imperative. You can learn more about us at: www.partnereartheducationcenter.com.

...*Dream Sanctuary continued from page 25*

During this season, the financial institutions began to clamp down hard on granting loans for property ownership. Self employed carpenters and soapmakers are not favored easily when it comes to loaning money. The present economy is one that is difficult for many people and we were included in those ineligible for a loan at this time. We were pretty devastated to have our dream squashed like that.

However, as fall began to roll in, we were given a quiet message of hope. We realized that maybe our current land is not ideal, nor very large, but it is enough to begin to do good work. So we did.

Our first endangered plants to add to our property were black cohosh, goldenseal, and American ginseng that we obtained in the UpS fall give away. We have them planted and mulched along our property and the woods edge as they prepare for their winter nap. Nearby perilla, elder and poke are saying good night for now too. We are delighted to have these plants on our land and check on them often as we gather chickweed and dandelion leaves for our salads. We purchased old ceramic tiles from Habitat for Humanity and painted them to help identify the areas where these herbs are planted.

Our dreams have not changed, however we feel they have partially begun. We realize sometimes you just need to begin right where you are and watch the process blossom from there, with time. And this lesson we learned from the plants themselves. Don't be afraid to begin right where you are and grow with it.

RESTORATION HERBS SANCTUARY

Franklin, PA

Sanctuary Stewards: Sonja Hunt & Leslie Alexander

Restoration Herbs has three goals. The first is to help local people discover the gentle support of healing herbs. Our second purpose is educational. We currently run workshops on herbal teas and health and speak to gardening clubs. We are planning a series of workshops for adults and children on topics ranging from the benefits of herbs in the diet to sustainable gardening methods, and from the importance of preserving native species to propagation and garden design. We've already had a modest educational success by persuading a local farmer to reduce his use of herbicides. He was especially impressed when Leslie, an herbalist, used one of his "weeds", *Plantago major*, to help heal an ulcer on his thigh! Third, we have a small range of herbal teas, dips and vinegars, dried and fresh herbs in season that we sell as part of a local growers' network at the Market House in Meadville.

This 68-acre piece of certified organic land is located in Rutland Township, Ohio about 2 miles from the United Plant Savers Botanical Sanctuary. Originally a corn and cattle farm, Frontier Natural Products Co-op purchased the land in 1998 to set up the National Center for the Preservation of Medicinal Herbs and save the timber from being logged out. The farm was set up by Frontier for research on best cultivation practices for "At-Risk" medicinal herbs. In 2000 the property and project was donated to the current owner Rural Action Inc., a regional non-profit organization that promotes social, economic and environmental justice in Appalachian Ohio. The farm, now known as Rural Action's Research and Education Center is used as a model demonstration & education farm that showcases sustainable forestry and agriculture practices and continues to work with growers and producers of medicinal herbs throughout the region. The farm also has facilities to serve as a retreat or meeting space and is available for rentals. The farm has continued to generate basic research focused around cultivation of "At-Risk" medicinals and cooperates with several universities and graduate students on new and on-going research projects. Typically, about 200 people come through the farm annually for tours and educational workshops. The farm is about 60 acres wooded and 8 acres in fields. Approximately 6 acres of woodland are currently under cultivation with expansive beds of goldenseal, ginseng, black cohosh, blue cohosh, bloodroot, wild yam, stoneroot, false unicorn root, ramps and other species too numerous to mention. Wild populations of all the herbs mentioned (with the exception of false

unicorn) and many more are located throughout the property. Rocky outcroppings, mature tulip poplar, oak, sassafras & maple, a swimming/fishing pond complete with irrigation system as well as a small waterfall in the middle of the woodland, "Fishhead Falls" make this property truly unique.

Throughout the spring, summer and fall of every year there are a wide variety of educational programs that take place here. The main focuses of our educational efforts on this farm revolve around medicinal herbs and other NTFPs (Non-Timber Forest Products). Typically about 2-dozen different groups will pass through the farm for educational workshops and events throughout any given year. The farm also operates with the assistance of youth volunteers from various local and national programs for youth in service. These programs provide youths with an opportunity to gain some experience in working on a farm and to learn about the environmental, social and economic benefits that can be derived through wise land use.

The property adjoins the botanical sanctuary of Paul Strauss, which in turn adjoins the property of United Plant Savers, creating over 600 acres of "sanctuary corridor". Currently we are participating in the "Talking Forest" project with Paul Strauss to connect the three properties by a series of trails. (See article on page 21 about this project.)

UpS GOES FEM!!

UpS LADIES: Be among the first to wear our beautiful new **100% ORGANIC COTTON 'GIRLIE-STYLE' T-Shirt.**

Soft organic cotton, fitted women's T with cap sleeve, scooped neckline. Natural color with beautiful goldenseal plant illustration. Sizes: Small, Med, Large, XL (sizes run small, not oversized)



Send \$20 to
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05649

MEDICINAL PLANT GARDEN

by Robin Rose Bennett, West Milford, NJ

This project began after I joined a local sustainability group that had been meeting for less than a year, educating themselves on the issues that called them. I quickly realized I had come to the right place to deepen my involvement with the community. We had just been approved for the town's "Adopt-a-Spot" program, and had adopted an overgrown triangle in an intersection, and were exploring possibilities of how to use it for education. Our projects are member-generated and led so when I suggested that we might be able to procure a UPS grant to get us started and we could create a native plants garden, I soon was heading up a project!

The triangular hilltop that we had adopted is the center island where 3 well-traveled country roads intersect as a triangle and was covered with thickly tangled, matted layers of poison ivy under artemisia vulgaris, along with every other wild weedy medicine plant you can think of. So were all three sides of the hill. The "soil" was/is pretty much all rocks and we have almost no shade.

It hasn't been easy, but our native plant garden has been through her first spring, summer, and autumn. We pulled most of the "potent" ivy and other plants out with hands and hand tools as an act of love and respect. The hill now feels like a sacred Tor in the middle of the roads and the garden itself is magical ~ engendering feelings of peace and delight in all those who work in it or stop to see it.

With our \$500 grant from UPS, we bought and planted angelica, arnica, black cohosh, golden seal, wild ginger, bloodroot, pleurisy root, sunflowers, tobacco, native milkweeds, lobelias, and veronicas. Of all the plants our hugely robust tobacco plants have unquestionably thrived the most. I always feel like they are saying, "Car and truck exhaust? Hah, no problem! It's no match for us!" They smell so strong and feel like natural protection for our garden. Most everyone who comes to the garden comments on them and is drawn to them.

We have had truly serious challenges. A lot of our beautiful plants arrived from Zack Woods Herb Farm in the midst of the worst drought and heat wave of the spring. As I mentioned, we have very little shade and maximum exposure. Not

surprisingly our gingers, blood roots and golden seal went dormant almost immediately. We are so hoping they will emerge this spring. We also suffered a major orange aphid attack that decimated our wild milkweeds and then proceeded onto our native plants. We controlled them with constant tending and spraying with mint water and soap sprays. Depleted soil is our worst problem. We built it up as best we could this year, but the compost we got was a little too hot for the job. Fortunately we ended our

autumn with a donation of 5 square yards of beautifully rich 3-year-old compost from a friend's organic farm and spread it over all the beds to feed the land over the winter. In the spring we'll mix it in and begin new planting and

tending our perennials. One of our members made a beautiful rustic wooden sign for the garden, as well as firing ceramic squares affixed to stones for plant names and information. We will have informative signs, information about our donors, a pamphlet and a bench next year. I've only given one talk so far, but it was well attended, even in a cold rain, and there will be more to come.

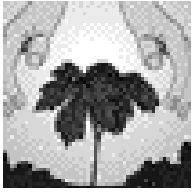


Tobacco thrives in "Adopt-a-Spot" garden

Robin Rose Bennett (www.wisewomanhealingways.com) is an herbalist, educator, green witch, and wise woman writer. She is the author of *Wild Carrot, A Plant for Natural, Conscious Contraception* and *Healing Magic: A Green Witch Guidebook*. She has been practicing and

"We know ourselves to be made from this earth. We know this earth is made from our bodies. For we see ourselves and we are nature. We are nature, seeing nature. Nature weeping. Nature speaking of nature to nature."

- Susan Griffin, *Women and Nature*



GREEN THANKS & GRATITUDE

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS AND SUPPORT

We extend a special thank you to all members of UpS who continue to support us with memberships and donations. Your support, efforts and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plants. All donations and help, whether it be organizational, cultivating, educating or choosing medicinal herb products more consciously is appreciated. Great gratitude goes to the many in-kind donations of goods and services from companies and friends that support our work. We gratefully acknowledge the following long-time **Green Angels, Leaders, Lifetime Members and Donations in 2007:**

GREEN ANGELS - \$50,000+

Aveda Corporation
Judy and Michael Funk
Paul Strauss

Margaret & William Brevoort
Robert Campbell
Clayton College of Natural Health
Frontier Cooperative Herbs
Rosemary Gladstar
Herbal Magic
Herb Pharm
Christopher Hobbs
International Herb Symposium

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LEADERS - INDIVIDUALS & COMPANIES \$5,000 +

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Gaia Herbs
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Harmony Hill Retreat Center
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Ed Smith
Joan Solomon
Deb Soule
Marilyn Stoughton
Ruth Viny
Ann Walker
Lee Wood
Rebecca Wood
Katherine Yvinskas
Janet Zand

And thanks to many others who made smaller, but no less heartfelt donations this year!

PARTNERS IN THE GREEN

Many of our members have herb businesses and have created ways for their "money green" to support the UpS green! We want to highlight several companies whose contributions to UpS come as a percentage of sales of dedicated items.

Organic Bouquet has a beautiful bouquet of lavender colored roses that raise funds specifically for UpS.
(www.organicbouquet.com/ups)

The Herbal Sage Tea Company
(www.herbalsage.com) makes a "UpS Tea" and \$1 of each sale of this tea comes to UpS.

Woodland Essence has been donating a percentage of sales of their "At-Risk" Flower Essence Kit to us for years.

You will see a section for Partners in the Green on the front page of the UpS website and we've made it easy for you to link to these thoughtful businesses. By supporting these companies, you are supporting UpS!

Amy Goodman Kiefer - Vietnamese nesting baskets - phone 802-229-2507

Empowered Herbals - Rachel's Green Drink - phone 360-301-3130

Goosefoot Acres - Dandyblend - www.dandyblend.com or phone 800-697-4858, be sure to use the order code 4UPS!

Herbal Sage Tea Company - tea - www.herbalsage.com/proddetail.php?prod=Ups or phone 740-594-5522

Happy Herbs Soap - soap - phone 845-733-4577

LearningHerbs.com - Wildcraft! board game - www.learningherbs.com

Organic Bouquet - organic flowers and botanical gifts - www.organicbouquet.com/ups

Woodland Essence - flower essences and herbal products - phone 315-845-1515 or email

"The purpose of conservation: The greatest good to the greatest number of people for the longest time."

- Gifford Pinchot, first Director of the U.S. Forest Service



woodland@ntcnet.com

ALWAYS MORE THANKS

This year we have been blessed with many donations from raffles, silent auctions and other fundraising activities at conferences, HerbDay events and more. We offer our thanks to **Breitenbush Herbal Conference, Harmony Hill HerbDay, The Herb Wyfe, MoonDance Botanicals and Sagewood Herb Farm.** UpS has also begun receiving donations from wonderful programs like **1% For the Planet** and **Network for Good.** Thanks to **Elemental Herbs, Mary Strain and Jubilee Sacred Arts!**

The International Herb Symposium is a biannual conference held at Wheaton College in Norton, MA to discuss botanical medicine, herbal conservation and the survival of First World herbal traditions. The conference is one of the largest herb conferences held in the U.S. and the only worldwide herbal conference with an explicit international focus, including speakers from Africa, Tibet, Central and South America and Native American tribes. Over 100 workshops are presented, ranging from indigenous traditional to scientific uses of botanicals. The conference is organized by UpS founder Rosemary Gladstar and features speakers from all over the world. The conference is a fundraiser for UpS which provides much appreciated funding to us. Thanks to Rosemary, the Sage Mountain staff and the herbal teachers who give their time and excellence to make this such an extraordinary event and for the significant donation we received in 2007.

Great appreciation is also due to our friends at the **American Herbalists' Guild** annual conference, **Breitenbush Herbal Conference, Catskill Ginseng & Medicinal Herb Festival, Healing with Flowers Conference, The Herbal Convergence, HerbDay at the National Botanical Garden, NE Women's Herbal Conference and Rural Action's Landowners' Conference** for graciously donating table space to UpS at their events this year!! This is especially helpful because we meet many new members and have a lot of opportunity to let folks know about native medicinal plant conservation at these kinds of events. Special thanks also to all our friends who helped staff the tables at these events!

CALIFORNIA SCHOOL OF HERBAL STUDIES MEDICINE TRAIL

by Bryan Bowen

When you find yourself being led up the drive of Emerald Valley, home to the California School of Herbal Studies, you know you are in a sacred place. The road opens into a green corridor held by two forested hillsides. We are on the edge of the wild where life collides in harmony. The magic runs deep here. People come to CSHS from all over the world and from spring to fall the school is alive with herbal students. Some say that the school led them here and others say that something less tangible guided them to Emerald Valley. Maybe there was a calling from the land, plants and gardens. No matter how people found their way to this herb school, there is no doubt that the Plant Energy is vibrant and ever-present here.

Located in Sonoma County, the California School of Herbal Studies (CSHS) has a great history. Founded in 1978 by Rosemary Gladstar, many of today's prominent herbalists have taught and/or studied here. CSHS strives to empower individuals with the skills, confidence and experience needed by the community herbalist.

CSHS has long desired to provide more ways to aid in fostering closer relationships with plants and herbal medicine. In cooperation with United Plant Savers, we were able to work toward providing a medicine trail that would fulfill this goal. We are proud to offer a teaching platform for the plants in our area, and the generous grant from UpS enabled CSHS to make this happen by building a mile-long trail along a forested riparian habitat.

When we started the project we had a good idea of where we wanted the trail to exist. The history of the land includes logging, vineyards and orchards. We are happy to see the old logging roads being slowly assimilated back into the forest as our ecosystem restores itself to balance and we decided to start our trail on one of these old logging roads.

The trail begins as you enter an arboreal archway into a majestic forest. We used a three-phase plan to create the trail. During Phase 1 of our trail development we were excited to find many medicinal plants already existing along our quickly evolving trail. We walked the trail numerous times

during different seasons to observe the plants through their seasonal change, recorded and inventoried the list of plants and researched scientific names and plant uses.

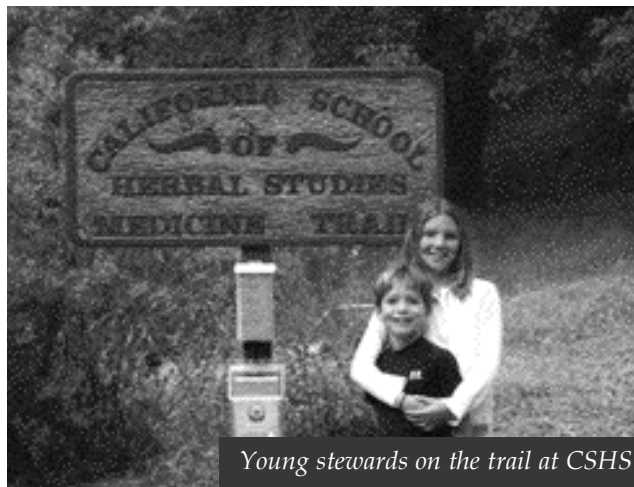
In Phase 2 we got our hands dirty and did some heart pumping work by trail maintenance and building, including the installation of two bridges where the trail crosses the creek. With the help of some awesome volunteers and community members we started clearing the trail of poison oak out of the path in order to protect volunteers, workers and future guests. After that, we cleared debris and outlined sections of the trail with stones. The second half of the trail loop required some heavy digging and sculpting of trails. With pickaxes, flat-nosed shovels and care we created a beautiful meandering trail through the woods, looping around and ending with steps leading down into a beautiful forest bowl back where the trail began.

In Phase 3 our plan was to put the finishing touches on the trail. This included researching and ordering plant identification signs and a trailhead sign. Lastly, we created a detailed brochure, briefly highlighting each plant, listing medicinal and native uses. The Trail was officially finished the week before the 2006 Planting the

Future Conference in California, which CSHS proudly co-sponsored.

The future is bright. Our plans are to continue maintaining and stewarding the land and new trail. We would like to introduce more native plants, diversifying the ecosystem. This project has been a blessing. In the future we plan to walk with this piece of land and let it help guide us in our choices and hope that the seeds of our gentle stewardship will spread to others as they visit and experience the California School of Herbal Studies Medicinal Trail at Emerald Valley.

Bryan Bowen is an herbalist and nature lover; bultimate@gmail.com. CSHS was founded in 1978 by Rosemary Gladstar and is led today by school directors Rebecca Maxfield, Jason Miller and Autumn Summers. They offer 8-month intensive studies in herbal medicine and a broad range of weekend courses and one-day workshops. www.cshs.com.



Young stewards on the trail at CSHS

PARTNERS IN EDUCATION ~ PIE 2007 SCHOOL ENROLLMENT

Since 2000 UpS has supported herb schools, classes, apprentice programs, herbal training courses and conferences to teach the principles of plant conservation. We believe that when future herbalists are trained in the responsible stewardship of medicinal plants, they will make more sustainable herbal choices in their practice of herbalism. The students we train today will make the difference tomorrow.

UpS offers a special student membership fee of \$20 per student for all herbal schools, apprentice programs and training courses that enroll their students as a group. Each student receives a UpS membership package with all the benefits ~ informative Journals and Bulletins, Nursery & Bulk Herb Directory, plant/seed giveaway twice a year, membership discounts at UpS conferences and more. When your school/program joins Partners in Education you will receive the UpS Education Guide, a copy of the UpS book *Planting the Future*, free rental of the UpS "At-Risk" Slide Show & video, a listing in both the UpS Journal and on our website, guidance from experienced educators and the opportunity to make a difference ~ *One Seed at a Time*. Please contact Betzy at the office or see the website to find out how you can become a Partner in Education.

The following programs were enrolled in PIE in 2007:

Blue Otter School of Herbal Medicine, Sarah Holmes, Fort Jones, CA
Dandelion Herbal Center, Jane Bothwell, Kneeland, CA
David Winston's Center for Herbal Studies, David Winston, Washington, NJ
Florida School of Herbal Studies, Emily Ruff, Orlando, FL
Great Lakes School of Herbal Studies, Mary Finnell Light, Ann Arbor, MI
Green Turtle Botanical Sanctuary, Susan Clearwater, Martinsville, IN
Herb Pharm Herbaculture Program, Williams, OR
Honoring Herbal Traditions, Kelley Robie, Milton, VT
NC School of Holistic Herbalism, Ceara Foley, Asheville, NC
Plant Magic, Amy Enochs, Putney, VT
Sage Mountain, Rosemary Gladstar, East Barre, VT
Science & Art of Herbology, Terry-Anya Hayes, Bar Harbor, ME
Southwest Institute of Healing Arts, JoAnn Sanchez, Phoenix, AZ
The Good Herb, Helena Wu, Middletown Springs, VT
Wisdom of the Herbs School, Annie McCleary, Calais, VT
Yerba Woman Herbal Apprentice Program, Donna d'Terra, Willits, CA
UpS Intern Program, Chip Carroll manager, Rutland, Ohio

UPS BOARD INVITES "UNDER 30" BOARD SEAT CANDIDATES

by Lynda LeMole, Executive Director

UpS was born and raised by herbalists and plant educators from all walks of the plant world. UpS seeks to support medicinal plant generations to come, and we would like to engage with a new board member who is a youth with a forward vision. Many of our active members and program attendees are under the age of 30, and yet our Board members are all over 30! We think it's time to invite our younger members and friends to the Board table.

We are establishing a "Youth Board Seat" for a person interested in helping to support our mission by serving on the UpS Board of Directors. This is a person with an herbal interest or career who can bring their generational view to the Board. This person is 'dialed into' the media that talks to young people. The "My Space" idea is an example of ways young people are communicating with each other. We invite candidates who are actively involved in a project or study program that speaks to the UpS mission. They are internet-aware and on-line. This person is a doer, a communicator, and has a positive vision to share about how to engage younger people in UpS' work.

We invite our 'under 30' members to submit a written statement of interest describing themselves, their herbal experience, what gifts they would bring to the UpS board, and their vision for this position. They should be under the age of 30, a current UpS member and be available for phone interviews. Our next Board meeting is May 9-10, 2008 in Ohio, so we would like submissions to arrive by April 1st. It is possible we would invite final candidates to attend for in-person interviews at that time. Recognizing that a younger Board member may need assistance paying their way to board meetings and functions as other Board members do, UpS will provide assistance as necessary.

We are sending this invitation to herb schools and other herbal networks. Please circulate it within your herbal community. We are excited that we can invite more generations of medicinal plant friends into our circle. *"Whoever teaches his son, teaches not only his son, but also his son's son, and so on to the end of generations."* (Hebrew Proverb)

Please email your submission to:
lynda@unitedplantsavers.org



UPS EVENTS & GREEN NETWORK

UPS EDUCATIONAL MATERIALS AVAILABLE

Many members of United Plant Savers belong to other organizations of like mind/like purpose, or are herbalists, teachers and educators. We have found that people are very interested to know more about how to help preserve our native medicinal plants. UpS offers a variety of educational materials to help you present this information to your classes, gatherings, and organizations. You do not have to be skilled as a "public speaker" or a professional teacher to present this information well. We'll give you the facts - let your love for the plants inspire your audience!

The UpS "At-Risk" Slide Show Presentation is available in both slide carousel and PowerPoint formats for rent or for sale. Rentals include the full Presentation Package, purchase includes the UpS Education Guide and a 'script' for the slide show. Rental of either format is \$35. The purchase price of the PowerPoint version is \$25, the slides (with no carousel) are \$89. To arrange rental, or purchase the

slide show, send your order with a check to our Vermont office. If you want to rent the slides in carousel format, please call to reserve one of our limited number of carousels at least a month in advance of your presentation date.

We have a video tape of interviews with Rosemary Gladstar, Paul Strauss and others on the topic of native medicinal plant conservation also available for rent or sale. The purchase price for the video is \$12 plus \$4 shipping, and the rental is \$5 plus \$4 shipping.



Showy Lady's Slipper slide

You can also purchase the UpS Presentation Package, which includes a cassette tape of Rosemary's workshop on Planting the Future, the Education Guide, an outline of a talk on native medicinal plant

conservation, and much more for \$25. Individual resource publications are also available, please contact the Vermont office or visit the UpS website for more information.

TAI SOPHIA INSTITUTE AND UPS PRESENT

PLANTING THE FUTURE

SATURDAY, MAY 17, 2008
9:00 AM - 5:00 PM



AT THE TAI SOPHIA INSTITUTE - LAUREL, MD

Topics Include:

- *The Use of Threatened Medicinal Herbs in Midwifery: Working Together*
- *Gardening with Native Medicinal Plants*
- *Urban Remediation*
- *Herbal Cordials; A Forgotten Herbal Medicine*
- *A Child's Materia Medica*
- *Black Cohosh - Following a Maryland Native Plant Through Time*
- *Forest Vibrations: Calling On and Listening To the Trees for Healing*
- *Kudzu, Hope for the Future!*
- *Flower Essences of "At-Risk" Plants of the Northeast*
- *Who Pollinates Our Native Medicinals?*
- *Herb Walks . . . and more!*

Presenters:

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Kate Gilday
Don Babineau
Deb Soule
Rebecca Wood
George Vaughn
Kathleen Maier
Claudia Wingo
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James Snow
Camille Freeman
Helen Metzman
Betzy Bancroft

Cost:

\$60 for current UpS Members, \$70 others (Veg. or Turkey Lunch \$10)

Sponsors:

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Roots Market

For more information or to register please email plants@unitedplantsavers.org or call 802-476-6467
UpS, PO Box 400, East Barre, VT 05649

PLANTING THE FUTURE

Saturday, August 2nd, 2008

Upland Hills Ecological Awareness Center

Upland Hills School, The Karen Joy Theatre

OXFORD, MICHIGAN

PRESENTERS:

Cascade Anderson Geller
Jim McDonald
Wendy Wagoner
Joyce Wardwell
Coleen Dodt
Leslie Williams
Althea Northage-Orr
Christine Dennis
Linda Conroy
George Vaughn
Betzy Bancroft

TOPICS:

Midsummer Medicine Herb Walk
"Free Medicine"
Collecting Native Seed
Homegrown Adaptogens
Using Invasive Species
Essential Oils and Aromatherapy
Capturing the Wild... Fermentation for Herbalists
Exploring Life's Meaning through Plants and Nature
Herb Walks . . . and more

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Foundation, Chicago
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COST:

\$60 for current UpS members, \$70 for non members, turkey or veg lunch \$10

contact the UpS office, PO Box 400, East Barre, VT 05649, www.unitedplantsavers.org
plants@unitedplantsavers.org

HERB CONFERENCES 2008

April 5 & 6, 2008 - **Southwest Conference on Botanical Medicine** in Tempe, Arizona. Contact Herbal Education Services, PO Box 3427, Ashland, OR 97520, 800-252-0688, www.botanicalmedicine.org

May 17, 2008 - **Planting the Future** - Tai Sophia Institute, Laurel, MD. See ad on previous page for details

May 16-19, 2008, May 23-26, 2008 - **Northern California Women's Herbal Symposium** in Laytonville, CA. Contact Terri Jensen & Karen Aguiar, 707-824-1429, or email info@womensherbalsymposium.org, www.womensherbalsymposium.org.

May 31- June 2, 2008 - **Medicines from the Earth Herb Symposium** in Black Mountain, North Carolina. Contact Herbal Education Services, PO Box 3427, Ashland, OR 97520, 800-252-0688, www.botanicalmedicine.org

August 2, 2008 - **Planting the Future** - Upland Hills Ecological Center, Oxford, MI, Contact UpS for details.

August 22-24, 2008 - **21st Annual NE Women's Herbal Conference** - Peterborough, NH. Contact Katie Pickens, 2984 Elmore Pond Road, Wolcott, VT 05680, 802-888-3736, email: irishherbs@aol.com, www.sagemountain.com

Aug 29-Sept 1, 2008 - **Northern California Women's Herbal Symposium** in Laytonville, CA. Contact Terri Jensen & Karen Aguiar, 707-824-1429, or email info@womensherbalsymposium.org, www.womensherbalsymposium.org.

September 6, 2008 - **The 2nd Heritage Harvest Festival** at Monticello's Tufton Farm, Virginia. For more information call 540-894-9480 (M-F 11am-5pm) or email festival@southernexposure.com, www.HeritageHarvestFestival.com

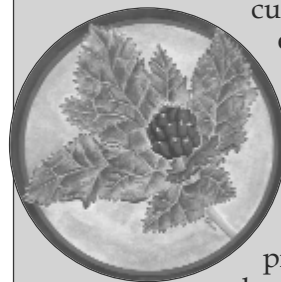
October 3-5, 2008 - **SE Women's Herbal Conference**, Black Mountain, NC. Contact Red Moon Herbs, Kimchi Rylander 888-929-0777, www.redmoonherbs.com

Oct 24-26, 2008 - **American Herbalists Guild Conference**, Redmond, Washington. Contact AHG, 141 Nob Hill Road, Cheshire, CT 06410, phone 203-272-6731, email ahgoffice@earthlink.net, www.americanherbalistsguild.com

GROWING AT-RISK MEDICINAL HERBS

by Richo Cech, illustrated by Sena Cech

Provides organic farmers and gardeners with the information about the cultivation, conservation, and ecology of "At-Risk" native healing plants. Twenty-one chapters include detailed line drawings and descriptions; native range and distribution maps; hardiness and adaptability; preferred environment and plant associates; soil, water and sun requirements; propagation techniques; naturalization; medicine; harvest and processing; seed collecting, storage and longevity; conservation status and alternate species. 330 pg.



TO ORDER: send a \$15 (plus \$3 S/H) check or money order to:
UpS, Po Box 400, E. Barre, VT 05649

PLANTING THE FUTURE

Edited by Rosemary Gladstar & Pamela Hirsch

Land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations. This book will supply you with valuable information including:



- Herbalists sharing their extensive experience with using and growing "At-Risk" herbs
- Suggestions for creating your own private herbal sanctuary
- Color photos of 30 medicinal plants
- Mail order resources for hard-to-find seeds
- Suggestions for making eco-friendly purchases and using

other herbs with similar actions as alternatives

Selected by the Vermont Book Professional Association as one of the *Twelve Best Books of 2000* by Vermont Publishers!

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If you aren't a current member of UpS,
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Sign me up to become a member of UpS.

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Mail to: United Plant Savers, P.O.Box 400, East Barre, VT 05649
or join online at www.unitedplantsavers.org

UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Winter 2009

REMEMBERING JEAN ARGUS

CULTIVATION CORNER

HELP ECONOMICS HELP
ECOLOGY

2008 MEDICINAL PLANT
CONSERVATION AWARD

PLANTS AT-RISK?

SACRED THREES OF
MEDICINAL PLANTS

WHAT IS SUSTAINABLE
MEDICINE?

GOBENODORA: GOVERNESS OF
THE DESERT

UPS SANCTUARY UPDATES

BSN NETWORK

WHAT DOES AN HERBALIST
PROVIDE?

GREEN THANKS & GRATITUDE

UPS EVENTS

UpS is a non-profit education corporation dedicated to preserving native medicinal plants.

Laura Davis harvesting Creosote



Winter 2009

*A publication of United Plant Savers,
a non-profit education corporation
dedicated to preserving
native medicinal plants.*

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NEW YEAR...NEW BEGINNINGS...HOPE RENEWED

A Message from UpS founder, Rosemary Gladstar

As we begin another cycle on the Great Medicine Wheel of Time, I detect and sense a flicker of hope emerging amidst the perpetual 'bad news' of economic crisis, endless wars and widespread ecological destruction. The light is returning now and to me, it even seems to be burning brighter. Of course, it never went out and never will go out, or even really dim, but our ability and perception to see and feel it decreases as the shadows darken and the nights grow longer, much like the cycle of the earth as it journeys through its seasonal shifts. This is why throughout time, we humans have always so enthusiastically celebrated the quarter and cross points, the equinoxes and solstices. These stations in time mark our journey from dark to light and back again. For herbalists and plant lovers, these seasonal 'shiftings' are also important because they signal the life cycles of the plants ~ their germination, growth, flowering and return to the earth as seed and compost.

Here at United Plant Savers, we too are feeling the renewed flicker of hope ~ well it is more like a bright flame of light. We are hopeful for new leadership that promises to move our country forward with renewed purpose. We are hopeful for the crazy power of Love to bring new Life and to heal. By close-home example, several of our past and present Board members have recently gotten married, are getting married, or are entering hopeful new relationships. And these aren't kids (though some are acting like kids again)! So the mojo medicine of Love is strong at UpS right now! And, we are hopeful as always, that the power of The Green Nations will guide us in our mission and on our journey of medicinal plant conservation and stewardship.

At a time when economic crisis threatens the world, people return to traditions that offer sustainability - more gardens and gardening, local food, strengthened tribal community, and traditional medicines that offer efficacious and cost-effective medical treatments from plants locally grown or wild crafted. The importance of plant stewardship and sustainable harvesting practices becomes even more essential now, so that resources are not diminished in times of increasing need.

UpS is fifteen years old this year. We are still in our adolescence, but are maturing well. We are guided by Nature in prayer, vision, a dedicated work ethic, and the good will and support of you - our membership. Our current 'eco-stress' (economic and ecological) has certainly impacted us financially, limiting some of our programs as it has all non-profits. But we keep on and will weather the hard times as we have in the past. Good intention, good will, good leadership, good work and good member support - these are in the foundation that will get us thru the lean times. I know I so often quote Margaret Mead's inspiring words to, "never doubt that a small group can change the world". I keep quoting her because it is so very true, and because, "indeed, it is the only thing that ever has".

Thank you for keeping on with United Plant Savers. It is my honor to make this journey with you.

REMEMBERING JEAN ARGUS



This past fall, we lost one of our herbal community elders. On September 27th, at the young age of 69, Jean Argus suffered a brain hemorrhage and died. Jean was the founder and “spiritual mother” of Jean’s Greens Herbal Tea Works, which she began in 1989 in Rensselaerville, New York.

After apprenticing with Rosemary Gladstar, Jean decided to leave her lucrative position in the corporate world to start Jean’s Greens and became very active in the herbal community, including helping to found the Northeast Herbal Association. She supported United Plant Savers and constantly sought to share her love for plants with others. In 2003, she retired from Jean’s Greens, which continues today in Schodack, New York.

Jean was many things to many people—a daughter and sister, mother and wife, a teacher and friend, an entrepreneur, and one who loved the forests and plants. She enjoyed the outdoors as an avid hiker, camper, kayaker and explorer. Active in her community of Norway, New York, where she had moved Jean’s Greens in 1997, she served on many local boards. An inspiration to many in the herbal community, she was truly a gift and will be dearly missed by all.

Submitted by Holly Applegate
Owner, Jean’s Greens Herbal Tea Works

*We should try to be more like a flower which
every day experiences its birth and death*

~ Keith Jarrett

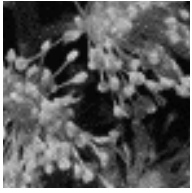
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LET US HEAR FROM YOU!

UpS’ Journal of Medicinal Plant Conservation is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants.

We encourage you to send us your opinions and thoughts for submission to the Journal. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the Journal to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.



CULTIVATION CORNER

UPS HERBS OF THE SOUTHWEST GIVE-AWAY

by Richo Cech, autor of *Growing "At-Risk" Medicinal Plants*

Medicinal herbs represent the primary form of healthcare for many folks living in the American Southwest. This is due in part to the traditions of the First Nations people who live there, using herbs as their ancestors did. Also, a number of very good herbal schools have long promoted herbs and herbalism in the Southwest, pumping out new herbalists like eggs plopping out between the elephantine rear legs of a desert tortoise. The result is that, strolling down the main street in Silver City or Bisbee, it's hard to let loose a sniffle without somebody waving an aromatic, air-dried herb in front of your nose!

I travel to the desert every year or two to botanize, collect seeds and stargaze. I like to be inside the magic of the desert, my feet firmly set on rough red rocks, with the turquoise skies vaulting overhead; or soaking in a desert hot springs, with Yerba Mansa growing all around, looking up at multitudes of stars. Although I don't live in the Southwest, I find that it's quite possible to maintain a relationship with many of the desert herbs by growing them at home in the summer garden or indoors in pots. Even if you live way up in Vermont, I think, there are good herbs from the Southwest that you can grow and appreciate.

Those who participate in this year's seed giveaway will receive four choice packets of herb seed from the Southwest, including Cota (*Thelesperma gracile*), Desert Willow (*Chilopsis linearis*), Mormon Tea (*Ephedra nevadensis*) and Yerba Mansa (*Anemopsis californica*). Of course, we'll include some advice on germination and environmental preferences along with your seeds, but right now I can tell you something about these plants that shouldn't come

as a big surprise – they all appreciate a full sun exposure!

Cota is easy to grow as a summer annual, direct-seeding into the garden after the soil warms up in the spring. One of the interesting characteristics of

this herb is its relative invisibility – the smooth, grey-green stems that make such tasty tea are also really hard to see. But you will know where it is, because you planted it there!

Desert Willow is a comely, small-to-medium-sized, fountain-shaped tree that is a reliable indicator for underground water. It is a practical and bioregionally appropriate choice to plant as a yard tree in places like San Diego or Las Vegas, and further

north it can be grown as a handsome potted plant. The thin, dangling leaves are distinctive. If you can get the tree to flower, the display is very kind both to the eyes and the olfactory organs. The large, purple, lipped inflorescences emit an enticingly musky fragrance.

Mormon Tea is surprisingly adaptable outside its native range. Although deep snow is not well tolerated, the plant is cold hardy all the way down to -10 degrees F (zone 6), the main requirement being that it be planted in a dry and fast draining soil. Like Cota, Mormon Tea can be almost invisible when young, but eventually forms a dark green, thigh-high, weeping mound. The plant is a great choice for western gardens and landscapes. It also adapts very well to life in pots, and indeed is best kept potted up for the first few years until it grows big enough to survive the rigors of the outdoors.

continued on next page...



Richo Cech Harvesting White Sage Seed

... Herbs of the SW continued from previous page

Yerba Mansa is highly regarded among people who live in the Southwest. The pure white flowers contrast handsomely with the leathery green leaves shot through with the same ochre red color that permeates the roots. The roots themselves emit a delightful, spicy scent and are one of the best medicinal herbs that can be found in this entire region. Michael Moore, who has done more for promoting herbs of the Southwest than any other single individual, remarks that the activity of "Yerba del Manso" is similar to that of Goldenseal, being a useful topical antiseptic and effective in the treatment of subacute congestion of the mucous membranes. Conservation of Yerba Mansa is a high priority, as it grows primarily in wet ground, a shrinking econiche in the deserts of the Southwest.

Finally, since I'm excited about growing an array of the aromatic plants of the drylands, and hopefully this excitement has been contagious, we here at Horizon Herbs would like to give everyone who participates in this year's seed giveaway a free packet of our organically grown White Sage seed. This year we were blessed with an abundance of fat and viable seed, and would like to share it with you. Perhaps no other herb speaks to us more strongly of peace. Our prayer is that by growing these medicines we all interconnect with each other and everything that is good. Together we can grow peace on earth.

SPRING SEED GIVE - AWAY SOUTHWESTERN HERBS

Compliments of Horizon Herbs

This spring we're celebrating Southwestern herbs that can be grown, at least as annuals, in many other places in North America. You will receive one packet each of yerba mansa, cota, Mormon tea, white sage and desert willow, all grown by Horizon Herbs. Planting instructions will be included with your order.

Current members only, one order per member.

To order seeds, please send your name, mailing address and a check or money order for \$5 (to cover s/h) by April 1st to: UpS Spring Seed Giveaway, PO Box 400, East Barre, VT 05649

We'll send the orders out in early April, but you will still be able to order after that date while supplies last.



Yerba mansa flower

GROWING AT-RISK MEDICINAL HERBS

by Richo Cech, illustrated by Sena Cech

Provides organic farmers and gardeners with the information about the cultivation, conservation, and ecology of "At-Risk" native healing plants. Twenty-one chapters include detailed line drawings and descriptions; native range and distribution maps; hardiness and adaptability; preferred environment and plant associates; soil, water and sun requirements; propagation techniques; naturalization; medicine; harvest and processing; seed collecting, storage and longevity; conservation status and alternate species. 330 pg.



TO ORDER: send a \$15 (plus \$3 S/H)
check or money order to:
UpS, PO Box 400, E. Barre, VT 05649

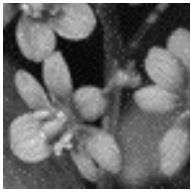
UNITED PLANT SAVERS POSTER



If you listen, they will teach you.

If you listen, they will teach you.
17" x 23" black and green etching by Kevin Morgan
\$10.00 (includes shipping)

Send check or money order to:
UpS • PO Box 400 • E. Barre • VT • 05649



THE TOOL SHED

HELP ECONOMICS HELP ECOLOGY

by Lynda LeMole, UpS Executive Director

Lucky the non-profit Executive Director whose job it is to write last year's 2008 Financial Report! Ha! Such a challenge! Such an adventure in finding ways to ask for HELP! I am reminded that UpS is a living organism, so our struggling financial story is likely the same story as many of our members, our supporters, and our donors. It is also the story of the healing plants who continue to struggle to keep hold in these difficult times. I am also reminded that we are one with nature and as co-species on planet Earth, we are here to help each other.

2008 was a year of watchful conservation. As our members felt their own economic pressures, our programs were not fully attended, our services not fully employed, and not even Community Grants were awarded. It was as if we were all holding our breath to see what would happen in November, whether the much longed for political changes would sweep us into new hope. The shift occurred as we welcome a fresh, new, intelligent President Obama, one we count on to be more environmentally conscious than the former administration.

UpS learned good economic lessons five years ago when we found ourselves with empty coffers and drained reserves. Since then we've been watchful, frugal and careful with the funds we've raised. The development of our Sanctuary land has allowed us new possibilities, like the return of the Intern Program and the option of renting the space to others for events. But as you can imagine, UpS is experiencing the same fund-raising challenges that all charitable organizations are this year, and this is likely to go on through 2009. We continue to budget conservatively, cut spending where we must, and ask our supporters for help whenever they can give something extra.

Economic slowdown/recession or not, all gardeners, farmers, growers and plant savers know - the plants must and do, go on! We have some excitement brewing in 2009 and we remind and encourage you to participate with us. Your attendance and enrollment at events and in our programs keep us alive. The opening of *The Talking Forest Medicine Trail* in May will be a major happening at

Goldenseal Sanctuary, so if you are able to come to Ohio, please join us. This event and several others are 'Seed Sponsored' in full by long-time corporate member Traditional Medicinals, and we are grateful to them for backing us. Other sponsors for this event are Herb Pharm (who helps us in so many ways), Vitality Works and Pacific Botanicals. Our events don't happen without these donors and we thank and honor them for their generosity. Our Board members (please read our masthead to see who these incredible folks are) have been constantly generous with their time and funding. Also coming up in 2009, our Planting the Future conferences in Oregon, Rhode Island and Tucson, Arizona promise to be exciting, so please attend to refresh your herbal knowledge and connect with your fellow plant savers. As our country struggles through crisis close to home, it is valuable to interact and commune with like-minded friends who share your values for protecting the Earth.

Last spring we crowned a new President as Sara Katz moved into UpS leadership, creating more room at the top with Rosemary Gladstar, our vision-founder, who continues to share her knowledge and wisdom with us. It is my privilege and education to work with these herbal heroines who have led UpS for years. We thank them for their service and nurturing leadership. The core working staff at UpS - myself, Betzy Bancroft, Nancy Scarzello and Liz Butler continue to do strongly productive work together, keeping the UpS garden weeded and well cared for.

In closing, I ask my members that want more detailed information on our finances to call or write to me and I will share the information with you. I know I speak for the staff, Board and other members when I thank you all for supporting UpS. I hope you will continue to help us in 2009 as we navigate these rocky economic times and work together to protect our medicinal treasures and their habitats. We want UpS to keep its mission alive and we need your memberships and donations to do that. Please keep us going with your renewals, attendance at our events, and any extra 'seed' money you can spare. The plants never forget us, so please remember them.

2008 MEDICINAL PLANT CONSERVATION AWARD RECIPIENT: PHYLLIS HOGAN

We are pleased to announce that the UpS Medicinal Plant Conservation Award for 2008 has been awarded to Phyllis Hogan of Flagstaff, Arizona. Phyllis Hogan has been a practicing southwest herbalist for 25 years. In 1983 she founded the Arizona Ethnobotanical Research Association (AERA), a 501(c)(3) private non-profit educational and scientific organization. This was the first independent non-profit ethnobotanical organization in the Southwest. The AERA was organized to investigate, document, and preserve traditional plant use in Arizona and the greater southwest. She has taught ethnobotany in bilingual education programs and health education for the Pima, Hualapai, Havasupai,



Phyllis Hogan and Daughters

Hopi, and Navajo tribes. Phyllis is currently Practitioner Associate in the Anthropology Department at Northern Arizona University.

She is the proprietor of the Winter Sun Trading Company, located in Flagstaff, Arizona, established in 1976. Winter Sun specializes in traditional organic southwest herbs and tinctures and American Indian Art, focusing on the Hopi and Navajo of northern Arizona.

We are excited to also announce that Phyllis will be our keynote speaker at our Planting the Future conference hosted by the Arizona-Sonora Desert Museum on Oct. 17th, 2009 in Tucson. Please join us for this opportunity to honor Phyllis and her work with the AERA, the plants and people of the Southwest.

FIFTH ANNUAL UPS MEDICINAL PLANT CONSERVATION AWARD: CALL FOR NOMINATIONS

UpS announces a call for nominations for the **Fifth Annual Medicinal Plant Conservation Award**. We invite our members to take this opportunity to nominate a person and/or organization doing outstanding work to conserve and preserve North American medicinal plants. Projects can be on a grand scale or small, community oriented or individual. Any project, person or organization that has to do with the conservation, preservation and cultivation of native medicinal plants and their habitat will be considered, such as: plant rescue projects, research projects, creating native medicinal plant trails and/or botanical sanctuaries, preserving habitat, or special articles, classes and programs on medicinal plant conservation.

The **Ups Medicinal Plant Award** is given annually to recognize a beneficial, inspirational and original project or person that supports native medicinal plant conservation. One need not be a UpS member to enter or receive the award. Current UpS Board Members, Advisory Board Members and/or employees of UpS are not eligible. The UpS Medicinal Plant Conservation Award will be granted to an individual or group based on:

Benefit: long lasting benefits for medicinal plant conservation

Inspiration: inspiring others to become more active in medicinal plant conservation

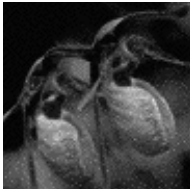
Original idea: unusual or unique efforts will be considered first

Focus: on "At-Risk" and/or native medicinal plants

Let us know of anyone (including yourself) who is doing something outstanding to help At-Risk native medicinal plants that you would like to nominate for the Award. Send a one to two page report to the UpS office in Vermont describing your nomination by **April 1, 2009**. It would be helpful to include additional information such as a brochure, report about the project or website if applicable. Include contact information so we can notify the nominee directly if they are selected. The Recipient of the Award will be notified by **June 1, 2009** and announced at the **International Herb Symposium, June 19-21, 2009**.

The Recipient will be recognized in the *UpS Journal* and website, receive a Medicinal Plant Conservation Award, free tuition to a UpS conference or event and a one-year honorary membership to United Plant Savers.

Former MPCA Recipients: Kathleen Maier, 2005; Monica Skye, 2006; Gigi Stafne, 2007; Phyllis Hogan, 2008. a



UPS' "AT-RISK" FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

~ At-Risk ~

- American Ginseng
(*Panax quinquefolius*)
- Black Cohosh
(*Actaea (Cimicifuga) racemosa*)
- Bloodroot
(*Sanguinaria canadensis*)
- Blue Cohosh
(*Caulophyllum thalictroides*)
- Echinacea
(*Echinacea* spp.)
- Eyebright
(*Euphrasia* spp.)
- Goldenseal
(*Hydrastis canadensis*)
- False Unicorn
(*Chamaelirium luteum*)
- Lady's Slipper Orchid
(*Cypripedium* spp.)
- Lomatium
(*Lomatium dissectum*)
- Osha
(*Ligusticum porteri*, L. spp.)
- Peyote
(*Lophophora williamsii*)
- Slippery Elm
(*Ulmus rubra*)
- Sundew
(*Drosera* spp.)
- Trillium, Beth Root
(*Trillium* spp.)
- True Unicorn
(*Aletris farinosa*)
- Venus' Fly Trap
(*Dionaea muscipula*)
- Virginiana Snakeroot
(*Aristolochia serpentaria*)
- Wild Yam
(*Dioscorea villosa*, D. spp.)

~ To-Watch ~

- Arnica
(*Arnica* spp.)
- Butterfly Weed
(*Asclepias tuberosa*)
- Chaparro
(*Casatela emoryi*)
- Elephant Tree
(*Bursera microphylla*)
- Frangula
(*Rhamnus purshiana*)
- Gentian
(*Gentiana* spp.)
- Goldthread
(*Coptis* spp.)
- Kava Kava
(*Piper methysticum*) (Hawaii only)
- Lobelia
(*Lobelia* spp.)
- Maidenhair Fern
(*Adiantum pendatum*)
- Mayapple
(*Podophyllum peltatum*)
- Oregon Grape
(*Mahonia* spp.)
- Partridge Berry
(*Mitchella repens*)
- Pink Root
(*Spigelia marilandica*)
- Pipsissewa
(*Chimaphila umbellata*)
- Spikenard
(*Aralia racemosa*, A. *californica*)
- Stone Root
(*Collinsonia canadensis*)
- Stream Orchid
(*Epipactis gigantea*)
- Turkey Corn
(*Dicentra canadensis*)
- White Sage
(*Salvia apiana*)
- Wild Indigo
(*Baptisia tinctoria*)
- Yerba Mansa
(*Anemopsis californica*)

PLANTS AT-RISK?

A message from our President, Sara Katz

From my perspective, after 14 years of intimate involvement with United Plant Savers, this organization is not only the 'voice' of our native medicinal plants, but has many characteristics of the very herbs it is trying to protect.

Slow growing: Like the plants we are bound to protect, conserve and restore, UpS is a slow-growing organization. We expend member contributions very conservatively, intent on maintaining a sustainable organization. Along with our two part-time, incredibly effective, fiscally responsible staff, UpS benefits from an enormous amount of volunteerism. Our members not only contribute generously to cover our modest overhead and programs, but also plant "At-Risk" plants, create sanctuaries, and help to spread the word about "At-Risk" herbs.

Rooted: UpS is deeply rooted in herbal tradition. Our board, staff and members are committed caretakers of our plants & planet. By coming together to save the plants, we help our own roots to grow deeper and wider, along with those of goldenseal, ginseng, helonias, wild yam, and the rest of our "At-Risk" green brethren.

continued on next page...

At-Risk: Alas, in these economic times when so many important environmental organizations are scrambling for donor dollars, United Plant Savers is very careful to protect, conserve and restore our financial reserves. While we make the most of every dollar, we must turn ever more to our members to keep us viable and growing. Even small donations, \$5 to \$50, make a significant impact towards keeping us able to do our work.

Well-loved by our two-legged supporters: UpS has the best members ever!! You are involved, communicative, and take action. A true grassroots organization, UpS is strengthened by widespread member involvement, which is clearly evidenced by the many, very interesting articles contained within this issue of the UpS Journal.

Making progress thanks to UpS members: 2008 has been a year of significant accomplishments for UpS. Years of work on the *Talking Forest Medicine Trail* will culminate with an official inauguration at our member meeting at *Goldenseal Sanctuary* in Rutland, Ohio on May 16, 2009. Please do join us if you can for this momentous event! Also significant is the launching of our well honed "*At-Risk*" *Assessment Tool*. This 'tool', which will add depth and accountability to our very significant "*At-Risk*" *List*, has been under development for several years. Developed completely from volunteer efforts by expert board members and members-at-large, this 'tool' will lend further validity to UpS' "*At-Risk*" *List* which is already widely quoted and referred to by the herbal industry and NGO's world-wide. Please check out this Assessment Tool and input your opinions on the various factors that affect whether a plant is truly "*At-Risk*" by going to www.unitedplantsavers.org where the "*At-Risk*" Assessment Tool can be accessed at the bottom of the left-hand menu of pages. Like the rest of the work of UpS, the effectiveness of this Tool depends on the participation of our members and supporters.

My satisfied conclusion at the end of this analogy is that being "*At-Risk*" isn't all that bad when there is such a passionate community of supporters helping us succeed and proliferate. Many deeply-rooted thanks to all of you for hearing the call of the plants and rallying to make the difference.

THE SACRED THREES OF MEDICINE PLANTS

by Lisa Bedner

In Native American teachings, the number three is a sacred number of balance. A teepee will stand with three poles and not fall down. A three-legged table will hold medicines and flower pots. In the traditional teachings of the Medicine people, wildcrafting was done with the Sacred Threes in this way: When searching for a particular plant to harvest, the first plant found was not picked - it was for the Earth Mother. The second plant found of that variety was not picked - it was for Father Sky. The third plant found of that variety was not picked - it was for The Great Spirit. (The Sacred Threes can be applied to other spiritual traditions when wildcrafting, as in: Father, Son, and Holy Ghost; or Maid, Mother, and Crone.) Only if more plants were found, could they be harvested for medicine, as the first three were sacred.

Most of today's Medicine people believe that we should now alter this practice due to the scarcity of some Medicine Plants. Many of us now say, "Don't pick a plant in the first three *stands* or *groupings* of that variety of plant" to further protect the species for survival in the wild.

Another traditional teaching of the Medicine people is to leave a gift behind when harvesting a plant. One of the old ways was to leave some tobacco. Some Medicine people have changed this practice too, and now leave behind the seeds of that species, a division or cutting of the plant, or a companion plant with the hopes of encouraging continued growth of the stand.

And most important is this teaching ~ always remember to offer words of thanks and healing whenever harvesting or wildcrafting the medicine plants.

Lisa Bedner (Pipsissewa) R.N., Herbalist, AHG is Medicine Woman of the Turtle Clan of the Teehahnahmah People. She is caretaker of Medicine Woods, a UpS botanical sanctuary near Cookeville, TN. For more info see: www.pipsissherbs.biz

A COMMUNITY GARDEN IS GREEN & A GOODWILL GESTURE

by Lauren Shapiro

When Australasian College of Herbal Studies (ACHS) President Dorene Petersen purchased the College's building in Portland, Oregon, she had to make a choice: expand the current parking lot to create a few more spaces or, build a garden for everyone. Petersen opted for the later.

The ACHS Botanical Teaching Garden is both urban and traditional. Framing the ACHS campus, the garden is located within a mixed-use neighborhood in Portland's John's Landing area. A cast iron bench sits beneath two Italian Cypress providing solace and privacy. Echinacea, hops, dogwood, astragalus, and thyme, among others, line the stone path. An Italian water feature in the center doubles as a birdbath and an ambient sound source. Lavender fills the parking strip and has become the focus of a community-wide summer harvest.

To further support community involvement, the garden includes plant-specific signs with botanical and therapeutic information. Passersby are encouraged to stop and read the signs, but also to smell the plants and get a feel for their textures. To that end, neighborhood schools schedule fieldtrips for their elementary-aged students, who love the hands on education. Erika Yigzaw, ACHS Vice President and Master Gardener, leads the student tours, as well as walking tours, which accompany monthly community wellness events.

But you don't have to be a student to appreciate the garden. Chefs at nearby restaurants regularly visit the garden to harvest the fresh herbs. The fresh cut herbs maintain a more intact flavor, but they are also the product of sustainability: grown and consumed locally.

For ACHS students, sustainability in the garden takes on even greater significance. Many herbology, homeopathy, and aromatherapy students are unable to plant and maintain their own herb gardens. For local students, the Teaching Garden provides real-

time, practical information to supplement their online education. Where better to learn about the cultivation and use of medicinal herbs than in the garden?

Follow these 3 easy steps to create your own urban botanical garden and sanctuary.

1. Look at the Available Space

Reassigning land use is not always practical. Look at the space you have available and ask yourself how the space will be used. If you're looking at a shady, rectangular plot of land off to the side, you may want to consider adding a bench made from natural materials. If, however, you're looking at a curbside strip of grass near the gutter, you won't want to plant your culinary herbs there, but a linden or witch hazel tree perhaps.

2. Consult an Expert

Before you begin planting, consult with an expert. Landscape designers can help you to create a cohesive, intuitive garden space that compliments the surrounding environment and is welcoming to the community. Gardens are beautiful – and an investment – so you need a solid planting plan before you forge ahead.

3. Involve the Community

The more involved your community is from the get-go, the more ownership they will feel. Recruit community members to help you clear the land. Invite people to learn about their new community resource. And above all, create opportunity. Internships are a great, education-based method for reaching out to your community.

ACHS has had several students and graduates work in the garden, enriching their education and creating lifelong supporters of our garden space.

For information about the ACHS Botanical Teaching Garden or to learn more about Petersen's approach, email dorenepetersen@achs.edu. To view the garden, visit <http://www.urbanherb.com>.



"I AM THE LORAX AND I SPEAK FOR THE TREES..."

by Robin McGee

I don't remember a time when I didn't escape to the woods for healing, meditation, and reflection. For the past decade my favorite retreat has been a place called Tate Branch. Surrounded by beautiful hemlock trees, Solomon's seal, bloodroot, black cohosh and blue cohosh, this paradise feeds my soul, lifts my spirits and feels like home. But my first trip this year was not to be the joyful "family reunion" as usual. Instead it was shocking and heartbreaking.

My brother and I set out early. It had been 3 years since I made this 90-minute journey, and this was his first time. We started down the trail, rounded the first bend, and stopped dead in our tracks. The trees!! The beautiful hemlock trees were gone!! I stood speechless in disbelief, traumatized. After an eternity I took a breath and went forward. It didn't get better. The trees were gone, their tops and branches left to rot. I fell to the ground sobbing. I crawled through the wreckage searching for remnants of my "family." I rescued a few Solomon's seal and moved them to a safer spot.

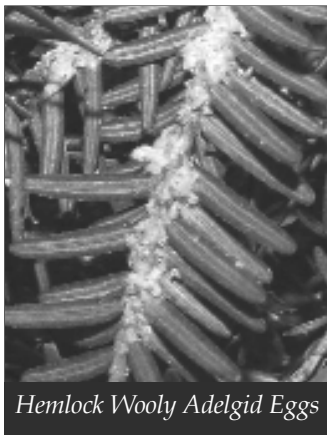
When we left the scene of destruction I sought out any "official" I could find. "Who cut down the trees? Are they *insane*? What were they thinking?" I shouted. Ms. Carolyn replied, "There's a bug killin' 'em. They had to cut 'em down; they were dead. They've been giving the other trees shots." That was the most absurd thing I had ever heard. I had to DO something, but what? As soon as I got home I started desperately researching.

I learned that the Hemlock Woolly Adelgid is responsible for killing the hemlocks. The adelgid, brought to the US in the 1950's for its "wool" to

possibly be used in textiles, escaped. The rest is history. The adelgid is also in the northeast where the harsh winters kill 90% of them. Here in the south we don't have harsh winters, and in a few years all our hemlocks may be dead.



Eastern Hemlock



Hemlock Woolly Adelgid Eggs

The ecological impact is devastating. Without the hemlocks to keep the water in the streams and rivers cool, the native fish and amphibians will die. A major food source and home for many birds, and habitat for some of our at-risk medicinal plants will be lost. Some wise person once asked, "If we wipe out a species, who will do its job?"

Then I found hope!! HemlockFest is a music festival put on by the

Lumpkin Coalition to raise money for continued research: several colleges are breeding predatory beetles that kill adelgids. Ah, something I could do! I signed up to be a vendor, agreed to donate part of my sales, and give herbal products for the silent auction. My United Plant Savers display created a great opportunity to tell people about UpS. And my stuffed Lorax sitting in a basket of fresh-cut rosemary will help them remember to "Speak for the Trees!"

Robin McGee is an herbalist and naturalist living in South Carolina with her husband and daughter on a 500-acre chemical-free grassfed beef, free-range egg, and native medicinal herb farm.

"There is nothing so strong as growing... Man can pattern it and change its variety and shape, but leave it for even a short time and off it goes back to its own, swamping and swallowing man's puny intentions. Neither killing nor stamping down can destroy it. Life is in the soil. Touch it with air and light and it bursts forth like a struck match..."

~ artist Emily Carr from *Hundreds and Thousands*

Winter 2009

WHAT IS SUSTAINABLE MEDICINE?

by Dr. Joel Kreisberg

“A medicine oriented toward public health on the one hand and greater personal responsibility on the other can be both economically and - with some other changes - psychologically sustainable.”

— Daniel Callahan, Co-founder of the Hastings Institute and Director of International Programs

Why bother introducing “sustainability” into conversations about medicine and health? For one, Americans spend 16% of every dollar on health care, which is twice as much as most industrialized countries. Does this mean we are twice as healthy?¹ Not exactly, since health care expenses are projected to rise 20% in the next five years. If that isn’t convincing enough let’s remember the 48 million Americans who are uninsured. Perhaps it is time we consider our health and medical choices as part of a growing concern about dwindling resources. As we become aware of our unsustainable rate of natural resource consumption, we are recognizing that the health of the environment has a direct impact on our personal wellness.

The subject of Sustainable Medicine is part of the growing movement called Green Health Care, a model that envisions medicine as good for people and the environment. Green Health Care invites health professionals to practice in green facilities, to promote environmental health and to practice Sustainable Medicine. How does one practice sustainably? In brief, it means understanding the environmental consequences of pharmaceutical and high-tech medicine, valuing medicines that are ecologically sustainable, emphasizing wellness, prevention, precaution, safety, and efficacy, while choosing sustainable medical treatments first.

Seldom do we consider the environmental consequences of pharmaceutical-based hospital medicine; however, a few organizations do, including Teleosis Institute (www.teleosis.org), Health Care Without Harm (www.noharm.org), and Hospitals for a Healthy Environment (www.h2e-online.org). These organizations aim to shrink the ecological footprint of healthcare in the US by educating health providers and medical staff about the environmental consequences of our current medical practices and approaches to illness. Through pollution prevention, implementation of green purchasing practices, and solid waste, water and energy conservation, the medical system can

offer a healing environment for its employees, patients, and communities.

Ecologically Sustainable Medicine involves medical practices that do no harm to people and the environment, such as Traditional Chinese Medicine, homeopathy, mind-body medicine and traditional herbal medicine. Ecologically Sustainable Medical practices are renewable, non-toxic, affordable, accessible, adaptable, and flexible. In short, they are protective of human and environmental health. If we choose medical treatments based on their lack of toxicity and their ability to safely interact with all life, we choose Ecologically Sustainable Medicine first—saving more invasive interventions such as pharmaceutical drugs and surgery for when more sustainable treatments prove ineffective.

Emphasizing wellness through prevention and precaution, while relying on efficacy as the determinant for selection of treatment, represents a safe, effective, fair and just medical system. An example of sustainable medical system is the medical community’s ability to respond to the 2002 US Geological Survey that found significant pharmaceutical concentrations in 80% of tested national waterways². A sustainable medical approach to this emerging problem is to reduce over-reliance on pharmacological agents through lifestyle changes such as diet, exercise, and other self-care practices while providing environmentally safe disposal sites for unused and expired medicines.

Reflecting on the opening statement of Daniel Callahan, the emphasis on public health and safety and on greater personal responsibility benefits everyone by shifting the health of our communities toward better opportunities for health and medical care for all. We all have opportunities for long termed vitality by taking responsibility for our personal and community healing. This is best done by medical professionals who promote wellness and prevention, social policies that promote safety and precaution, and a medical system that supports efficacy and fairness to its citizens.

Sustainable Medicine offers the most comprehensive vision of a universal health care for all citizens of our nation. It begins with personal responsibility for what we put in our bodies and moves others to prioritize

continued on next page...

... Sustainable Medicine continued from previous page

medical care choices that emphasize wellness, prevention, precaution, safety, and efficacy in order to effectively support individuals, communities and our natural world, which provides lifetimes of nourishment.

Dr. Joel Kreisberg, DC, CCH, is the Founder and Executive Director of the Teleosis Institute. More information about Sustainable Medicine and Green Health Care can be found at www.teleosis.org The Teleosis Institute, 1521B 5th St. Berkeley, CA 94710 Tel. 510-558-7285

¹ Health Care Spending in The United States and OECD Countries. January 2007. Kaiser Family Foundation.

<http://www.kff.org/insurance/snapshot/chcm010307oth.cfm> Accessed December 18, 2007

² Kolpin, Dana et al. Pharmaceuticals, hormones and other organic wastewater contaminants in US streams, 1999-2000: a national reconnaissance. *Environmental Science and Technology*. 2002; 26: 1202-1211. Available at

<http://pubs.acs.org/journals/esthag/36/i06/pdf/es011055j.pdf> Accessed June 5, 2006

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*Take a course in good water and air;
and in the eternal youth of Nature
you may renew your own. Go quietly,
alone; no harm will befall you*

~ John Muir

PARTNERS IN EDUCATION PARTICIPANTS IN 2008

Appalachia School of Holistic Herbalism, Ceara Foley, Asheville, NC

Australasian College, Heather Baley, Portland, OR

Dandelion Herbal Center, Jane Bothwell, Kneeland, CA

Herb Pharm Herbalculture Program, Williams, OR

Honoring Herbal Traditions School, Kelley Robie, Milton, VT

Northwest School for Botanical Studies, Christa Sinadinos, McKinleyville, CA

Sage Mountain, Rosemary Gladstar, East Barre, VT

Tai Sophia Institute, Robyn Urbach, Laurel, MD

Vermont Center for Integrative Herbalism, Betzy Bancroft, Montpelier, VT

Wisdom of the Herbs School, Annie McCleary, East Calais, VT

Yerba Woman Herbal Apprentice Program, Donna d'Terra, Willits, CA

United Plant Savers offers a special student membership fee of \$20 per student for all herbal schools, apprentice programs and training courses that enroll their students as a group. Each student receives a UpS membership package with all the benefits ~ informative Journals and Bulletins, Nursery & Bulk Herb Directory, plant/seed giveaway twice a year, membership discounts at UpS conferences and more. When your school/program joins **Partners in Education** you will receive our publications, the UpS Education Guide and the Take Action! Guide, a copy of the UpS book *Planting the Future*, free rental of the UpS "At-Risk" Slide Show & video, a listing in both the UpS Journal and on our website, guidance from experienced educators and the opportunity to make a difference ~ *One Seed at a Time*. PIE students are welcome to apply for the UpS internship program at Goldenseal Sanctuary in Ohio. With a recommendation letter from the PIE school, students can receive a \$100 discount on the internship fee. Please contact Betzy at the office or see the website to find out how you can become a **Partner in Education**.



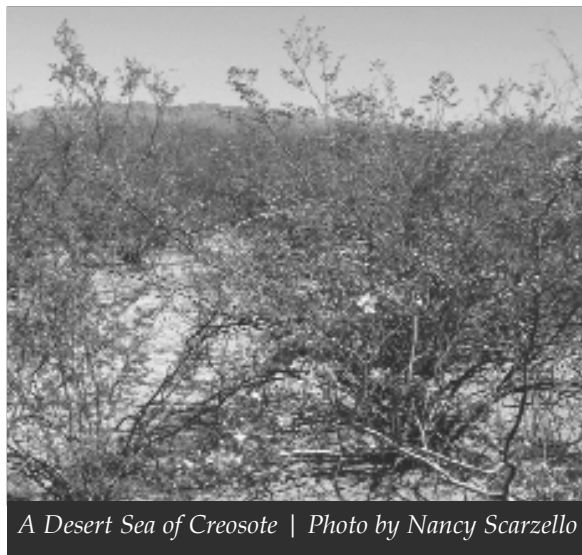
THE POTTING SHED

Within this corner of our Journal, "The Potting Shed" is where we hope to place ideas that we read about or that members send to us. They may not be complete articles, but thoughts that we think are important, and ideas that we think will sprout more discussion. Send us your seedling thoughts on this piece or other germinations!

GOBENODORA ~ GOVERNESS OF THE DESERT

by Nancy Scarzello

We parked our pick-up truck on a dusty pull-off next to gnarled mesquite trees in a remote area of the Sonoran Desert in southwest Arizona. It was April in the desert, 80 degrees, sunny and a perfect day to begin a weeklong herbal retreat led by Cascade Anderson Geller and Pam Hyde-Nakai. Our destination was a lodge high up into Brown Canyon at the foot of the sacred mountain, Baboquivari, but our guide, Meg Keoppen, had arranged for this introduction to the desert valley bottomland habitat and to harvest the medicine plant found there. We gathered near a giant saguaro cactus where ethnobotanist Martha Burgess spoke of the many foods and medicines native people gleaned from that signature cactus plant of the southwest. But that saguaro cactus was a lone sentinel in a sea of creosote bushes that dominated the flat bottomland as far as we could see to the mountains in the distance. It was really the creosote we were there for, and after a prayer, an offering and some harvesting instructions, our group of fifteen women went out into the desert sea of creosote to gather the plant for medicine. Like the spokes of a wheel, we walked outward from our saguaro "hub" ~ our only landmark to find each other again and by the time we re-grouped, each with our collection of creosote branches, I had found why this woman from the northeastern woodlands had been called to the southwestern desert ~ to meet Gobenodora, the Governess of the Desert.



A Desert Sea of Creosote | Photo by Nancy Scarzello

Creosote bush, *Larrea tridentata*, is also known as chaparral, greasewood and Gobenodora ~ governess of the desert. A woody-stemmed shrub growing 3-12' tall, with small, yellowish-green leaves and dime-sized five-petaled flowers, creosote will often form pure stands on desert flatlands and well-drained hillsides throughout the Sonoran, Mojave and Chihuahuan Deserts. Basal shoots sprout up from a central crown,

but always on the periphery of the plant. Eventually, the original stem dies and leaves a bare spot in the center of the clump, but satellite shoots continue to branch out in concentric rings around the plant crown enabling the original plant's genome to persist in the new clonal shoots. Confirmed chemical DNA studies of one "King Clone" plant in California, measuring 22 meters wide, indicate that it took upwards of 11,000 years to reach that size! This plant knows how to survive! A growth inhibitor exuded from its roots keeps other plants, even its own species, from growing within an 8-10' radius in order to keep competition for precious water at bay. This particular stand we were in, looked as though it had been intentionally planted because of the spacing of the plants, but this was how it grew naturally. Further protecting the plant are the resins that make up 10-20% of the dry weight of the plant. These resins are a complex mix of flavonoids, lignans, waxes, saponins and volatile oils that decrease the amount of UV rays and heat entering the plant (and humans too, if made into a salve and applied topically to the skin) while limiting the loss of water from the leaf surfaces. It also discourages browsing animals with foul-tasting chemicals within the resins. Protected from other plants, animals and the elements, creosote is well named

as Governess of the Desert.

For over two centuries, documented use by all people of the southwest ~ Native American, Mexican and white settlers ~ and the diversity of medicinal applications indicate that creosote bush is the Desert Medicine Chest for the treatment of colds, lung complaints, intestinal discomfort, cancer, pre-cancerous lesions, nausea, wounds, poisons, stiff & swollen limbs, menstrual cramps and rheumatism. It has anti-inflammatory, anti-oxidant and anti-microbial actions and is inhibiting to several viruses including

continued on next page...

... Gobendora *continued from previous page*

HPV and herpes simplex I & II. It can be boiled as a tea and drunk, used externally as a wash or the steam inhaled. It can be burned on a fire and achy limbs held over the smoke. It can be dried and powdered, then pressed into wounds for a poultice, or infused in oil and made into a salve, or tinctured in alcohol... a panacea of therapeutic applications.

Native people often picked from particular stands ~ or a specific "good" bush ~ for generations. Our instructor Martha Burgess, had been taught harvesting techniques by an elder medicine woman of the Tohono O'Odham people in their traditional gathering grounds ~ *grounds that no longer exist* because they have been bulldozed for the ever-expanding development taking place at an alarming rate. For this reason, I submit that we look at adding creosote bush (*Larrea tridentata*) to the UpS "To-Watch" list. I urge anyone who has access to creosote and its habitat to fill out the forms of our "Assessment Tool" (found on our website or call the office) and let your voice be heard. I feel that once the habitat is gone, there will be no recourse and that the time is NOW for action protecting these areas.

Gary Paul Nabhan once asked a Papago youngster what the desert smelled like to him. "The desert smells like rain," was the reply. This is to most people a contradiction, when deserts are places defined by lack of substantial rainfall. But during a

summer storm, when the falling rains have released the aromatic oils of the creosote bushes into the ozone-charged air, the desert indeed "smells like rain."

Nancy Scarzello is an herbalist, naturalist, medicine-maker and writer living in the Adirondacks of upstate NY. A life-long advocate for the wild plants and their traditional uses, she has been a UpS staff-member for over 10 years.

Note: Cascade Anderson Geller and Pam Hyde-Nakai will offer this Herbal Retreat in April again this year ~ a life-changing experience for me, I highly recommend it. Contact Pam @ 520-743-3980 or visit www.desertbounty.com for more information.

NANCY'S PICKS FOR BOOKS ON MEDICINE PLANTS OF THE SW

The Desert Smells Like Rain: a Naturalist in O'Odham Country by Gary Paul Nabhan, University of Arizona Press, 1982.

Gathering the Desert by Gary Paul Nabhan, University of Arizona Press, 1985.

Herbal Medicine of the American Southwest by Charles W. Kane, Lincoln Town Press, 2006.

Medicinal Plants of the Desert and Canyon West by Michael Moore, Museum of New Mexico Press, 1989.

Desert Plants and People by Sam Hicks, The Naylor Company Book Publishers of the Southwest, 1966. Out of print, but I was able to find it used.

FOR PRESENCE

*Awaken to the mystery of being here
and enter the quiet immensity of your own
presence.*

*Have joy and peace in the temple of your
senses.*

*Receive encouragement when new frontiers
beckon.*

*Respond to the call of your gift and the courage
to follow its path.*

Let the flame of anger free you of all falsity.

*May warmth of heart keep your presence
afloat.*

May anxiety never linger about you.

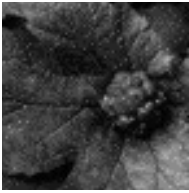
*May your outer dignity mirror an inner
dignity of soul.*

*Take time to celebrate the quiet miracles that
seek no attention.*

*Be consoled in the secret symmetry of your
soul.*

*May you experience each day as a sacred gift
woven around the heart of wonder.*

- John O'Donohue



UPS SANCTUARY NEWS

WELCOME TO THE TALKING FOREST TRAIL SYSTEM

by Paul Strauss, Goldenseal Sanctuary Steward

Our trail is situated within a community of like-minded landowners who together have created a large corridor of interconnected acreage in which the existing plants and animals can feel safe and flourish. In this way our trail system has been made possible by the shared land ethics of the community at large.

The entire trail system is approximately 10 miles long traversing over 1,200 acres of Appalachian foothills. The trail features the nonprofit UpS's Goldenseal Sanctuary and extends across Paul Strauss's Equinox Botanical Farm, the Braverman/Neidhart Farm and Joe and Wendy Viny's Art Farm. The trail is open to the public on an appointment only basis. To respect the landowners' privacy, groups or individuals must contact the landowners for permission to enter their portion of the trail. *The deer don't seem to care about this.*

Most of the plants are labeled repeatedly so you can see them over and over again. With so many tree and shrub species, this is very valuable for identification and learning, as they can look so different as they age. Along the trail there are also short flora-grams talking about many of our most important and used species. Many individual sites have informational write-ups fostering further understanding of this outstanding botanical treasure. Trails are clearly marked, as there are many. Large white lettering on beautiful slate enables one to read the species or trail from a distance, which is especially helpful when learning your trees, finding your way, or just having bad eyes. Be aware that many plants change their appearance throughout the season while others may disappear altogether at different times so don't be surprised if you see a sign without the corresponding plant.

The trail exists in an area of sparse human population. These lands are 90% forest and there is not a major airport or highway close by. This area is mostly known for deer hunting, logging and king coal. Yet, the real gold in these hills is our monstrous and concentrated



populations of herbs. Plus, we have more species of trees and shrubs (the big herbs) than almost any area of this country (or world), with the exception of our planet's rain forests. There are no lions, grizzly bears, ocean beaches or giant redwoods, but if you enjoy a beautiful multi-species forest and lots and lots of herbs, then you have come



to the right place. If you look at a map and find Charleston, West Virginia and draw a 200-mile circumference around it, this represents the most varied and valuable deciduous forests in North America and in most of the world - truly a treasure.

The Talking Forest Trail System is intended as a new and different kind of educational tool, highlighting our botanical nirvana. Finding the resources to maintain the trail is always a challenge. It is hoped that botanical eco-tourism will increasingly help to support this trail and community. Most importantly, the green spark ~ the inspiration of these woodlands ~ will inspire

others to do their part, wherever they live, to protect our disappearing botanical resources.

Board members hike the Talking Forest Trail | Photos by Bevin Clare

UPS 2008 INTERN PROGRAMS UPDATE

by Chip Carroll

The 2008 UpS Spring and Fall Internship Programs were a huge success even though we did not have the number of interns we had hoped for. On September 1st, 2008 the Fall Internship Program began on Goldenseal Sanctuary in Rutland Ohio. Interns for this program came from as far away as Nova Scotia, Canada. The group began with a tour of the Sanctuary's Talking Forest Trail System and an orientation to the facilities, the program and the property.

Since the Internship Program was re-initiated in the fall of 2007, a primary focus has been to help with the establishment and development of the Talking Forest Trail System on the Sanctuary. This year's interns worked tirelessly to put the finishing touches on much of the trail system by creating and posting interpretive signs to identify sanctuary species, improving upon the design of the signage, posting informational "kiosks" that interpret different species and features throughout the trail, transplanting "At-Risk" species off of the trails and much more. Thanks to the help of our previous interns, The Talking Forest Trail System is just about complete. Beyond completion of the trail system, interns also helped to develop protocols for both the long-term and short-term maintenance of the trails & signs.

As with past programs, interns this fall attended classes with many local herbalists, practitioners, and local entrepreneurs. Interns also had the opportunity to join in with the Northeastern School of Botanical Medicine from New York which was visiting the neighboring Paul Strauss Farm for one-week of classes and field experience. A record year with nearly every apple and other fruit tree in the area stressing under the weight of its own fruit provided an opportunity for the interns to participate in community apple picking and pressing, resulting in some wonderful apple cider.

Botanizing & field ID, gardening, medicine making, landscape maintenance, seed collection, seed planting and invasive species control work were some of the other activities that were common throughout the 6-week program. As is normally the case, the UpS Botanical Sanctuary had a profound effect on the interns. The sanctuary speaks for itself; it

is a safe place, a place of comfort and a place that nourishes the soul as well as the body. Being insulated from the outside world of media, traffic and the many other distractions and stresses of modern living provides an alternative perspective for those who visit ~ a perspective that there are other ways for us to be here and make a living on this planet.

Personally, the best part for me is hearing about the interns' experiences and insights gained through the program. It always amazes me and touches me deeply to hear about the life-changing experiences that folks have while spending time here. Many of UpS's past interns have gone on to create successful, meaningful livelihoods of their own and several have gone a step further by creating their own Botanical Sanctuaries and taking on the responsibility of caring for and stewarding a piece of land.

We want to extend our heartfelt gratitude to all of the 2008 UpS Interns. THANK YOU for all of your efforts this past year and we hope that you will all come back and visit often!

..... *United Plant Savers'*..... **INTERN PROGRAM, 2009**

Hard Working? Motivated to learn about medicinal plants?
Want to experience United Plant Savers' 360-acre plant sanctuary in Ohio?

Join us in our UpS Sanctuary Intern Program!

Spring: April 27, 2009 – June 5, 2009

(Spring 2009 Intern session includes the May 16 & 17 Grand Opening of Goldenseal Sanctuary & Talking Forest Celebration)

Fall: Aug. 31, 2009 – Oct. 9, 2009

NEW! Applicants will now be accepted on a first-come basis. As soon as your application and references are received and reviewed, we will inform you of your status. We will no longer wait until the application deadline to accept final applicants.

INTERNS WILL LEARN...

- | | |
|---|--|
| • General plant propagation techniques | • Greenhouse work |
| • Working with "At-Risk" and endangered species | • Medicinal plant identification |
| • General farm upkeep and maintenance, & landscape care | • Sustainable wild harvesting principles and practices |
| | • Medicine making |

Interns work 30 hours/week doing a variety of medicinal plant conservation and cultivation projects. A hands-on practical approach. Classes and opportunities to work with staff teachers and Chip Carroll, Program Manager.

Details available online at www.unitedplantsavers.org.
You may also write for details and application.

Betsy 802-476-6467 or Lynda 707-824-0731
plantsaversmail@earthlink.net or lynda@unitedplantsavers.org

MUSINGS FROM THE FARM: FALL 2008

by Paul Strauss, Equinox Botanicals & UpS' Goldenseal Sanctuary Steward

Hey, is it just me or does this world get more insane every week, as if it were trying to outdo itself searching for the ultimate karmic soap opera? My balm of choice is sinking deeper and appreciating more of this simple earth life and the work with plants. Hopefully, there will be a revolution of younger folks seeking this same sanity.

Being driven and needing the challenge of a large-scale earth project to help save the world and stretch my skills, while really just doing the task to keep me worthy of this green paradise I inhabit, the Talking Forest Trail System has provided me with just that muse. Besides working on Goldenseal Sanctuary, I spent much of this past summer completing the two-mile circle route that starts in the woods behind my cabin. From this trail you can cross McCumber Hill Road and get on the UpS Goldenseal Sanctuary trails. With the steady help of Chip Carroll and our interns, the bulk of the Sanctuary trails are ready, with three plus miles of labeled trails and fields complete with benches, bridges and even a tree quiz ~ a 3-D Nature book awaits you!

Gratefully, I have had the aid of Joe and Wendy Viny's computer and art skills, laminating machine and editing skills to produce the flora-grams, which are now posted throughout the trails. I've also created a brochure and trail system map.

I remember nine or so years ago writing in a Journal article about the great relief and satisfaction I felt in finally putting in another small apple orchard - the orchard to take me into my older years. Well, fast forward to 2008's wonderful growing season and the insanity of so much fruit and so many varieties. One cannot help but feel spoiled by the bounty of three months of fresh apples and freezers full of cider. I know many may disagree, but if I had only the choice of one fruit, it would be the apple. As usual, the gardens also produced so much I had to beg others to help me eat it. A growing season like this is beneficial to more than my individual life. Every nut-bearing tree in our forests ~ hickories, walnuts and oaks ~ were loaded, making for happy four-leggeds

too. There was an abundance of wild berries and paw-paws and all of our vast herb populations made good growth too, which reflects our large population of songbirds and insects. Oh, and morel season was legendary!

Many slippery elms are still dying of Dutch Elm tree disease, but this year saw the best seed production in ten years. Hey, the duality of life's bounty exists in a world gone mad - make your choices.

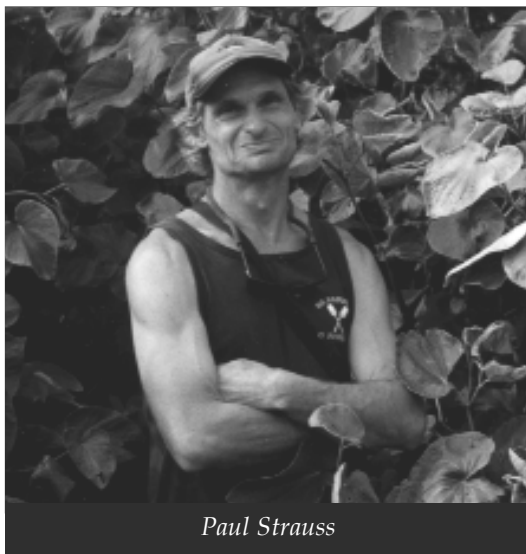
Once again, a large storm brought in 65 mph straight line winds in July snapping or felling many trees. These storms have created so much work and sadness for me that I have had to adopt a sane way to deal with them. This makes the third time in the last ten years I have had to face so many extra hours behind a chainsaw to clean up the trails and try to utilize whatever downed logs I can get to for lumber. I now try and think of it as a gift of Mother Nature. Not only do I make some beautiful lumber, but also

downed trees make soil and topped trees make new homes and food for forest creatures. It gives the fungus world vast amounts of food so they can support our forests with their nutritional releases. It's all a circle you know, and there would be no green world without fungus.

Several more land-based people have purchased farms in this neighborhood and more babies are due to other community friends. In the past year and a half the Amish community

purchased many large farms in our area and it now looks like they will purchase a large farm next door. It has been exciting for me to have a farm-based 16th century culture living around me in the 21st century. I have made many friends with the local Amish folks and have found we have much to share with each other. They are real believers in herbal medicine and show up often in horse and buggy to buy tinctures, salves or with a bucket of plants for me to identify. I have given some herb classes on their farms to show them our herbal bounty and answer their herbal questions.

continued on next page...



Paul Strauss

... Musings continued from previous page

I am thinking about introducing an outdoor educational program with the local school system that can use our facility, trails and sanctuary as a classroom. The local soil and water folks have also purchased a farm near Goldenseal Sanctuary to preserve and use for education. The more the better! I am working with them now to possibly get a grant for UpS to keep protecting our riparian zones. We should know soon if this is to be.

I would like to finally get a safe place for extended seed storage and fill our shade houses with "At-Risk" herbs for the UpS plant Giveaway and also for planting. These ideas were part of my early Sanctuary plans and I still want to see them implemented to make Goldenseal Sanctuary more complete in our cause to further plant protection and education.

It has been gratifying, after having so many large animals in my early farm life, to once again have a pasture-full. My neighbors Chip Carroll, Intern manager, and his wife Amy and I now share sheep, cattle and donkeys. From these animals comes much enjoyment, manure and organic meat (If you eat meat be responsible for it.) The donkeys, both Jennies (females) protect the herd from coyotes and dogs. Some of our lambs were bought by the Amish to start their herd. It now feels more like a farm to me, with our herd sharing the lands.

Having lived on this farm alone for so many years (not a bad thing), I am excited to have my younger daughter Alana working with me next May on her spring break. The world of plants is starting to take over her consciousness and she now shows an interest to live and work here in the future. This is something I have not allowed myself to dwell upon too much, but it would be wonderfully meaningful to me as time marches on.

The prairies that Hank Huggins, Paul Neidhardt and I put in during the first internships (remember the Botany Boys? Well, they both have families now and each has 2 children ~ not boys anymore!) Well, you should see those plantings now - inspirational! They are expanding quickly and so beautifully ~ flower-full and insect-full, especially with their late summer bloomings, when so many other plants are done. We are due for another prairie burn this spring, which always makes for a fun evening event.

Those of you reading this, I hope you have the opportunity to visit the Talking Forest. In the short time it has been open, I have already seen how inspirational it has been for those who have walked or worked here.

GOLDENSEAL SANCTUARY INTERN SCHOLARSHIP FUNDS NEEDED

*Help Herb Interns Gain the
Experience of a Lifetime*

UpS' Intern Program at Goldenseal Sanctuary in Rutland, Ohio is medicinal herb paradise for earnest herb students who want to live and learn under the tutelage of seasoned herbalists and in the presence of more goldenseal, ginseng and wild American medicinal plants than they'll likely ever see in their lifetimes. Each spring and fall, we revitalize a six-week program on our 378-acre botanical sanctuary. Interns work 25-30 hours a week learning plant propagation, general farm upkeep and maintenance, medicinal plant identification, sustainable wild-harvesting principles, medicine-making, and trail-building. Every graduate comment we receive says their experience was not only worthwhile, but also life changing.

Unfortunately, each session we turn applicants away when they cannot meet the \$600 fee. The program is not a profit-maker for UpS, and we've stretched as far as we can to cover costs to house and teach the 8 interns we take for each session. Therefore, we have created a scholarship fund in the hopes that more interested students can benefit from this unique opportunity.

If you would like to sponsor an intern or donate to the fund, please contact us. We currently have a waiting list of students requesting scholarship aid. If you recognize the tremendous benefit of hands-on herbal study and can donate, please call us soon. Call Betzy at 802-476-6467 or plantsaversmail@earthlink.net

With thanks,
Lynda LeMole

*The care of the Earth is our most
ancient and most worthy, and after all
our most pleasing responsibility. To
cherish what remains of it and to
foster its renewal is our only hope.*

~ Wendell Berry

Winter 2009



UPs BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

~Nancy Scarzello, BSN Coordinator

LITTLE HOUSE FARM

Whitmore Lake, MI

Sanctuary Stewards:

Caryn Simon & Matt Demmon

This February will mark the second year passing that my beloved and I have taken on the stewardship of the place we have chosen to nest our spirits inside. Here we will grow into our full potential: become parents and teachers, deft workers and occasional hermits. We are still getting to know this land. We do know where the patch of nettles rests on our southwest boundary. We know the cycle of the spring burst of dandelions: we wait more patiently now for the single yellow burst that tells the tale of a day come ~ a yellow sheet of bliss to lay beside. This land was tractor farmed for a family income only 18 years ago. The family called Gyde that made it their home still lives down the road from us. Margaret brings us friendship bread and told us which room in the house her two babies were born.

We posted the 'Botanical Sanctuary Network' sign at the road the same day Matthew taught his first mushroom log inoculation class. A student snapped a photo of us grinning beside it. I am a birth Doula and the creatrix of a small mama-baby herbal salve

business. Matthew is our local farmer's market inspector, and is growing his own landscaping business with a focus on natives and edibles. The touch we have put to this land during the summers has been to plant the perennials I use for my business, and the fruits for the future we hope to share. Knowing which medicinals we wanted to dance with, we included the following sacred plants to reside: black cohosh, bloodroot, blue cohosh, goldenseal, wild yam, arnica, butterfly weed, bottle gentian, blue and red lobelia, Oregon grape root, spikenard, and wild indigo. Be it these are infant plantings; we will observe them and do what they ask, (if we are quiet enough).



Caryn & Matt with friends

This coming spring we plan to post an invitation in our local teahouse events calendar. We will open the farm monthly and welcome our extended community here to learn about these plants and the importance of helping them to be honored and protected. Encourage them

to fall in love. Share seeds and stories.

Thank you for welcoming us into the Sanctuary Network. We are honored.

THE HEALING WHEEL SANCTUARY

Lordville (Hancock), New York

Sanctuary Stewards: Katt & Larry Judd

The first time I set foot on our property, I knew I had finally come home, and that all the years I had spent moving and traveling were over. Something drew me in and rooted me even before I realized what a grip it had on my heart. This same something had grabbed Larry several years before compelling him to stay and purchase land from the founding family of this tiny, quiet community, where he and some friends built our log home. We've lived here together for the last twenty-eight years.

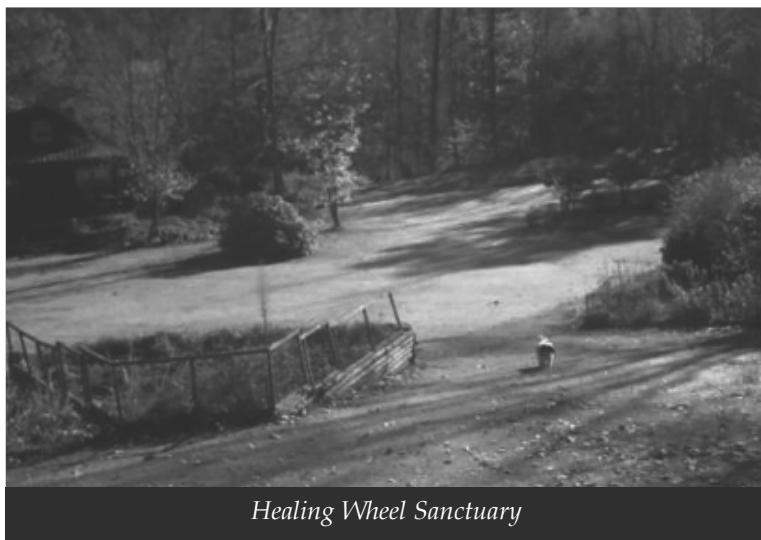
Lordville was settled by the Lord family way back when the railroad was in its heyday and this now sleepy place was a bustling community revolving around the bluestone and logging trades. Located just ten miles downriver from the village of Hancock, NY, where the East and West branches of the Delaware River converge to form what the locals call the Wedding of the Waters. For decades rafts of hardwood logs floated through here and

quarrymen with their pallets of bluestone drawn out of local quarries by oxen, waited to load their cargo at the local depot, where trains would transport the stone to points around the globe. Now drift boats with fly fisherman float by, and the old quarries are overgrown with wild grapevines and hardwoods. Endangered timber rattlesnakes call these places home, along with black bear, bobcat, fox, and all manner of wildlife. One day I watched a Canada Lynx stroll across the road not a mile from here. White tail deer wander through our yard daily (yes, they nibble on many things -but this is their home too), and the wild turkeys are never far behind. The drumming of ruffed grouse vibrated the air in season, and bald eagles are a regular sight. The railroad tracks separate us from the Delaware. On its banks on any given day, if you're lucky, you might see otters at play. We are nestled in a heavenly valley, far from the mainstream of people. There are few full-time residents here. If someone drives by we *know* if they are a resident - or lost. At one time this was an area

populated by Native Americans. Folks still find artifacts in the sand banks along the river. I feel that the land is trying to restore itself to the time before the hustle and bustle, when our ancestors fished the river, and walked the land harvesting what our Mother made available to sustain us in every way.

Before I "knew" even one thing about medicine and edible wild plants, I was rescuing bloodroot from under clear-cut brush dropped by the railroad and town workers clearing right of way, sure to smother these precious plants to death, replanting them on the land entrusted to us for this purpose. The land and Mother have since guided me to keep learning about the plants, and about the bounty here for us if we stop to listen. There are so many folks who just don't know any better (like the road and RR workers) and need to be taught. Although Larry and I are complete opposites in many

ways, he being raised in suburban Philly, I was raised not twenty-five miles from here, Larry is ever the quiet giant, and I am, well *-not* quiet, we have much common ground. Our love for each other and this place where we have settled is just a start. We are both musicians, and it is certain that the music has healing properties for every living thing here ~ and then some. We also share Native American



Healing Wheel Sanctuary

ancestry. Larry's great-grandmother was Blackfoot, and my grandmother was Cherokee. In honor of our Native heritage we have constructed a Medicine Wheel on our property. In it, amongst some native plants that just "appeared" (our theory is that the wee people placed them there) can be found echinacea, wild ginger, Joe Pye weed, hops, lavender, pyrethrum, feverfew, white sage, sweetgrass, arnica, horehound, anise, bloodroot, yucca, yarrow, boneset, and St. John's wort to name some.

We grow as many veggies as we can manage, and have also learned to cultivate shiitake mushrooms. Creator has also blessed us with wild mushrooms that grow in our small hardwood forest, where also hide lady slipper orchids, trillium, Solomon's Seal, adder's tongue, jewelweed, bee balm, ginseng, and someday soon goldenseal and black cohosh thanks to United Plant Savers plant and seed give-aways.

continued on next page..

... The Healing Wheel BSN *continued from previous page*

We are still discovering new plants even after all these years.

We both agree we live on sacred ground. In the last several years we have survived three *major* floods and a tornado ~YES, a *tornado* ~ unscathed. Now is the time to share with others and teach those who are open, what the Earth has been teaching us, how *all life is sacred*.

That Creator has provided us, through Mother Earth, every thing we *need*. I have yet to find an Ipod tree anywhere! Also thanks to UpS, we have received a presentation package and will soon decide on the "how" ~ power point or slides, and then start taking all of this to the schools and garden clubs, and whoever will listen. Our main industries in this area are still bluestone quarrying and logging, and construction of new, second homes. We need to teach the children who will take the information back home to the rest of their families and hopefully break the cycle of rip and tear. We need to help folks realize what amazing treasures the land offers, and how, if we take the time now to save and preserve these gifts we have been given, then generations from now our families can still thrive in a good way.

I have already been in touch with an after school program in Hancock, and a group of local Girl Scout leaders. We will be working on plant identification this winter, and then come spring will be starting some "weed walks" here in Lordville.

We have begun our journey to light a spark in the hearts of all who pass this way, to honor the Earth our Mother, and give thanks to Creator for opening our eyes. We welcome all who are like-minded, and interested in helping us rescue plants that need to be relocated and nurtured, and the curious who want to know what is going on here these days. We are happy to share what we know and what we have been gifted with. None of it belongs to us ~ we are just stewards.

We are so grateful to have become part of the UPS Botanical Network, and so glad to know there are others out there who feel as we do.
Love and light to you all,
Katt Judd

NURSERY & BULK HERB DIRECTORY TO BE UPDATED

This spring we'll be working on a new edition of the UpS Directory, your resource for nursery-propagated live plants, seeds and sustainably cultivated bulk herbs. It's sent free with all memberships and renewals, and is available from the office for \$5.

If you are a grower of potted plants for replanting, sustainably cultivated bulk herbs, or a seed grower, we'd love to list you in the Directory. Also if you know of such a business, large or small, which follows ecological practices that support the regeneration of "At-Risk" species, we'd love for you to let us know about them.

Please call or write the Vermont office for a form or more information.



When despair for the world grows in me, and I wake in the night at the least sound in fear of what my life and my children's lives may be -- I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things who do not tax their lives with forethought or grief. I come into the presence of still water. And I feel above me the day-blind stars waiting with their light. For a time I rest in the grace of the world, and am free.

~ Wendell Berry

TWO CREEKS FARM

Shiloh, GA

Sanctuary Steward: Judy Farrell

Only a few miles north of the Fall Line, in the gently rolling hills of the southern Piedmont, you will find Shiloh, Georgia and Two Creeks Farm, where medicinal plant production, broom craft, and blacksmithing take on many shapes and sizes. Our intentions are to share our experiences with you as you wander through goldenseal gardens, help with planting or harvesting, perhaps tie a broom or ring the anvil in Two Creeks forge. Preserve, protect and manage is our approach, and once discovered, this serene area is difficult to abandon.

Two Creeks consists of 25 acres located in the foothills of the Appalachian Mountains. Leisurely treks through the untouched hardwood forest unveil huge granite outcroppings and many plants including the native azaleas that are currently abundant. Springtime bursts with trillium, bloodroot, goldenseal and buckeye, pipsissewa, wild ginger, Solomon's seal, partridgeberry and persimmon can be discovered along with many other native medicinal plants. Numerous examples of a unique tree species, *Symploc tinctoria*, or 'Horse Sugar' tree can be observed.

We find so many different species of wildlife when we explore all the nooks and crannies. When we do get a chance, we like to take a look from the steep slope overlooking the creek bed that forms the northern boundary of the property. This is a large creek with small waterfalls dotting its course and the view is quite exceptional. One of the most relaxing times we find is when we are able to sit on the rocks or in the swing by the creek, listen to the water, and watch the red tailed hawks, owls, and deer forage, hunt and nest.

Folklore, wonderful weed walks, land conservation, sustainability of our natural world, and the proper use of herbal products are part of our medicinal herb farm tour. Our visitors go home feeling like they are a part of creation, not an afterthought.

As for what we're currently working on, 2009 is our year to move forward. We are applying for our organic certification, identifying markets, and harvesting

goldenseal in the first quarter-acre planted in 2005. This is all done in the woods under poplar, oak, hickory, dogwood, maple, sweet shrub and a plethora of understory botanicals. We are working with a young couple from Harris County, Kevin & Michelle Elmore, in managing our property with various native plants. Michelle is with The Nature Conservancy and Kevin is working to establish their native plant consulting and supplier business. We are only in the beginning planning stages, but they will be managing existing areas of native plants and cultivating in the natural habitat on Two Creeks. Future clients will be able to observe these plants in their native habitat, and our property will be blessed



Cultivating Goldenseal on Two Creeks Farm

with an abundance of medicinal and native plants. We have discussed cultivating goldenseal further south with the project manager for Georgia Centers of Innovation Agriculture, and are looking forward to hearing back from the Southwest Region representative for Georgia Tech Enterprise Innovation Institute program "e2e Works" (Entrepreneurs

Helping Entrepreneurs). And we are hoping to come up with a tool to harvest our goldenseal with instead of having to hand-dig the acres. I am enrolled in ACHS in Portland Oregon to earn my Master Herbalist diploma, and life is good on the farm.

Two Creeks Organic Farm has been welcomed as a new member of the United Plant Savers Botanical Sanctuary Network. Creating a sanctuary on our land that encourages other local people through education is a pleasure. Our vision is to focus on working with our developing community in creating greater awareness of conscious stewardship, and setting an example in fostering conservation and restoration of the native landscape and all it offers.

We are looking forward to sharing our project goals, and helping others get started cultivating their own herb gardens as sanctuaries; refuges for people and plants. As stewards of healing herbs we find planting gardens and developing medicinal plant sanctuaries fit nicely with our background in social justice and care of creation. We are looking forward to being a part of this green network.

FERN HILL NURSERY & BOTANICAL SANCT.

Cottage Grove, Oregon

Sanctuary Stewards:
Devon Bonady & Brian Basor

Fern Hill Nursery and Botanical Sanctuary is nestled in the Southern Willamette Valley of Oregon, between the Coast and Cascade mountain ranges. The land ranges 500 ft in elevation, encompassing 52 acres of diverse native forestland.

Stands of native medicinals have grown wild on the land for many generations including: woods Oregon grape, tall Oregon grape, cascara sagrada, red root, trillium, and yerba buena. We have also introduced many medicinals to our forest and cultivated gardens including: yerba mansa, white sage, goldthread, coneflower, nettles, and black cohosh.

We are beginning to develop native "nurse" beds in the forests and meadows according to the needs of specific natives. We hope to divide and propagate by seed from these individual beds. Our intention is to spread the plants throughout our sanctuary more effectively and also have extra to share with fellow native medicinal plant enthusiasts.

We are increasing the biodiversity of our land by using non-toxic, non-mechanized management techniques. We propagate plants like Oregon grape into patchy forests, yampah under oak groves, balsamroot onto exposed slopes, large camas and mule's ear into wet meadows. We found that by smothering the competitive and exotic tall meadow fescue with mulch, natives like the harvest brodiaea poke up from underneath! This season, we began experimental burning with hope that we can suppress exotics so the natives may thrive again.

We love to share the sanctuary by offering tours of the land and nursery and leading herb walks at our seasonal open houses. We are preparing to teach over fifteen workshops throughout 2009, with topics including native plant restoration, medicinal herb cultivation, and native food and medicine plants. Away from the Sanctuary, we like to do outreach. We sell native and medicinal plants from our nursery at



Devon Bonady at Fern Hill

the local farmer's market. It's a great time to interact with the community and answer questions about our land and what we grow. We offer landscape design and consultation for urban and rural people interested in incorporating more native and useful plants at their home.

Our goal as land stewards and members of the UpS Botanical Sanctuary Network is to play a positive role in developing our own culture and the land into a more diverse, productive, and integrated ecosystem. We believe that through careful observation, biological awareness, engaged monitoring, and thoughtful management practices, we can tip the balance of ecological succession in a direction that benefits wildlife, increases biodiversity, promotes food and medicine production, builds soil, and deeply engages us as humans living on earth.

We like to live and work as an example of what is possible and invite others to learn, share, and enjoy with us! We welcome you to visit us in person or at www.fernhillnursery.com

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BASTYR UNIVERSITY BOTANICAL SANCTUARY GARDEN

by Jenny Perez, B.Sc. Garden Supervisory & Adjunct Faculty

"Gardening is a way of showing that you believe in tomorrow." ~Unknown

As the long days and short nights of summer approach equidistance, I reflect on another season in the Bastyr Garden. Over the five years that I have been involved with the garden, the focus of Bastyr's student gardener team has been to harness the potential energy ever-present in our herb garden, shaping it to display the beauty of medicinal plants. These plants are our teachers who quietly share their wisdom with those who take time to enter into relationship with them.

The Bastyr University Herb Garden was started in 1997 when Bastyr University moved to the campus of St. Thomas in Kenmore, Washington; adjacent to St. Edward's State Park. Dedicated students, supported by the botanical medicine department, built the garden through volunteer hours. Beginning with only 65 key herb species, the garden is now home to over 350 species of medicinal herbs and plant foods.

Over a decade has passed and the Bastyr garden has expanded in design and evolved in utility to become an extension of the classroom - a living, breathing resource engaging students fully in exploring the beauty and importance of plants. The garden is arranged into many sections, which include The Western Herb Section, The Physiological System Guilds, The Pie Beds, The Nutrition Beds, The Traditional Chinese Medicine Section, The Reflexology Foot Path, The Four Elements Garden, and the Shade House Garden. Open to the public year-round, the garden can be explored section by section to gain a deeper understanding of the species planted in their respective groupings.

All gardens are sanctuaries in and of themselves. It is where many come to commune with nature, sowing hope and reaping peace. However, there is a special place in Bastyr's garden where many find solace - the *Shade House*. The metamorphosis of this area of the garden began over three years ago and was inspired by *United Plant Savers*. Believing strongly in education through cultivation, the student gardeners and I channeled our passion and energy into transforming what was once a small shaded area with linear planted pathways into a beautiful woodland garden filled with native and "At-Risk" medicinal plants.

In an effort to educate the public about forest medicinals and their ecological threats, we focused our

energy on transforming the shade house into a woodland garden. Over many months and with many hands, the renovated shade house garden took shape - soil was mixed and aerated before gently re-locating the residing native and "At-Risk" medicinal plants. Fallen logs from our surrounding forests were used to raise and support the new rounded beds. Small buckets filled with earth from the forest floor were collected to inoculate our "woodland" soil. Research is ongoing on how to best amend soil based on the plants we are trying to grow.

Cultivation challenges present themselves and like the plants, we do our best to adapt to the ever-changing circumstances nature provides.

Within our shade house sanctuary we have created a women's herb bed containing specimens of black cohosh, blue cohosh, helonias, trillium, wild yam, and partridgeberry. Across from this area is a planting of low dose medicinals like lily-of-the-valley, cascara sagrada, mayapple, and bloodroot. In the northeast corner of the shade house, a statue of the seated Buddha sits surrounded by Aralias - Siberian ginseng, and California spikenard. We are working on cultivating some of the more challenging Aralias like our NW native devil's club, as well as American ginseng. Additionally we have a planting of other northwest natives including Oregon grape, evergreen huckleberry, salal, red elderberry, bleeding heart, shooting star, Solomon's seal, and rattlesnake plantain. We have a mixed bed of ferns including maidenhair, interplanted with goldenseal, yellow root, western coltsfoot, stoneroot and wild ginger. The best part of all is that there is still room for more!!!

This fall, the Bastyr Herb Garden has officially become part of the *Botanical Sanctuary Network*. I believe it is imperative that Bastyr University become involved in this nationwide effort to raise public awareness about the importance of protecting and restoring native stands while promoting preservation through cultivation of "At-Risk" medicinals. It is my hope that Bastyr's Herb garden will become a repository of medicinal species from around the world. We look forward to seeding new relationships with like-minded communities, sharing resources and ideas. The Bastyr Herb Garden is honored to be part of United Plant Savers' important network of medicinal botanical sanctuaries where are efforts to promote conservation through cultivation will be amplified!

MEDICINE CREEK BOTANICAL SANCTUARY UPDATE

by Tonya Whitedeer Cargill

Greetings Fellow Green Nation Brothers and Sisters: Medicine Creek proved to be a most joyous and memorable place to be this year. We had more gatherings than usual, therefore more people walking and enjoying the Medicine Walk.

After losing most of my wild ginger, spikenard and ginseng last year, I decided to purchase very large black containers to plant in. These containers are about three foot across and over two feet deep with plenty of drainage and worked well as all of my new plants thrived through this summer's heat wave.

I kept my bloodroot in gallon containers in the green house this year and extended my Medicine Walk into the little house that was built from a kit by Outside the Box Company. The bloodroot plants gave new shoots and beautiful flowers for each plant, however they have not produced seeds, yet. Each year I add to the walk more endangered species and as I place my little identification posts near their homes, the magic grows. One day, at a Bear Clan of Medicine Creek Métis

gathering, I had several children within my Medicine Walk. They were so fun to guide through the designated places and tell the stories of the land. Soon their parents heard the joyous laughter of the children and they too shared in the Medicine Walk to hear of the medicines of the green nations and of a special story that was revealed to me.

I was given this story through spirit revealing how and by whom this area was used at one time. The Northern California natives from the Mt. Shasta area would travel through here on their way to the ocean to gather fish and shells for which to trade and make their adornments. There was once a huge water source behind the back of our land where salmon would trek upstream to spawn. As the voice narrated the story to me I realized I was standing upon a fallen Redwood tree that was now dissolving within the floor of the woods. The story sounds like a scary fairy-tale but through speaking to the current day natives of this area, this story has been verified as one of the legends that has been passed down through generations.

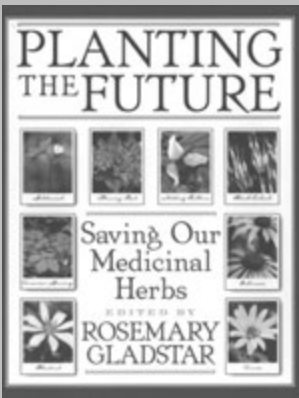
Now as I guide visitors through this magical Medicine Walk and repeat the story there is a hush through the treetops and everyone knows that this story is truly a saga of what once was.

I invite all to come to Medicine Creek to walk within the Medicine Walk and hear the story that goes with this area and take a piece of that fallen Redwood Tree that continues to hold the Spirit of the Red Tree Woman.

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UPs COMMUNITY FUND GUIDELINES,
PO Box 400, E. Barre, VT 05649

WHAT DOES AN HERBALIST PROVIDE?

by Holly Bellebuono

Along my path as a provider of botanical medicines, a question often crosses my mind (and those of my customers), "Just exactly what does an herbalist provide?"

The question is actually more complicated than it sounds. You could easily say "tinctures" or "medicines made from plants" or even "all natural medicines". Many herbalists also sell cosmetics and "feel-good" body preparations that are made not only from hardworking medicinal plants like rosemary and lavender but also from shea butter and coconut oil. Some herbalists provide information, whether through the written word as in articles or books or CD-ROMs, or through direct one-on-one consultations with their clients.

A number of herbalists offer people an experience, such as travel to another country, a meeting with a healer or traditional shaman, a stay at a resort or antiquated farm where people can experience herbalism "from its roots." Some herbalists blend their botanical practice with aromatherapy, acupuncture or massage, or they go to the other end of the green spectrum with gardening, landscaping, or park service work.

Over the years, my business has incorporated multiple aspects of this wide variety of offerings, and I've managed to narrow it down to just the few that I truly enjoy providing, namely: packaged herbal medicines, workshops, articles and books, and herb I.D. walks. When I set up at the local farmer's market (which, here on Martha's Vineyard, enjoys an international clientele who arrive with pre-conceived notions about what they want from an herbalist) I ask myself, just what is it I provide?

Savvy customers have a very specific idea of what they want from a "natural medicine" vendor. I've been asked for things from the mundane, such as Tea Tree Oil, sunscreen and dandruff control, to the rather outlandish, such as cilantro extract, bancha tea, cedar chips and nail polish remover. I've had customers request eye cream for "puffiness," cranberry extract, cinnamon concentrate, and a product someone insisted was called "Calcium Absorption." They've asked for talcum powder, folic acid, emu oil, and lysine. One asked, in a panic, "Pheromones! I need pheromones!" Perhaps the most original request I've heard is, "Do you have anything that would help me retain water, like a salt

lick?" It seems people's perception of what an "herbalist" provides runs the gamut ~ from *herbs* (really?) all the way to anything you might find at a naturally inclined hardware store.

But unbeknownst to my clients, when I sell them a certain product or herbal preparation, I am also fostering their relationship to plants. With every salve I sell, I am laying a foundation for that person to come to know a particular plant and develop a sense of connection. I keep my preparations simple, focusing on a few herbs and allowing their strength to shine; I teach people to truly get to know a plant, preferably one that grows right outside their own door. If a person learns to relate to one plant, that single relationship leads not only to healing, but understanding, appreciation and the desire to learn more. After all, fostering that people/plant relationship is at the heart of herbal medicine as well as at the soul of herbal cosmetics. Our ultimate responsibility — whether we provide medicines, cosmetics, books or clinics — is to the people who come to us and to the plants we send them to.

Writer and herbalist Holly Bellebuono owns Vineyard Herbs on Martha's Vineyard, MA where she provides (though you might not expect it) herbal medicines. You can purchase her salves, tinctures, syrups and teas at www.vineyardherbs.com.

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GREEN THANKS & GRATITUDE

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS AND SUPPORT

We extend a special thank you to all members of UpS who continue to support us with memberships and donations. Your support, efforts and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plants. All donations and help, whether it be organizational, cultivating, educating or choosing medicinal herb products more consciously is appreciated. Great gratitude goes to the many in-kind donations of goods and services from companies and friends that support our work. We gratefully acknowledge the following long-time Green Angels, Leaders, Lifetime Members as well as the Individuals donating in 2008:

GREEN ANGELS - \$50,000+

Aveda Corporation
Judy and Michael Funk
Paul Strauss

LEADERS - INDIVIDUALS & COMPANIES \$5,000 +

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Elemental Herbs
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Mark Wheeler
Lee Wood
Norma Jean Wood
Rebecca Wood
Katherine Yvinskas
Dr. Janet Zand

And thanks to many others who made smaller, but no less heartfelt donations this year including the Sage Mountain Apprentice Class of 2008 who made a significant donation in Rosemary's honor this year!

PARTNERS IN THE GREEN

Many of our members have herb businesses and have created ways for their “money green” to support the “UpS green” ! We want to highlight several companies whose contributions to UpS come as percentage of sales of dedicated items. For example, Organic Bouquet has a beautiful bouquet of lavender colored roses that raise funds specifically for UpS (see Valentine offer in this Journal). The Herbal Sage Tea Company makes a “UpS Tea” and \$1 of each sale of this tea comes to UpS. Another of our Partners, Woodland Essence, has been donating a percentage of sales of their “At-Risk” Flower Essence to us for years. You will see a section for Partners in the Green on the front page of the UpS website and we’ve made it easy for you to link to these thoughtful businesses. By supporting these companies, you are supporting UpS !

AMY GOODMAN KIEFER – Vietnamese nesting baskets – phone 802-229-2507

EMPOWERED HERBALS – Rachel’s Green Drink – phone 360-301-3130

HERBAL SAGE TEA COMPANY – tea – <http://www.herbalsage.com/proddetail.php?prod=Ups> or phone 740-594-5522

HAPPY HERBS SOAP – soap – phone 845-733-4577

LEARNINGHERBS.COM – Wildcraft! boardgame – www.learningherbs.com

LOCKE BOTANICALS – herbal products – www.lockebotanicals.com

ORGANIC BOUQUET – organic flowers and botanical gifts – www.organicbouquet.com/ups

WOODLAND ESSENCE – flower essences and herbal goodies – phone 315-845-1515 or email woodland@ntcnet.com

MORE THANKS

This year we have been very blessed with many donations from raffles, silent auctions and other fundraising at conferences, HerbDay events and more. Thanks to Breitenbush Herbal Conference, Health Food Junction’s Earth Day celebration, Norman Bird Sanctuary, Rialto Arts, Inc. and Sagewood Herb Farm. UpS has also begun receiving donations from wonderful programs like 1% For the Planet and Microsoft Matching fund. Thanks to Elemental Herbs!

Great appreciation is also due to our friends at Bastyr University Herb Faire, the Breitenbush Herbal Conference, Catskill Ginseng & Medicinal Herb Festival, Connecticut Herb Association’s Herbfest, Green Nations Gathering, The Herbal Convergence, HerbDay at the National Botanical Garden, NE Women’s Herbal Conference, New Morning Earth Day, NorthWest Herb Fair, Ohio Botanical Conference and Rural Action’s Landowners’ Conference for graciously donating table space to UpS at their events this year!! This is especially helpful because we meet many new members and have a lot of opportunity to let folks know about native medicinal plant conservation at these kinds of events. Special thanks also to all our friends who helped staff the tables at these events!

Special thanks to Jim McDonald and Bevin Clare for being such amazing co-organizers of 2008’s Planting the Future Conferences. Both contributed much time and dedication to making these truly great UpS events.

No *Journal* would be complete without thanking the friends who make our publications possible – Liz Butler & the graphics team at Herb Pharm who share this resource with UpS, and Beth & staff at Accura Printing, for being such helpful ‘biz partners’ ! We love you!



ORGANIC BOUQUETTM

Send eco-elegant flowers and gifts this Valentine's Day and Organic Bouquet will donate 10% to United Plant Savers.

How to order:
877.899.2468
www.OrganicBouquet.com/ups



UPS EVENTS & GREEN NETWORK

UNITED PLANTS SAVERS INAUGURATES:

TALKING FOREST MEDICINE TRAIL

GOLDENSEAL SANCTUARY, RUTLAND OHIO

Join us for a day of celebrating the opening of our *Talking Forest Medicine Trail*, 10 miles of self-guided nature education through 1200 acres of herb-rich forests.

SATURDAY, MAY 16, 2009

9:00: Opening Circle

10:00 - 5:00: Trail walks for all speeds, classes, lunch available from local vendors

5:00: Closing Circle

BYO Dinner and Overnight camping available by reservation

SUNDAY, MAY 17, 2009

Camper breakfast and intensive herb study trail hikes

EVENT COST: UpS members: \$20; \$35 non-members (includes a UpS membership) Sliding scale accepted

For reservations, Herb Faire vendor info: visit www.unitedplantsavers.org or call 802-476-6467

Seed Sponsored by Traditional Medicinals

Event Sponsored by Herb Pharm, Vitality Works & Pacific Botanicals

EVENTS INCLUDE

Guided tours of the medicine trails
Herb classes by notable herbalists
Dedication of medicinal trees
Herb faire
UpS Member Meeting & Merriment

PLANTING THE FUTURE

OCTOBER 17, 2009

HOSTED BY ARIZONA - SONORA DESERT MUSEUM
TUCSON, ARIZONA

PRESENTERS

Phyllis Hogan
Richard Felger
Jim Verrier
Monica Rude
Frank Rose
Martha Burgess
Linda Sherwood
Meg Keoppen
Monica King-Ellerby
Laurie Melrrod
Mimi Camp
Pam Hyde-Nakai
John Slattery
Meg Quinn
Darcey Blue

TOPICS

The Work of AERA
Ethnomedicine of Sonoran Desert Peoples
Cultivation of Arid Land Plants
Cultivation of High Desert Medicinals
Plant Photography
Desert Foods as Medicine
The Magic of Creosote
Yerba Mansa
Ritual & Ceremonial Herbs of the SW
Seed Saving of SW Plants
Habitat Sustainability in the SW
Plant Walks on Museum Grounds and more...!

COST:

\$60 for current UpS members, \$70 for non members. Turkey or veg lunch available.

Contact the UpS office, PO Box 400, East Barre, VT 05649, www.unitedplantsavers.org plants@unitedplantsavers.org

SPONSORS:

Traditional Medicinals,
Winter Sun Trading Co.,
Super Salve Co., Tucson Herb Store,
Sunflower Market,
Dr. Maureen Schwehr,
Tucson Herbalist Collective



WILD FOODS COOKING

with UpS founder,
Rosemary Gladstar

How to Harvest, Prepare & Cook Gourmet & Medicinal Local Wild Foods

SUNDAY, MAY 31, 2009

Join a limited number of herb friends for a 3 hour class on **Sunday morning after the Planting the Future Conference**, to explore and learn about local wild foods.

Rosemary will guide us to prepare a delightful, healthful wild feast that we will all enjoy eating together.

\$100 donation to UpS.
Advance registration required.

SPONSORS: Herb Pharm, Traditional Medicinals, Horizon Herbs & Pacific Botanicals

UNITED PLANT SAVERS PRESENTS...

PLANTING THE FUTURE

SATURDAY, MAY 31, 2009

HERB PHARM FARM ~ WILLIAMS, OR



TOPICS INCLUDE

Clinical and Personal Strategies for Syndrome X, Diabetes & Heart Disease
Aromatherapy
Cultivation of "At-Risk" Herbs
Herbs Don't Work - Breaking the Mainstream's Magic Spell
Medicinal Mushrooms
"The Right Dirt"
Essential Oils: Sourcing, Conservation, & Therapeutic Uses
Pharmacology & Medicinal Use of UpS' "At-Risk" Herbs
Plant Walks ... and more!

PRESENTERS

Rosemary Gladstar
Christopher Hobbs
George Vaughn
Jonathan Treasure
Ed Smith
Kathi Keville
Mark Wheeler
Richo Cech
Tim Blakely
Harry Fuller
David Hoffmann
and others...

COST

\$60 for current UpS Members, \$70 others (Veg. or Turkey Lunch \$10)

For more information or to register please email plants@unitedplantsavers.org or call 802-476-6467
UpS, PO Box 400, East Barre, VT 05649

HERB EVENTS 2009

APRIL 4 & 5, 2009: SOUTHWEST CONFERENCE ON BOTANICAL MEDICINE in Tempe, Arizona. Contact Herbal Education Services, PO Box 3427, Ashland, OR 97520, 800-252-0688 or see website www.botanicalmedicine.org

MAY 15 - 18, MAY 22 - 25 & SEPTEMBER 4 - 7, 2009: NORTHERN CALIFORNIA WOMEN'S HERBAL SYMPOSIUM in Laytonville, CA. For information please contact Terri Jensen & Karen Aguiar, 707-824-1429, email info@womensherbalsymposium.org or website www.womensherbalsymposium.org.

MAY 16 & 17, 2009 (SAT & SUN): "TALKING FOREST MEDICINE TRAIL" INAUGURATION & GOLDENSEAL SANCTUARY CELEBRATION on Goldenseal Sanctuary, Rutland, Ohio. For information see our website www.unitedplantsavers.org, or contact UpS at plants@unitedplantsavers.org or 802-476-6467. (See ad on previous page)

MAY 30, 2009: PLANTING THE FUTURE & MAY 31, 2009, COOKING WITH WILD FOODS WITH ROSEMARY GLADSTAR to be held at Herb Pharm's farm in Williams, Oregon. For information see our website www.unitedplantsavers.org, or contact UpS at plants@unitedplantsavers.org or 802-476-6467. (See ad on previous page)

MAY 30 - JUNE 1, 2009: MEDICINES FROM THE EARTH HERB SYMPOSIUM in Black Mountain, North Carolina. Contact Herbal Education Services, PO Box 3427, Ashland, OR 97520, 800-252-0688 or see website www.botanicalmedicine.org.

JUNE 19 - 21, 2009: INTERNATIONAL HERB SYMPOSIUM in Norton, Massachusetts - Contact Sage Mountain for information at 802-479-9825, email sage@sagemountain.com or website www.sagemountain.com. (See ad on next page)

*The clearest way into the Universe
is through a forest wilderness.*

~ John Muir

AUGUST 21 - 23, 2009: NEW ENGLAND WOMEN'S HERBAL CONFERENCE in Peterborough, NH. Contact Sage Mountain for information at 802-479-9825, email sage@sagemountain.com or website www.sagemountain.com.

SEPTEMBER 19, 2009: PLANTING THE FUTURE to be held at the Apeiron Institute, Rhode Island. For information see our website www.unitedplantsavers.org, or contact UpS at plants@unitedplantsavers.org or 802-476-6467. (See ad on this page)

OCTOBER 2-4, 2009: SE WOMEN'S HERBAL CONFERENCE, visit www.sewisewomen.com for more information.

OCTOBER 17, 2009: PLANTING THE FUTURE to be held at the Arizona-Sonora Desert Museum in Tucson, Arizona. For information see our website www.unitedplantsavers.org, or contact UpS at plants@unitedplantsavers.org or 802-476-6467. (See ad on previous page)

UNITED PLANTS SAVERS PRESENTS:

PLANTING THE FUTURE

THE APEIRON INSTITUTE, COVENTRY, RI
SATURDAY, SEPTEMBER 19, 2009

TEACHERS

Rosemary Gladstar
Susun Weed
Jeff Carpenter
Lupo Connell
Donna Wood Eaton
Margi Flint
Michael Ford
Chris Marano
Jody Noe
Kate & Dan Rakosky
Aviva Romm
Karyn Sanders
Lesley Wooler
Nancy Scarzello

CLASSES

Gardening with Gaia
Wise Women: Wise Choices
Growing Threatened Medicinal Herbs
for Market in the NE
UpS Medicine Trail on Cape Cod
Flower Essence & Energy,
High-Intensity Life
Creating Sanctuary
Indigenous Uses of Plant Species of
Southern New England
Plant Love
Herb Walks & more!!

EVENT COST: UpS members: \$60, \$70 non-members.
Vegetarian or Turkey Lunch \$10 ~ For more information or to register, contact: Ups, PO Box 400, East Barre, VT 05649
www.unitedplantsavers.org or plants@unitedplantsavers.org

SPONSORS: Traditional Medicinals, Lily's Garden Herbs,
The Herb Wyfe, North East Herbal Association



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9th International Herb Symposium Celebrating the Healing Power of Plants June 19-21, 2009

Inspirational! Educational! Entertaining!

If there's one herbal event you plan to attend this year, this should be it!!!

- Speakers from 12 Countries
- Traditional & Clinical Uses of Herbs
- More than 90 Workshops for Beginner to Advanced Students
- Herb Walks, Herbal Market Place, Dance & Other Fun Activities
- Vegetarian Meals and Comfortable Lodging Provided on Campus
- Located at Lovely Wheaton College Outside of Boston
- Easy Access to Boston's Logan International Airport

Held at Wheaton College, MA – A benefit conference for United Plant Savers

Learn from an extraordinary gathering of herbal teachers, elders, and healers from around the world including Rocio Alarcon (*Ecuador*), Dr. Quang Van Nguyen (*Vietnam*), Anne McIntyre (*United Kingdom*), Dr. Phuntsog Wangmo (*Tibet*), Dr. Juan Almeyda (*Honduras*), Raylene Ha'alele Kawai'e'a (*Hawaii*), Steven Foster, Dr. Theraona Lowdog, Stephen Buhner, David Hoffman, Amanda McQuade Crawford, Christopher Hobbs, Rosemary Gladstar, Ryan Drum, Matthew Wood, Paul Bergner, and over 35 other highly respected and well known herbalists.

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UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Winter 2010

**SPRING SEED
GIVE-AWAY
TREES!**

**TUCSON HERBALIST
COLLECTIVE**

SAVING TREES

**UPS GRANT
REPORTS**

**THE POTTING
SHED**

**UPS' BOTANICAL
SANCTUARY NETWORK**

SPICEBUSH

**RICHO CECH'S NEW BOOK:
THE MEDICINAL HERB GROWER
VOLUME I**

UpS is a non-profit education corporation dedicated to preserving native medicinal plants.

Birches © Nancy Scarzello



Winter 2010

A publication of United Plant Savers,
a non-profit education corporation
dedicated to preserving
native medicinal plants.

UNITED PLANT SAVERS

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FROM THE GRASSROOTS

by Sara Katz, UpS President



Sara Katz

UpS is one of the most grassroots organizations I know! Grass holds the earth together by its thousands and millions of tiny individual roots, which combined as a whole comprise a strong and life-supporting collection of beings. Such are the members, staff and supporters of United Plant Savers.

2009 was a year when information about environmentally sustainable use of wild herbs was spread throughout the country by a series of wonderful UpS conferences. Maine,

Massachusetts, Rhode Island, Texas, Ohio and Oregon all had spirited, information-laden conferences that were very well attended. Big green thanks to the many members and board member volunteers who helped in these various locations. It's continually amazing how generously people offer up their time and enthusiasm for the cause of sustainable herbalism!

This year also marked the opening of the Talking Forest Trail at UpS's Goldenseal Sanctuary in Ohio. This 6-mile information-laden trail represents many years of effort by UpS staff, supporters and board members, as well as many, many hours of trail-clearing and sign-making by UpS interns. Speaking of which, the UpS Intern Program this year was a huge success as evidenced by the glowing comments and notable accomplishments by this summer's spirited groups. If Spring finds you near southeastern Ohio, I wholeheartedly urge you to travel to Goldenseal Sanctuary to experience the splendor of this forested herbal treasure chest.

I want to especially thank our Ohio staff and board members for taking such sensitive care of Goldenseal Sanctuary, one of United Plant Savers' most precious jewels. Green Man and UpS visionary, Paul Strauss; fabulous intern coordinator, Chip Carroll; Ohio resident Board member, Joe Viny; and Lee Wood, whose family has cared for the sanctuary land for generations, are all due a huge amount of gratitude for keeping the sanctuary home fires burning brightly.

One of the main ways that UpS creates a forum for sharing information amongst members is through our Journal and Bulletins. Voluminous thanks to Nancy Scarzello, a longtime UpS member who has played a vital role in editing UpS publications for many, many years. As Nancy's other interests are calling for more of her time, she will now share the coordinator role with long time UpS supporter and very experienced herbal editor, Beth Baugh. Beth is the administrator of the Foundations of Herbalism Correspondence Course, which she developed with Christopher Hobbs.

This year the board spent quite a bit of focused time visioning the future for this organization.

continued on next page

Under the guidance of board member Jim Chamberlain, we developed an ambitious Strategic Plan with many important and exciting projects that will be a joy to manifest in the coming years. Many thanks to Jim for helping the board to dream and plan.

UpS is so very fortunate to have a gifted, herbally passionate and lovely to work with office manager in Betzy Bancroft. Besides keeping UpS members and events very well taken care of, Betzy is also a very skilled clinical herbalist. You may have met Betzy as she journeyed out of her Vermont office several times this year to speak with UpS members at our various conferences.

And the shining star at the top of the UpS organizational tree is our amazing and beloved Executive Director, Lynda LeMole, whose enthusiasm for the mission of this organization and all of the people associated with it is palpable.

It is truly an honor to work with such talented and dedicated people. And like the wild grasslands, the collective manifestation is so much more than a sum of its individual members. On behalf of our green brethren, thanks to all of you who share this verdant journey. ❁

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..... *United Plant Savers'*..... **2010 INTERNSHIP PROGRAM**

Hard Working?

Motivated to learn about medicinal plants?

Want to experience United Plant Savers'

360-acre plant sanctuary in Ohio?

Join us in our UpS Sanctuary Intern Program!

Two 6-week Sessions for 2010

Spring: May 17 (check in - May 16) – June 25, 2010

(DEADLINE FOR SPRING APPLICATIONS: Thursday, April 1, 2010)

Fall: August 30 – (check in - Aug. 29) – Oct. 8, 2010

(DEADLINE FOR FALL APPLICATIONS: Monday, August 2, 2010)

Apply early for early acceptance!

A HANDS-ON, PRACTICAL APPROACH

Interns work 30 hours/week doing a variety of medicinal plant conservation and cultivation projects. Classes and opportunities to work with UpS staff teachers and Chip Carroll, Program Manager. Interns learn general plant propagation techniques working with at-risk and endangered species, general farm upkeep and maintenance, landscape care and maintenance, greenhouse work, medicinal plant identification, sustainable wild harvesting principles and practices and medicine making.

Limited to 8 participants.

Call or write for details and application. Details available online at www.unitedplantsavers.org.

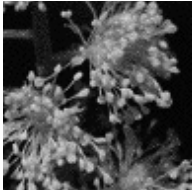
Contact Betzy 802-476-6467 plants@unitedplantsavers.org

LET US HEAR FROM YOU!

UpS' Journal of Medicinal Plant

Conservation is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants.

We encourage you to send us your opinions and thoughts for submission to the *Journal*. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the *Journal* to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.



CULTIVATION CORNER

UPS SPRING SEED GIVE-AWAY...TREES!

by Richo Cech, from *Growing "At-Risk" Medicinal Plants*

This year's seed giveaway is a tribute to the trees, our woody friends that selflessly provide soil and shade for the smaller medicinal herbs that we so love. Planting trees promotes the health of the entire ecosystem. Due to their slow growth and great longevity, planting trees is a way of letting future generations know that we care. This seed set consists of four hardwood medicinal tree species that can be dependably grown from seed and perform well throughout the temperate U.S. We find that the best approach is to plant the seeds about 1/2 inch deep in fast-draining potting soil in gallon pots. Leave the pots outdoors in a sunny and protected location (the front porch?) or in the greenhouse. It's easy to keep an eye on a gallon pot, a watchful eye that is rewarded eventually by the bursting forth of the nascent tree. A gallon pot will hold its moisture better than a small pot and is less likely to meet with accidents. The deep soil gives the seeds plenty of room to throw down their roots once they germinate. After the seedlings produce their second set of true leaves, tease them out of the pot and repot them individually. Grow them out for a year or more until they gain sufficient size to survive the rigors of the landscape.

Chaste Tree (*Vitex agnus-castus*)

Family: Vervain (*Verbenaceae*)

Native to the Mediterranean and hardy to -20 degrees F. Foliage and beautiful lavender flowers exude exotic perfumes. Chaste trees tend to be multi-stemmed and are best when planted as a focal point in the garden or the landscape. They do not grow too large, can be kept trimmed back and provide colorful blossoms and nectar flow at a time when they are highly appreciated and needed—late in the summer. The seeds may be tinctured or chewed. They help alleviate symptoms of PMS. Chaste trees prefer a sunny, dry exposure. 50 seeds/pkt *Certified Organically Grown*

Hawthorn, Wild (*Crataegus monogyna*)

Family: Rose (*Rosaceae*)

Deciduous thorny bush to small tree. Native to Europe. Hardy in all temperate zones. Hawthorn berries or leaf and flower are the most effective, broad scale and gentle heart medicine known to herbalists. Sow very hard seeds in the spring, summer or fall for germination the following spring—a long wait, but

dependable. Hawthorn does fine in full or part sun, planted in regular garden soil or poor soil, requires little water, and it is a tough contender on the landscape. Prune to a single leader to encourage a large tree that will eventually grace the garden with its fountaining form—its white flowers and bright red berries. Alternately, hawthorn may be planted in a row at 4 foot spacing and the tops pruned back at hedge height. This will create a multi-stemmed, tough, thorny and impregnable hedge. 10 seeds/pkt *Certified Organically Grown*

Osage Orange (*Maclura pomifera*)

(Bow Wood, Hedgeapple)

Family: Mulberry (*Moraceae*)

Deciduous, dioecious tree to 60 feet tall, perfectly cold hardy. Native to the south-central U.S. The brainlike, bright green fruits have a reputation of repelling spiders and other insects. This is a major hedgerow component, a large and gnarly hardwood that blesses the wide landscape with its weighty presence, yet



Osage Orange © edupic.net

shields small songbirds among its thorns. The pioneers planted legions of Osage oranges as living fences. The wood makes good firewood and cut into a post, it remains for a long time without rotting (that is, if it doesn't sprout roots and become a tree once again!). 10 seeds/pkt, *wild harvested*

Witch Hazel (*Hamamelis virginiana*)

Family: Witch Hazel (*Hamamelidaceae*)

Perennial shrub or small tree to 15 feet. Native to the Missouri Ozarks. Hardy to -20 degrees F. The leaves are the quintessential herbal astringent, making a harmless gargle for treating sore throat or a haemostatic and healing wash for treating wounds. The water extract can provide much post-partum relief for tissues stretched or torn in childbirth. Tree prefers sandy or rocky soil, partial shade to full sun. Sow fall to early spring. May take up to 6 weeks to germinate. 10 seeds/pkt *Certified Organically Grown*

Please see the details of the Give-Away on back cover

SAVING TREES (EVEN REALLY BIG, OLD TREES)

REAL LIFE LESSONS

by Cascade Anderson Geller, UpS Advisory Board Member

*Trees are poems that earth writes upon the sky,
We fell them down and turn them into paper,
That we may record our emptiness.*

~Kahlil Gibran

I started working on this article a long time ago because I love everything about trees. Though it sprouted and grew steadily for months, the sobering facts unearthed in the research made the writing fall dormant. Trees are having a rough go of it all the way around: blights, environmental degradation, development and agricultural practices, logging, bad policies and other issues make our human financial crisis look relatively tame. There was already so much depressing news for us all to wrestle with that I couldn't bring myself to pile on more and so the article was left fallow.

The article began to blossom again not because trees are less threatened. Actually, even more diseases have been identified that weaken the roots, reduce circulation, or just kill outright. More trees have fallen due to commercial and natural disasters, fear and greed for more money, or just more light. Many dogwoods (*Cornus* spp. Cornaceae), and the old stately live oaks (*Quercus* spp. Fagaceae) of California, have succumbed to killing blights. The high Appalachian mountains have lost most of their Fraser fir trees (*Abies fraseri* Pinaceae) from aphid and other infestations. The list of loss is lengthy.

I was able to revive the writing because, as always, amidst the sad realities there were also many stories of success, even when the odds were grim. The point is that trees can often be saved and their life spans extended when someone is willing to extend themselves. It is my hope that this article will provide support to a person wrestling with a decision about a tree, or a grove, or an entire forest that is faced with potential devastation.

Interest, and trust, in trees and the healing power of nature, is a family trait on both sides of my family. We like to give plants the benefit of the doubt as my mother did for our Russian mulberry tree (*Morus nigra* Moraceae) one early Thanksgiving morning. Visiting on her 80th birthday, we were awakened to her distinctive, deep-south dialect proclaiming that the mulberry tree had fallen down in the road.

The soil had grown sodden with days and days of drenching rain, and other trees in the region had come down with the autumn winds. The mulberry tree had

been in the ground for nearly a decade and was top heavy due to the grafting of the exotic mulberry onto a lighter-weight trunk species. Though it had been staked for years, we had recently removed the stake, obviously not a wise decision. A group of us gathered around the tree that had tipped over, its root wad intact. A neighbor said that it was a shame that the tree would need to be removed. We had no doubt that what she was really thinking was how thankful she'd be to be rid of a nuisance that bore staining fruit, dropping onto the walkway and street, for at least two full summer months. No matter how many times we offered, she would never taste the succulent berries.

Not missing a beat, my mother retorted that there wasn't a thing wrong with the tree that propping, staking, watering and feeding would not remedy. That's just what we did, and now over a decade later we still enjoy the masses of deep red, sweet-tart fruits that just keep on coming all summer long.

Though uncommon in the U.S.A., scaffolding, guy wires, props and other means of helping keep trees upright and safe are used throughout the world. In the town squares of Mexico, as well as many other places around the globe, large trees are preserved and contribute to the beauty and livability of the site. Look up into the canopies of these trees, and you may see cables stretched between heavy branches to provide support.

On the southern Greek island of Kos, the birthplace and teaching site of Hippocrates some 2400 years ago, there is a celebrated oriental plane tree (sycamore—*Platanus orientalis* Platanaceae). The tree has a massive hollowed-out trunk that would have been deemed unsafe long, long ago if it were in the middle of an American city. Here it is maintained with elaborate scaffolding, protected with an attractive low fence. Though this tree is only reputed to be about one-half a millennium old, it

still honors the place where Hippocrates, and other notables, taught under a plane tree said to be the relative of the current one.

Trees save themselves using ingenious methods when they have even half a chance. The woods near my home have numerous native wild cherries

(*Prunus emarginata* Rosaceae) that have toppled over on the hillsides where birds and squirrels have planted



Tree Huggers in Ecuador © Cascade Anderson Geller

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THE TOOL SHED

COME ON IN & LEND A HAND!

by Executive Director, Lynda LeMole



They say if you want something done, ask a busy person, so I decided that this year's Tool Shed article should be a list of ways our members can help UpS, other than renewing memberships and making donations. As growers of all things green, you know how much work it takes to keep a garden or farm maintained and thriving. It means digging in the dirt, shoveling, etc. I'll not ask

you for all that, but what you can do for UpS is share your expertise with us.

As a non-profit living through the economic freak-years, we're doing well maintaining our members and slowly gaining new ones. Our coffers are not hefty, but we've just had a good year (financial reports available to members upon request). Our main programs are sustainable and growing. What we need to do is outreach to more plant-lovers who want to learn about and/or grow "At-Risk" healing herbs in a targeted and earth-friendly way. So here's our list:

Membership drive – How do we reach more members without flooding either snail mail with throw-away paper mailings or barraging the internet with emails? We'd like to outreach without using excess paper, and we don't want to become an annoying spam-email. We are currently a few thousand memberships strong of friends and associates. If we could double our membership, we would be less dependent on grants and donations, making us more eligible for them! What are your ideas for a membership drive to find potential UpS members?

Social Networking – Included in the above is to outreach on the internet to the social networking sites – Facebook, Twitter, LinkedIn. Are you an internet savvy UpS member who wants to help us create such a profile and help us manage it? We have a Facebook page (join us!), but we'd like new and enticing ideas on what we can do with it.

Botanical Sanctuary Network – The BSN is one of our crown jewels. There are over 100 UpS Sanctuaries nationwide comprising thousands of acres of protected land. We publish their stories when they join and get regular updates from many of them. These are some of the most exciting plant sanctuaries in the world, stewarded by committed herbalists and naturalists. We'd like to make a an interactive internet map that would allow one to go into these sanctuaries on a virtual tour, to

show and teach more people how to create sanctuary. We already have some photos and videos, but we need more. If you have interest in this project, contact me and let's see if we can move it along.

"At-Risk" List – We need the help of plant academics or scientists who will assist us in filling in the matrix of plant information of herbs on the list. It is difficult to find the experts who know all the answers to the many aspects of understanding what makes a plant go "At-Risk". UpS made ground-breaking strides in understanding what western hemisphere plants are "At-Risk". You can view the list and read more about it on our website.

UpS receives help from many places, most notably the generous work done by our staff and Board. I have the honor and good fortune of working with Betzy Bancroft, herbalist and office manager extraordinaire; Nancy Scarzello, herbalist and editor; Beth Baugh, our newest editor; Sara Katz, our President and Rosemary Gladstar our founder. Each time we hold a Planting the Future Conference, teams of friends come together to make it happen – last year in Oregon (Herb Pharm), Rhode Island (co-organized by Ocean State Herbalists Assn.) held at the Apeiron Institute for Sustainable Living, and one in Arizona (co-organized by Tucson Herbalist Collective) held at the Arizona-Sonora Desert Museum, who donated their awesome space (see article on page 14). The work accomplished on the Goldenseal Sanctuary in Ohio happens because our land stewards, Paul Strauss and Lee Wood work tirelessly and generously to maintain our pristine 360-herb heaven. And twice a year for 6 weeks each spring and fall, our interns led by Chip Carroll maintain our trails and create new and amazing features on our sanctuary. The inauguration of The Talking Forest Medicine Trail last May began a new era of opening our doors to the world so visitors can experience more native medicinal 'at-risk' herbs than anywhere else in the world.

If you have experience in any of the ways we need help, what better way to help the public than to turn them on to the green world of the healing herbs? You know what it's done for you in your life, so please assist UpS in helping the herb stewards do their job! We value your ideas and input in making your organization a green beacon for the healing herbs. 🌿

Lynda LeMole has been Executive Director of UpS since 2003. If you have some ideas to share, contact her at: lynda@unitedplantsavers.org

them. With their root wad still attached to the ground, a downed trunk becomes a nurse log that turns branches into trunks growing straight up. Some of these trees that have been left alone for years now have become interesting trees with some of the stronger branch-trunks developing their own set of roots that reach down over the fallen log right into the ground. These new trunks are blossoming and bearing fruit now while the downed mother-log provides stability to the hillside and amends the soil.

When given the opportunity, giant trees can produce strikingly beautiful means of achieving stability on their own. Tropical rainforest trees can be seen with stupendous buttressed trunks and roots, making the most of keeping their roots close to the surface of the ground where the nutrients are harbored. When given the room to spread, the lowest branches of a colossal tree may reach down to the ground and then back up again in an effort that can only be described as beauty. These low dipping branches will root and help provide nourishment and much needed support for the great weight of the tree. They will keep a tree that is isolated from the network of forest roots upright even in strong storms. Like a human elder with a cane or a walker, the tree gains stability by creating more points of contact with the ground.

Most old trees are deprived of the ability to provide for their stability in this way since they are pruned for better access for mowing, walking or light. Many people are uncomfortable with plants that appear to have had little grooming from human touch and reach a large size. In the Pacific Northwest, some early loggers would brag in the taverns about the Douglas fir (*Pseudotsuga menzeisii* Pinaceae) they felled just because it was "obscenely big."

When tree branches are able to make ground contact, a sacred "room" is created. Banyan trees are figs such as (*Ficus benghalensis* Moraceae). Also known as strangler figs, their seed, deposited by a bird, germinates in the bark of a host tree, and roots descend down to the ground and eventually surround the host. The fig tree thrives at the expense of the host, growing not only taller but expanding laterally with the aerial roots becoming sturdy prop roots. One of the biggest recorded trees in the world is said to be the ancient banyan (called Thimmamma Marrimanu in Gutibayalu, India) that extends out some two kilometers.

Here in the U.S.A., magnificent examples of prop branches can be seen in Hot Springs, North Carolina at the Mountain Magnolia Inn where there are two

astounding trees in the yard. One is the namesake tree, a big leaf magnolia (*Magnolia macrophylla* Magnoliaceae), and the other is a black walnut (*Juglans nigra* Juglandaceae). Other notables are the giant female ginkgo *Ginkgo biloba* Ginkgoaceae, planted in 1785, in Leiden's botanical garden in the Netherlands. On the trail that leads to the cave dedicated to Mary Magdalene, up through the sacred forest of mount Saint Baume in the south of France, there are many old trees, including marvelous ancient yews *Taxus baccata* Taxaceae with their many drooping, supporting branches.

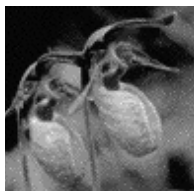
More than three decades before the episode with the toppled mulberry tree, we pulled into our driveway only to find that the "mean boys" next door had snapped the red maple sapling that my dad had planted the year before. It wasn't broken clean off, but it was a mangled mess, and most people would not have believed that the tree could be saved. Without a word my dad immediately went to work setting a stake and then carefully matching the tree's tissues, like a surgeon, and wrapping the trunk tightly with wide strips of an old clean white sheet. Then he fed and watered the tree, and each day after work he would check on it before he had his own dinner. In deep shock, it dropped all of its leaves and looked like it was dead, but he assured everyone that it was healing just like a broken leg would heal. That tree is big and beautiful now and if you look closely, you can see where it is scarred from that long ago trauma.

The stories of saving the mulberry and maple happened with relatively young, small trees, but with the right equipment and determination even very old trees can be, and are, rescued. More than a decade ago, a construction project in Portland, Oregon was destined to destroy a century-old ginkgo. By sheer public pressure, advocates were able to convince the construction company, who had the necessary heavy equipment, to gently dig the tree up and move it to a site donated by a local private college about 5 miles away. The tree was transported and carefully replanted in its new home, and it has slowly recovered. I have visited ancient olive trees in northern Spain that have been transplanted miles from their original site that was destined for development.

That old trees can be transplanted is a marvel but not a wonder when you consider the tenacity and wisdom they embody. To reach such a ripe age requires the ability to bend with the winds of change and storms of conflict, to resist illness and heal. ❁

Trees are your best antiques.

~Alexander Smith



UPS' "AT-RISK" FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

~ "At-Risk" ~

- American Ginseng
(*Panax quinquefolius*)
- Black Cohosh
(*Actaea [Cimicifuga] racemosa*)
- Bloodroot
(*Sanguinaria canadensis*)
- Blue Cohosh
(*Caulophyllum thalictroides*)
- Echinacea
(*Echinacea* spp.)
- Eyebright
(*Euphrasia* spp.)
- Goldenseal
(*Hydrastis canadensis*)
- Helonias Root
(*Chamaelirium luteum*)
- Lady's Slipper Orchid
(*Cypripedium* spp.)
- Lomatium
(*Lomatium dissectum*)
- Osha
(*Ligusticum porteri*, L. spp.)
- Peyote
(*Lophophora williamsii*)
- Slippery Elm
(*Ulmus rubra*)
- Sundew
(*Drosera* spp.)
- Trillium, Beth Root
(*Trillium* spp.)
- True Unicorn
(*Aletris farinosa*)
- Venus' Fly Trap
(*Dionaea muscipula*)
- Virginiana Snakeroot
(*Aristolochia serpentaria*)
- Wild Yam
(*Dioscorea villosa*, D. spp.)

~ "To-Watch" ~

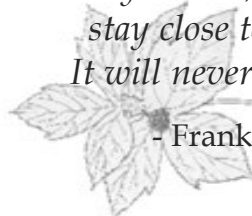
- Arnica
(*Arnica* spp.)
- Butterfly Weed
(*Asclepias tuberosa*)
- Chaparro
(*Casatela emoryi*)
- Elephant Tree
(*Bursera microphylla*)
- Frangula
(*Rhamnus purshiana*)
- Gentian
(*Gentiana* spp.)
- Goldthread
(*Coptis* spp.)
- Kava Kava
(*Piper methysticum*) (Hawaii only)
- Lobelia
(*Lobelia* spp.)
- Maidenhair Fern
(*Adiantum pendatum*)
- Mayapple
(*Podophyllum peltatum*)
- Oregon Grape
(*Mahonia* spp.)
- Partridge Berry
(*Mitchella repens*)
- Pink Root
(*Spigelia marilandica*)
- Pipsissewa
(*Chimaphila umbellata*)
- Spikenard
(*Aralia racemosa*, A. *californica*)
- Stoneroot
(*Collinsonia canadensis*)
- Stream Orchid
(*Epipactis gigantea*)
- Turkey Corn
(*Dicentra canadensis*)
- White Sage
(*Salvia apiana*)
- Wild Indigo
(*Baptisia tinctoria*)
- Yerba Mansa
(*Anemopsis californica*)

NATIVE PLANT RESEARCH FUNDING

The University of Kansas, workplace of UpS advisory board member Kelly Kindscher, has received funding for a five-year, \$5 million project titled "Innovation Center for Advanced Plant Design: Plants for the Heartland." The program will explore the potential of native plants from Kansas and the region as botanical remedies, dietary supplements, cosmetic products and pharmaceutical or veterinary agents.

Barbara Timmermann, university distinguished professor and chairwoman of medicinal chemistry, and Kindscher, who is also a senior scientist with the Kansas Biological Survey, will combine their experience in floristic studies and ethnobotany, as well as medicinal and natural product chemistry to conduct research on plants, their uses, production, conservation and potential for success in the marketplace. They will collect the plants and make ecological assessments in the wild.

"Study nature, love nature,
stay close to nature.
It will never fail you."



- Frank Lloyd Wright

PLANTS FOR LIFE: BALANCING VINEYARD ECOSYSTEMS WITH NATIVE MEADOWS AND ENDANGERED MEDICINAL PLANTS

by Phillip Knowlton

Commercial grape growers can look to a new model that affords beneficial ecological ways of being good stewards of the land. Many vineyards and wineries have been the target of environmental concerns, e.g. bug sprays, water runoff, monoculture issues (because local farms and rural neighbors fear a lack of biodiversity) and further pesticide problems.

A productive method for cultivating native grass meadows and endangered plants designed as part of vineyard landscape is described. The experimental prototype is being farmed by a small organic farm, Knowlton Farms, a new member to the UpS BSN. This Northern California vineyard is making efforts to change the environmental perception and also benefit grape growers, their neighbors and the medical world.

The Problem:

She was angry and shook her head as she drove past the rich green vineyards. Lyric Merryman was a committed environmentalist and felt commercial grape growers were contributing to the ecological destruction of her neighboring farmland. She had worked for years to help clean up the Russian River and keep toxic dumping out of it; she fought to preserve wetlands where native plants could be protected. And she practiced organic farming. Of the vineyards she thought, "They just don't get it."

Grape growing has become big business in Northern California. For the past decade more and more of the hills and valleys of both Napa and Sonoma County have gone into grape production. Neat rows of the 101-14 Wente Chardonnay vine and the Burgundy Pinot Noir vine have filled the pristine countryside.

Although farmland can still be seen, vineyards have become an iconic part of the region's commerce and culture. Recently some of the larger wineries and vineyards have sought a new trend of seeking ways to make their agricultural presence more positive and less intrusive on the land.

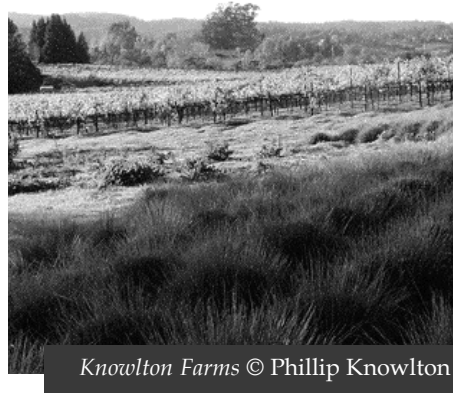
Many monoculture grape growers and neighboring land owners are concerned with the use of toxic pesticides that spread by wind and can cause soil and water contamination to neighboring land. This and other problems such as over use of water and contamination of local water sources are leading a few of the grape

growers to consider more integrative and sustainable practices. They seek more natural methods and products that can be used as alternatives to commonly used chemicals. Northern California growers have a rich viticulture and terroir (land from which the grapes are grown that imparts a unique quality specific to that region) but must also satisfy a rural community that is extremely eco-conscious. By doing so, grape growers could start to become more responsible stewards of the land and help towards a sustainable future.

Commercial grape growing business here has prospered as Sonoma and Napa wines have fetched staggeringly high prices. The Russian River Appellations agricultural environment of Sonoma County is one of these areas.

A Solution:

What could have been considered an onerous lack of stewardship by the vineyards has instead been viewed as an opportunity for a plant conservation experiment that began just a few years ago at a nearby Sonoma farm that now hosts an organic vineyard.



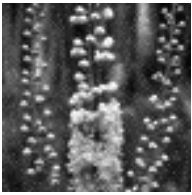
Knowlton Farms © Phillip Knowlton

The aim of the vineyard's design is to create a prototype where the vineyard landscaping supports a variety of native meadow grasses (graminoids) and "At-Risk" medicinal plants. This combination of plants provides significant ecological function through integration and ongoing renewal of "At-Risk" medicinal plants with the growth of native grasses that thrive easily and require little maintenance.

The project has begun to show the potentially positive impact of this vineyard landscape design on grape growing as cohabitation is supported and soil requirements appear to be met. In addition, preliminary results may be suggesting that the native meadows could reduce the use of high-maintenance foreign grass turfs that are typical in vineyard landscapes. Such integrative native meadows can work to restore and transition the ecology of plant conservation.

A preliminary literature review and a demographic study of several medicinal plants recently identified as "At-Risk" by United Plant Savers (UpS) inspired the attempt to show that these plants can be grown as permaculture within commercial vineyard landscapes.

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UPS GRANT REPORTS

United Plant Savers has a fund designated for community planting projects. UpS guidelines require the project have educational merit and that the land proposed for planting be protected either by individual ownership, or be a part of a school or park system. For application information please write to: UpS Community Fund Guidelines, PO Box 400, E. Barre, VT 05649

OHIO NORTHERN UNIVERSITY WOODLAND MEDICINAL PATH

by Vicki Motz

We used our UpS grant to establish our second medicinal herb garden on the campus of Ohio Northern University in Ada, OH. This second garden is in the form of a path through a patch of woodland and is an exciting step toward our goal of one garden project per year to raise awareness of medicinal herbalism and enhance the teaching of medicinal herbs and herbal practices. We hope our gardens will influence both our pharmacy students and the ONU community as a whole to develop an appreciation for the value of medicinal plants. The committee assigned to revamping our core curricula in biology is planning on including a tour of the medicinal gardens for all students in the first year course. We plan to create a center of medicinal herbal learning, which will be open to the college, the greater Ada community, and herb folks around the state and the country.

We started the quarter by hosting a booth at the Ada Harvest and Herb Festival. We made a poster about medicinal herbalism, displayed examples of medicinal plants and distributed UpS informational materials.

The plot of land we chose was heavily infested with poison ivy. As a first lesson in herbalism, we took the students to a patch of jewelweed, talked about plant identification, plant anatomy, location in the plants of medicinal components, extraction techniques, and formulation into a useful product. We made an aqueous decoction and an oil infusion, and after three weeks, combined them to make jewelweed soap. We tested it by removing the poison ivy from the path - no one reported any poison ivy rash! Using hand tools, we cleared a narrow winding path through the wooded area, which allowed us to preserve and highlight patches of pawpaw, Solomon's seal, Jack-in-the-Pulpit, and raspberry.

The students were given a brief introduction to woodland plants of the area with medicinal properties. Each student chose a plant to research and be their ultimate

contribution to the path. The soil was amended to accommodate the growing requirements of each plant. To broaden our students' exposure to other medicinal plants we purchased some dried herbs and harvested many of the plants from the garden we planted last year. They harvested horehound and made cough drops, and mint and chamomile to make tea. They decocted marshmallow for its emollient qualities and used purchased marshmallow root to make old fashioned marshmallows. They extracted St. John's wort in olive oil and learned to make a beeswax based salve. Lavender was harvested and dried for our day of aromatherapy.

When our plants arrived, we planted lily of the valley, witch hazel, black cohosh, goldenseal, ginseng, Jeffersonia, corydalis, bloodroot, wild ginger, wintergreen, mayapple, wood betony, and lungwort. Students learned about being non-invasive in the woods and how to water via "bucket brigade".

We created hardwood numbered posts to mark the individual herbs. Our students put together a self guided tour pamphlet - crediting UpS with funding the garden. Pamphlets were printed, and a pamphlet holder was purchased and mounted at the entrance to the garden. As part of the learning process, students developed PowerPoint presentations about the plant they chose for the path, including plant descriptions, distribution, history, and medicinal use of their plant. A website detailing our path, the plants, and what we learned about them was built and is currently being vetted for posting by the ONU site administrator. UpS's role in making our path possible appears on our home page, and we have a link to the UpS site.

Our sign was designed by a member of the Graphic Design faculty, cut from a sheet of copper, mounted on a cypress slab, and hung from a tree at the entry to the path. The garden was dedicated on Nov. 16, 2009, and the community



The "Bucket Brigade" © Vicki Motz

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MAKING MEDICINAL PLANT KNOWLEDGE ACCESSIBLE BOWMAN'S HILL WILDFLOWER PRESERVE'S MEDICINAL TRAIL PROJECT

by Rachael Griffith

Bowman's Hill Wildflower Preserve is a 120-acre nature reserve on the Delaware River just south of New Hope in Bucks County, PA that features nearly 1000 species of native wildflowers, trees and shrubs. Two-and-a-half miles of trails wind through its woodlands and meadows, offering a wonderful opportunity to learn about a diversity of plant communities and their importance to a healthy ecosystem. Since its reconstruction in 2007, the Medicinal Trail at Bowman's Hill Wildflower Preserve has been a source of tranquility, inspiration and reflection for visitors of the Preserve. Although relatively short in distance, the trail covers many different ecosystems and vistas, including a stream-side view, Piedmont woodland, and hilly terrain. The trail featured several different types of plants with recognized medicinal qualities that are native to the Delaware Valley region; however, many visitors expressed a desire for a means to identify and learn about the uses of these medicinal plants while on the trail. Naturalists who volunteer their time giving guided wildflower tours at the Preserve also expressed a desire for more medicinal plant species to make it more worthwhile to take interested tourists down the somewhat obscure trail.



American Ginseng © ehow.com

Under the direction of Jeannine Vannais, Plant Stewardship Index Coordinator; as well as Amy Hoffman, Education Director; Bob Mahler, Nursery Manager; and Miles Arnot, Executive Director, 2009, summer intern Rachael Griffith undertook the project of introducing species of native medicinal plants onto the trail that did not exist elsewhere at the Preserve. The plants chosen were those with the most known and widely-accepted medicinal uses. Some of the species include *Panax quinquefolius* (wild American ginseng), *Actaea racemosa* (black cohosh), *Caulophyllum thalictroides* (blue cohosh), *Dioscorea villosa* (American wild yam), *Ulmus rubra* (slippery elm), and *Hydrastis canadensis* (goldenseal). The plants were purchased with a generous, greatly appreciated grant from United Plant Savers. Nurseries from which plants were acquired were Russell Garden Center in Churchville, PA, Harding's Ginseng Farm in Friendsville, MD and Wetland Supply Co. in Apollo, PA.

Additionally, information about each of the plant's current and historical medicinal value was compiled into a booklet that is available to visitors on the trail and to take home with them. The booklet serves not only as an identification tool on the trail but also as a jumping-off

point for visitors to peruse at home and use to find additional resources and information on specific topics. Signage to identify the plants was purchased and placed along the trail for further identification, and two special medicinal trail tours are scheduled for the spring to additionally highlight our new offerings.

After five months of work, the project is near completion. The plantings of goldthread, trilliums, blue and black cohosh, and bloodroot await the spring thaw to spring to life. The ginseng rootlets and seeds were planted in two nine-meter square research plots—one easily accessible to visitors on the trail, and one 'hidden' in a more remote

location to protect against poaching—where they will be monitored and studied in the coming years.

Although one shipment of trees and shrubs has yet to be delivered, we were surprised by volunteer sassafras seedlings right on the trail, so that we did not have to transplant them—they did it themselves! We have had lots of positive feedback from visitors and naturalists thus far, and we expect even more in the spring when the Preserve

comes alive again with color and visitation. This project greatly fosters the mission of the Preserve, and we have much gratitude for the aid and encouragement provided by United Plant Savers. ❁

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ETHICAL WILD LEEK HARVESTING

by Marguerite Uhlmann-Bower

It's the season of wild leeks. Also known as ramps, this Lily family perennial is a wild green delectable edible food that is part of the garlic and onion family, though without the strong bite of garlic and the eye-watering intensity of onions. Ramps are found growing from Canada to the Appalachias. It's one of the first greens to show up throughout our woodland landscape with its timely presence reassuring us spring is here. Snow or no snow, ramps will grow. Of course, you might not be aware of this simple little green plant unless you're a wild foods forager or one who looks for a nice hot bowl of fresh potato leek soup at one of our local eateries.



Fresh wild leeks © John Himmelman

Geographically speaking, ramps have been a choice spring pot herb not only for the lure of its flavor but also for its nutritional value. The green leaves have 3 to 4 times more selenium and flavonoids (both powerful anti-oxidants) over the bulbs and are no less potent in flavor. Ramp popularity has grown so much over the years that they can be purchased at markets, roadside farm-stands and restaurants from Quebec to the Appalachias. They can also be bought over the Internet and shipped fresh to your door. Even some southern festivals are dedicated solely for the ramp season and ramp eating.

All this demand can bring about a reasonable concern for its future viability, especially when one considers the ratio of supply and demand. This wild edible can end up a very unavailable food in a very short time. To those who harvest wild leeks or know someone who does, please consider the following suggestions, as this will allow ramps for our future and our grandchildren's children's future. Suggestions are followed by statistics and supportive evidence. (*)

Consider this: Invest in ramps.

Leave at least 80% to 90% of the plants for adequate self propagation. For instance, for every group cluster of plants, remove only one or two single ramps. (*) It takes 2 to 3 years for a ramp seed to germinate and up to 6 years to fully mature.

Consider this: Keep their life force in the ground.

Leave ½ inch of their bulb root in the earth. Cut only the green leaves at or just below soil level. (*) It has been observed that keeping ½ inch or more of the bulb root in the ground will allow the plant to continue to grow for future seasons. Supportive studies have also shown that when harvesting a stand of ramps, picking as little as 5% - 15%, root and all, causes the stand to go below 'an

equilibrium level'. This means the stand is functioning at substandard levels and can take several years to return to normal as long as it is untouched for the next few years.

Consider this: Rotate harvesting stands.

Have at least 3 or 4 sources to harvest from and visit only one of them each year. (*) It takes 2.5 years for a stand to fully recover from general harvesting. In Quebec, Canada, permits given for ramp harvesting allow only 5 ramps per person!

Lastly and as importantly, consider: Think sustainability.

Share with all children the ethical wildcrafting way. Ask local merchants and restaurants to buy bulb-less plants from their wild

harvesters. Lastly, this is the right thing to do for all of Nature to prosper. ❁

This report and considerations written by Marguerite Uhlmann-Bower, Herbalist and Registered Nurse - The Herbal Nurses and a wild foods enthusiast. Author of Healing the Injured Brain with Herbs and Natural Therapies. () Source of stats and further reading: "Having Your Ramps and Eating Them Too" by Glen Facemire, Jr. 2009.*

The Medicinal Herb Grower

A Guide for Cultivating Plants that Heal

Volume 1

Covers principles and practices of natural gardening techniques for growing medicinal herbs organically. Continues the story of Cech's classic: *Making Plant Medicine*. Using personal experiences and stories that are at once amusing and instructive, the author covers principles such as observation in nature, windows of opportunity, creating plant habitat, benefits of diversity, rules of green thumb, soil, seeds, water, sun, trees, humans, and the forest community. The second half of the book covers background, growth cycles of plants, preparing the ground, the greenhouse and the shadehouse, compost, potting soils (extensive!), planting seeds (also extensive!), making cuttings, and caring for plants. 176 pages, soft cover. (See *Review* on page 32)

To Order: Send a \$20 (plus \$5) S/H check or money order to: UpS, PO Box 400, E. Barre, VT 05649 or visit www.unitedplantsavers.org

by Richo Cech

illustrated by Sena Cech

WINTER BLESSINGS

by Robin McGee

As winter finally settles in here in the South, I can finally get outside. I am so grateful for the reprieve from triple digit heat indexes with 100% humidity. The lake lice (power boats and sea-doods) are hibernating, so a stroll along the shoreline is peaceful and meditative once again. Kids are in school, neighbors are at work, and I am alone in the woods. Ah, yes – this is my time of year.

It is easy to lose a day here just being, if you consider that a loss. I sit under an old white oak, close my eyes and breathe; I am one with Nature. I feel a stirring inside me and know that I must go down the hill to where the bloodroot grows. Though it will be a few weeks, late February/early March, before she shows herself again, and I return to visit, I have to go see if just maybe....

On a similar journey ten years ago I found the bloodroot patch. Her telltale leaves were scattered along the bottom of the hill near the creek. It was the first time I ever saw bloodroot growing wild. And it was in my backyard! I fell to my knees, and vowed to protect this tiny little powerhouse (how arrogant we two-leggeds can sometimes be). Last year the patch was the size of half a football field!



Bloodroot © Robin McGee

My annual pilgrimage will be coming soon. Every year when the honeybees buzz around the Oregon grape outside my door, I know the bloodroot is blooming. When it is time, I will gather the cornmeal, camera, and water, say goodbye to my husband, smudge, pray, and head out the door.

I find my true self as I enter the woods. I pass another grandmother Oregon grape that the birds planted decades ago. I smile and say hello, and keep walking. As I get closer to my destination, I begin to see an occasional white flower. I bend to pay my respect but keep going. The anticipation is at its peak. Then I see it! The edge of that beautiful blanket of white blossoms! As excited as I am, I dare not run for fear of trampling one of these precious gifts. I gingerly ease my way around to the other side and find my spot. I sit down and get comfortable. As I offer the cornmeal I begin to sing. After a while I lie down and am immediately taken away. This is what I have been waiting for: the best sleep of the year, cradled in the arms of the Mother in a bed of bloodroot.

When I awake I know that it will be dark soon. The sun is low on the horizon, the birds are singing their farewell to the sun, and it is time for me to go. It is bittersweet, the leaving. Parting is such sweet sorrow. But I am revived, filled with the essence of bloodroot, the trees, this sacred place. I am truly blessed. ❀

South Carolina herbalist, writer, and storyteller Robin McGee teaches herbal medicine classes, leads plant walks, speaks to school and community groups, and is currently creating an herbal education center and botanical sanctuary. Her line of herbal products, Wild Earth Botanicals, is found in local alternative health stores, and with her husband Mac, she raises grass-fed beef, chickens for free-range eggs, and organic herbs and vegetables.

OHIO'S WOODLAND, *continued from page 10*

was invited to a ceremony to celebrate this event. We served 'garden fresh' refreshments reflecting the plants in the garden: wintergreen brownies, raspberry muffins, and wild ginger lemonade. A bench, made of a huge slab of wood donated by three staff members, sits at the path exit, which opens to a grassy area adjoining a pond and invites contemplation. A local artist was so moved by our path that she is contributing a 'sculptural essay' that will be installed this winter. The essay will reflect the cycle of life and is intended to be a focus for wintertime, when the plants are dormant.

Students were surveyed at the beginning of the quarter and after the path was completed, 100% of our students said they had gotten more out of the class than expected. All expressed some form of bonding with the garden through the process.

Self guided tour pamphlets are available at the entrance to both the medicinal herb garden and the medicinal herb path and at the University Inn in Ada. The public is welcome and encouraged to come and share in what our students have created. ❀

"SLEEPING IN THE FOREST"

by Mary Oliver

*I thought the earth remembered me, she
took me back so tenderly,
arranging her dark skirts, her pockets
full of lichens and seeds.
I slept as never before,
a stone on the riverbed, nothing
between me and the white fire of the stars
but my thoughts, and they floated
light as moths among the branches
of the perfect trees. All night
I heard the small kingdoms breathing
around me, the insects, and the birds
who do their work in the darkness. All night
I rose and fell, as if in water, grappling
with a luminous doom. By morning
I had vanished at least a dozen times
into something better.*

TUCSON HERBALIST COLLECTIVE

by Marjorie Grubb

We, the Tucson Herbalist Collective, don't call ourselves an 'organization' because that would be a contradiction in terms. So, when asked to organize "Planting the Future" in Tucson, it was only our collective passion for the plants that gave a "yes" to it. Or maybe we were blissed out on fairy duster flower essence or homemade herbal limoncello. . . .

Our "Planting the Future" event attracted many different kinds of plant-loving people—educators, students, growers, research botanists, health-care practitioners and land managers, as well as herbalists. This made for lively discussions and exchanges of information. How did we do it?

We reached out in many ways to engage people who may not have known about UpS before the conference, and it helped us to draw in a diverse group of attendees. THC members spoke up at meetings of the Arizona Native Plant Society and other local groups interested in native plants and their uses. Inviting speakers from local organizations concerned with plant conservation led to a web of Internet "buzz." One of our members told me she received at least five emails from different friends telling her about the conference.

In early autumn in Tucson, several gardens and nurseries have plant sales featuring native plants or desert plants. At several of these, THC members set up a table with conference flyers and literature. We promoted the conference specifically, and the UpS mission in general.

We wrote articles about the UpS mission, mentioning the conference, and submitted them to local publications. Arizona's tax credit law allowed THC members to donate scholarships to City High School, a small public high school that has a garden plot and an active gardening class. Two students, a teacher and the garden's Americorps volunteer attended the conference. This started what we hope will be an ongoing relationship between our medicine plant conservationists and their gardening classes. Their school is organized around 'place-based education' and so they have a strong interest in the desert environment and ethnobotany. Three of our members were interviewed for a local radio show that focuses on ecology and conservation issues; the show aired the night before the conference.

Farmers' markets are popular in Tucson year round, and for several Sundays in a row

we set up a sandwich board promotion appended to a booth that sells goods from Native SEED/SEARCH, a Tucson-based food plant conservation organization.

Lucky us. We found a willing partner in the Arizona-Sonora Desert Museum—a zoo, botanical garden, art school, research center and more. Their mission is "to inspire people to live in harmony with the natural world by fostering love, appreciation, and understanding of the Sonoran Desert." Seeing United Plant Savers' mission as harmonious with their own, executive director Robert Edison donated classrooms, a display hall and an auditorium and helped us secure technical support and catering service.

The day began with R. Carlos Nakai playing the flute as we filed into the auditorium; the final notes, upon an eagle-wing bone, still linger. Donna Chesner spoke movingly in remembrance of Michael Moore, mentor, teacher and inspiration to just about everyone in the auditorium. Michael's spirit infused the conference, both in the love and respect for the desert medicines and in the ebullient joy we experience working with the plants. We observed a long moment of silence. Phyllis Hogan of the Arizona Ethnobotanical Research Association offered a moving keynote address. Then Dr. Richard Felger strewed the entire auditorium with armloads of wet creosote branches (*Larrea tridentata*), washing us all—as they were passed hand to hand—with the tarry aromatic breath of desert rain.

We then dispersed to various plant walks, workshops and exhibits. Speakers addressed, among other topics, the cultivation, harvesting and use of desert plants as foods and medicines, and food as medicine. After Meg Keoppen explained the use and cultivation of yerba mansa (*Anemopsis californica*), each student received a starter plant. (Thanks, Donna Chesner.) The participants, each cradling a black rubber pot, gazing with awe at the two tiny leaves in there, looked like a procession of muddy madonnas.

Although selling was not allowed (nonprofit facility), our exhibit hall was a sensual marketplace of herbs and locally made herbal products, as well as information about schools and organizations, botanical prints and photos by Frank Rose and many other delights.

continued on page 23



THC, Tucson Herbalist Collective

WHAT DO WE KNOW ABOUT HOW SOIL & FUNGAL ECOLOGY AFFECT THE QUALITY OF HERBAL MEDICINE?

by Michael Tims

The raw material for producing herbal medicine originates increasingly from cultivated rather than from wild-sourced plants as medicinal plant species and their native habitats have come under development pressure or have become endangered. What impact will this change in ecology have on the quality of herbal medicine? Our understanding of reciprocal influences that medicinal plant roots and rhizosphere (soil in proximity to the plant root) fungal community have on each other in their native ecosystem is woefully inadequate.

Some of my own research (Tims and Bautista, 2007) suggests that medicinally active alkaloids from goldenseal (*Hydrastis canadensis*) root influenced an endophytic relationship with pathogenic fungi, limiting the harm the fungus caused. I am aware of some unpublished data that was used to assess changes in both the levels and ratios of medicinally active plant compounds for several native medicinal plant species in response to seasonal variation. Most quality growers/producers generate this type of data to maintain high quality products. In the past, both United Plant Savers and the now defunct National Center for the Preservation of Medicinal Herbs conducted research on medicinal plants cultivated in forest settings. This type of data is invaluable.

In woodland settings, such as the Ohio, Appalachian mesic cove forest understory, the rhizosphere fungal community is stable, diverse and rich in symbiotic mycorrhizal fungi. Symbiosis between plant and fungi involves an intimate association that mutually benefits both species and occurs in a large number of plant species. The effect of such a stable environment is two-fold. First, pathogenic fungi that might harm plant tissue are kept in check. Secondly, these mycorrhizal fungi appear to stimulate the production of medicinally active compounds found in plant roots, including isoflavonoids (Harrison and Dixon, 1993), while reciprocally, the very same plant compounds increase mycorrhizal spore germination (Kape et al., 1992). In field grown conditions, because the soil has been disturbed, the population of pathogenic fungi is greater, and overall diversity is reduced. Are the changes in the root compounds of medicinal plants that occur as the result of AM symbiosis significantly different than the effects that pathogenic fungi have on the plants?

The larger community associated with United Plant Savers is diverse in interest and skills. We may or may not be able to generate laboratory data. However, we can certainly provide observational information that can ultimately inform future research and is also an end to

itself – providing growers and harvesters shared information on what makes good medicine. This then is an invitation to continue the dialogue. What will that conversation look like? Who is interested in the conversation? How can we use existing resources (web, newsletter, annual gatherings) to amplify the singular efforts of the many of you already thinking about these issues? ❁

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Michael Tims has been involved with medicinal plants for 30 years as a health food store owner, herbalist, teacher, researcher and writer. He recently completed a postdoctoral fellowship at the National Institute of Standards and Technology (NIST) developing botanical Standard Reference Materials (SRMs). Michael is currently teaching biology at Montgomery College and writing about medicinal plants.

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THE POTTING SHED

Within this corner of our Journal, "The Potting Shed" is where we hope to place ideas that we read about or that members send to us. They may not be complete articles, but thoughts that we think are important, and ideas that we think will sprout more discussion. Send us your seedling thoughts on this piece or other germinations!

THE PARADOX OF INVASIVE PLANTS

by Timothy Lee Scott

*Every plant is a teacher-
But as in every crowd,
There are always
A few loudmouths.*

Dale Pendell, *Living with Barbarians*

Many years ago, my wife imparted the idea to me that there is no such thing as a weed, and from then on I've tried to follow the assertion of Ralph Waldo Emerson that a weed is "a plant whose virtues have not yet been discovered." As a trained, practicing herbalist, I recognized these prolific plants as valuable healing remedies that have documented medicinal uses for thousands of years. A few years back I began writing an article to vent my frustrations to counter the mainstream version of these plants as insidious, noxious species sweeping over our lands with no benefit. Through my deepening work with these plants, I learned that these opportunistic species are providing essential ecological functions for the Earth by protecting, enhancing, and cleaning the soils and waters in which they live. This has led to my adventure into writing a book to demonstrate the benefits of 'invasive' plants and to uncover the origins of this fallacy of the 'bad' plant.

Today's 'War on Invasives' is full of 'scientific' theories and far-reaching policies based on opinions of 'good' plants versus 'bad' plants, in which the federal government, various corporations, nature-based organizations, and the puritanical public allocate *billions* of dollars trying to control the wilds of Nature. Deadly herbicides, destructive removal policies, and a hate mentality divert vast resources that could be better spent on more imperative issues like habitat preservation, studying plant medicines, and renewable resources. This war results from individuals and Big Business with vested interests, which have created the belief that the movement of a new,

'exotic' plant species entering a 'native' ecosystem is harmful to the surrounding inhabitants.

All plants have been on the move for hundreds of millions of years with numerous factors helping them along into areas they did not previously inhabit. The idea of a weed was born with the invention of the 'crop' some 10,000 years ago, as a plant that interfered with agriculture. The nature of a weed is opportunistic and we, as humans, have created enormous holes of opportunity for these plants to fill. Weeds have evolved to withstand the punishments that humans unleash upon them.

The plants considered 'invasive' today were brought here and spread around with the help of people and were cherished for food, medicine, ornament, soil enhancement, and scientific curiosity. Over time though, these plants have 'escaped' into the wilds and have found an ecological niche, in dynamic equilibrium, amongst the different species within the landscape.

Within their niche, all plants serve ecological functions for their environment. Mullein, for example, will blanket the land where fires cleared down forests. This appears as though the plant is 'invading' the land, but after a year or

two, new species emerge and diversity expands. Mullein has acted as a kind of Earth balm, that eases and 'blankets' the internal burns and helps regenerate new growth, which it also happens to do for the human lungs.

And while some plants provide food and medicine for inhabitants, some protect the land after improper clearing (blackberry, barberry, wild rose), some cleanse the water (common reed, purple loosestrife, water hyacinth), some rejuvenate degraded lands (wild mustard, Russian olive, Scotch broom), and some breakdown and clean up toxins and pollutants from the soil (Japanese knotweed, salt cedar, kudzu).



Purple Loosestrife © Nancy Scarzello

continued on next page

PARADOX, *continued from previous page*

The plants are here for a reason—to serve essential ecological functions *and* for us to use as medicine.

With the widespread appearance of these plants, we find the remedies growing all around us to cure our modern ills. The present day ‘invasion’ of plants appears to parallel the epidemic movement of pathogenic influences, revealing the symbiotic relationship between plants and disease. The plants are cleaning the industrial spills, healing the toxic and pathogenic illnesses, and providing restoration for both the land and endangered medicinal plants. The rampant wetland plant known as common reed has been found to effectively clean sewage waste and remove 14 heavy metals and at least 11 common pollutants from the water in which it grows. We see invasive plants arriving to treat invasive, endemic disease; i.e., Japanese knotweed is spreading in the same trajectory and at the same rate as Lyme disease throughout North America. And we find powerful plant remedies to replace the endangered ones that have been over-harvested for medicine, disturbed by development, and poisoned with industrial progress. There is Siberian elm as a substitute for slippery elm, barberry for goldenseal, and purple loosestrife for eyebright.

Nature is in constant flux. Plants have an intelligence of their own, and we have created habitats in which these ‘exotics’ flourish. I do know that many of our beloved places harbor these uninvited guests, but maybe we should let them have their space and make use of these plants when we can.

May we all come to our senses and begin listening to these bountiful green teachers of the land, who speak with an ancient eloquence of deep ecological understanding. ❁

Timothy Lee Scott is an acupuncturist, herbalist, writer, and gardener living in southern Vermont. His first book, demonstrating the benefits of invasive plants, entitled Invasive Plant Medicine, is to be published by Inner Traditions, Bear & Co. in August 2010 (www.InnerTraditions.com).

PLANTS FOR LIFE, *continued from page 9*

Seeds procured from Horizon Herbs of Oregon were introduced into the landscape of this vineyard and organic farm in the spring of 2005. The seeds include (a.) echinacea (*Echinacea* spp.), (b.) blue cohosh (*Caulophyllum thalictroides*), and (c.) ashwagandha (*Withania somnifera*). This vineyard plant conservation project shows that the incorporation of native meadows and endangered plants into commercial vineyard landscapes may offer one way to serve as an act of environmental stewardship and responsible commerce.

The experiment seeks to present another benefit that the conservation of endangered plants is also potentially one of the antidotes to the heavy commercial systematic harvesting of medicinal plants that have been depleting the overall density and high yields of medicinal herbs. These helpful plants once grew in abundance throughout much of North America’s public lands. Because mass harvesting of herbal plants is difficult to regulate, agricultural business has an opportunity to demonstrate a capacity to avert specific plant endangerment. On point, vineyards can become a sanctuary for endangered plants, thus working towards their renewal. The repopulating of native meadows and endangered plant permaculture within vineyards also aims to reduce water use and the vineyard’s negative environmental impact.

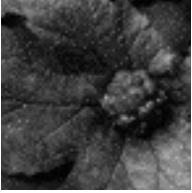
Long-term vision:

- (1) Develop and offer a prototype design for native meadows and medicinal plant integration that provides attractive and practical landscape around vineyards.
- (2) Become a source for seeds and seedlings of endangered medicinal plants and native sedge plugs for commercial farms and vineyards.

The desired outcome is demonstrating a responsible capacity to restore native sod and avert further plant endangerment to help create an environmental community that is more encouraging of agricultural business. This experimental conservation effort can be a practical model for developing sustainable commercial vineyard landscapes in the Napa and Sonoma Counties of Northern California’s premium grape growing region.

With the native grasses of sedge and rush meadows and medicinal plant conservation in the vineyard, Lyric may soon be able to appreciate vineyards for their positive ecological contributions. She may even want to join forces with them to work in concert to create innovative sustainable environmental conservation projects! ❁

Phillip Knowlton is involved in endangered plant conservation and managing natural growing environments for high quality chardonnay wines. He farms a small sustainable apple and mixed stone fruit orchard, works to support a multi-use wildlife habitat and utilizes non-polluting sources of energy in the San Francisco Bay Area. His vineyard provides organic grapes to legendary wine maker, Dan Goldfield of www.duttongoldfield.com



UPS SANCTUARY NEWS

WHILE YOU WERE AWAY: SANCTUARY MUSINGS

by Paul Strauss

Dec 2

It has been a long, beautifully drawn out fall season. This year's delicious Indian summer made appearances for two months. November was the warmest and most beautiful in 60 years. I harvested well over 350 lbs of butternut squash from just 4 hills. My neighbor was able to harvest sweet corn into October. Such a year will be remembered and missed. Even in early December I am harvesting kale, chard, beets and carrots from the house garden every day. Global warming, for now anyway looks pretty good here.

This fall's intern program was most rewarding, for the work done on the Sanctuary and for our great interns whose life is channeled and changed forever by this dynamic property. My work at the Sanctuary has been made easier by Chip Carroll's handling of our intern program, his understanding of understory and his woodland ways.

Little Lee [Wood], who grew up on this property, gives me solid advice on any subject I need to think about concerning this Sanctuary. Roads, trails, plumbing (both water and gas), the deer herd, ponds, creeks, neighbors, equipment maintenance—you get the picture. It is incredibly valuable for me to have his ear and opinion to make the correct plans and decisions for this property.

To have a solid friend, ex-intern, neighbor and board member like Joe Viny makes the Sanctuary a better facility. His experience and open, critical mind provide the perfect muse for my manic earth energy. Thanks to these guys for the great help.

Dec 4

Again this year I let an Ohio University botany student use my land and the Sanctuary for her Masters' work. Jen set up cameras to see what animals were eating and dispersing the seeds of goldenseal, Jack in the Pulpit, false Solomon's seal and blue cohosh. The cameras were sensitive and took pictures with either heat or motion detection. Everybody involved in her project seemed so amazed



Paul Strauss & Goldenseal Sanctuary Interns

at the concentrations and variety of wildlife and herbs we have here, though no surprise to those of us who live and work in this forest. I have no doubt that the animals and herbs are dependent on each others' lives.

The only real agricultural negative, and in the end it too is perfect, was the lack of mast (nuts) this year in our large oak, hickory and beech populations. (Walnut production was just OK in most areas.) After 2 years of heavy production, this year - nothing. The trees seem to be taking a well deserved break, which makes sense. It will be a leaner winter for our wildlife populations that have soared with such bountiful previous seasons. The Sanctuary forest and all forests and understories around us have made big growth this year with plenty of rain and sun.

Another unwanted reality that arrived was the possibility of more horrific, shortsighted human ecological degradation to our beautiful hills. The possibility of another coal fired power plant opening up in the area stimulated the purchasing of local mineral rights by one of the most reviled, fined, largest and wealthiest coal companies in America, Murray Energy. Two pieces of property right next to the Sanctuary were slated for re-strip-mining. For several months our local green community had meetings to deal with this impending disaster. They would start by clear cutting the forest that has regrown over the last 60 years on those old stripped hills and then dig off the coal, the pressed remains of a massive ancient rainforest to further pollute the planet. Something just makes no sense here. One of the most effective and simplest means of dealing with air pollution and global warming is to plant trees. We are such a shortsighted species.

We created flyers to help educate local land owners about the problem. This flyer can be used in any area this problem exists. Feel free to copy it (contact United Plant Savers, P.O. Box 400, E. Barre, VT 05649). After talking repeatedly to the owners of both properties next to the Sanctuary (one an Amish farm), both decided not to sell their mineral rights.

continued on next page

And two weeks ago they decided not to build the power plant altogether, stating the extreme rising cost of construction. It was with gratitude I felt this neighborhood stand up to fight back and talk of another path.

Hopefully by spring UpS will be given a nice grant issued as an environmental covenant by our local soil and water conservation district and the United States Fish and Wildlife Service. This came about because in 1993 mine water was released into the local watershed. The U.S. government set up an account "for the restoration and enhancement of water quality in the Leading Creek watershed." This is a win-win situation. I know UpS can use the cash, and it provides double protection for one of the Sanctuary's major riparian zones. During the 2-year process I was able to help craft an environmental covenant with Fish & Wildlife that works well for them and also for our Botanical Sanctuary needs, and most important the protection and maintenance of this beautiful intersection of creek, woods, prairies and fields. Time will tell.

Dec 10

Finally the season's first real cold snap . . . strong winds, high temperature of 25, frozen ground. The sheep and donkeys are more insistent for their morning grain. I let Little Spot in, as her small Beagle body can't stay warm in these cold conditions. A good day to commune with the new wood stove... think, dream, write, plan and, of course, finally rest.

I don't know why it took me so long (33 years) to embrace some of the newer wood burning technology. I loved my old stove; it proved itself in some heavy winters keeping this 140 year old home warm. It became obvious that there was more to consider than just heat here. The old free flow never had ash pans that made for easy cleanout and a cleaner house. The new stove is fitted with a smoke reburner (not a catalytic converter), making for cleaner air and less creosote buildup. And most obvious are the large glass windows in the heavy cast doors – a view to the releasing of solar energy. How much have I missed for so long without glass! Yes, it may seem pitiful to some, but I know the story, species, area of the property it came from and the circumstances that led it to FIRE of every piece of wood in almost 3 cut cords of wood. Each burns with its own signature.

The morning sassafras log felled by last February's storm had already been weakened by heart rot. Sassafras catches easily and buns hot, but quickly its oils create

snapping flames of different colors. On top of sassafras's hot coals I put chunks of white oak and osage. These species burn hot but will be there for hours burning slow, real slow like the oak grew. The massive white oak, 7 feet in diameter, grew for 250 plus years on the fence line between Joe's and my property. The old oak saw a lot in that time, certainly the native encampments down by the creek below the small cave where I find arrowheads and small knives and scrapers. She gave it up in 60 mph

frontline winds in a beautiful July thunderstorm. Her falling took out the osage below her 30 foot horizontal limbs.

This oak was there before fence lines, witness to centuries of native families gathering her acorns. How many squirrels, turkey, deer and bear have also come to gather your manna? Even in death, still giving warmth and reflection and deep appreciation in such a worthy life, such a perfect passing.

When my mind thinks of this Eastern deciduous forest, the first species I see is white oak and, of course goldenseal. To me they are royalty. I could go on and on about the white oaks' myriad giving from medicine to utility, but that would be another article. Try

reading *Oak: The Frame of Civilization* by William Bryant Logan (Norton Press). Watch out – you might fall in love.

The osage or bow wood is even heavier than white oak. With its milky sap it burns with intense heat and popping. Its wood will even outlast black locust for fencing and any outdoor building. Bill taught me to use its wood to make the single trees and the double trees I needed for the mules. It's like vegetable steel.

My mom just left after what might be her last visit to the farm, as even with a wheelchair assist, traveling is difficult. Time does move in leaps; where have the last 15 years gone? To slow it down we must appreciate the beauty of every moment often – and, of course stare into wood stove fires.

I think about time more now with my life swiftly approaching a 60/40 reality check – 60 years on the planet, 40 years on the farm. Time has finally given me the ever present awareness and appreciation of the soul of this forest I live in and the myriad species also dependent upon it.

I'm thinking of the many ways I use this forest. I laugh at the macabre sound of it when brought down to the reality of basics. And still it keeps on giving after such abuse. These trees know my reverence and impermanence and tolerate me. My life would not be my life without this forest. ❁

*I consume their flowers, fruit and nuts
(red bud, persimmon, hickories)
Their dead bodies heat my home
(oak, locust)
I bury their butts to build fences
(locust, osage)
I chop and then grind them into medicines
(elm, oak, walnut, goldenseal)
I mulch with their leaves (maple)
My bees rob their nectar (poplar) and steal
their pollen (maple, elm)
And then I mill their dead bodies into
lumber that I pound nails through
(ash, oak, poplar)
Something familiar here,
the ring of divinity
Paul Strauss*

THE MIGHTY OAK

by Sheila Kingsbury

Just the word “oak” invokes thoughts of strength and earthy stalwartness. Most people can identify an acorn and the indentations of the oak leaf. There are native oak species all over North America and Northern Europe. In ancient European cultures the oak often stood as a symbol of strength and paternal wisdom. How did these connotations develop? The wood of oak is particularly strong and used regularly for housing, flooring, tools and furniture.

Oak sustainability

Although oak bark can be used for medicine, it isn't necessary to chop down the tree to do so. The white oak, or *Quercus alba*, is a woodland fixture in most of the Eastern United States from the Mississippi river to the Atlantic and as far south as northern Florida. It does not tend to grow in areas that are more arid or too wet, and it does not grow in the higher elevations. Oaks can grow easily from seed; however, an oak tree growing in the wild has to be at least 50 years old before it can bear fruit. A 69-year-old oak tree in Virginia was known to grow more than 23,000 acorns in one very good year, but the usual average would be closer to 10,000 acorns per tree. Not all of these acorns make it to full development, and many are devoured by insects and animals. In the wild, the seeds would be distributed by squirrels and mice, and, in some areas, blue jays, who know exactly where to “plant” acorns so that they germinate. The oaks tend to grow nearly 2 feet per year but are still considered relatively slow growers.

One of the most dangerous pests for the oak is the wood borers, especially in weakened trees. In the wild, mixed forests with good layered canopies of trees, this is not usually a problem, but in large cultivation lots you will find weaker trees due to lack of variation of vegetation and canopy. There are also many leaf eaters, acorn eaters and gall formers that invade the oak but are not usually a major problem. If the oak is strong, it has plenty to offer all of these attackers while still maintaining at least half of its acorn production. The fungus *Ceratocystis fagacearum* causes oak wilt, a vascular disease, and can cause a fair amount of destruction limb by limb. The oak is fairly fire resistant, but the practice of fire suppression has allowed other trees to grow well and

has reduced the larger oak stands in areas like Wisconsin. However, frequent fires can threaten and weaken stands, too.

Logging and timber harvests are the most destructive agents to the oak habitat. It creates a situation that severely limits the growth of the oak—no company. Oak does not grow well in dense canopies but also cannot regenerate if the forest is entirely cleared. It regenerates best when it has had a light canopy in which to germinate and begin growth. If it is allowed to grow well for a couple of years and then the forest is thinned slightly, it will have much more success.

Oak mythology

The oak has earned a very old paternal or grandfatherly reputation and the association with wisdom that comes with old age. This probably stems from the oak's ability to outlast other trees in the understory of the woodland and for its longevity once established. The large village oaks were often chosen for sites for village council meetings where justice determinations were settled in most of Northern Europe. It is presumed that the age and wisdom of the oak was sought after when making these decisions.

Oak medicine

Quercus alba is the species most referenced for medicinal use. All parts of the oak are rich in tannins, but the acorns have the highest tannin content of all. The tannins are particularly good at toning mucosal tissues in the mouth and intestines because of their astringency. They tighten the gums in the mouth by binding mucosal proteins and decreasing mucus output all throughout the alimentary canal. This effect is especially useful on the intestines for conditions like diarrhea and dysentery. In Gemmotherapy it is often used for people who are overtaxed and wearing out their adrenal glands and, thus, their energy levels. It is a more energetic approach, of course, but it comes from the idea that the oak's strength and endurance then helps increase our own. ❁



The Mighty Oak

Sheila Kingsbury, ND, RH (AHG), is chair of Botanical Medicine at Bastyr University and Assistant Professor of Botanical Medicine and Pediatrics. Dr. Kingsbury lives in rural Washington in the Cascade foothills and has a private clinic in Kirkland, WA.

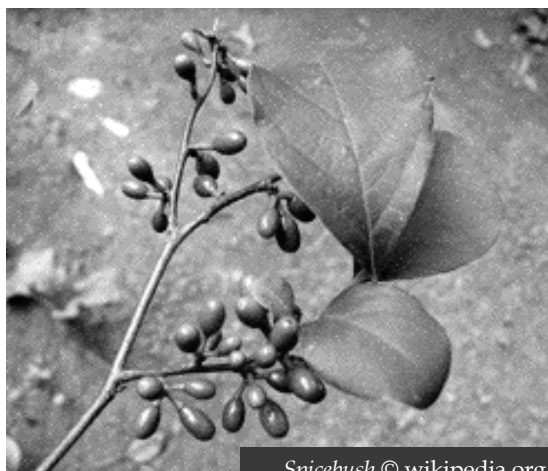
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“TEA THAT MAKES FRIENDS OUT OF ENEMIES” SPICEBUSH, *LINDERA BENZOIN* (L.) BLUME

by Dr. Jody E. Noé, MS, ND

In the autumn time of the year when all of the leaves are off of the trees and we are preparing for winter, there is one little tree that gives the last bit of color to the forest. This little tree is the last to lose its leaves. That last bit of yellow color in an otherwise brown homogenous forest is our friend the Spicebush tree. Spicebush, a dicotyledon in the Laurel family (Lauraceae), is a perennial that can grow either in a shrub or tree form. It ranges from north to south in over half of the United States all the way to Texas! For the Cherokee people this is a plant with a wide versatility. It is used as an everyday household medicine for colds, flu and any upper respiratory disease. It is also used to make peace between two people, parties or clans, as well as a tea that is used to open up a conversation, a dialogue or a gathering. The literal translation means “Tea that makes friends out of enemies”. Once you have tasted the tea made from this plant you will soon realize that it is a friendly tea.



Spicebush © wikipedia.org

Northern spicebush is a deciduous perennial that can grow from 6-12 ft. tall. The leaves are glossy and slender, alternate on branchlets. The stems and branches are light green, with the bush overall having few single stemmed graceful branches that make it look like a shrub. Dense clusters of tiny pale yellow flowers bloom superiorly to the leaf placement on the branch. The flowers are umbel like and bear a glossy red fruit. The fruit, leaves, twigs and branches are all aromatic and can be made into an infusion, though the Cherokee favor the twigs. The Northern spicebush is also called the “forsythia of the wild” because it flowers early in the spring and gives the first hint of color to the deciduous forest. Spicebush is the last color we see in the woods in the fall and the first color we see in the woods in the spring up here in the north!

Traditional Cherokee use any part of the plant for its diaphoretic actions against colds, coughs, croup, phthisics or any upper respiratory infection. It is also steeped with pine needles and witch hazel and used as

a diaphoretic infusion. Commonly, the Cherokee drink the tea of spice bush as a spring tonic. Other uses include anti-urticaria (hives) and female ‘obstructions’ or as a cooking spice, particularly with possum and groundhog. Current applications are based on the benzoin constituent, which acts as a diaphoretic, expectorant and antimicrobial. The oil of the leaves of spicebush is notably high in 6-methyl-5-hepten-2-one, β -caryophyllene and/or (E)-nerolidol. The oil of the twigs is notably high in 1,8-cineole, while the oil of the fruits is notably high in α -phellandrene and β -phellandrene. Not only does the tea taste good, but it acts as a preventative for initial onset of an infective

event (important in an immune compromised patient). The tea is an expectorant and diaphoretic that helps to ‘clean out’ an infection through the respiratory and prespiratory functions while having its own antimicrobial function, too!

The other traditional Cherokee use of spicebush tea is as a beverage made from twigs, bark, leaves and fruit offered as a ‘peace treaty’ inducing tea. The beverage is used to start negotiations with enemies as a

token of friendship and peace. If we use the ‘old way’ of making peace within ourselves and our environment, then the state of health is established because we are living in a disease-free state. As long as we have destruction of our Planet (the Mother of us all, EARTH), and as long as we have War, Poverty and Discrimination amongst the peoples of the EARTH, we can never have true health and be disease free...unless we make friends out of our Enemies! So, go out and gather some spicebush tree and enjoy for the betterment of your health, your environment and for the ‘greater good’ of making Peace. ❁

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UPS ATTENDS AHG CONFERENCE

by Lynda LeMole

Herbalists from all over journeyed to Santa Rosa, CA on October 23-25, 2009 to attend the annual American Herbalists Guild Symposium, "Herbal Medicine: New Possibilities for Primary Care". UpS was one of many other nonprofits and herbal vendors to set up booths and displays in the lovely halls of the Hyatt Vineyard Creek Hotel as 300 attendees moved in and out of over 40 educational sessions taught by some of our favorite herbalists. The American Herbalists Guild is an educational non-profit representing herbalists specializing in the medicinal use of plants. Their primary goal is to promote a high level of professionalism and education in the study and practice of therapeutic herbalism.

The UpS conference team included Executive Director Lynda LeMole, UpS President Sara Katz, UpS Board member Bevin Claire and UpS tech advisor, David Eagle (who was returning to the AHG fold after a long absence, having been one its early Board officers). Friends stopped by the cheery UpS booth to view and purchase our wares, including a video display of slides and the recent UpS video taken at the Herb Pharm Planting the Future Conference in May, 2009. Many good connections were made with herb students and teachers who joined UpS.

As a special offering, UpS had arranged for a donation of local organic wines for sale at the booth. Phillip Knowlton, founder of Knowlton Farms in Sonoma County and recent Botanical Sanctuary Network member donated incredible local wines for which we received donations. We also showcased organic roses donated by Organic Bouquet. One of the best parts of attending herb conferences is the camaraderie shared by herb friends who have known and worked with each other for years. We enjoy exchanging serious herbal knowledge, but we also enjoy laughing, dancing and just hanging out together.

AHG President Aviva Romm and Executive Director Tracy Romm and staff did a fine job of hosting a successful conference. If you are a serious herbalist, consider joining AHG (americanherbalistsguild.com) and don't miss their 2010 symposium Oct 1-3 in Austin, Texas: *The New American Herbalism: Exploring the Roots and Branches of Our Herbal Heritage and Bringing Theory Into Practice.* ❁

PARTNERS IN EDUCATION

United Plant Savers offers a special student membership fee of \$20 per student for all herbal schools, apprentice programs and training courses that enroll their students as a group. Each student receives a UpS membership package with all the benefits ~ informative Journals and Bulletins, Nursery & Bulk Herb Directory, plant/seed giveaway twice a year, membership discounts at UpS conferences and more. When your school/program joins Partners in Education, you will receive our publications, the UpS Education Guide and the Take Action! Guide, a copy of the UpS book *Planting the Future*, free rental of the UpS "At-Risk" Slide Show & DVD, a listing in both the UpS Journal and on our website, guidance from experienced educators and the opportunity to make a difference ~ *One Seed at a Time*. PIE students are welcome to apply for the UpS internship program at Goldenseal Sanctuary in Ohio. With a recommendation letter from the PIE school, students can receive a \$100 discount on the internship fee.

2009 ~ PARTICIPANTS

Chestnut School of Herbal Medicine

Juliet Blankespoor, Leicester, NC

Dandelion Herb Center

Jane Bothwell, Kneeland, CA

Earthsong Herbals Apprenticeship

Margi Flint, Marblehead, MA

Heartstone School & Herbal Medicine

Tammi Sweet & Kris Miller, Van Etten, NY

Herb Pharm Herbaculture Program

Williams, OR

Hocking College

Jeannie Faulkner, Nelsonville, OH

Living Awareness Institute

Kami McBride, Davis, CA

Southwest Institute of Healing Arts

JoAnn Sanchez, New River, AZ

Tai Sophia

Robyn Urbach, Laurel, MD

Vermont Center for Integrative Herbalism

Betsy Bancroft, Montpelier, VT

Yerba Woman Apprentice Class

Donna, d'Terra, Willits, CA

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A panel discussion on endangered plant species helped articulate problems that are contributing to the loss of important plants.

- The federal government owns 780 million acres of public lands, mostly in the western U.S. These wild areas are rich with medicinal plants. Yet 231 million acres are grazed by cattle, which consume about 800 pounds of plant material per cow per month. Of species listed as endangered in the southwest, 25 percent are threatened because of grazing.
- As the climate warms and dries, low-altitude species occur at higher elevations, while very high altitude plants—such as arnica, osha and the wintergreens—can't survive.
- Fire is a natural part of forest ecology, but many native species can't survive the increased size and intensity of modern wildfires. Invasives, more resilient, survive and thrive. Their spent vegetation fuels more and hotter fires, increasing the heat and drought at higher elevations.
- Along the U.S.-Mexico border, plant and animal life have suffered: from increased trafficking in drugs, from migrants, and the on-going efforts of Homeland Security to "secure" the border with miles of road, sections of fencing, and floodlights. Scientists who had been studying plant and animal populations for years have been forced to abandon their research, just when it is most needed.

Botanists, land managers and forest services representatives agreed that we need more communication so that we can collaborate more effectively. Take notes when you are in the field and share them with agencies that steward the land. What plant colonies are thriving? Are some in trouble? Report on plant health, illegal land use, any changes you observe. Document what you see, take photos, record dates and GPS. Develop relationships with the agencies that manage the land.

We herbalists have knowledge that these agencies need and want. Barb Phillips, of the U.S. Forest Service in Flagstaff said that harvesting permits currently issued by the Forest Service are only for timber species. Pharmaceutical companies harvesting quantities of herbs require permits, but at present there are no guidelines for quantity or method of collection, or the sustainability of plant colonies.

Other positive outcomes of the conference:

- A possible UpS plant sanctuary
- Two growers growing out seedlings of UpS-listed *Asclepias tuberosa*
- And these promising words from a Pima County Regional Flood Control District manager: "I would

like to . . . begin a dialogue with herbalists about the characteristics of an ideal relationship between land managers and gatherers, for the benefit of the plants and people."

These are just a few of the things we at Tucson Herbalist Collective learned by hosting "Planting the Future." One scientist attending told us that what made this conference different from other conferences was that everyone was having so much fun. She is right. The plants make us happy. ❁

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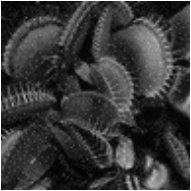
This poem was written by Natalie Laliberte of Windham, NH for a 4th grade poetry contest. She won recognition for it, and it will be published in the 2009 Young Poets book. Natalie likes to plant gardens and currently has 2 "secret" gardens, one located in NH and one in VT.

MY SECRET GARDEN

*Hidden deeply in the woods
My treasure is very hard to find
Once abundant, now endangered, because of mankind*

*Peeking through its compost blanket
Beneath the beech, birch and maple trees
Drops of rain and rays of sunlight help my garden
grow*

*Picked away by modern day, they're scarcely still alive
I'll always grow my ginseng and goldenseal garden,
To help them survive*



UP S BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

~Nancy Scarzello, BSN Coordinator

SILVER BOUGH FARM BOTANICAL SANCTUARY

Applegate, OR

Sanctuary Steward: Barbara Hughey

We moved to SW Oregon two and half years ago. When we first saw what would be our new home, we marveled at the different kinds of environments that were here. Forested hillsides gave way to bright sunny open fields, and from south to north there is a lovely creek, overhung with big trees. Alders, oaks and ash form the canopy. The creek is very beautiful. The sound of the water, and the wonderful plants, animals, birds and insects that are sustained by it create a peaceful sanctuary. We were enchanted. However, we realized right away that this place needed some attention. A "hands off" attitude towards nature had led this magic spot to be overrun by an invasive plant tangle of Himalayan blackberry.

I should mention that we were able to get started with this work with the help of our local Watershed Council. There are about eighty of them in Oregon. They do on the ground restoration projects all over the state to foster biodiversity and habitat enhancement. Through this wonderful organization, we were able to secure a grant to employ some expert help to get us on our way with a rather daunting task. Removal of the vigorous blackberry starts with a big dose of manpower. The highly experienced crew that came through, with chain saws and drip torches, to knock back the invader species, did a beautiful job. Despite the aggressive nature of this initial

effort, the delicate plants in the vicinity of the work were carefully considered, and they came through with flying colors and a new lease on life. We were also then able to introduce some important species that were lacking, such as Ponderosa pine, vine maple, and incense cedar.

After two and a half years, with a commitment to our job as responsible stewards and a diligent maintenance regime, we have really begun to see the fruits of our labor. The mint, mimulus, spikenard, equisetum, elderberry, trillium, dicentra, sarsaparilla, and hawthorn, among many others, all have more room, light, and water to help them really thrive, and reproduce.

To maintain this progress we still need to work hard, but we are managing to keep up with it. We have already been able to host a couple of group visits to our newly restored riparian zone. As a newly formed Botanical Sanctuary, we intend to do more of these, so as to help encourage others to take on these projects. It is our goal to honor and to protect the native diversity of this remarkable place.

As a life long plant person and gardener, I have always felt that if we participate with the right attitude, and a lot of learning, that we can be successful partners with our environment. I realized that the idea of our living separately from nature was a completely false construct. The healing nature of plants makes this abundantly clear, which gives intrinsic value to conservation. United Plant Savers reinforced this direction in my life's path. Now is a critical time for us to sincerely adopt an active role in a restoration of the balance. 🌿



Thompson Creek at Silver Bough Farm

GREEN FARMACY GARDEN

Baltimore – Washington, DC

Sanctuary Stewards: Jim & Peggy Duke

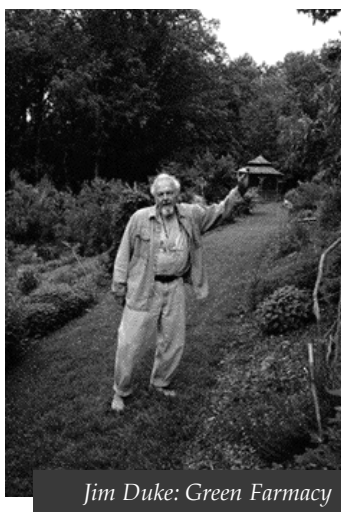
*"Wintergreen's a breath of spring on the wintry forest floor
It makes a body sing when the songs don't come no more..."*

Nestled between the hustle bustle of the Baltimore-Washington, DC metropolitan region, where the piedmont meets the coastal plain in the Patuxent River valley, is the Green Farmacy Garden. The Green Farmacy Garden is home to over three-hundred native and non-native plants, red-shouldered hawks, song birds, myriad species of Lepidoptera, cicada killers, water snakes, tree frogs, white-tailed deer and Jim and Peggy Duke. Jim and Peggy have been collecting medicinal plants for over sixty years and in 1997 transformed part of their pasture land into a teaching garden highlighting medicinal plants, many of which are featured in Jim's book, *The Green Pharmacy*. On most days, while Peggy is working on botanical illustrations, Jim can be found strolling barefooted through the garden terraces or the forested *yin-yang* valley in search of plant material to add to his daily soup, greeting visitors, compiling information to add to his USDA database or composing new herbal verses.

*"Wintergreen, where you been?
You're the prettiest thing I've seen.
Breath of spring – throughout the year,
Summer's smile – Christmas cheer."*

"At-Risk" and "To-Watch" species are tended to along with plants from around the world in what we consider a Noah's Ark of medicinal plants. Plants from the garden have been analyzed for their growth, survival and occasionally for chemical constituents. Students of many backgrounds come to be introduced to the plants they know only from text learning. The garden also attracts local community groups ranging from garden clubs to church groups, government agencies such as the FDA, NIH and USDA and doctors of western and eastern practices. This past year, we were visited from journalists of well known publications and TV news stations.

Occasionally, individuals with specific medicinal conditions, such as Parkinson's disease, cancer



Jim Duke: Green Farmacy

and arthritis are interested in seeking alternatives to the conventional treatments and are drawn to tour the garden. For many of these individuals, the experience of just being in the garden surrounded by so many healing plants is therapeutic. Students from the Tai Sophia Institute come on a regular basis as a part of their curriculum and to hear the wondrous stories that Jim shares with them. We frequently receive students from local universities such as the University of Maryland and Johns Hopkins.

Current conservation projects include an effort to establish *Schisandra glabra*, which is native to the southeastern United States. Two years ago, twenty (20) one-year-old *Panax quinquefolium* were planted and monitored for their survival rate. The garden acquired rescued native plants, like wintergreen and trailing arbutus, from land development and has attempted to replicate their optimum growing conditions.

To visit the Green Farmacy Garden is to visit a plant sanctuary of medicinal plants in the distant shadow of the nation's capital, but it is also a visit to an outdoor amphitheater of poetry, prose and lyrics written and sung by Jim Duke. Here is one of Jim's songs:

MAYAPPLE LEMONADE

*Penobscot Indians up in Maine, Had a very pithy
sayin',
Rub the root most everyday, and it'll take the warts
away.*

*Farther south the Cherokee, echoing Menominee
Made a tea out of the roots, to keep the bugs off potato
shoot.*

*CHORUS: Mayapple lemonade, wildest thing my
momma made,
Coolest thing there in the shade, fruits of amber, leaves
of jade,*

*They couldn't know etoposide, nor of its aid to
homicide
Nor could they know the course it charts, for cancer of
the private parts.*

*I'll venture to prognosticate, before my song is sung
This herb will help alleviate, cancer of the lung.*

*CHORUS: Mayapple lemonade, wildest thing my
momma made,
Coolest herb in the summer shade, swing your
partner'n promenade.*

*Duke, J. A. 1985. Herbalbum; An Anthology of
Varicose Verse.*

SHINDAGIN HOLLOW WOODLAND
BOTANICAL SANCTUARY
Willseyville, NY

Sanctuary Stewards:
Suzanne Johnson & Jeff Joseph

It was our good fortune to become land stewards in 2003, when after a long search we purchased 33 acres of forestland in south-central New York State. We are both Biointensive gardeners and naturalists and have also studied primitive skills with Tom Brown's Tracker School. I have herbal certificates from Donna D'Terra's Yerba Woman program in Willits, CA and from The Northeast School of Botanical Medicine. Jeff is a woodworker, New York State Master Forest Owner and member of the New York Forest Owners Association. Our intention was to find a location we could caretake to bring the forest back to health while learning to grow and provide our own food, medicine, heat and shelter.

The property is part of the central Allegheny Plateau, at about 1100 ft. elevation, and lies at the northernmost edge of the Susquehanna River watershed. The entire region was covered by a shallow sea in the Paleozoic Era (+/- 370 million years ago); aquatic fossils are common in the sedimentary bedrock. The soils are glacial till left behind after the last glaciation, and on our property is a fertile, silty loam. Most of the region was cleared for agriculture before reverting to forest in the last 70-100 years, with limited pockets of older-growth forest characteristics in the many ravines that thread throughout the area - including one on our property. We have counted over 40 tree species on the land, including such rarities as cucumbertree (*Magnolia acuminata*) and American chestnut (*Castanea dentata*).

The closed-canopy forest habitat, and in particular the edges of the creek bed and adjacent slopes of the ravine have provided a refuge for a great number of medicinal herbs once common to the area, including at least six from the "At-Risk" and "To-Watch" lists. With endangered species of plants already growing on the land, we feel we have a special opportunity (and responsibility) to both protect what is already here, as well as to improve previously damaged areas while increasing diversity of all species (flora and fauna). As part of that process, we have begun to reintroduce medicinals no ...

continued on next page



American Chestnut Seed Pod © purdue.edu

LITTLE KNIFE WILD MEDICINALS SANCTUARY
Duluth, MN
Sanctuary Steward: Friede Rica

The Little Knife Botanical Sanctuary is located in a transition zone, ecologically speaking, between the southern hardwood forests and the boreal evergreen woods of the north. It consists of 19.7 acres situated 1 mile inland from Lake Superior and about 12 miles northeast of Duluth, MN along Hwy 61. We, my father and I, have owned the property for the past 15 years and have recently started to craft our vision of an environmental arts and herbal center. The Little Knife River cuts the property in two sections - the smaller section on the western side is being developed with a small garden, apple orchard and a couple of airstream trailers outfitted with wood-burning stoves. The larger portion is being kept wild with a few small trails for guided tours.

What makes this land special, beyond what makes all land and wild spaces special, is that it contains within its relatively small boundaries a diversity of ecological communities including a grove of virgin old growth white pines. This grove of grandfather and grandmother trees is very rare in northern Minnesota where the logging of the 1920s wiped out almost all of the pine forests. There are also northern white cedar groves and a mixed wood of maples, paper birch and aspens.

My goal for this spring and summer's conservation project is to scatter seeds of endangered wild medicinals that I have already found growing, including Solomon's seal, false Solomon's seal, nodding trillium and bloodroot. I am also planning on helping the white pine seedlings to get a foothold between the spruce, which are growing up fast around them. We will begin having open hours for self-guided tours all day Friday, Saturday and Sunday (May-Oct) and guided tours one day a month.

In this life it is a blessing to have access to such beautiful wild space, and it is important for us to share it with others. Because of the history that surrounds land ownership on this continent and the stories our families hold of acquisition and loss, I am striving to create a space that is welcoming and nurturing for all life, both human and non-human. In the end we all come from the land, and we all return to the land. It is everything. ❁

HAWTHORN WAY BOTANICAL SANCTUARY

East Meredith, NY

Sanctuary Stewards:

Steven Bower & Marguerite Uhlmann-Bower

In January 2007, we walked and intuited what is now our 12 acres of hillside, woodland, wetland and open pasture for the building of our new home—and the dream I'd been waiting for, a UpS At-Risk medicinal plant sanctuary. What attracted us to this land was its feel. We sensed a solid grounding force and light loving connection. It is untouched by civilized man and perhaps only walked on in the days when natives passed through for food. It didn't take us long to realize why we were being pulled here, as we realized that finding where we would build and garden would be a great challenge. Much of the land has a 15% land slope and required some shifting of soil. It was hawthorn that dotted the landscape throughout and pulled our hearts to stay here. Preparing the hillside took time, patience and a lot of planning and re-planning. We wanted to ensure that pasture was left open for our neighboring goat farmers and the wetlands, woodlands and open hillside for wild and cultivated medicinal plant cultivation. I put the thought out that this would make a perfect plant sanctuary and almost like from the sky we were gifted with over 50 wild medicinals ("At-Risk", too) from Don White in Albany, New York. These included black cohosh, goldenseal, bloodroot, red trillium, wild ginger and Solomon's seal. Today, 2 years later, these plants have acclimated wonderfully and are accompanied by numerous wild edibles and medicinals, including (of course) hawthorn, which adorns nearly every trail, hedgerow and corner of our land.

All the transplanting was accomplished in a group effort by 6 dedicated students this past spring (2009). They have been the driving force, assisting in the preparation for a UpS Plant Sanctuary. We will continue to keep in the gathering spirit as we know it completes the circle of learning. Sharing, receiving, observing and transforming—a total inclusive experience.

Our plan is to introduce, through experiential workshops, "At-Risk" plants, wild medicinals and edibles, and medicinal herb cultivation using bio-dynamic principles to our youth, as they are the future stewards of our planet. This will happen through after-school programs each spring and summer with 3 internship mentors from spring, summer and fall. There will be development of plant species awareness, medicinal plant propagation, assisting in trail building, animal habitat preparation and upkeep, and development of a Monarch Habitat Way Station through fostering local milkweeds and other nectar plants. One weekend a month there will be a two-hour guided medicinal plant walk from May through September.

Each year interns will have the opportunity to create future year programs.

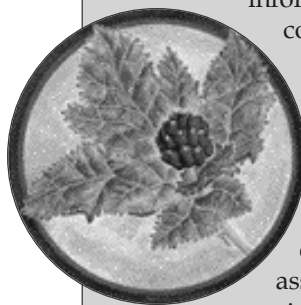
Overall we want to be exemplary earth stewards, who support biodiversity and maintain the United Plant Savers mission to protect native medicinal plants. And keep in plant awareness—If you listen, they will teach you. ❁

GROWING AT-RISK MEDICINAL HERBS

by Richo Cech, illustrated by Sena Cech

Provides organic farmers and gardeners with the information about the cultivation, conservation, and ecology of "At-Risk" native healing plants.

Twenty-one chapters include detailed line drawings and descriptions; native range and distribution maps; hardiness and adaptability; preferred environment and plant associates; soil, water and sun requirements; propagation techniques; naturalization; medicine; harvest and processing; seed collecting, storage and longevity; conservation status and alternate species. 330 pg.



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UpS, Po Box 400, E. Barre, VT 05649

SHINDAGIN, *continued from page 26*

... longer found on the land that were likely native at one time, including goldenseal, black cohosh, bloodroot, and wild yam, in addition to the dozens of more common medicinal herbs that we cultivate in our herbal gardens or wildcraft from the variety of ecological niches on the land. We also have a large organic garden from which we raise an abundance of produce, collecting and saving seeds from open-pollinated varieties, and an organic fruit orchard, which includes a number of antique or locally rare varieties.

Along with hands-on ecological stewardship, our long-term goals in purchasing the land included a strong desire to promote bioregional worldview, as we strongly believe that the best models of sustainable community and livelihood are the ones that exist all around us, in our unique place on the planet—in local geography and watersheds, the native flora and fauna, soils, weather patterns and in the deep well of knowledge developed by the local inhabitants over thousands of years. In our own small way we hope to become a model of that view and to help others along the same path. We are honored to join the UpS Botanical Sanctuary Network. ❁

ORCHARD VALLEY WALDORF SCHOOL
BOTANICAL SANCTUARY
Central Vermont

Sanctuary Steward: Jessica Rubin

Fifty-five acres of land nestle between the Worcester and Green Mountain ranges where two-leggeds are in the minority. Coyote, white tailed deer, ermine, moles, red fox, garter snakes, painted turtles, red efts, barred owls, turkeys, grouse, rose breasted grosbeaks, and June bugs are just a few members of the vast wild community living in harmony.

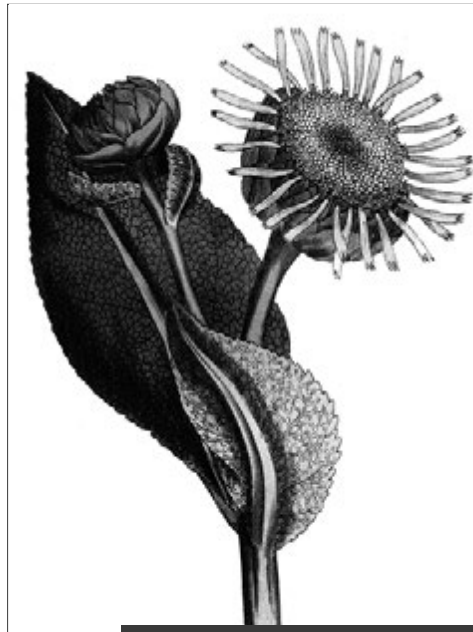
This land has previously been a commercial apple farm and a dairy farm. Route 14 borders the western end of the land, and Coburn road borders the southern part of the land. Just past the parking lots are Orchard Valley Waldorf School's buildings: an old farm house for nursery, kindergarten, and administration; the old packing house as our grades building and main office; and a straw baled yurt for our middle school. These buildings are bordered by curriculum gardens for food, kitchen herbs, dye herbs, dried flowers, bird and butterfly food, and fiber.

Apple orchards sprinkle the zone near the buildings and extend out to the edge of the forest. They are in varying states of health, but the Grace Farm Stewardship council has initiated an orchard rehabilitation plan. The first part of the plan in process is that the middle school has chosen a small orchard to caregive. Each student has adopted a tree, which he/she has sheet mulched and interplanted with comfrey, yarrow, chives, and mint to help keep the orchard habitat healthy and diverse.

Across from the orchard, gravel root radiates from a tributary feeding a horsetail edged swamp laden with cattails. Fields filled with goldenrod, aster, St. John's wort, Queen Anne's lace, elecampane, and milkweed surround the orchards until they transition into pine, hemlock, spruce, and birch forests. These woodlands are the wildest part of the land, as they are furthest from the road and connected to a multi-ecosystem corridor of adjoining riparian meadows and forested areas. This is where the vireos, warblers, and tanagers tremolo and nest in the summer. Ferns and goldenrod have regrown where trash once was, and just beyond this is where our endangered plant trail begins.

Old ways of 'storing' trash are replaced with reusing, recycling, and removal. Just beyond a pile of tires pulled out from the gully, which we may use as a foundation for an earthlodge classroom, runs a seasoned deer trail that is now our endangered plant trail. Along this trail wild stands of blue cohosh, maidenhair fern, trillium, and wild ginger are thriving. With the help of the Grace Farm Stewardship Council, Volunteers for Peace, the Winooski Valley Perma-culture Collective, Waterbury

Community Action team, Zack Woods Herb Farm, Mandala Botanicals, and United Plant Savers we were able to further define the trail, add twelve more species of plants with wooden weatherproof signs, create a brochure to accompany the trail, and build entry/exit kiosk gardens. This project is ever needful of maintenance, so we give thanks for all the help and support we receive. As Vermont's cold winter approaches, it warms us to feel that this mini piece of earth is a safe haven for our wild friends to stretch out and live their abundant, glorious regenerative lives. ❁



Elecampane © Medical Botany

UpS GOES FEM!!

UpS LADIES: Be among the first to wear our beautiful new **100% ORGANIC COTTON 'GIRLIE-STYLE' T-Shirt.**

Soft organic cotton, fitted women's T with cap sleeve, scooped neckline. Natural color with beautiful goldenseal plant illustration.

Sizes: Small, Med, Large, XL (sizes run small, not oversized)

Send \$20 to
UpS TShirt
P.O. Box 400
E. Barre, VT
05649



EAGLE FEATHER FARM

Madison County, NC

Sanctuary Steward: Robert Eidus

Nestled in the Blue Ridge Mountains bordering the Pisgah National Forest in Marshall, NC, lies a haven for herbalists, naturalists, and seekers of agri-tourism excellence. The Eagle Feather Organic Farm and UpS Botanical Sanctuary is stewarded by Robert Eidus and home to the Southern Appalachia School for Growing Medicinal Plants and the North Carolina Ginseng and Goldenseal Co.

Eagle Feather Farm is also a designated North Carolina Nursery by the NC Department of Agriculture. Since 1993, the NC Ginseng and Goldenseal Company has been growing organic medicinal herbs such as ginseng, goldenseal, and a variety of other woodland botanicals in a natural hardwoods cove.

The Southern Appalachian School for Growing Medicinal Plants holds classes at the Eagle Feather Farm. These classes teach many of the aspects of organic farming in the woods with forest crops. For class schedules see: www.ncgoldenseal.com.

Here's the update:

Eagle Feather Organic Farm had a wonderfully productive and bountiful year. The number of planting beds increased as the farm was host to 10 willing hands, including a homeless person, who is now off the farm and working. It was the first time 5 interns were on the farm at the same time, creating a wonderful challenge. In addition, the Hermitage (the Agritourism housing) was used for the first time this year.

On the physical side, Eagle Feather Farm now has three roof rain catchments leading to rain water gardens, as well as an above ground storage tank. This water will provide for the Hermitage, the Farm apartment, the new Herbal Kitchen, the Echinacea Medicine Wheel and Peace Pole.

On the legal side, the farm is negotiating with the Land of Sky Regional Council for a 6-acre, 300-foot deep Conservation Easement along the French Broad River, our eastern boundary. I was hoping to achieve this before the end of the year, since it has been about four years in the process.

As for the spring and fall classes on ginseng and goldenseal held at the farm, both were well attended, and the Ginseng Hunt in the fall was videoed and edited by Brother Christopher. The fall program was

viewed on URTV, where Plants and Their Friends have a new time slot of 7:00 to 8:00 PM, Thursday evening (EST).

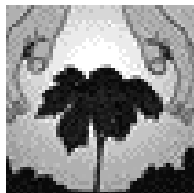
On the plant side, some recent happenings include a new growing method for gotu kola, which is now in containers. We had bumper crops of nettles, jiaogulan, catnip, echinacea, valerian, slippery elms, ginkgos, garlic and Mexican sunflowers in the sunny garden. *Trillium luteum* was in abundance this spring as was wild geranium. The first trout lilies from a plant rescue a few years ago were sold. In the fall there was an abundance of stratified ginseng seed and goldenseal plants.

Along with these very big highs was a tragic death of the herbalist, Frank Cook. There is a TV show in the works about Frank and his life which will be shown in 2010 on Plant & Their Friends.

Now to shift gears and discuss the upcoming year. I want to mention the United Plant Savers' Medicinal Plant Conservation Award I was honored to receive this year, and I will be at the September UpS Ohio conference in 2010 for the presentation. I will also be speaking at the two-day Organic Growers School on Growing and Marketing Woodland Botanicals in March in Asheville, NC. There will be a spring workshop on ginseng and goldenseal April 18th and the fall Ginseng Hunt on August 29. Of course, the Spring Herb Festival will be the first weekend in May. So, come on down, as they say, and see a rare display of Southeastern rare and endangered plants and trees.

But, the big project for 2010 will be *Plants and the Projects*. The idea is to allow Housing Projects to grow plants on their roofs or in community gardens. It would also encourage neighborhood tailgates, Community Supported Agriculture (CSAs), Food Co-ops, and school gardens. It would be funded by people who have come out of the housing projects and foundations. It is hoped that the White House organic vegetable garden and the tailgate could get behind this idea and help "green" the present administration. A call for help is out there for any who read this. It should be obvious by now that all the work done on *Plants and the Projects* will go through URTV and be shown on the internet, so stay tuned in. ❁

Robert Eidus is a land steward of Eagle Feather Organic Farm, a 10-year licensed nursery, located in Madison County, NC. He is president of the NC Ginseng and Goldenseal Company started in 1994 and founder of the Southern Appalachian School for Growing Medicinal Plants started in 2001. Robert is the recipient of the UpS 2009 MPCAward.



GREEN THANKS & GRATITUDE

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS AND SUPPORT

We extend a special thank you to all members of UpS who continue to support us with memberships and donations. Your support, efforts and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plants. All donations and help, whether it be organizational, cultivating, educating or choosing medicinal herb products more consciously is appreciated. Great gratitude goes to the many in-kind donations of goods and services from companies and friends that support our work. We gratefully acknowledge the following long-time *Green Angels, Leaders, Lifetime Members and Donations in 2009:*

GREEN ANGELS - \$50,000+

Aveda Corporation
Judy and Michael Funk
Paul Strauss

LEADERS - INDIVIDUALS & COMPANIES \$5,000 +

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Robert Campbell	Michael McGuffin	Sonoma County Community Foundation
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Herbal Magic	New Chapter, Inc.	Wiancko Family
Herb Pharm	NE Women's Herbal Conference	David Winston
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International Herb Symposium	Horst Rechelbacher	

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Bighorn Botanicals	Herbs Etc.	Rising Moon Natural Healthcare	Tucson Herbalist Collective
Community Pharmacy	Horizon Herbs	Sagewood Herb Farm	Tucson Herb Store
Desert Sage Herbs	Jean's Greens	Simpler's Botanical Co.	Utah Chapter American Massage Therapy Assn.
Elemental Herbs	Kroeger Herb Products	Southwest School of Botanical Medicine	Vitality Works
Empowered Herbals	Kuumba Made, Inc.	Starwest Botanicals	Watercourse Way
Fountain of Health	Metro DC Chapter of AHG	Tata's Natural Alchemy	Winter Sun Trading Co.
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Herb Lore	Northeast Herbal Assc.	The Garden Continuum, Inc.	
Herb Society of America	Of The Earth Herbals, LLC		

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		Joel Kreisberg		

Great thanks to everyone who donated so graciously to UpS this year!!

PARTNERS IN THE GREEN

Many of our members have herb businesses and have created ways for their “money green” to support the UpS green! We want to highlight several companies whose contributions to UpS come as percentage of sales of dedicated items. For example, The Herbal Sage Tea Company (www.herbalsage.com) makes a “UpS Tea” and \$1 of each sale of this tea comes to UpS. Another of our Partners, Woodland Essence, has been donating a percentage of sales of their “At-Risk” Flower Essence to us for years. You will see a section for Partners in the Green on the front page of the UpS website, and we’ve made it easy for you to link to these thoughtful businesses. By supporting these companies, you are supporting UpS!

ALCHEMILLA PURE SKIN CARE – skin care trial kit - <http://www.myalchemilla.com/Summaries-Kits/Summary-TrialKits.html>

AMY GOODMAN KIEFER – Vietnamese nesting baskets – phone 802-229-2507

DREAMSEEDS ORGANICS – avena soap - <http://www.dreamseedsorganics.com>

ELEMENTAL HERBS – herbal products - www.elementalherbs.com

EMPOWERED HERBALS – Rachel Jean’s Green Drink – phone 360-301-3130

HERBAL SAGE TEA COMPANY – tea - <http://www.herbalsage.com> or phone 740-594-5522

HAPPY HERBS SOAP – soap – phone 845-733-4577

LEARNINGHERBS.COM – Wildcraft! board game – www.learningherbs.com

LOCKE BOTANICALS – herbal products - www.lockebotanicals.com

ORGANIC BOUQUET – organic flowers and botanical gifts - www.organicbouquet.com/ups

“SPIRIT OF THE MOUNTAIN” MEDICINAL MUSHROOM EXTRACT - a blend of consciously wildcrafted and organic cultivated mushrooms – phone 518-585-2106 or email forestbay@wcvt.com

WOODLAND ESSENCE – flower essences and herbal goodies – phone 315-845-1515 or email woodland@ntcnet.com

More Thanks

This year we have been especially blessed with conference sponsorships. The Arizona-Sonora Desert Museum generously donated the use of their beautiful new educational center for the Tucson Planting the Future, and since the grounds are a botanical garden, it was an ideal place for our event. Sponsors Traditional Medicinals, Tucson Herbalist Collective, Winter Sun Trading Co., Super Salve Co., Tucson Herb Store, Dr. Maureen Schwehr, Southwest School of Botanical Medicine, KuumbaMade, Lily’s Garden Herbals, The Herb Wyfe and Northeast Herbal Association all helped make our Planting the Future conferences great successes this year! Traditional Medicinals, BioSan, Mountain Rose Herbs and Sage Mountain all sponsored the NE Women’s Herbal Conference, and additionally New Chapter, Clayton College, Herb Pharm and Frontier Herbs sponsored the International Herb Symposium. All these sponsorships go to UpS to fund our work for the plants!

Two amazing groups of herbalists, the Ocean State Herbal Association and the Tucson Herbalists Collective, donated countless hours and truly made the Rhode Island and Arizona Planting the Future events possible. Thanks to each of you for your dedication and generosity!!

UpS has also begun receiving donations from wonderful programs like Network for Good, 1% For the Planet and Microsoft Matching fund. Thanks to Elemental Herbs!

Great appreciation is also due to American College of Healthcare Sciences, Warren Wilson College, Florida School of Holistic Living, Ohio Northern University Harvest & Herb Fest and Ohio Herb Education Center for making UpS info available at their events. Special thanks to NOFA-NH Garlic Fest, RI Sustainable Living Fair, CT Herb Fair and Monticello Fall Festival for graciously donating table space to UpS at their events this year!! This is especially helpful because we meet many new members and have a lot of opportunity to let folks know about native medicinal plant conservation at these kinds of events. Special thanks also to Kate & Dan Rakosky, Val White and Kathleen Maier for staffing these tables! Many other people make UpS information available at farmers’ markets, workshops and other events. We are deeply grateful for all this support! If YOU know of a great opportunity for plant-lovers to connect with UpS, we are happy to provide you with brochures, newsletters and more!

No Journal would be complete without thanking the friends who make our publications possible – Liz Butler and the graphics team at Herb Pharm, and Beth & staff at Accura Printing! We love you! ❁

BOOK REVIEW

RICHO CECH'S *MEDICINAL HERB GROWER, VOLUME I*

Reviewed by Beth Baugh

Richo Cech's *The Medicinal Herb Grower, Volume 1*, is not only a rich and comprehensive treasure of a guide for cultivating plants that heal, but is also imbued with the author's reverence for plants, for life, for spirit. Highly respected in the herbal world, Cech is also an accomplished storyteller, and this book is replete with stories illustrating his successes, as well as his mis-adventures with growing medicinal plants in his remarkable herb gardens in southern Oregon. The book contains extensive information on soil, seed, compost, potting soils, greenhouses and shade houses, and caring for plants. Additionally, there are two in-depth addenda at the end of the book concerning seed production and the harvesting and processing of medicinal herbs.

An important offering in this book is the emphasis on observing how plants grow in their native habitat in order to learn their preferences in regard to sun, water, soil, companion plants, etc. Some specific growing requirements are included for echinacea, black cohosh, ginseng, goldenseal, ashwagandha, mandrake, and milk thistle, among others. Also included are factors that "turn brown thumbs to green and make green thumbs greener". The author advises starting out small when growing medicinals, while you are finding out what kind of care the plants need, how long they take to grow, and how much medicine they yield, as well as choosing plants that are appropriate to your bioregion. There is a discussion about the benefits of planting from seed and how saving seeds from a plant like calendula can result in augmentation of the medicine that comes from its flowers. Also included is a check list to use in case your seeds don't come up. Instructions for making different types of potting soil and compost (animal and vegetarian) are included. There is even specific information about how much compost to use on essential-oil-bearing plants and what type of compost to use when growing goldenseal and bloodroot. A section on weeding includes this wonderful advice: "Feel free to deconstruct your own mental/spiritual/physical blockages while pulling weeds. Chant, sing, or be quiet and listen to the plants, birds, insects, and frogs.

Replace mental chatter with the soothing voice of nature. This is your moment in the sun, and life in the garden is good."

Another unusual offering is some eclectic information about such diverse topics as finger jingling (a tactile movement for massaging your soil), making tortugas (a raised bed technique), and using comfrey salve to heal wounds on trees.



The Medicinal Herb Grower, Volume 1 is a family endeavor, with Richo's daughter, Sena doing the illustrations and his wife, Mayche the editing. In his acknowledgements the author (ever the humorist) writes, "One does not normally like to sleep with one's editor, but in a garden of medicinal herbs, anything is possible." This book is a fount of easily accessible information for medicinal herb growers coming as it does from an herbalist with a sparkling soul, an enjoyable wit, and many, many

years of growing experience.

Undoubtedly, UpS members will be clambering for Volume 2, which is a lexicon—400 medicinal herbs arranged by families showing preferred habitat and propagation techniques, sexual and asexual, further illustrated with drawings of seed, seedling, and adult plant. The plants cover the gamut of Ayurvedic, Chinese, and Western herbal medicine, including plants native to every continent and then some. The projected date of publication is 2010—patience, patience! ❁

WOODS

by Wendell Berry

*I part the out thrusting
branches
and come in beneath
the blessed and the blessing
trees.*

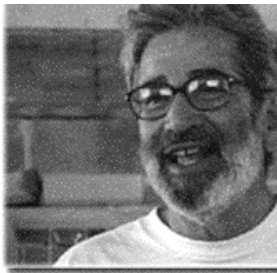
*Though I am silent
there is singing around me.*

*Though I am dark
there is vision around me.*

*Though I am heavy
there is flight around me.*

2009 MPCA RECIPIENT: ROBERT EIDUS

We are pleased to announce that Robert Eidus of North Carolina is the recipient of the prestigious Medicinal Plant Conservation



Award. Robert is an herbalist, teacher, land steward of Eagle Feather Organic Farm BSN, president of NC Ginseng and Goldenseal Company and founder of the Southern Appalachian School for Growing

Medicinal Plants started in 2001. Robert meets and exceeds the qualifications for this award described below as he has focused on "At-Risk" and native medicinal plants, inspired students and others to participate in plant rescues and most innovatively, is the producer of "Plants and Their Friends", a best talk show award-winning TV show with over 70 episodes, featuring over 130 plant lovers and experts discussing over 250 plants. The show airs live on Thursday at 6:30 EST. UpS is a proud sponsor of this 'first of its kind' TV show about medicinal plants. The program is on the internet at www.urtv.org. Robert interviews some of our favorite herb stars like Richo Cech, Joe Hollis, Corey Pine-Shane and Doug Elliot.

Robert's Eagle Feather Organic Farm BSN was one of UpS' first three BSN's in 1998 and as far back as 1997, UpS reported on one of his early goldenseal plant rescues. Robert also made an inspiring video of a community plant rescue. We congratulate him for bringing intelligent TV programming to the air and internet and for continuing to teach and inspire others to participate in plant rescues and learn more about the healing herbs. Be sure to check out his TV show on the internet! ❁

*Knowing trees,
I understand the meaning of patience.*



*Knowing grass,
I can appreciate persistence.*

~ Hal Borland:
When The Legends Die

Sixth Annual UPS MEDICINAL PLANT CONSERVATION AWARD *Call for Nominations*

UpS announces a call for nominations for the Sixth Annual Medicinal Plant Conservation Award. We invite our members to take this opportunity to nominate a person and/or organization doing outstanding work to conserve and preserve North American medicinal plants. Projects can be on a grand scale or small, community oriented or individual. Any project, person or organization that has to do with the conservation, preservation and cultivation of native medicinal plants and their habitat will be considered, such as: Plant rescue projects, research projects, creating native medicinal plant trails and/or botanical sanctuaries, preserving habitat, or special articles, classes and programs on medicinal plant conservation.

The UpS Medicinal Plant Award is given annually to recognize a beneficial, inspirational and original project or person that supports native medicinal plant conservation. One need not be a UpS member to enter or receive the award. Current UpS Board Members, Advisory Board Members and/or employees of UpS are not eligible.

The UpS Medicinal Plant Conservation Award will be granted to an individual or group based on:

1. **Benefit:** long lasting benefits for medicinal plant conservation
2. **Inspiration:** inspiring others to become more active in medicinal plant conservation
3. **Original idea:** unusual or unique efforts will be considered first
4. **Focus:** on "At-Risk" and/or native medicinal plants

Let us know of anyone (including yourself) who is doing something outstanding to help At-Risk native medicinal plants that you would like to nominate for the Award. Send a one- to two-page report to the UpS office in Vermont describing your nomination by April 1st, 2010. It would be helpful to include additional information such as a brochure, report about the project or website if applicable. Include contact information so we can notify the nominee directly if they are selected. The Recipient of the Award will be notified by June 1st, 2010 and announced at a UpS event in 2010.

The Recipient will be recognized in the UpS *Journal* and website, receive a Medicinal Plant Conservation Award, free tuition to a UpS conference or event and a one-year honorary membership to United Plant Savers.

Former MPCA Recipients: Kathleen Maier, 2005; Monica Skye, 2006; Gigi Stafne, 2007; Phyllis Hogan, 2008; Robert Eidus 2009.



UPS EVENTS & GREEN NETWORK

BOTANICAL SANCTUARY NETWORK RESOURCE GUIDE

At last the BSN Resource Guide is available! All current Sanctuaries in the BSN should have received their copy, and it can be ordered over the UpS website under 'Publications' or by mail from the UpS Vermont office. It's over 60 pages, and the cost is \$20 for current UpS members and \$30 for non-members. The Guide is provided free with acceptance into UpS's Botanical Sanctuary Network.

The Resource Guide is a comprehensive collection of articles and listings of supportive publications, organizations and agencies to assist stewards of healing plants. The first part of the Guide features sections on "What Sanctuary Means", including examples of different Sanctuaries and sample BSN applications. The next section is devoted to UpS's Goldenseal Sanctuary in Ohio - the building of our Talking Forest Medicine Trail, our caretaking observations and more. There are practical suggestions for getting started with the process of understanding your own property, creating a medicine trail and finding or making labels for the plants and trees. The next two sections include articles on sustainable stewardship and the many

benefits Sanctuary can provide, not just to humans but all of life.

In the Resources section readers will find information on land trusts, helpful conservation organizations and grants and programs from government agencies. There are many books, websites and journals listed on everything from plant propagation to permaculture. UpS members will find the listing of native plant and wildflower societies by state particularly useful. There is also a comprehensive list of all UpS's resources including our Grant Guidelines, Slide Show and other publications.

Our deepest gratitude goes to the many contributing authors, and especially to the hands, eyes, ears and minds of Betzy Bancroft, Nancy Scarzello, Rosemary Gladstar, Sara Katz, and Lynda LeMole, who nursed this labor of time and love until it was born.

We hope the BSN Resource Guide will become a well-worn tool in fostering the stewardship of our wonderful medicine plants! ❁

UNITED PLANT SAVERS PRESENTS:

PLANTING THE FUTURE

SATURDAY, MAY 15, 2010
9:00 AM - 5:00 PM



SONOMA ACADEMY CAMPUS - SANTA ROSA, CA

Topics Include:

- "Insta-garden" workshop of hands-on planting
- Identification & cultivation Healing Plants
- "At-Risk" slideshow
- Pharmacology of Healing Herbs
- Clinical and Personal Strategies for Female Health
- Much, much more!

Presenters:

Amanda McQuade
Crawford
Christopher Hobbs
Kathi Keville
Cascade Anderson-Geller
Richo Cech
David Hoffmann
Ed Smith
Sheila Kingsbury
Autumn Summers
Leslie Gardener
Denise Cooluris, ND
And other local teachers

Cost:

\$65 for current UpS Members, \$75 others
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For more information or to register please email plants@unitedplantsavers.org or call 802-476-6467
UpS, PO Box 400, East Barre, VT 05649

Sponsors: CA School of Herbal Studies, Sonoma County Herb Exchange, Herb Pharm, Pacific Botanicals, Horizon Herbs & Traditional Medicinals
There will be a **Grand Herb Marketplace** of supporting companies with exciting herb-wares for sale!

PLANTING THE FUTURE

Goldenseal Sanctuary - Rutland, Ohio

Saturday October 2nd, 2010

A conference on the conservation and cultivation of native medicinal plants

PRESENTERS:

Paul Strauss
Robert Eidus
Maureen Burns-Hooker
Cindy Parker
Chip Carroll
Rebecca Wood
Camille Freeman
Anya Syrkin
Betzy Bancroft

Herb Walks in Herbal Paradise!

Hands-on Planting and Medicine Making Workshops!

SPONSORS:

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Twelve Corners

For more information or to register please email plants@unitedplantsavers.org or call 802-476-6467

UpS, PO Box 400, East Barre, VT 05649
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MICHAEL MOORE MEMORIAL INTERN PROGRAM SCHOLARSHIP

Thanks to the great generosity of many people who contributed to the medical expense fund for our late teacher, UpS Advisory Board member and friend Michael Moore, his widow Donna Chesner has graciously endowed one full scholarship for this year's UpS Internship Program at Goldenseal Sanctuary in Ohio.

To apply for this special opportunity, we are asking for an essay to be submitted along with the usual internship application. The application is available online or by contacting the Vermont office. Essays should focus on your experience with Michael and/or his many publications and teachings, why you would like to attend the UpS internship and why you should receive this scholarship.

The recipient of this scholarship will still be responsible for travel to the program and personal expenses while there. It will cover the entire tuition fee. ❁

See the information about this year's Internship Program on page 3.



2009 Goldenseal Sanctuary Interns © J. Cummings

UpS INTERN TESTIMONIAL

Life is forever different and enhanced from my experiences at the sanctuary. The gifts and wisdom I received while there are exactly what I needed for the next step in my Green Man experiences and ideas. Life is grand.

*Autumn blessings from Nova Scotia,
John Cummings*

TRADITIONAL MEDICINALS: FAIR/WILD HERB TEA

Traditional Medicinals, the largest Fair Trade Certified Herbal Tea Company in the United States, is the first U.S.-based manufacturer to attain the new *FairWild* certification. This sustainability standard sets international social, ecological and quality standards for wild-collected plant species, with a fair deal for all those involved throughout the supply chain.



Based in Sebastopol, California, Traditional Medicinals has worked with plant collector communities for over 35 years to ensure high-quality herbs for its products. As part of a long-standing company commitment to social responsibility, environmental stewardship and cultural preservation, Traditional Medicinals was instrumental in first identifying a critical gap in sustainability certification for wild harvested plants. Out of 3,000 total plant species traded globally, only about 900 species – less than one third – are farmed, with the rest being wild-collected. These wild-collected species are not included under the existing Fair Trade standards. Until now, there has been no framework for measuring Fair Trade practices on these wild collected herbs.

FairWild certification offers a universal set of comprehensive social, ecological and quality requirements that fills in gaps in existing frameworks for verification of sustainable wild collection including respecting customary rights, fair prices and fair trade premium, preventing negative environmental impacts, maintaining wild resources, and applying good management and business practices.

“Traditional Medicinals has been a key driving force in getting our act together and putting business sense in the designing and applicability of our *FairWild* Standard”, says Bert-Jan Ottens, Head of Communication and Marketing of the *FairWild* Foundation. “Working with a private sector partner has helped us focus on priorities. We are therefore very happy that as a result they are now a frontrunner in the U.S. and other markets, truly incorporating all the important aspects of sustainability in their *FairWild* certified products.”



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SPRING SEED GIVE-AWAY TREES!

Compliments of Horizon Herbs

This spring's giveaway is a tribute to the trees! You will receive four hardwood medicinal tree species from Horizon Herbs – **chaste tree, hawthorn, Osage orange and witch hazel**. These can be dependably grown from seed and perform well throughout the temperate U.S. Planting instructions will be included with your order. (See *Richo's article on page 4 for more information.*)

Current members only, one order per member.

To order seeds, please send your name, mailing address and a check or money order for \$5 (to cover s/h) by April 1st to:

**UpS Spring Seed Give-Away
PO Box 400, East Barre, VT 05649**

*We'll send the orders out in early April,
but you will still be able to order after that date
while supplies last.*



UNITED PLANT SAVERS

Journal of Medicinal Plant Conservation

Winter 2011

UpS is a non-profit education corporation dedicated to preserving native medicinal plants.

WHAT DO THESE RARE HERBALS
TEACH US?

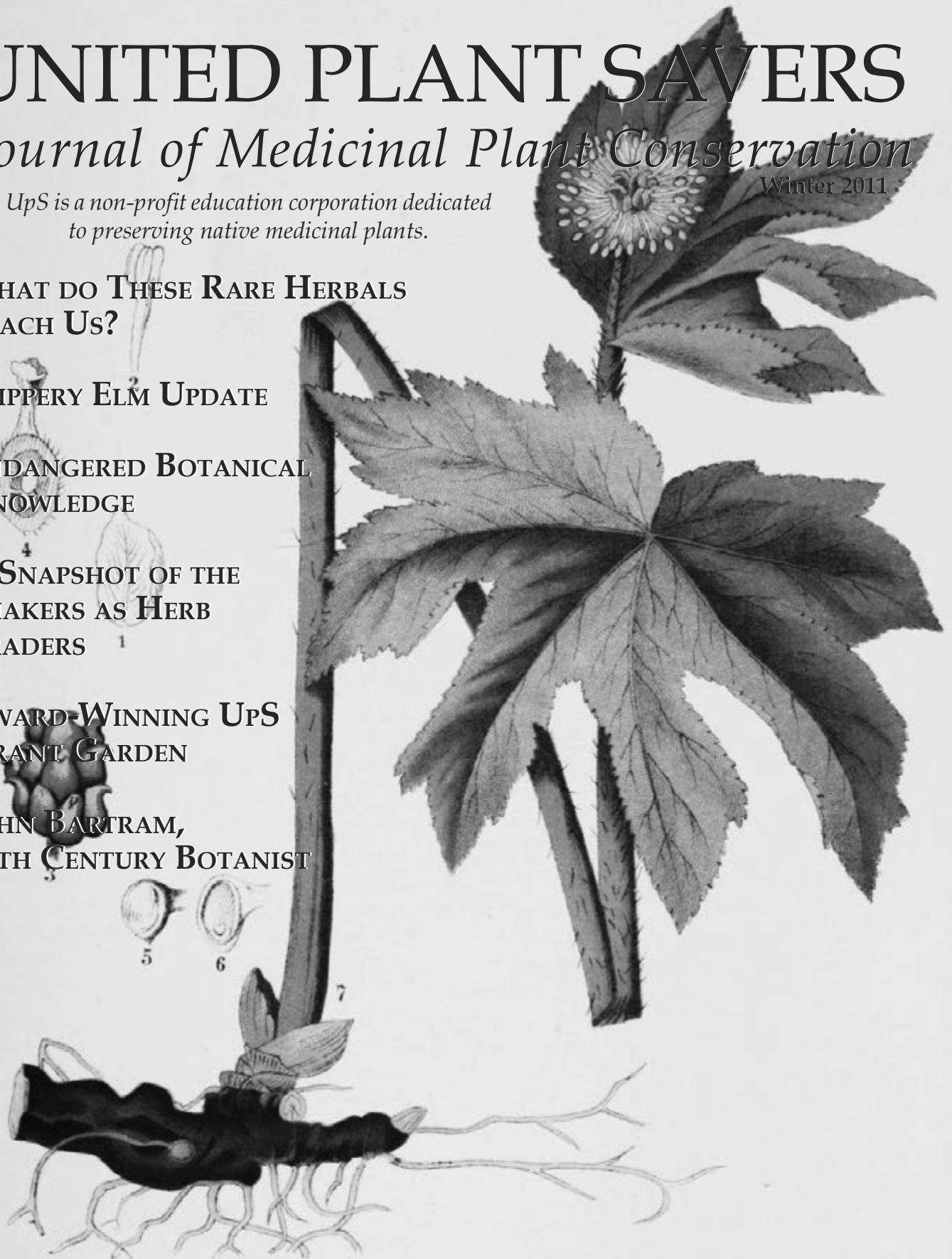
SLIPPERY ELM UPDATE

ENDANGERED BOTANICAL
KNOWLEDGE

A SNAPSHOT OF THE
SHAKERS AS HERB
TRADERS

AWARD-WINNING UPS
GRANT GARDEN

JOHN BARTRAM,
18TH CENTURY BOTANIST



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HYDRÁSTIS CANADÉNSIS, Linn.



WINTER 2011

A publication of United Plant Savers,
a non-profit education corporation
dedicated to preserving native
medicinal plants.

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SPROUTING THE FUTURE

by Sara Katz, UpS President

Be careful what you ask for is a well-known truism. Around UpS we have recently been reaping the harvest of the board's expressed goal to attract the next generations to heed the call of the plants.

This manifestation showed up first in the form of Alexander Finn Conroy, son of UpS board member Bevin Clare and her husband, Richard. I first met Alexander last May at Goldenseal Sanctuary, where he attended a UpS board meeting before he was 3 months old. Don't know how we ever managed without Alexander!

Within weeks, UpS Intern Program Coordinator Chip Carroll and his wife Amy brought miracle baby Elijah into their family. Another miracle occurred about two months later when board member Tania Hannan and partner, Liz, brought Stella Jean into the world. Only two to three months after Stella's auspicious arrival, UpS board member, Joe Viney, wife Wendy and son Stanley, welcomed little Nina Sparrow into their family.

Quite a start on sprouting future plantsavers!!

However, for this new crew of plant enthusiasts, the realities of plant rescues and creating sanctuaries are many years off. Fortunately for UpS, another 'young' woman showed up recently to lead UpS forward on many fronts right now. That person is UpS's brilliant and newest Executive Director, Susan Leopold. Susan, who began her directorship in October 2010, has a diverse background, which she is already applying to some important undertakings. Susan will tell you more about this when she introduces herself in this Journal. She has been able to hit the ground running because of being handed a tidy organization by UpS's highly esteemed Executive Director for the past seven years, Lynda LeMole. Lynda has agreed to join the board and will continue to nurture UpS in her unique and wondrous ways.

As United Plant Savers approaches its third decade of existence, the UpS board and friends are realizing that we got what we asked for...we planted an idea of the future, and it is ferociously growing!

PLANTING THE FUTURE

Edited by Rosemary Gladstar & Pamela Hirsch

Land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations. This book will supply you with valuable information including:



- Herbalists sharing their extensive experience with using & growing "At-Risk" herbs
- Suggestions for creating your own private herbal sanctuary
- Color photos of 30 medicinal plants
- Mail order resources for hard-to-find seeds
- Suggestions for making eco-friendly purchases and using other herbs with similar actions as alternatives

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FINDING GREAT HERBALS ON THE WEB

by Susan Leopold, Executive Director for UpS

The art of digitizing rare books and making them available for free on the web for the public has really taken off in the last few years. The Missouri Botanical Gardens not only has one of the best herbarium collections in the world, it also has an amazing rare book library. You can explore these rare books through www.illustratedgarden.org, and you can also purchase wonderful prints for very reasonable prices.

Missouri's virtual library is also found on the web at www.botanicus.org. Here you can find many early European and American Herbals, including my favorite *Medical Flora* by Rafinesque. The most exciting site to explore, a collaboration of libraries across the country and spreading throughout Europe, is the www.biodiversitylibrary.org. If you are looking to find specific information about a certain species, www.eol.org (which stands for the encyclopedia of life), this site not only provides basic information and pictures, it also links you to other scientific resources about the species.

Many of you may already know about www.henriettesherbal.com—this is a great site that has quite the list of digitized herbals under classic texts; the site then links you to where these books are located. The Smithsonian, in collaboration with the National Central Library of Rome, has a wonderful website on Renaissance Herbals, www.sil.si.edu/digitalcollections/herbals.

Not to be overlooked is Google Books that now offers several herbals that can be downloaded to your computer or e-reader, and quite a few are available for free; just search for your favorite author.

Susan Leopold, PhD is the new Executive Director of United Plant Savers and previous librarian at the Oak Spring Garden Library in Upperville, VA.

ILLUSTRATION CREDITS:

COVER ILLUSTRATION, *Hydrastis canadensis* from *American Medicinal Plants; An Illustrated and Descriptive Guide to the American Plants Used as Homeopathic Remedies: Their History, Preparation, Chemistry and Physiological Effects*. By Charles F. Millsbaugh. New York, Boericke & Tafel, c1887.

Lobelia inflata image [page 9] from *American Medical Botany: Being a Collection of the Native Medicinal Plants of the United States, [containing their botanical history and chemical analysis, and properties and uses in medicine, diet and the arts]*. By Jacob Bigelow. Boston: Cummings & Hilliard, 1817-1820.

Aristolochia serpentaria & *Cypripedium luteum* images [pages 10 & 15] from *Medical Flora, or Manual of the Medical Botany of the United States of North America*. By C.S. Rafinesque. Philadelphia: Atkinson & Alexander, 1828-1830.

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LET US HEAR FROM YOU

UpS' *Journal of Medicinal Plant Conservation* is the voice of our members and other concerned individuals interested in the conservation and cultivation of native North American medicinal plants. We encourage you to send us your opinions and thoughts for submission to the *Journal*. Though many of the articles presented express opposing and/or controversial viewpoints, we make an effort to print as many of these articles as space allows, in an attempt to present the many views of these subjects. It is important while reading the *Journal* to remember that the articles are the opinions/experiences solely of the authors, and do not necessarily represent the view and/or mission of UpS. They are presented herein for discussion and review, and as part of an educational process.

WHAT DO THESE RARE HERBALS HAVE TO TEACH US?

by Executive Director, Susan Leopold

As winter slowly sets in and the plants we love are put to sleep, it seems the perfect time to introduce myself as the new Executive Director of UpS. I feel extremely fortunate to have been selected for this position, especially because I follow Lynda LeMole, who along with the board has created such healthy roots for the organization to spring forth. I come to UpS having worked the last few years at the Oak Spring Garden Library, in Upperville, Virginia where I was lost in rare books and most recently herbals, thus the theme for this 2011 *Annual Journal*. You can read about the library's most recent publication, *An Oak Spring Herbaria* reviewed by Steven Foster in the latest issue of *HerbalGram*.

D.C. Alain Touwaide and Emanula Appetiti gave me a wonderful tour of the incredible library and shared with me the work and vision of the Institute. They have traveled the world studying these ancient herbals, reexamining the knowledge that lies encoded in these texts. Their article on endangered knowledge reminds us that there is still a tremendous amount of knowledge to be gained by understanding the origins of plant and medical traditions.

These herbals are to remind us that this is who we are as UpS advocates—a plantsman/plantswoman defined as “one who loves plants for their own sake and knows how to cherish them”. A most wonderful example of a past plantsman is certainly John Bartram, who went on many botanical explorations collecting seeds and plants and, of course, learning directly from Native Americans about herbs and the ways in which they were used, passing this love of nature and native

culture along to his son William. There is much to be learned going back to these individuals and the work they accomplished, as Mandy Katz points out in her article from Bartram's Garden. This theme is repeated in Steven Foster's article on Shakers and the plants they harvested and sold and that some of these remedies are no longer commonly used. This is partly due to the overharvesting, as Foster points out, in the popularity of the times, compiled with the morphology of these herbs that grow and reproduce slowly, such as the trillium and lady's slipper. Foster also reminds us that the threat is two fold, as we see natural areas converted, thus resulting in habitat loss.

Historical records furthermore provide context to what is happening around us and bring fresh insight

into the use and perception of the herbs we are trying to protect. Sean Donahue in his article on trillium points out that we need to create formulas that combine more of the common use of herbs that together have the same qualities as these beautiful endangered wildflowers. This sets the stage for the spring seed selection provided by Horizon Herbs. Inspired by the Thomsonian remedies and those easy to grow plants that could be found in the local general stores and are applicable in herbal remedies, Horizon Herbs and UpS present the “Cracker Barrel” seed collection, which includes licorice, lobelia, marshmallow, and cayenne. If you are looking for something to inspire you this winter, you can read several of these rare herbals on the web available to the public. Look up what these plantsmen had to say about your favorite herb.

I am thrilled to take on this new challenge of ED, and I am looking forward to traveling to the International Herb Symposium, the sanctuary in Ohio, and other herbal conferences. We will launch a new website this spring, as a tool to network existing members, share tools and knowledge and spread the UpS mission. Enjoy this Winter *Journal*, and get ready to gear up for an exciting spring.

Green Blessings,
Susan Leopold

The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope.

~ Wendell Berry

“Historical records furthermore provide context to what is happening around us and bring fresh insight into the use and perception of the herbs we are trying to protect.”

What do these rare herbals have to teach us? They connect us to those human/plant based relationships that formed in an age without technological advancements, when those who learned about plants observed, engaged, and mastered the art of botanical illustration, and of course shared remedies of practical experience. I had the opportunity to recently visit the ‘Institute for the Preservation of Medical Traditions’ at the Smithsonian in Washington,



Susan Leopold tends to her goats



CULTIVATION CORNER

2011 UPS SPRING SEED GIVEAWAY

by Richo Cech

Given the topic of historical herbs, I immediately flashed on Samuel Thomson (1769-1843), the bombastic leader of a populist herbal movement that flourished in the US during the early 1800s. Thomsonian medicine relied on the use of a purgative (lobelia) to eliminate toxins, followed by administration of a warming herb (cayenne) to heat up the vital force. This simple therapy, augmented by a handful of other herbal preparations, proved to be quite effective in treating a wide array of maladies. Thomsonianism predated and, in many ways, gave rise to Eclectic Medicine (circa. 1833-1939) that utilized a much more extensive materia medica and benefited from a more advanced understanding of human physiology. These modalities gave rise to western herbal medicine, as we now know it. I believe it is useful to look back on our roots, especially in the light of the current herbal renaissance. Let us honor the spirit of these basic, old-timey herbs. For your pleasure, we are offering you, our loyal UpS members, some really nice, newly harvested seed of these choice herbs.

This year's spring seed giveaway consists of 1 packet each of cayenne pepper (*Capsicum frutescens*), licorice (*Glycyrrhiza glabra*), lobelia (*Lobelia inflata*) and marshmallow (*Althaea officinalis*).



Marshmallow (*Althaea officinalis*),
photo ©Liz Butler

The cayenne is good for your circulation; the licorice is good for your adrenal glands; the lobelia, well, they didn't call the Thomsonians "puke and purge" doctors for nothin'; and the marshmallow, ah the marshmallow, will assuage all wounds of the skin, inside and out. Following you will find a quick cultivation rundown to help you have success with sowing the seeds and to get a feel for where to plant the plants.

Cayenne pepper (*Capsicum frutescens*). Heat-loving annual best sown indoors 6 weeks prior to the advent of summer weather. Separate seedlings and pot up into compost and keep warm and in the light. Shallow-rooted plants prefer full sun and fast draining soil. Cayenne matures earlier than other peppers and is best harvested when red, then dried on screens in an airy location, with frequent turning.

Licorice (*Glycyrrhiza glabra*). Herbaceous perennial with a running rootstock. Plant prefers open, sunny position with very fast-draining soil. Alkaline, sandy soil is preferred. Scarify seed by rubbing on sandpaper, then soak overnight and plant swollen seeds in warm, fast-draining soil in the light. Seeds that do not swell may be re-scarified and soaked again. Work up in pots for a year, then transplant to the garden or a raised bed. After a year or two, the plant will send out underground (stolonaceous) stems, which can be severed with a spade, washed, cut to lengths and dried (licorice sticks).

Lobelia (*Lobelia inflata*). Self-seeding annual or winter annual that is a weed of cultivated ground. Mix very tiny seed with a small amount of sand and sow in fall or spring on surface of fast-draining potting soil or scatter on open ground. Seedlings are infinitely small and may be overlooked until one day you go, "What's that pretty

flower?!", and you realize it's your lobelia flowering.

Marshmallow (*Althaea officinalis*). Herbaceous perennial that thrives in a moist, sunny garden. Lightly scarify seed with sandpaper, and then sow in pots or in the garden bed. Germination is quick in warm soils, and the seedlings already look good enough to eat. Transplant or thin to at least 2 feet apart, as the plants are quite large at maturity. Standard mucilage and food plant of the European herbal tradition. A must have for the serious western herbalist.

Please have fun planting them!
Richo

SPRING SEED GIVEAWAY 2011!

Grow historical herbs that are still important medicines today! This year's spring seed giveaway consists of 1 packet each of cayenne pepper (*Capsicum frutescens*), licorice (*Glycyrrhiza glabra*), lobelia (*Lobelia inflata*) and marshmallow (*Althaea officinalis*). Seeds are all grown by Horizon Herbs. Planting instructions will be included with your order.

To order seeds, please send your name, mailing address and a check or money order for \$5 (to cover shipping & handling) by April 1, 2011 to:

UpS Spring Seed Giveaway
PO Box 400
East Barre, VT 05649

Current members only; one order per member. We'll send the orders out in early April, but you will still be able to order while supplies last.



Cayenne (*Capsicum frutescens*)



PLANTING THE FUTURE CONFERENCE AT GOLDENSEAL SANCTUARY ~ OCT. 2ND, 2010

by Betzy Bancroft

The forest seemed pleased for UpS to be hosting events once again at our amazing Goldenseal Sanctuary in Rutland, Ohio. Not a cloud in the sky, ideal temperature, a little rain the few days before to perk up drought-weary plants—all was perfect. Some of the plants had gone dormant for the winter, but the goldenseal, many other plants and certainly the trees were still beautiful, especially the yellows of goldenrod and purples of ironweed.

“This event brought many members of the Rutland herbal community together – as teachers, helpers, vendors and participants.”

This event brought many members of the Rutland herbal community together - as teachers, helpers, vendors and participants. Most of the classes were geared toward hands-on participation and gaining more understanding of the incredible nature all around us. What could be more fascinating than a ramble on the medicine trail with Paul Strauss? I don't think they made it back for lunch! Chip Carroll shared his wealth of experience with ginseng, Cindy Parker

demonstrated herbal medicine making, and Hank Huggins took folks on a wonderful walk-and-talk about the prairie plantings along the brook down to the open area of the Sanctuary. Camille Freeman, faculty member at Tai Sophia Institute, and her baby Henry gave a class on Holistic Fertility, and Maureen Burns-Hooker explained the wonders of elderberry. Robert Eidus, recipient of 2009's Medicinal Plant Conservation Award, shared immensely practical information about green business from his many years of experience. Participants learned about the plants, trees, pollinators and more from Rebecca Wood, Jim Wachter, Glinda Watts and Betzy Bancroft. And in between classes it seemed everyone was out learning still more along the Talking Forest Medicine Trails!

About 80 people attended this Planting the Future event with members, old and new, and neighbors near and from a little farther away. Great thanks to our beloved steward Lee Wood, Board member Joe Viny, many helpers and our crew of interns, past and present, for setting up and making sure all went smoothly. The interns and

coordinator Sasha White were all especially terrific and really worked hard behind the scenes! Many thanks to our sponsors for their generosity in helping make this event possible: Mountain Rose Herbs, Herbal Sage Tea Company, Twelve Corners Herbs, Mushroom Harvest and Whole Foods. Look for another Planting the Future conference at Goldenseal Sanctuary before too long!

PLEASE HELP UPS LEARN ABOUT SLIPPERY ELM TREES

Prompted by an inquiry from the American Herbal Pharmacopoeia, our stewards at Goldenseal Sanctuary are wondering how the slippery elms are faring in other parts of its range. We are seeing a lot of trees succumbing to Dutch elm disease, and we're watching our test plot carefully. This is informal research; everyone is welcome to participate.



Slippery Elm (*Ulmus rubra*), photo ©Liz Butler

Is there slippery elm (*Ulmus rubra*), also known as red elm, in your area? UpS would love reports of your observations on how healthy the trees are, whether elms in your area are succumbing to Dutch elm disease, what the populations are, were, etc.

Please contact the Vermont office with any information you can contribute.



Rebecca Wood teaching at Goldenseal Sanctuary, photo ©Beth Hoxey

AN INTERN BLOG EXPERIENCE

by Ann Stobart, Herbalist

Ann Stobart, Herbalist, traveled from England to attend the 2010 fall Internship Program at Goldenseal Sanctuary. You can follow her plant studies and travels on her blog at www.herbaid.blogspot.com. Below is an excerpt about her fabulous experience; we hope you enjoy reading it as much as we did!

Friday, October 8th, 2010

We have been collecting plants for replanting to extend populations, like goldenseal, and during the last week sustainably harvesting other plants for making herbal medicines and gathering bark, roots and seeds. In some cases we can benefit from plants before they die from other causes. Here in the United States, the Dutch elm disease has been attacking elm trees, including slippery elm (*Ulmus rubra*). Paul Strauss showed us, on the trail through the forest, how to spot trees that may be in trouble - if the tree is going to die within a few years, then it may be considered for medicinal use. The inner bark of this tree is an important soothing and nutritious medicine useful for gastrointestinal and skin conditions. We marked one such tree on a walk last week and went back to harvest it this week with Paul. Felling trees within the forest is no easy task because they will often 'hang' on trees close by, but Paul deftly worked with his chainsaw to bring this slippery elm down. Once on the ground, the tree was chopped into sections about 5 feet long, and we carried them out of the woods to a waiting pickup truck. Back at the Plant Sanctuary barn we learned how to use draw knives to shred off the rough outer scales and to reach the whitish inner bark above the yellow heartwood. The shreds of bark can be further pulled into thin strings, and these dry readily in the sun. Our slippery elm will be shared out with the land owner and much appreciated. At the moment there is no obvious substitute for this useful remedy. [Editor's note: please see our request for help regarding slippery elm status on previous page.]

Another plant, which is on the United Plant Savers "At-Risk" list is the purple coneflower (*Echinacea purpurea*). In the Sanctuary there is a large field area that was seeded some 16 years ago with a variety of prairie plants. At this time of year, in September, the prairie area is a sea of yellow, white and purple, including native grasses that contribute to the soil fertility. Here there is a large stand

of purple coneflower; its roots are widely in demand for its immune system stimulating properties. We were able to dig up a small number of roots around the edges to make echinacea tincture. The seeds were scattered back on the ground, although they also can be used medicinally. The roots are quite small with purplish buds, but when cut they produce a characteristic tingling and numbing taste on the tongue, indicating active constituents. Our prized roots were washed and chopped up with added alcohol (50%) without any delay. We have a growing number of jars and containers of all sizes that sit on top of the refrigerator in the Yurt, our roundhouse cooking and meeting place. We have been back to the Prairie a few times now, usually collecting seed for replanting in other schemes. This area is rich in beautiful and useful plants from Indian hemp (for rope making) to false wild indigo (makes a good baby rattle from seed pod) to boneset (gathered by every family and dried for winter complaints) to Maximilian and downy sunflowers (roots of all sunflowers are edible) and more. These wonderful plants are tall, and a path needs to be cut through the prairie to appreciate them with ease. Establishing a prairie like this apparently takes a few years of cutting at specific times of year, and then it is almost self-maintaining so long as

occasional invasives are spotted and removed. Almost everywhere I have been in the area I see freshly mown grass areas from roadside to well beyond every house - it would be wonderful if everyone could set aside part of their huge lawns to have a Prairie Patch (or even a Prairie Maze!) and appreciate the wild plants.

...United Plant Savers'...

2011 INTERNSHIP PROGRAM

Hard Working?

Motivated to learn about medicinal plants?

Want to experience United Plant Savers' 360-acre plant sanctuary in Ohio?

JOIN US IN OUR UPS SANCTUARY INTERN PROGRAM!

Two 6-week sessions for 2011

Spring: May 16 - June 26

(deadline for applications, April 15th)

Fall: August 29 - October 7 (deadline for applications, August 1st)

Apply early for early acceptance!

A HANDS-ON PRACTICAL APPROACH

Interns work 30 hours per week doing a variety of medicinal plant conservation and cultivation projects. **Classes and opportunities to work with Chip Carroll and Sasha White, Program Managers, as well as UpS staff teachers.** Interns learn general plant propagation techniques working with "At-Risk" and endangered species, general farm upkeep and maintenance, landscape care and maintenance, greenhouse work, medicinal plant identification, sustainable wild harvesting principles and practices, medicine making and more!

Application available online at www.unitedplantsavers.org

Or call or write to the Vermont office for details and application: 802-476-6467
plantsaversmail@earthlink.net

2010 MPCA RECIPIENTS: KATE & DAN RAKOSKY

The 2010 Medicinal Plant Conservation Award has been awarded to Kate and Dan Rakosky of Sagewood Botanical Sanctuary in Kingston, Rhode Island. When they first bought their historic home in densely populated southern New England, much of their 2 acres was mowed. Slowly Kate and Dan began replanting medicinal species, letting the lovely vernal pool return to a diverse wetland ecology and encouraging the native flora left to blossom again.

Shortly after becoming a UpS Botanical Sanctuary in 2006, the Rakoskys put on a garden tour fundraiser for UpS and asked the local paper to do a story on their event. That publicity sparked many invitations to host tours of their Sanctuary and speak at a variety



Sagewood Botanical Sanctuary

of other local events, including the RI Master Gardeners meeting, the Connecticut Herb Festival and the Sustainable Living Festival. Kate and Dan also staffed tables for UpS at many of these events, further publicizing the work of UpS and the message of stewardship. They have prepared a beautiful slide show of their Botanical Sanctuary that's been shown at herb gatherings like the NE Women's Herbal Conference, and they sell propagated native medicinal plants at their local farmers' market and herbal events. All the while, they have been planting seeds, literally and figuratively, raising awareness of the conservation of native flora.

Their Sanctuary is a beautiful and inspiring example of what two people can do on a small piece of land. Kate told us a story about Dan observing a flock of blackbirds descending upon a patch of goldenseal, full of ripe berries, in their little patch of forest. The birds ate berries until they noticed Dan and flew off. They wished the birds and the seeds well, wondering where they may end up. Truly, the seeds the Rakoskys plant do find

fertile ground - our most recent Sanctuary steward, Katy Locke, credits Kate's slide show with the inspiration to create her own Sanctuary, also in a suburban yard in New England! (Read about her sanctuary on page 19.)

The Medicinal Plant Conservation Award will be presented to the Rakoskys at the International Herb Symposium this coming June

in Massachusetts. UpS is honored to recognize the work of these two dedicated herbalists who have done so much to raise awareness about our role as stewards of native plants. Kate and Dan have done this by reaching out to gardeners, nature-lovers, and conscientious green folks in a beautiful and

inspiring way through their lush, absolutely gorgeous gardens and wild plantings throughout their land. Their message is this: May the seeds you plant continue to find fertile soil and grow beyond your wildest dreams!

7TH ANNUAL UPS MEDICINAL PLANT CONSERVATION AWARD CALL FOR NOMINATIONS

UpS announces a call for nominations for the Seventh Annual Medicinal Plant Conservation Award. We invite our members to take this opportunity to nominate a person and/or organization doing outstanding work to conserve and preserve North American medicinal plants. Projects can be on a grand scale or small, community oriented or individual. Any project, person or organization that has to do with the conservation, preservation and cultivation of native medicinal plants and their habitat will be considered, such as plant rescue projects, research projects, creating native medicinal plant trails and/or botanical sanctuaries, preserving

habitat, or special articles, classes and programs on medicinal plant conservation.

The United Plant Savers Medicinal Plant Conservation Award is given annually to recognize a beneficial, inspirational and original project or person that supports native medicinal plant conservation. One need not be a UpS member to enter or receive the award. Current UpS Board Members, Advisory Board Members and/or employees of UpS are not eligible.

The UpS Medicinal Plant Conservation Award will be granted to an individual or group based on:

1. **Benefit:** long lasting benefits for medicinal plant conservation
2. **Inspiration:** inspiring others to become more active in medicinal plant conservation
3. **Original idea:** unusual or unique efforts will be considered first
4. **Focus:** on "At-Risk" and/or native medicinal plants

Let us know of anyone (including yourself) who is doing something outstanding to help "At-Risk" native medicinal plants that you would like to nominate for the Award. Send a one- to two-page report to the UpS office in Vermont describing your nomination by April 1st, 2011. It would be helpful to include additional information, such as a brochure or report about the project or website if applicable. Include contact information so we can notify the nominee directly if they are selected. The Recipient of the Award will be notified by June 1st, 2011 and announced at the International Herb Symposium, June 24-26, 2011.

The Recipient will be recognized in the UpS *Journal* and website, receive a Medicinal Plant Conservation Award, free tuition to a UpS conference or event and a one-year honorary membership to UpS.

Former MPCA Recipients: Kathleen Maier, 2005; Monica Skye, 2006; Gigi Stafne, 2007; Phyllis Hogan, 2008; Robert Eidus, 2009; Kate & Dan Rakosky, 2010.

LOBELIA (*LOBELIA INFLATA*): A CENTRAL THOMSONIAN REMEDY

by Pearl Sites

Samuel Thomson, who credited himself as the discoverer of lobelia, was especially fond of the herb and employed it as one of his primary remedies. Thomson and his followers aimed to cure disease by supporting and reviving the patient's vital force, which aims to sustain life and health. The aim of Thomsonian medicine was to stimulate this vitality by the production and cultivation of heat (deeply associated with vitality) and to simultaneously remove any hindrances to this vital force in the form of toxins or catarrh (Lloyd, 1909). These tasks were performed frequently by invoking diaphoresis by way of herbs and vapor baths, and by opening channels of elimination in the body. Thus, Thomsonian remedies were frequently emetic, cathartic, and diaphoretic.

In this context, one can easily understand how a remedy such as lobelia, which exerts direct effects



Illustration courtesy of Biodiversity Heritage Library

on almost all eliminative functions, as well as promoting heat, would earn a leading role in Thomson's herbal repertoire. As Coffin (1844) notes, "[lobelia] acts specifically on the liver, stomach, and lungs, and also on the intestines" (p.95), in addition to its secondary roles in promoting diuresis and diaphoresis.

In conjunction with its role in emesis and promoting eliminative functions, lobelia is perhaps best known as a relaxant. The herb acts to relax smooth muscles at lower doses, and skeletal muscles at higher doses (Coffin, 1844). Thomsonian texts also commonly refer to lobelia as a "diffusive stimulant." The term stimulant, in this context, is not in opposition to the herb's warranted reputation as a strong relaxant, but instead refers to its ability to support the vital force by the promotion and generation of heat. The diffusive quality alerts itself to the patient by exerting an "expansive influence" upon the patient, which is made evident by tingling sensations in the extremities (Fonerden, 1837). This centripetal direction was seen as key to an acute remedy, acting to help drive out any persistent catarrh.

Because lobelia was perceived to fundamentally support the Life Force, it was regarded as valuable in nearly every form of disease. In fact, it seemed there were only two instances in which the herb would have no beneficial effect: "when the patient is dying, and when there is no disease. Where there is no enemy, there can be no war; in the healthy system, it will be silent and harmless" (Robinson, 1829, p. 136). Thomsonians used lobelia religiously in cases of croup, typhoid, consumption, asthma, fevers, colds, headaches, female

complaints, epilepsy, spasmodic disease, rabies, and many other diseases (Coffin, 1844). In the eyes of the Thomsonians, there exists no remedy for death or perfect health—for all else, there is lobelia.

“ Because lobelia was perceived to fundamentally support the Life Force, it was regarded as valuable in nearly every form of disease. ”

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Pearl Sites is a student of herbal medicine at Tai Sophia Institute in Laurel, Maryland. Obsessed with plants, philosophy, and the immune system, she spends most of her time happily lost in books and the woods.

The major problems of the world are the result of the difference between the way nature works and the way people think.

~ Gregory Bateson



Lobelia inflata, photo ©David Bunting

WAS BRIDGET FORTESCUE USING VIRGINIA SNAKEROOT IN ENGLAND IN THE LATE SEVENTEENTH CENTURY?

by Anne Stobart, PhD

In February 1708, Bridget Fortescue wrote from Devon to her husband Hugh, in London, to say that she found snakeroot most effective for her ills. In her letter she told him that “in my Ague I take snake root” and that this succeeded in putting her “in to a great sweat”. She preferred this remedy to the recommended medicines of her physicians, and she claimed to have used it successfully

“Virginia snakeroot was an important remedy in the 17th century, along with Senega snakeroot, sassafras and other medicinal plants brought to England from Northern America.”

for herself and for other people. Bridget and Hugh Fortescue lived at Castle Filleigh in North Devon. He was a substantial landowner and a Member of Parliament, and she was an heiress of the Boscawen family of Cornwall. Bridget had gained a keen interest in medicinal remedies from her mother, Margaret Boscawen, as well as inheriting an extensive family medicinal receipt collection. Letters and receipts from wealthy families like this of the early modern period are sometimes well-preserved and held by local county record offices in the United Kingdom. Alongside household accounts, these archives play an important, yet under-exploited source for researchers seeking to understand the early modern use of medicines.

Virginia snakeroot was an important remedy in the seventeenth century, along with Senega snakeroot, sassafras and other medicinal plants brought to England from Northern

America. Recommendations for the use of snakeroot included action as a “diaphoretic”, and it was widely used in treating fevers. Other imports with medicinal potential at this time included huge amounts of spices from the East, rhubarb from China and Russia, and Jesuit’s bark from South America. These exotic and expensive items were widely prescribed by physicians and also purchased direct by those who could afford them as part of self-help or domestic medicine.

Bridget suffered a number of chronic problems in her older age, including neck sores, colic, ague-like symptoms, sore belly and lack of appetite. In another letter of 29, February, 1708 she

claimed that the “snake-root” was safer to use than the ‘nasty Barke’, Jesuit’s bark or Cinchona, especially when trying to drive out unwanted humours. She wrote to Hugh, “I feard what the evel humer might have don within and then the Bark was dangerous but the snake rote was good to dreve the[m] both outward”. She claimed that she had used the same remedy of snake-root with others saying she had “cured many Agues by snake rote”. She claimed success for using her remedy against the physician’s advice, “pray give my servis to D[o]c[tor]r How and tell him that our favowritte did the worke with out the helpe of the nasty Barke”.



Illustration courtesy of Biodiversity Heritage Library

There is a problem though. The surviving household accounts do not confirm any purchases of snake-root. We cannot be sure whether Bridget meant Virginia snakeroot or some other plant remedy such as Senega snakeroot. There are numerous other North American

plants with “snake-root” in the name, and she does not give a more specific name. She may even have been referring to an English plant by another name. Bridget also wrote to Hugh, “I take my favaret s[n]jakrote as docker How calles it”. So it is also possible that she was referring to an English plant remedy, using a nickname of “snake-root”. Further exploration in the archives will be needed to try to find the answers as to which remedies were in use.

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Anne Stobart, PhD, MNIMH, is a clinical herbal practitioner in South West England and lecturer in herbal medicine at Middlesex University in London. She has ongoing research interests in seventeenth-century domestic medicine and sustainable cultivation of medicinal trees and shrubs. Anne joined the UpS Internship program at the Goldenseal Sanctuary, Ohio in fall 2010. She would like to hear from anyone who is aware of archival sources relating to the export of snakeroot and other remedies to England or Europe in the seventeenth and eighteenth centuries; contact her at a.stobart@mdx.ac.uk.



THE TOOL SHED

THE BEST ENDINGS ARE NEW BEGINNINGS

by Lynda LeMole

UpS is happily experiencing a 'changing of the guard'. On October 1, 2010, I slipped out of, as Susan Leopold stepped into, the Executive Director's shoes. The transfer/transition was amazingly smooth and easy. It seems that because Susan and I are land folks and gardeners, we are both used to wearing shoes that are sturdy, sensible and that wear well in all kinds of weather. I could tell right away how comfortable she is in them, and I surely admire how good she looks in them!

Job changes aren't always easy to embrace, no matter how much they may be needed, so when transitions go well, it is a relief to everyone. The comfortable and cooperative way my job with UpS ended and Susan's began is a testament to both our commitments to UpS and also to how nurturing the UpS Board and staff are with one another. What a generous and dedicated group we are! Sara Katz and the Board, Betzy Bancroft, Nancy Scarzello, Beth Baugh, Liz Butler and our Goldenseal Sanctuary friends have worked well together to keep UpS healthy. We continue to work together as we all welcome Susan to her leadership role.

After seven years as ED, I feel blessed to be passing the UpS baton (maybe it's more of a shovel or a hoe?) to such a bright, energetic, green, plant-saving eco-enthusiast. Her experience in the plant world is unique yet wonderfully matched to UpS's mission and future goals. Susan brings a vision for reaching out to new members while also wanting to enhance our most valued programs, like the Botanical Sanctuary Network. Her perspective is fresh and lively, and I also recognize that she deeply honors our rich herbal traditions.

UpS has needed to become more visible and interactive with members. Susan has already created a new website that will make our work more accessible to more plant-

savers. We will continue with all our programs and conferences, and I am sure we are also in for some positive new growth and enhancements.

According to the Chinese Zodiac, 2011 is the Year of the Rabbit. The rabbit is a lucky sign. We wish Susan luck in the coming year as she moves UpS into the second decade of the millennium. We already feel lucky that she will lead UpS.

IN APPRECIATION FOR A SHINING STAR

by Rosemary Gladstar



Lynda LeMole, photo ©David Eagle

This is an ode to Lynda, a late night song sung in the light of a winter Moon... an offering of endless thanks to our 'outgoing' Executive Director, Lynda LeMole.

How does one even begin to summarize the accomplishments of the amazing woman who has served as UpS's Executive Director for the past 7 years? Lynda LeMole stepped in at a time when the organization was desperately in need of new direction and fresh energy. We had launched UpS in 1994 with so much passion and commitment, and with grand determination set forth to make a difference for the plants. And we had done amazingly well in our 'opening acts' as a small non-profit. Those first few years under the guidance of UpS's first Executive Director, Dr. Richard Liebmann,

we had launched a number of community planting projects, started our plant give-aways, written a book, started the journal, hosted numerous Planting the Future conferences, and most rewarding of all, had purchased the 370 acre farm (now known as Goldenseal Sanctuary) with the generous help of Michael and Judy Funk. Those were our 'seed days', and we were 'on fire' with evangelistic fervor.

But by the time Lynda came along in 2003, UpS was in sore need of leadership and new direction. Richard, by necessity had left to attend to his ailing family business, and we were leaderless; the UpS office had recently burned to the ground, and all of UpS documents, supplies and records went up in smoke. Most tragically, our beloved office manager, Cindy Riviere had been diagnosed with cancer. As an organization, the fact that we survived this challenging period is testament to a number of determined individuals, and, even more so, to the soulful mission of the organization. There was without doubt a deep commitment to UpS's mission, one that was especially timely because herbalism and the herb industry were growing at exponential speed. But we needed someone to help pull us together – and that's exactly what Lynda did!

Lynda had long been involved in the business of herbs (as co-owner of Traditional Medicinals and past president and longstanding board member of the American Herbal Products Association, as well as numerous other herbal organizations), and her organizational and people skills (as well as sassy and radiant personality) were just what UpS needed. Lynda's passion for medicinal herbs and the mission of UpS are sewn into the fabric of her being, and she accepted, somewhat hesitatingly, our offer to take on the role of Executive Director

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TRILLIUM

by Sean Donahue

*Deep crimson blossoms
recall blood
and the taste of iron,*

*spray of stars
in the center
guide you in*

*to the caress
of petals*

*that draw you
down to
darkness.*

*Blooming
in the moments
before spring
has decided
whether
to remain,*

*Our Lady of the Forest
draws no distinction
between birth
and death.*

*Whichever passage
you choose
she will hold you
through the night*

*then deliver you
to the April morning,*

*stillborn
or drawing
your first breath.*



EARLY USES OF TRILLIUM SPECIES

by Sean Donahue

As the common names birth root and Beth root suggest, the plants of the *Trillium* genus are best known for their use in aiding childbirth. In the nineteenth century, the roots of various *Trillium* species were used interchangeably to treat uterine hemorrhages and uterine prolapse, and to promote parturition (as well as to treat menstrual disorders marked by excessive bleeding).

The same qualities that made trillium such an effective medicine in such cases also made it a versatile medicine for a variety of respiratory and digestive disorders. In 1869, the great Physiomedicalist physician, William Cook wrote: "*The root is possessed of relaxing and stimulating properties, which act with moderate promptness; and leaves a mild tonic and astringent impression that is quite persistent. The mucous membranes receive most of its influence; and it is used in tenacious mucous discharges, with debility [...]. Its astringency is not so great as to cause dryness; yet is sufficiently marked (in company with the tonic power) to diminish superfluous discharges.*"

It's important to note that in nineteenth century medical parlance a tonic was not necessarily a gentle herb that could be taken daily to promote health, but rather an herb that toned lax tissues, usually by removing excess moisture.

Trillium was used in conditions like tuberculosis, severe bronchitis, and dysentery where profuse mucous secretions were interfering with respiration or digestion and sapping fluids from the body, because it could stop the discharges without drying out the underlying tissues. In respiratory infections it also promoted expectoration to clear the lungs by stimulating the mucous membranes.

John Scudder, the father of Eclectic medicine, wrote in 1870 that "*We would employ it in disease of mucous membranes with increased secretion, and expect decided benefit.*"

Trillium species were also used topically to treat wet, oozing sores. C.S. Rafinesque wrote in 1830 that:

"Externally, they are very beneficial in tumors, indolent and putrid ulcers, carbuncles, and mortification, in a poultice by itself or still better united with Sanguinaria [Bloodroot]. [...] they appear very beneficial, nay, a certain cure, with bloodroot, for inflamed carbuncles and ulcers, after a purge; it is said that they obviate or prevent gangrene and the need of cutting off mortified limbs. Even the leaves are useful applied to tumors." The versatility of *Trillium* species led to their overharvesting, and populations are slow to recover.

Trilliums take at least seven years to mature and produce only a small number of seeds, which are then carried by ants who eat the flesh surrounding the seed and discard the seed itself. And because of its dependence on the mycorrhizae in its native soil to obtain nutrients, trilliums are extremely difficult to cultivate.

So in cases where the Eclectics or Physiomedicalists would have relied on trillium, it's best for the contemporary herbalist to look carefully at the reasons our predecessors were using this plant and create formulas that combine more common herbs that together have the same qualities as these beautiful endangered wildflowers.

Sean Donahue is a traditional herbalist. He and his partner, Darcey Blue French live in Avon, ME and see clients through Maine Integrative Healthcare in Hallowell, ME.



Trillium spp., photo ©Liz Butler



"AT-RISK" FORUM

STATEMENT OF PURPOSE

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

~ At-Risk ~

- American Ginseng**
(*Panax quinquefolius*)
- Black Cohosh**
(*Actaea [Cimicifuga] racemosa*)
- Bloodroot**
(*Sanguinaria canadensis*)
- Blue Cohosh**
(*Caulophyllum thalictroides*)
- Echinacea**
(*Echinacea* spp.)
- Eyebright**
(*Euphrasia* spp.)
- Goldenseal**
(*Hydrastis canadensis*)
- Helonias Root**
(*Chamaelirium luteum*)
- Lady's Slipper Orchid**
(*Cypripedium* spp.)
- Lomatium**
(*Lomatium dissectum*)
- Osha**
(*Ligusticum porteri*, L. spp.)
- Peyote**
(*Lophophora williamsii*)
- Slippery Elm**
(*Ulmus rubra*)
- Sundew**
(*Drosera* spp.)
- Trillium, Beth Root**
(*Trillium* spp.)
- True Unicorn**
(*Aletris farinosa*)
- Venus' Fly Trap**
(*Dionaea muscipula*)
- Virginina Snakeroot**
(*Aristolochia serpentaria*)
- Wild Yam**
(*Dioscorea villosa*, D. spp.)

~ To-Watch ~

- Arnica**
(*Arnica* spp.)
- Butterfly Weed**
(*Asclepias tuberosa*)
- Chaparro**
(*Casatela emoryi*)
- Elephant Tree**
(*Bursera microphylla*)
- Frangula**
(*Rhamus purshiana*)
- Gentian**
(*Gentiana* spp.)
- Goldthread**
(*Coptis* spp.)
- Kava Kava**
(*Piper methysticum*) (Hawaii only)
- Lobelia**
(*Lobelia* spp.)
- Maidenhair Fern**
(*Adiantum pendatum*)
- Mayapple**
(*Podophyllum peltatum*)
- Oregon Grape**
(*Mahonia* spp.)
- Partridge Berry**
(*Mitchella repens*)
- Pink Root**
(*Spigelia marilandica*)
- Pipsissewa**
(*Chimaphila umbellata*)
- Spikenard**
(*Aralia racemosa*, *A. californica*)
- Stoneroot**
(*Collinsonia canadensis*)
- Stream Orchid**
(*Epipactis gigantea*)
- Turkey Corn**
(*Dicentra canadensis*)
- White Sage**
(*Salvia apiana*)
- Wild Indigo**
(*Baptisia tinctoria*)
- Yerba Mansa**
(*Anemopsis californica*)

ENDANGERED BOTANICAL KNOWLEDGE

by Alain Touwaide & Emanuela Appetiti

Environmental changes and human exploitation of natural resources expose many plant species to a severe threat of extinction. The recent report published by Kew set the numbers: the situation is critical. This is only half of the problem, however. The knowledge about plants and their therapeutic values for humankind is disappearing. And this is much more alarming.

Plant science and knowledge of its effect on health have been painstakingly acquired from the dawn of humankind by trial and error. At a certain point in time, such wisdom was written down. In the Western world, practice started to be recorded in Egypt, Mesopotamia, and Greece. Whereas only few of these writings from Egypt and Mesopotamia have been preserved, many from Greece have come to us. They are best heralded by the works attributed to the Father of Medicine, Hippocrates (460 - between 371 & 359 BC). Later on, practice was systematized by Dioscorides (1st cent. AD) and knowledge was theorized by Galen (AD 129 - circa 200).

The works by Dioscorides and Galen became the basis of any further inquiry into medical uses of plants, be it in the Arabic world or in the West. Classical knowledge was constantly adapted, however, to both local natural resources (particularly the flora) and the epidemiological conditions of the populations who received this legacy.

continued on next page

Winter 2011

Endangered Botanical Knowledge continued...

These texts arrived in the West in a manuscript form, from the Arabic world from the 12th century on and from Byzantium during the 15th century. They opened the way to a spectacular and unprecedented diffusion of the ancient science of medicinal plants in the West, all the more so because, in mid-15th century, the printing press made reproduction of knowledge easier and quicker.

However fundamental it has been through history, this knowledge of plants and their therapeutic uses is now threatened with disappearance. The books that transmitted ancient science to the West are exposed to the unavoidable damage of time. With them, the knowledge they contain disappears. More dramatically,

Washington, DC. It is devoted to recover the ancient knowledge and wisdom of medicinal plants in order to repurpose them for new and innovative scientific research.

We trace all over the world the manuscripts that transmitted the ancient knowledge together with the annotations of later physicians and healers, reproduce them in a digital format in order to make them accessible worldwide, and transcribe their texts in a readable format. Furthermore, we extract their vital substance, which we turned into a database to make it available to scientists.

Research in the Institute bridges past and future, crosses the borders of scientific disciplines, and creates a new study area at the interface of science, medicine, and the humanities, all deeply intertwined

INSTITUTE for the *Preservation* of MEDICAL TRADITIONS

the awareness of the existence of such vital information is disappearing, in addition to the specialized expertise necessary to locate, decipher, and interpret these repositories of a precious knowledge.

To compensate for this entropic loss of information, we have created the Institute for the Preservation of Medical Traditions. This is a research and education non-profit organization, hosted in the Botany Department of the Smithsonian Natural History Museum,

to form a solid basis for further scientific investigations.

The Institute currently focuses on the Mediterranean tradition and has special interest in the Greek medical heritage and the contribution of the Arabo-Islamic World to medicine. In the future, it will integrate other traditions into its programs.

Alain Touwaide and Emanuela Appetiti are creators of the Institute for the Preservation of Medical Traditions. www.medicaltraditions.org

In Appreciation for a Shining Star continued...

of a struggling but spirited and committed organization. She was clearly committed to raising UpS from the slump it was in and getting us back on track, in the green and on solid ground. And she worked tirelessly to do so. Not only competent and brilliant, Lynda is absolutely fun to work with, and she brought the 'fun gene' back into the organization and infused it with new energy. Her enthusiasm and delightful personality have been a joy for all who have had the privilege of working with her.

Along with stabilizing UpS and infusing the organization with new life, Lynda initiated and/or was involved in a number of impressive accomplishments, including a large Aveda Grant(s) that funded several UpS projects and kept us afloat during lean times. She also re-introduced the Intern Program and got things moving at the Sanctuary again. And she organized and hosted a number of very successful Planting the Future conferences that help spread the word and work of United Plant Savers, as well as generating revenue for the organization. The list is long....

Much like the life cycles of a plant as it changes through the seasons, each phase of an organization's 'life cycle' has its specific needs and growth factors to thrive. Lynda was the manna, delicious and nourishing, that fed UpS through a difficult transition time. Thanks largely to her guidance and dedication, UpS is stable again, energized and eager to move forward ~ and in the green at a time when, unfortunately, many non-profits are showing losses and/or going out of business. Having accomplished what she set out to do, Lynda is also ready to move on to other projects, though thankfully, she will continue to stay actively involved in UpS as a board member. I'm not sure that there's any way to sufficiently thank her; she resurrected the organization, got it back on its feet, and is sending it on its merry way! UpS is blessed! And the blessings continue as we heartfully welcome in our new extremely talented, plant wise, and skilled Executive Director, Susan Leopold. Looking forward to the New Year, New Executive Director, new directions, new beginnings....

A SNAPSHOT OF THE SHAKERS AS HERB TRADERS

by Steven Foster

Over the past 200 years the Shakers left a spiritual and material imprint on American society, perhaps greater than any other comparative number of people. We enjoy forgotten fruits of Shaker ingenuity daily. The flat broom, circular saw, and seeds packed in envelopes are but a few Shaker innovations. Designed with graceful purity of line, wrought in impeccable workmanship, their furniture is eagerly sought as art found at major museums around the world. The Shakers created the first herb business in the United States. The only remaining active Shaker community is at Sabbathday Lake, Maine. Their Herb Department, dating to 1799, still operates today.

The 1864 "Catalogue of Herbs, Roots, Barks, Powdered Articles, etc., prepared in the United Society, New Gloucester, Maine," represents a snapshot of herbs commonly used in the market

at the time of the Civil War. The catalog includes 158 species of herbs and medicinal plants. Many of the most popular herbs of mid-nineteenth century America are seldom used today. For example, butternut bark (*Juglans cinerea*) was among the Shaker's best-selling items, then the most widely used laxative by herbal practitioners. Butternut disappeared from the market as other laxatives such as cascara sagrada (*Rhamnus purshiana*) gained better market acceptance in the late nineteenth century. Today it is threatened not by overharvest, but joins the American chestnut and American elm, disappearing as the result of blight—butternut canker disease. The pink lady's slipper (*Cypripedium acaule*), an "At-Risk" terrestrial orchid was popularly sold as "American valerian" and used as a mild sedative. Lady's slipper disappeared presumably because it

was overharvested; hence the supply declined. Shaker herb production not only supplied quality bulk botanicals to pharmacies; it supplied herbs to the broad market of "alternative" nineteenth century herbalists, such as the Thomsonians, followers of Samuel Thomson (1769-1843), a self-taught New Hampshire farmer, turned physician, whose locally organized "friendly botanic societies" and his *New Guide to Health of Botanic Family Physician* (1822, and many



Illustration courtesy of Biodiversity Heritage Library

other editions), provided thousands of families with information to take responsibility for their own health. Thomson called lady's slipper root "the best nervine. I have made great use of it, and have always found it to produce the most beneficial effects, in all cases of nervous affection and hysterical symptoms; in fact, it would be difficult to get along with my practice in many cases without this important article" (*New Guide to Health*, 1822).

Statements extolling virtues of herbs obviously drove sales. While yellow lady's slippers were considered the "best", the then abundant pink lady's slippers of northern New England supplied much of the market. According to one Shaker record book, as much as 200 lbs. a month were sold, listed at \$0.28 for the whole root, and forty cents a pound for the powdered root or "flour".

This is just one example of how herb suppliers in nineteenth century America responded to market demand. Lady's slipper root is seldom sold anymore. Herbs come and go in popularity. Americans of 150 years ago

saw the vast expanse of forests as an endless source of what nature had to offer. Now, nearby Shaker lands where herbalists once collected wild

“While yellow lady's slippers were considered the "best", the then abundant pink lady's slippers of northern New England supplied much of the market.”

medicinal plants within a mile of the Canterbury, New Hampshire, Shaker Village, vast expanses of pavement serve as the playground for 200 mile per hour NASCAR races. Certainly over-harvest contributed to species decline, but as human populations increase, the far greater threat is continued, unabated habitat loss.

Author, photographer, consultant and lecturer, Steven Foster has written or co-authored seventeen books. Steven is on the UpS Advisory Board, and his amazing photography and books are available at www.stevenfoster.com.



Photo ©Steven Foster



UP S GRANT REPORTS

ABOUT OUR GRANT PROGRAM

United Plant Savers has a fund designated for community planting projects. UpS guidelines require that the project have educational merit and that the land proposed for planting be protected either by individual ownership, or be a part of a school or park system. For application information please write to: UpS Community Fund Guidelines, PO Box 400, E. Barre, VT 05649.

CITY HIGH SCHOOL COMMUNITY GARDEN

by Jennifer Kinser

City High School is in downtown Tucson, and a component of the school is to be active in the community and do place-based education. As such, the school takes an active role in the school garden, which is along the Santa Cruz River. It is a seven-acre piece of land that we lease from the city. It is divided into three parts: the front (or most northern part) is where we garden mostly annuals. The middle is designed to house sports fields and a playground in the future. The furthest side (or most southern) is slowly being re-vegetated.



A happy gardener, photo ©Jennifer Kinser

With the grant from UpS we were able to introduce medicinal plants into the garden. We worked with a local herbalist who suggested what plants would work best on our land and need very little water. We focused mainly on the northern and southern parts of the garden. We purchased plants from Desert Survivors, a local nursery. The day before we planted we talked about what we were planting and why. Students had fun trying to say the Latin names of the plants and discussed any knowledge they had about them. The students who helped plant were comprised of two City Works Classes—the Gardening Class and the Sustainability Class. We all met out at the garden on Wednesday, March 11, 2010 and spent the day learning how to plant these plants, selected places for them, planted them, and watered them all. All of the students had a great time outside working with plants they often see in the desert but rarely get to help propagate. I was

particularly amazed at what a great job the students did planting the ocotillos and barrel cactus—no one gave a moment's hesitation about all the sharp spines, and everyone helped out!

The garden class was responsible for researching the plants and deciding what to put on the signs. We worked hard trying to figure out what would be the best information for the community to know about the plants. We wanted to encourage knowledge about the plants, but not include information that would encourage neighbors to dig up the roots. It was tricky to decide what to write down and what would be most useful, but we finally figured it out, and the students made sample posts on paper for a summer crew to make the signs from. The signs were made out of re-used vertical blinds and a grease pencil—they look quite sharp and appear to be able to stand up to the heat and monsoons (I highly recommend this low-cost method of sign-making). They include the Latin name, the common name and a few uses and/or other facts (information about the flowers, etc).

Overall, it was a great project, and we really appreciate UpS's generosity! We have wanted to incorporate more native medicinals and include more signs about what is in the garden—this grant allowed us to do both of these things. Our hope is that this project will inspire many other projects that will involve the community and encourage more to be grown at the garden.

THE AWARD-WINNING GARDEN IN THE MIDDLE OF THE ROAD

by Robin Rose Bennett

Our beloved “native and other wild green medicines” garden has become an award winning spot! New Jersey's Clean Communities council gave us an award for “the most creative use of an adopt-a-road spot.” We traveled down to a gala dinner in Atlantic City to receive our plaque of recognition.

Our garden is now 4 years old and has become a beloved oasis atop a small triangular hill in the middle of an intersection where 3 roads meet with a lovely view down to a lake. I wasn't sure we'd make it. The soil was poor, the location challenging, and the volunteers inconsistent. However, I call it “education at the crossroads” and an experiment in reclaiming the commons.

We persevered, and as of this year we've had a real turnaround. I got a dedicated manager for the garden. His name is Russ, and I affectionately call him the garden papa. Though a novice gardener, he learns quickly and with his help we got our volunteers more organized and have people adopting garden beds that are “theirs” to take care of and connect with and learn from (and about) all season.

The garden is one of our local sustainability group's cornerstone accomplishments. People meet monthly to help with the garden and learn about the plants. We also do hands-on permaculture education there, focusing on water conservation techniques. I do walks for the public, and in 2010 we tied the garden in with a free monthly education series.

continued on next page...

MEDICINAL PLANT TRAIL AT WILLOUGHBY FARM & CONSERVATION AREA

by Kristine Brown

This dream began as my project for the Illinois Master Naturalists program and the need for herbal education in the area in which I live (Collinsville, IL). I'm very passionate about teaching herbs to the community and felt that Willoughby was the perfect

place to offer information about medicinal herbs through both formal trail hikes and self guided tours. Willoughby Farm & Conservation Area was just starting to be built

up with plans to create a learning center in the farmhouse, as well as over 3 miles of hiking trails, several gardens (including a vegetable garden, herb garden, rain garden and butterfly garden) and prairies. I felt the medicine trail would be a welcome asset for the Farm and Conservation Area.

The trail began in the late spring of 2009. The entire farm and conservation area were covered with invasives, such as Japanese honeysuckle, autumn olive and tree of heaven. The first year was spent mostly ripping out honeysuckle and identifying the existing plants.

In the last year I have identified stinging nettle, yellow violets, greenbriar, mayapple, elder, red bud, roughleaf dogwood, St. John's wort (*H. hypericoides*), tall bellflower, slippery elm, mulberry, jewelweed and black walnut.

As a member of United Plant Savers, I learned of the Community Grant opportunity and applied for the grant. I was thrilled to learn I qualified and began making a list of native medicinal herbs so I could begin a search for purchasing them. Unfortunately, it is hard to find a lot of the medicinal herbs needed in this area, so I had to do

a combination of local and mail order purchases to complete the list of plants I needed.

I began purchasing plants in the spring of 2010, and goldenseal, ginger, Solomon's seal, wild yam, hops, celandine, poppy, Jacob's ladder and mayapples were part of the first plantings. Each week my two youngest children and I would go out to the trail to weed, plant and communicate with the plants.



Wild Ginger, photo ©Kristine Brown

Some weeks, our return found plants trampled by careless hikers or plants eaten to the ground by the local deer. As the invasives were cleared out and the medicinals planted, we noticed an increase in visits from other creatures as well. We discovered lizards, moths and saw deer, followed raccoon tracks along the stream bank and spent time with a box turtle as he crossed the trail. Every week we removed any trash, both new and old, we found along the trail.

Through the United Plant Savers Spring Seed giveaway, I acquired seeds for starting wild hawthorn, witch hazel and Osage orange; and through the fall giveaway, more goldenseal roots to be planted out to increase the stand I had planted in the spring. I also purchased some roots of black cohosh and bloodroot for fall planting.

The trail lies dormant right now, having succumbed to winter's call to slumber. Most of the invasives have been removed, and the trail is coming to life with medicinals. Over the winter I will work on getting signage together to identify the plants, as well as create pamphlets for the trailhead to help hikers identify the plants and learn more about their traditional medicinal uses.

Award Winning continued from previous page...

It was well received, and this year I plan to do half of the classes in the garden instead of at the community center. I was bringing in so many plant samples I figure it will be easier to bring the people to the plants!

More people in my community are getting turned onto the medicinal plants, and this year the garden was truly healthy enough to give back to us in the form of plant medicines. I'd been taking a little here and there to test out the quality of our plants, but this year there was an abundance of plants that could be harvested by people who help in the garden regularly.

The gardeners were able to harvest New England asters, angelica, echinacea and pearly everlasting. Next year I look forward to sharing our native milkweed, poke, monardas, tobacco and more.

We had trouble with township workers actually destroying baby trees, such as witch hazel, and rhododendrons, and cutting down plants they didn't recognize and even breaking some of our beautiful clay signs. This has become an opportunity for bridge building. Our mayor has gotten involved, and now the department of public works is saying they are going to help us with the land this year. So I look forward to our garden not only being safe from thoughtless destruction, but also to forging new partnerships within the larger community. As we all know, gardens heal on many levels. Green Blessings and gratitude to our friends at UpS for helping us get started.

Robin Rose Bennett, founder of Wisewoman Healing Ways - Herbal Medicine and EarthSpirit Teachings is a gifted herbalist, writer, and spiritual teacher. She is a faculty member of the New York Open Center and author of two meditation CD's. She wrote and published Wild Carrot: A Plant for Natural, Conscious Contraception and is the author of Healing Magic: A Green Witch Guidebook to Conscious Living. For more information go to: www.RobinRoseBennett.com.



Award-Winning Community Planting, photo ©Robin Rose Bennett



BOTANICAL SANCTUARY NETWORK

MEET SOME OF OUR NEW SANCTUARY MEMBERS!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive there, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

~Nancy Scarzello, BSN Coordinator

HIGHWOODS HEAVEN BOTANICAL SANCTUARY Yacolt, WA Sanctuary Steward: Erin Grover

"Make a ruckus!" ~ What amazing words of advice and encouragement I received one year ago from wonderful UpS office manager, Betzy Bancroft in late October when we were told that the Bonneville Power Administration planned to take down our 600 year old fir snag and place a 500 KV transmission line through our creek.

We have lived here for 15 years and kept the creek and surrounding acres natural. Listed as "riparian priority" by the county, it is full

of devil's club, maidenhair fern, cascara and all manner of endangered plants and wildlife. The journey for Highwoods Heaven Botanical Sanctuary and its normally hermit-like owner has been quite an adventure. It began with contacting United Plant Savers and blossomed into meeting hundreds of people. This Botanical Sanctuary started a grassroots movement in our area! We spoke to many agencies and politicians and arranged numerous meetings in our community, where up to 700 people attended. We learned to make signs, sponsor rallies, contact the media, and just generally "make a ruckus!" The best news is that we got the line removed from over this special ecosystem.

We have had Cub Scout groups, women's groups, and a Native American group visit. We also plan to have a retreat this spring and a wedding in August. Due to all these events, we were invited to Hawaii to visit some Botanical Sanctuaries there, and we now have great plans for medicine wheels, labyrinths, etc. We also attended the first Western Herbalism Conference at Ghost Ranch in New Mexico, where we learned a great deal and met other mentors, including Rosemary Gladstar, Kiva Rose, Jesse Hardin, Richo Cech and Larken Bunce, an associate of Betzy Bancroft.

There is still a great deal to do. The power line plan proceeds with other newly mapped areas. People use electricity but push the support systems onto wild areas - out of sight, out of mind. The river and its feeder creeks, which support indigenous plant life, would be cleared for 70 miles in a 300-foot swath. So, this sanctuary continues to speak out for the wild plants and rare natural environments they need to thrive.



Fir Snag at Highwoods Heaven Botanical Sanctuary

We will be known
forever by the tracks
we leave.

~ Dakota Proverb

THE MANDALA WAY LABYRINTH

Keene, NH

Sanctuary Steward: Katy Locke

In August of 2009, two dreams were born in my life that are now becoming one. First, I attended a slideshow presentation by Kate Rakosky on her United Plant Savers (UpS) Botanical Sanctuary Garden—how to establish, maintain, and delight in, such an endeavor—even in your own backyard. Second, I read the *Transition Handbook* by Rob Hopkins, describing how to transition your community “from oil dependency to local resilience” and delight in doing so.

How do these two relate? Both are about taking action in our daily lives to create a sustainable future for all life on Earth. Both are about taking our rightful place as stewards of the natural and human communities with whom we are totally interdependent. Both are about healing ourselves, our communities, and our world.

I emerged from Kate’s presentation with the certainty that I would establish a UpS Botanical Sanctuary garden in my own backyard: a healing garden labyrinth for people and plants. That September, I planted four UpS goldenseal roots, which anchored my dream all winter under the frozen earth. In

spring, with their emergence, the dream was born as I began to add other endangered, wild, and common medicinals; and over the summer, I developed the labyrinth paths for walking among them. On September 8th, 2010, the Mandala Way Garden Labyrinth was officially invited into the UpS Botanical Sanctuary Network.

I emerged from Rob’s book with the certainty that I would start a Transition Initiative in my home city of Keene, NH. In January of 2010, seven of us launched Transition Keene - the 56th initiative in the U.S. (www.transitionkeene.org). In this role, I have pledged to raise awareness in my community of the triple threat of Climate Change, Peak Oil, and an unsustainable global economy; and to lead and inspire concrete local actions to build a healthy, happy, and just future.

In addition to protecting endangered wild medicinals in my <1/4 acre neighborhood plot, I am also ‘planting the future’ with permaculture; perennial fruits, nuts, and vegetables. In 2011, I will offer presentations and workshops on endangered wild medicinals and permaculture and will launch a Garden Share program (as a Work Group of Transition Keene) to match neighbors who

have lawn they are not cultivating with neighbors who don’t have lawn but would like to improve local resilience by growing their own food and medicine.

To share what I am learning, I have built a website for this dream: Mandala Way: coming home to Earth, Heart, Spirit (www.mandalaway.wordpress.com). In it I advocate that what is good medicine for the plants and the earth is also good medicine for you and me; and what is good medicine for you and me is good medicine for all of life on Earth. UpS and Transition offer such good medicine, and they will continue to cross-pollinate in my community to bring a sustainable, just, and fulfilling world.

*Those who contemplate
the beauty of the earth find
reserves of strength that will
endure as long as life lasts.*

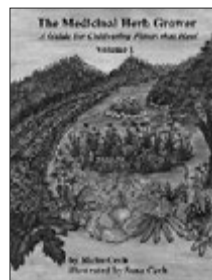
~ Rachel Carson



Mandala Way Labyrinth Garden

THE MEDICINAL HERB GROWER

by Richo Cech



This book covers the principles and practices of natural gardening techniques for growing medicinal herbs organically. Continues the story of Cech’s classic: *Making Plant Medicine*. Using personal experiences and stories that are at once amusing and instructive,

Richo covers principles such as observation in nature, windows of opportunity, creating plant habitat, benefits of diversity, rules of green thumb, soil, seeds, water, sun, trees, humans, and the forest community. The second half of the book covers background, growth cycles of plants, preparing the ground, the greenhouse and the shadehouse, compost, potting soils (extensive!), planting seeds (also extensive!), making cuttings, and caring for plants. 176 pages, soft cover.

To Order: Send a \$20 (plus \$5) S/H) check or money order to: UpS, PO Box 400, E. Barre, VT 05649 or visit www.unitedplantsavers.org



GREEN THANKS & GRATITUDE

THANK YOU FOR YOUR GENEROUS CONTRIBUTIONS & SUPPORT

We extend a special thank you to all members of UpS who continue to support us with memberships and donations. Your support, efforts and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plants. All donations and help, whether it be organizational, cultivating, educating or choosing medicinal herb products more consciously is appreciated. Great gratitude goes to the many in-kind donations of goods and services from companies and friends that support our work. We gratefully acknowledge the following long-time Green Angels, Leaders, Lifetime Members and Donations in 2010:

GREEN ANGELS - \$50,000+

Aveda Corporation, Judy and Michael Funk & Paul Strauss LEADERS - INDIVIDUALS & COMPANIES - \$5,000+

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	Ryan Drum, PhD	Carol Gunby	Richard Liebmann		Katherine Yvinskas

Special gratitude for the many donations in memory of Priscilla Petit, long time UpS member and Sage Mountain student. We'll certainly miss Priscilla's sweet smile and soft energy. Great thanks to everyone who donated so graciously to UpS this year!

PARTNERS IN THE GREEN ~ 2010

Many of our members have herb businesses and have created ways for their "money green" to support the UpS green! We want to highlight several companies whose contributions to UpS come as percentage of sales of dedicated items. For example, The Herbal Sage Tea Company (www.herbalsage.com) makes a "UpS Tea" and \$1 of each sale of this tea comes to UpS. Another of our Partners, Woodland Essence, has been donating a percentage of sales of their "At-Risk" Flower Essence to us for years. You will see a section for Partners in the Green on the front page of the UpS website, and we've made it easy for you to link to these thoughtful businesses. By supporting these companies, you are supporting UpS!

ALCHEMILLA PURE SKIN CARE

- skin care trial kit -

www.myalchemilla.com/Summaries-Kits/Summary-TrialKits.html

VIETNAMESE NESTING BASKETS

Amy Goodman Kiefer
phone 802-229-2507

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- avena soap -

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ELEMENTAL HERBS

- herbal products -

www.elementalherbs.com

EMPOWERED HERBALS

- Rachel Jean's Green Drink -
phone 360-301-3130

HERBAL LODGE

- herbal salves -

www.HerbalLodge.com

HERBAL SAGE TEA COMPANY

- tea -

www.herbalsage.com/proddetail.php?prod=Ups

phone 740-594-5522

HAPPY HERBS SOAP

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WOODLAND ESSENCE

- flower essences & herbal goodies -

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woodland@ntcnet.com

MORE THANKS

Great thanks to all the generous sponsors of this year's Planting the Future conferences - Herbs America, EO Products, Herb Pharm, Traditional Medicinals, Galen's Way, CA School of Herbal Studies, Guayaki, Horizon Herbs and Sonoma County Herb Exchange. Pacific Botanicals sponsored the California PTF; Mountain Rose Herbs, Herbal Sage Tea Company, Mushroom Harvest, Twelve Corners and Whole Foods sponsored the Ohio PTF. We're also grateful to the sponsors of the NE Women's Herbal Conference - New Chapter and Mountain Rose Herbs!

Our 2011 Planting the Future conference will be in Wisconsin. Sponsors include Herb Pharm, Mountain Rose Herbs, North Country Herbalist Guild & Four Elements Herbs.

United Plant Savers has also begun receiving donations from wonderful programs like Network for Good, 1% For the Planet and Microsoft Matching fund. Thanks to Elemental Herbs!

Great appreciation is also due to Medicines from the Earth conferences, CT Herbfest, Mid America Herbal Symposium, American Herbalists Guild, Green Nations Gathering and ONU Herb Fair for making UpS info available at their events. Special thanks to Monticello Fall Festival, RI Flower Show and Florida Herb Day for graciously donating table space to UpS at their events this year!! This is especially helpful because we meet many new members and have a lot of opportunity to let

folks know about native medicinal plant conservation at these kinds of events. Special thanks also to Bonnie Kavanagh, Kim Thomas and Kathleen Maier for staffing those tables! Many other people make UpS information available at farmers' markets, workshops, Herb Day and other events. We are deeply grateful for all this support! If YOU know of a great opportunity for plant-lovers to connect with UpS, we are happy to provide you with brochures, newsletters and more!

No *Journal* would be complete without thanking the friends who make our publications possible - Liz Butler and Herb Pharm, Beth & the staff at Accura Printing! We love you!

I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority.

*~Elwyn Brooks White,
Essays of E.B. White, 1977*

UPS' ORGANIC COTTON TOTE!!



Green & gold UpS Logo that says: *United Plant Savers - Stewards of Healing Herbs*
Now on a hefty, sturdy, 18" x 15"

organic cotton tote bag, with practical, easy carry 24" handles.

To purchase, please send a \$12 check or money order to:
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UPDATE ON GOLDENSEAL'S CHANGE OF PROTECTED STATUS IN NORTH CAROLINA

by Susan Leopold

United Plant Savers would like to bring to the attention of its membership that North Carolina recently revised its list of endangered species, threatened species, and species of special concern. This list is maintained and revised by the Plant Conservation Board. There are seven members on the board who are appointed by the Governor to serve a four-year term. The management of the board and the issuance of permits for ginseng - and in the past, goldenseal - fall under the N.C. Department of Agriculture and Consumer Services. You can read about the new regulations and delisting of goldenseal from the list on the N.C. State website, but I recommend visiting the Friends of Plant Conservation website (www.ncplantfriends.org), where reading about the changes are easy to navigate. It is thought by the Plant Conservation Board that the known populations of goldenseal in the state merit that the plant no longer meets the qualifications of a species of concern and therefore was delisted. This may be true, since many of the 422 plants on the list are extremely rare native species that are threatened and some that are endangered and facing possible extinction. That being said, goldenseal is a native plant that has commercial value, which obviously increases its vulnerability. Now that goldenseal has no permit regulations in place, it makes it difficult to track its harvesting from wild populations. UpS member Robert Eidus has made a request to the Plant Conservation Board that the status of goldenseal be reconsidered based on a current assessment of the populations known to be found in the wild.

Robert Eidus, CoreyPine Shane, and Marc Williams joined host Ned Ryan Doyle on the radio for a discussion addressing the delisting of goldenseal and its medicinal value and role in the natural products industry. This radio program originally aired on January 16, 2011 on 88.7 WNCW. There is direct link to the radio show, Our Southern Community, at www.ncgoldenseal.com, Robert Eidus's company website.

UpS will continue to monitor the situation with goldenseal in North Carolina and update our membership in the Summer Bulletin. It is important to understand how the government, natural products industry, non-profits, plant dealers, and plant harvesters can all work together to ensure future populations of the medicinal plants we all cherish.

PARTNERS IN EDUCATION

United Plant Savers offers a special student membership fee of \$20 per student for all herbal schools, apprentice programs and training courses that enroll their students as a group. Each student receives a UpS membership package with all the benefits ~ informative *Journals and Bulletins*, *Nursery & Bulk Herb Directory*, plant/seed giveaway twice a year, membership discounts at UpS conferences and more. When your school/program joins Partners in Education you will receive our publications, the *UpS Education Guide* and the *Take Action! Guide*, a copy of the UpS book *Planting the Future*, free rental of the UpS "At-Risk" Slide Show & DVD, a listing in both the UpS *Journal* and on our website, guidance from experienced educators and the opportunity to make a difference ~ One Seed at a Time. PIE students are welcome to apply for the UpS internship program at Goldenseal Sanctuary in Ohio. With a recommendation letter from the PIE school, students can receive a \$100 discount on the internship fee.

Please contact Betzy at the office or see the website to find out how you can become a Partner in Education.

Welcome Holistic Options and Sweet Herb Medicinals! These schools are participating in Partners in Education for the first time!

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Holistic Options medicinal meadow

PLANTING A FOREST GARDEN

by Leah Wolfe

It's a warm spring day in NE Ohio. The light from the canopy is the bright green of luminous young leaves. Four of us walk through the trees—shag bark hickory, blue beech, silver maple, white and red oak, sassafras, wild cherry, and black locust. We are mostly silent, knowing that many of these trees will soon be logged for lumber. We fan out watching for the unfurling stems of blue and black cohosh, trillium, and Jack-in-the-pulpit. As we find plants, we stop, drop our buckets, and begin carefully digging them up. When the buckets are full, we begin the walk to the sanctuary, stopping to talk with a passerby in a car who wants to know what we are doing and is puzzled that we'd take such an interest in wildflowers. When we get to the site, we stand talking in hushed voices, pointing to which areas will most suit each plant along the stream.

Then we wander off in different directions. When I find a place, I kneel down and clear the leaves and twigs, and then dig a hole, loosening and cleaning debris from the soil. I lower the roots and rhizomes into each hole, covering them and lightly tamping the soil. Then I rake the leaves back into place. When we finish, we gather again. In the fall, roots and seeds of goldenseal and American ginseng will arrive, so we begin to identify sites for them. Eight sites are found. We chose the sites for all of the plants based on the guidelines offered in *Growing At-Risk Medicinals*, by Richo Cech, and in *Planting the Future*, edited by Rosemary Gladstar and Pamela Hirsch.

We are volunteers for The Serpentine Project (www.serpentine-project.org) at BLD Farm, in Conneaut, Ohio. The Serpentine Project is developing two medicinal plant sanctuaries: one at BLD Farm and another at Anathoth Community Farm. Leah Wolfe is the founder of the project. Charles Schiavone, a volunteer EMT and firefighter, lives at BLD Farm. Andrew "Blue" Sluk is a friend from Pittsburgh who came out to help. Josh Klein works for City Fresh in Cleveland, Ohio, a nonprofit program of the New Agrarian Center (NAC) that seeks to build a more just and sustainable local food system in northeast Ohio (www.cityfresh.org).

Amazingly, after planting the goldenseal and American ginseng roots and rhizomes, we stumble across a goldenseal stand that might have as many as 100 individuals. Throughout the spring and summer they hide beneath a thicket of jewelweed. Crouching there on the ground with them, I know that I am absolutely doing the right thing by planting a forest garden. Perhaps 100 years from now someone will come across a stand that was started by one of the plants that we planted.

Leah Wolfe, MPH, the founder of the project, teaches classes in herbal medicine, leads plant walks at Anathoth and through Luck Community Education, and offers consultations for gardening and using herbal medicine.



Goldenseal (*Hydrastis canadensis*),
photo ©Liz Butler



Blue cohosh (*Caulophyllum thalictroides*),
photo ©Liz Butler

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UPS EVENTS & GREEN NETWORK

CREATE COMMUNITY: HOST A UPS "PLANTING THE FUTURE" CONFERENCE

by Lynda LeMole

What if I told you that in nine months you could create something so amazing that you and all your friends would be uplifted, excited, educated, and entertained? No, I'm not talking about having a baby(!), although hosting a UpS Conference does have its 'birthing' qualities, as new friends emerge and valuable information is shared. I'm talking about organizing and producing a UpS 'Planting the Future' conference to educate your local community about the conservation and preservation of native medicinal plants - and much more! UpS has been having herb conferences nationwide since the early 1990s, and our collective experience in organizing successful events can help you and your group create community.

Last May 15, 2010, we held an outstanding conference on the Sonoma Academy campus in Santa Rosa, CA. We had over 350 attendees, 25 herbalist teachers in 21 classes throughout the day, 8 corporate sponsors, an herbal marketplace FULL of hand-made and unique herbal treasures, a huge raffle of donated herb gifts, and about 50 on-site volunteers all managed by a SUPER Conference team: Autumn Summers, who rallied the herbalist teachers; Leslie Gardner, who brought the Sonoma County Herb Exchange; Rebecca Maxwell and The California School of Herbal Studies; Trinity Ava,

who gathered vendors and sponsors; and me, who kept the clipboard going for 9 months. Our team worked at all aspects of the conference organizing and production, and on May 15 (the ONLY day IT DID NOT RAIN on that campus during the 9 months of organizing - whew), we all knew we had created that rare and deeply satisfying bliss called COMMUNITY.

UpS will help you create an event from beginning to end. What you need first is the desire to create a wonderful community experience that also is a benefit for UpS. Our coffers are strengthened from these donations, and we share the profits with the herb group that produces the event with us. You need to hold the conference in a community that will support a big herb event. We like to say we need a minimum of 100 attendees to make it happen, but more is always better. The core organizing group need only be a few dedicated troopers to hang in for the whole 9-12 months of planning. You will need a larger group of conference day volunteers (10-50, depending on venue and size of conference). These are often herb students who do a work exchange to be able to attend the event in exchange for hours of volunteer work. An appropriate and exciting venue that is accessible and has classrooms (many ways to do that) is also key. We will help you find teachers (we like to feature your local teachers), sponsors, vendors, and equipment. We have checklists, schedules, and suggestions galore. We will even send exciting nationally re-nowned herb teachers to your conference to draw a big crowd! UpS does the printing, advertising, and mailings. We help you find big and small sponsors to put up 'seed money'. You will find useful event guidelines and ideas in our "Take Action" handbook, available from our office in Vermont.

The May 2010 Santa Rosa conference was in a new venue, as in previous years we had 4 conferences at a small Waldorf school that was no longer available. Sonoma Academy is a new private high school with beautiful modern facilities. When we first looked at the site, we loved the classrooms and large gathering areas, but because it was newly constructed, there was little in the way of natural settings or herbs for the herb walks. Well, where there are herbalists, there will always be herbs! The Sonoma County Herb exchange set up "Insta-Gardens" - potted herb gardens in an outside pavilion, and during the day classes were held in herb identification and seed cleaning. Christopher Hobbs even managed to take students on a field herb walk finding plants we hadn't seen months earlier! Ah yes, those weeds....

Some of the conferences also host 2nd day events. When Sara Katz and the Herb Pharm gang hold the conference, they arrange tours of nearby herb farms and gardens. We have also had 2nd day workshops where Steven Foster has taught phytophotography, or Rosemary Gladstar and Jane Bothwell taught wild foods foraging and cooking with a feast at the end of the class! There are many ways to create an herbal event as a benefit for UpS and an unforgettable community experience.

Thanks to the Sonoma County Conference team who worked so long and well in 2010 to make such a successful event. Obviously no conference happens without many hands helping. Betzy Bancroft, UpS Office Manager has produced many conferences for UpS, and she can assist you with your ideas and questions. I hope you are thinking nine months ahead right now, envisioning the joy and satisfaction of bringing a multi-faceted experience to your herb community.



Lynda, Rebecca & Autumn, photo ©David Eagle

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Are you a healer who wishes to teach others your traditional knowledge? Or are you someone who would like to learn from a traditional healer? Holly Bellebuono of Vineyard Herbs is in the research stage of developing a non-profit, THEA International: Traditional Healers Exchange and Advancement, to benefit traditional healers and those who wish to learn from them.



Bribri, Talamanca, Costa Rica,
photo ©Kathleen Harrison

There are many amazing healers who wish to share their knowledge but lack the funds to travel; many wonderful organizations that host lectures and conferences but need additional funds to attract international healers; and many beginners, as well as professional healers, doctors, nurses, midwives, herbalists and others who would gratefully participate in lectures, classes and conferences if only they had the financial means or even knew where to begin.

Holly is researching the possibility of creating THEA International for the sole purpose of bringing healers and students together to advance the sharing of traditional knowledge. Please help us determine what interest and need is out there for financial and informational assistance for healers and learners by completing a short online survey: visit www.vineyardherbs.com/theasurvey.html. Thank you!

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*In the spring, at the end of the day,
you should smell like dirt.*

~ Margaret Atwood



THE POTTING SHED

TENDING THE EARTH: A FIRST NATION'S VISION FOR THE FUTURE

by Karyn Sanders

What is our role as humans? From a North American Indigenous perspective, all beings on earth have a role given to them by Creator. As humans, our purpose is to tend the earth. In tending the earth we are care-takers to all the beings on this earth. This is how we fulfill being human.

“ We as humans owe our life to the plant people. They have more knowledge than we do, and they are our elders. ”

One of the lessons I received in my formal training was that before I took a life I had to create a life. This went so deeply in me. I wasn't allowed to take any plant people before I had created a stand. I had to plant a family of plants in the wild and tend them until they were adults and healthy before I was allowed to pick and dig. This taught me so many lessons—how to properly tend and nurture the plant people; to know what their needs were to thrive; that even though I use the plant people for medicine, they didn't just belong to me. I had to earn their respect and

right to use them. I was taught that human need isn't above everything else.

We as humans owe our life to the plant people. They have more knowledge than we do, and they are our elders. If people disappeared from the earth tomorrow, the earth would thrive. If the plant people disappeared from the earth tomorrow, humans would be dead within a day or two! Who needs whom?

We have to remember that nature and the universes are inside us. We as humans are nature. It isn't something 'out there'. A lot of our lives as Native people is spent in nature. A good portion of us still live on the land and not in cities; for many Nations most of our spiritual ceremonies are done outside. We are healed and kept in balance by being in nature. This is a blessing we are given, a gift. Our love of nature, our spiritual connection, our use of the medicines; even this, without our giving back, becomes just taking.

I want to introduce a vision for the future. When I was a child being trained, I got to see what the woods used to look like, how lush it was.

Even then, my grandmother would tell me stories of what things looked like before, when the red way was dominant. For the next seven years we as herbalists, plant people and growers, put back roots, bulbs, seed and plants into the wild instead of harvesting and wildcrafting. The number seven completes a spiritual cycle. We truly become caregivers in the fullest sense. If we do need to wildcraft, that we put back seven times what we took out. Imagine what the land would look like after seven years of this !

From a Native perspective, a plant family is made up of all the plants that grow together in an area. For example, white and black oaks, lomatium, California poppy, lupine, star flower, squirrel grass, sulphur flowers, and pink phlox make up a family. In order for the medicine of that family to be complete, they all have to be present and healthy. So plant healthy communities, not just the medicinal herbs you need to use. Check out the UpS Nursery Directory for sources.

Check the area and make sure all the plants that should be there are present and thriving. These together make up the medicine. Don't plant non-native plants into the wild; they often, and easily, become invasive. Find out what plants belong where before you start planting.

This is an open-hearted invitation to all herbalists, wildcrafters and people who love plants to consider a different way of being in the wild for the next seven years and hopefully the rest of our lives. Consider accepting this invitation for the plant people and for the next seven generations. One person doing this can make a difference. Everyone doing this will make a huge change!



California Poppy (*Eschscholzia californica*), photo ©Liz Butler

JOHN BARTRAM, 18TH CENTURY BOTANIST

by Mandy Katz

Nestled amongst the smoke stacks and traffic of industrial southwest Philadelphia survives the home of John Bartram, built by him in 1728, and the botanic garden he founded in 1729. Maintained by his family for three generations until 1850, the garden then became a private pleasure garden until it was purchased by the city of Philadelphia in 1891.

The house and garden are now preserved on 45 acres of land that is part of the city's public park system. A small group of people supported by the John Bartram Association works to preserve the Bartram family's legacy and vast living collections and share them with busloads of school children, tourist groups from around the world, and locals seeking respite from the stresses of city life.

Born in a time and place when formal education and access to doctors were not readily available, John Bartram became one of the world's best respected botanists in the eighteenth century, primarily out of a combination of necessity and passionate curiosity. It is understood that he was a trusted dispenser of indigenous

drug plants to his neighbors. His information about the native flora was gleaned from family members, colleagues, and indigenous people he met on botanical expeditions covering land as far north as Lake Ontario, south to Florida, and west as far as Georgia. On one such expedition Bartram accompanied Conrad Weiser and Lewis Evans in 1743 on a trip to Onandaga, the capital of the Iroquois Nation. Here he stayed in a longhouse and studied the environment and culture of these people, keeping a detailed journal of his observations which was published in 1751.

Soon after this journey, Bartram wrote one of the earliest pharmacopeias of native North American plants. The text, called *Containing Descriptions, Virtues and Uses, of sundry Plants of these Northern Parts of America*; and particularly of the newly discovered Indian Cure for the Venereal Disease was printed as an appendix to Thomas Short's 1751 *Medicina Britannica* in London and also by Benjamin Franklin separately and sold in Philadelphia.

The appendix outlines the uses, identification, common names and habitats of twenty plants. Plants of particular interest to the United Plant Savers community that are discussed in the appendix are *Collinsonia canadensis*, *Chamaelirium luteum*, *Asclepias tuberosa*, *Aralia racemosa*, *Lobelia siphilitica*, and *Sanguinaria canadensis*, amongst a host of other important medicinal plants.

Perceptions about medicine from this period have not stood the test of time, and many of the applications indicated by Bartram (and plant names) are no longer in use. The study of this document does give an impression of the functioning medical ideas of the day based on Galen's theory of the four humors, as well as the medical needs and practices of the colonial people.

The horticultural team and historian at Bartram's are currently engaged

in an effort to renew the medicinal plant exhibit to contain all 20 of the plants mentioned in the 1751 Appendix. They are also working to improve interpretive signage and other materials about the display and

“Born in a time and place when formal education and access to doctors were not readily available, John Bartram became one of the world's best respected botanists in the 18th century...”

its context in 18th century medicine. The garden is home to roughly a thousand species of woody plants, some hundreds of years old. Also here is an ebbing and flowing population of well over 700 species of herbaceous plants suited to a wide range of cultural conditions, from ginseng and goldenseal to Venus flytraps and sundews to echinaceas, grasses, lichens and mosses.



Collinsonia canadensis drawn by William Bartram Illustration courtesy of American Philosophical Society

In this museum, each plant is observed and cherished for its unique qualities. In the words of John Bartram, "Whatsoever whether great or small ugly or handsom sweet or stinking.....everything in the universe in their own nature appears beautifull to mee."

Assistant gardener at Bartram's Garden and UpS member Mandy Katz can be contacted at mkatz@bartramsgarden.org or Bartram's Garden, 54th St. & Lindbergh Blvd. Philadelphia, PA 19143 | 215-729-5281 www.bartramsgarden.org



John Bartram as imagined by illustrator. Image courtesy of jchatoff.wordpress.com



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Journal of Medicinal Plant Conservation

Winter 2012

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The Relevance of Research

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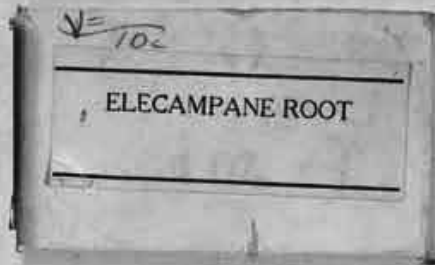
Lomatium "Big Medicine"

Understanding Goldenseal's Genetic Diversity

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WINTER 2012

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The Relevance of Research

by Executive Director, Susan Leopold, PhD

The boxes on the front of our cover page this issue are images of what you would have found in your general store in the early 1900s. Dried plant material packaged in cardboard boxes reminds us of some of the earliest herbal companies. Crude Drugs is how they were often referred to, for herbs most certainly were the foundation to most basic healthcare. Cyprus Sage, produced by S.B. Penick & Co. with its logo "The initial source of supply", had an interesting message on the back of the box. It read, "The source of supply for the genuine DALMATIAN SAGE has been closed to this market for many months. We have used all of our resources in an effort to secure a product near the Dalmatian variety as possible. The contents of this package is genuine Cyprus sage which is the best available grade today".

What this indicates is that even in the early days herbal companies sourcing wild materials lead to problems with overharvesting. In this journal issue we tried to highlight a variety of current research that provides insight into how we can source wild material sustainably, and ask the question of how to define a sustainable harvest. This can mean that sometimes it is important to research adequate alternatives. Anne Stobart talks about how a European substitute for cramp bark could take the pressure off American highbush cranberry, since it is being wildly harvested for export and is at-risk in some states. Jim Chamberlain provides an overview of his three-year successive study of harvesting various amounts of black cohosh (*Actaea racemosa*) and how he is systematically in the process of documenting its ability to regenerate after these harvests have taken place. Janet Rock and Nora Murdock of the National Park Service and Gary Kauffman of the US Forest Service summarize various research efforts to determine the effects of poaching and legal harvesting of medicinal plants, especially the highly valued American ginseng in our National Parks and Forests. Their findings are highly alarming. They have documented dramatic decreases in populations due to massive poaching. Ginseng is especially vulnerable because old plants that are critical to reproduction are being taken irresponsibly. Certainly the fear is that in this time of economic downturn and increasing price demands, not just ginseng, but several species are in dramatic decline. Understanding and exposing what is happening to native wild populations in regard to harvesting is critical to ensuring future populations of native medicinal plants. If we are to save forests, we need to know how to manage non-timber resources, especially valuable medicinals.

We also need to be aware and proactive concerning the health of our native trees. Steve Byers provides an insightful update on the disease that is decimating the butternut (*Juglans cinerea*). Many trees in our forests are dealing with diseases, blight, infestations, and fungal infections that are not fully understood. Steve's update highlights new insights and stresses the importance of genetic diversity to find disease resistance. Celle Rikwerda's research on Lomatium highlights its history and use demonstrating why it is referred to as "Big Medicine". She highlights the logging and construction that is taking place in the northwest and how this can be an opportunity to save or harvest important medicine. Regional insights are important to our journal. Going forward UpS will be investing energy into creating a more regionally based website and journal so that we can adequately address and represent local concerns.

In regard to goldenseal, two very different but interesting research projects highlight the importance of why we should be saving these plants. Nadja Cech provides radical insights into the synergistic understanding of the chemistry of goldenseal. The research she has been working on demonstrates how we are just beginning to understand the complexity of plant medicine as documented by science. Jennifer Torgerson and Laura DeWald's research looks at genetic diversity within various populations of goldenseal, indicating that sexual reproduction is creating genetic diversity within populations. This further supports the need to protect various populations if we want to conserve genetic diversity of goldenseal, a plant that has powerful indications for fighting MRSA infections. As we build immunity to antibiotics, we may be looking to goldenseal, and diversity could be the key to just the right synergy for new medicines to save those fighting infections for which we have no cure.

"Saving Lives by Saving Plants!" This was the Chiang Mai declaration that was established at a 1988 conference on medicinal plants, which affirmed the importance of medicinal plants in public health and the call to action for their conservation. This historic declaration simply summarizes the relevance of research. In January I had the fortune of connecting with Richard Liebmann and his wife Natalie while camping at their amazing Lokahi Garden Sanctuary in Hawaii. In spending time in Hawaii and hearing stories about the early days of UpS, I realized how fortunate UpS was to have had Richard as the first Executive Director. The beginning years of a newly formed non-profit are challenging, yet critical to a successful future. United Plant Savers was a new concept completely groundbreaking in its approach, and it was important to establish its mission with clarity and consistency. This firm foundation is well illustrated in this issue's article by Antioch Student Renee Davis, who chose UpS for her course assignment, which was to study an organization that she felt demonstrated social change. Her research paper demonstrates the role that UpS has played in shifting the culture of American Herbalism to be more respectful, mature, and sustainable about the use of wild plants.

Furthermore, Richard Leibmann was critical to the establishment of Goldenseal Sanctuary in Rutland, Ohio. In regard to research over the years at the sanctuary, Erika Guthrie eloquently summarizes the unique way in which both qualitative and quantitative research have helped provide valuable insight into the biodiversity of the eastern deciduous forests. The sanctuary has provided a place for interns to learn about stewardship of medicinal plants and has also been a place that college students have intentionally chosen as a location to conduct their research. The various research has included the role of seed dispersal in plant communities, a floristic study, bird diversity, land management practices, soil and other factors influencing location of medicinal plant populations, and the effect of strip mining in regard to medicinal plant populations. Goldenseal Sanctuary will continue to contribute to the understanding of medicinal plant conservation and further give weight to the relevance of research.

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“The outstanding scientific discovery of the twentieth century is not television, or radio, but the complexity of the land organism.”

Aldo Leopold, Round River

Winter 2012



CULTIVATION CORNER

Seeds of Medicinal Trees

by Richo Cech

From a small acorn the mighty oak doth grow!

This wisdom, and variants upon it, strike a chord with peoples and cultures worldwide. It's a saying that's been around for a long, long time. Chaucer caught the gist of it in 1374 when he wrote "as an ook cometh of a litel spyr." The word "spyr" is old English for "sapling."

Here at Horizon Herbs we really like to play with seeds, are in love with the lithe form of the sapling, and find that there is no shade on Earth like the shade of a tree that we have planted with our own hands, whispering to the seed that the tree to come should be a gift of life to be shared by all beings. With this giveaway, we're supporting UpS'ers to plant lots of tree seeds, and to find homes for the saplings wherever appropriate. As you well know, trees provide not only shade, but soil, oxygen, food, water and habitat. Our homes are made of trees, and the home of the thrush who chortles at daybreak is also made of trees. The trees give all this to us without asking anything in return. Would that we could be more like the trees, supporting all life in peace, beautiful and solid, asking nothing in return. May we all be like the trees.

Our choices for this giveaway represent the cream of world tree resources, some of the most beautiful, useful and, of course, medicinal of all plants on earth. The seed is newly harvested, and planted with care, it will give great results. Full cultivation instructions for each species are printed directly on the packet. This year's giveaway consists of one packet each of:

English hawthorn (*Crataegus laevigata*)

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Black Elderberry (*Sambucus nigra*)

Provides the potently medicinal berries that can be made into delicious syrup for treating the common cold and flu virus. If you'd like more information on how to make elderberry syrup (that will even tantalize the discriminating palate of a 2-year-old) then check the photo-recipe residing at my blog "The Seed Screen."

Big love for the new year from all of us at UpS!

Spring Seed GIVEAWAY

Plant the future ~ with this year's selection of medicinal tree seeds. This year's spring seed giveaway consists of 1 packet each of English hawthorn (*Crataegus laevigata*), Cedar of Lebanon (*Cedrus libani*), Witch hazel (*Hamamelis virginiana*) and Black Elderberry (*Sambucus nigra*). Seeds are all grown by Horizon Herbs. Planting instructions will be included with your order.



Witch hazel

To order seeds please send your name, address and a check or money order for \$5 (to cover shipping and handling) **by april 15, 2012 to:**

UpS Spring Seed Giveaway
PO Box 400
East Barre, VT 05649

Current members only; one order per member. We'll send the orders out in April, but you will still be able to order while supplies last.



Harvesting Hawthorn



Elderberry flower

Photos courtesy of Richo Cech

The Big Medicine ~ *Lomatium dissectum*

by Celle Rikwerda

Here on the western coast of BC, we have a lot of logging and new construction going on. This leaves large areas of upturned soil and plants, making it easy to organize a medicinal plant hunt in these areas. Most will give you permission to enter these sites, which are being bulldozed and are great places for harvesting roots of medicinal plants. I have found many Oregon grape roots and osha roots and, of course, the great *Lomatium dissectum*. We pulled around 50 pounds of the giant root from an area being clear cut. The plants couldn't be saved, but we did get the amazing root to make medicine. Plants can even be found in a neighbor's backyard that is being renovated or excavated for new building. Since they have already been uprooted, many roots can be saved and replanted for future generations. I think that this is an amazing source for medicinal plants and should not be overlooked; it is possible to protect the species if you are well informed in plant identification.

Lomatium dissectum was historically one of the most important medicinal plants of the western United States. Once called the Indian consumption plant or biscuit root, *Lomatium dissectum* was used by the Native Americans to survive the influenza epidemic in 1918. The Washoe Indians ate the root to battle viral illnesses such as influenza. During the Spanish flu pandemic in 1918, not a single member of the Washoe Indian tribe died from influenza or its complications, while other tribes living in the Nevada area where the plant is not native experienced a number of deaths, according to Dr. Ernst T. Krebs, a Nevada physician writing for the *Bulletin of the Nevada State Board of Health*.

This herb was considered "Big Medicine" by the Native Indian Tribes of Nevada for colds. Percy Train, co-author of *Medicinal Uses of Plants by Indians Tribes of Nevada* made a significant statement in reference to lomatium: "Of all the ailments to which the Indian is heir, probably there is none which has not been treated in one way or another by remedies prepared from the root of this plant." The Indians inhaled the fumes of the root, which was left burning in a bed of hot coals, for asthma or congestion

of the lungs. It was also common to chew a piece of raw root for a sore throat. The root was also the basis for a number of antiseptics; the decoction was used as an external wash for smallpox, skin rashes, cuts and sores. The oily sap from sliced fresh roots, when available, was used on cuts and sores.

“Once called the Indian consumption plant, or biscuit root, *Lomatium dissectum* was used by the Native Americans to survive the influenza epidemic in 1918.”

Lomatium has been used as a modern herbal medicine for coughs and upper respiratory infections, including tuberculosis. Its actions are antifungal, antibacterial, antiviral, diaphoretic and immunomodulator. It acts as a bronchial, intestinal and urinary antiseptic and diuretic. The active constituents of the root are essential oils, gums, resins, glycosides (coumarins and saponins), carbohydrates, protein, fatty acids and ascorbic acid. The furanocoumarins and pyranocoumarins in *Lomatium dissectum* have significant antimicrobial activity. *Lomatium* contains volatile oils, which have been used as antiseptics. The root contains much carbohydrate, suggesting the presence of immune-stimulating polysaccharides.

Lomatium dissectum is found from Vancouver Island, southern British Columbia and Alberta, south to Southern California, Nevada, New Mexico, and Colorado, ranging from sea level to the Cascade foothills and up to an altitude of about 2500 meters in the Rocky Mountains. It is currently on United Plant Savers' "At-Risk" plant list.

Celle is a chartered herbalist inspired by her mother's use of herbs. She is also passionate about the ethnobotany of plants found in the northwest. She owns Stark Natural Herbs Farm on Salt Spring Island, BC, which is the first registered United Plant Savers Botanical Sanctuary for Medicinal Plants in BC. Celle propagates and sells a large number of rare and endangered herbs on her farm to conserve the species.



Lomatium dissectum flower



Lomatium dissectum root. Photos courtesy of Liz Butler

Sourcing Cramp Bark Through Medicinal Agroforestry in the UK

by Anne Stobart

a Case Study of the European & American Cranberry

Some medicinal herbs are sourced many thousands of miles from the location of their ultimate use. Dry powdered cramp bark is one such example. This medicinal herb is widely used in Europe and valued for its antispasmodic effects. However, much of the supply can be traced to the United States partly derived from wildcrafting the native American highbush cranberry, which



Cramp bark (*Viburnum opulus*) in flower. Photo courtesy of Anne Stobart

is a threatened species in some states. I am involved with a medicinal agroforestry project in southwest England exploring ways of sustainably cultivating and harvesting medicinal trees and shrubs.

Cramp Bark has longstanding use in a range of cultures with indications for muscular cramps and painful or heavy periods. Some sources

describe this remedy as both the European cranberry and the American highbush cranberry without distinguishing the species used. The *British Herbal Pharmacopoeia* (1983) listed the 'official' version of cramp bark as the dried bark of the American highbush cranberry, *Viburnum opulus* var. *americanum*. This American species, also known as *Viburnum trilobum*, is a small tree or large shrub indigenous to northern United States and Canada. The stem bark contains viburnine, valeric acid, coumarins and tannins, giving spasmolytic, sedative and astringent actions. The European cranberry, *Viburnum opulus*, is another species widely found in Europe, as well as northern America and has similar constituents. The European cranberry can be used medicinally instead of the American species.

Neither the European cranberry nor the American highbush cranberry is actually a cranberry, although the bright red shiny fruits, or 'drupes', do look a bit like cranberries. The American highbush cranberry has a range which stretches from British Columbia east to Newfoundland, south to Washington state and east to northern Virginia. It grows in lowland fens, marshes, and moist woodlands. According to Nellesen (2006), increases in habitat loss, pesticides, herbicides, livestock and pollution may all have contributed to reducing populations of the American highbush cranberry. These general

threats have occurred alongside the gathering of the plant for medicinal uses.

The introduction of the European species to the wild has also resulted in competition and hybrid formation with the American species. Indeed the American highbush cranberry has been reported as 'endangered' in Indiana, 'threatened' in Ohio, and 'rare' in Pennsylvania.

The European and American species can be hard to distinguish. Both are deciduous, grow up to 4 or 5 metres tall, have opposite maple-like leaves, and produce attractive white flowers, red fruit and autumn foliage. The fruit of the American species is said to be more palatable than the European: the berries of the latter are extremely bitter and distasteful and are often left on the bushes by birds till late winter. A more reliable botanical difference is given by Dirr (2011) who says the form of the warty glands on the petiole at the base of the leaf differs between the species. In the European species, *Viburnum opulus*, these glands are sessile and concave, whereas the American species, *Viburnum trilobum*, has convex and stalked petiolar glands.

Cramp Bark is sold worldwide and is often listed as *Viburnum opulus* without further specifying the species or place of origin. Some suppliers state that this herb is sourced by wildcrafting from the United States, and so they could be selling the American highbush cranberry. In Europe supplies may also come from a variety of countries including Romania and Croatia, and these are most likely to be sourced from wildcrafted European cranberry. It is rarely possible to be sure whether the European or American species are being sold, as pictures of the bark or shrub do not provide sufficient identification. If populations of the American highbush cranberry are well-established, then there should be no reason to object to sustainable harvesting, but this would need to be effectively monitored. However, given concern about threats to *Viburnum trilobum* in its natural habitat, there is a good rationale for promoting the use of the European species, and the Holt Wood project shows that it can be readily cultivated.

Holt Wood is a small agroforestry project in southwest England. It was established with the aim of promoting sustainable cultivation and harvesting of medicinal trees and shrubs. I co-founded and have been involved with the project since 2005 when the site was cleared of conifers and replanted with medicinal native and introduced trees using a permaculture design. One year old *Viburnum opulus* whips, 40-60 cm tall, were

locally sourced and planted in an area close to the River Torridge, which is prone to flooding. At least 20 other kinds of medicinal trees were planted including several varieties of willow. Spacing of the plants varied but averaged approximately 1.5 to 2 metres apart. This close spacing is desirable for use of coppice management techniques, cutting close to the ground every 5 to 6 years, to produce an on-going supply of stems for bark. In April 2011, a selection of well-grown cramp bark shrubs was harvested. Each shrub, having reached a height of approximately 2 metres, provided at least five to six stems, which were cut at a height of about 20 centimetres from the ground. Leaves, and side shoots of less than a pencil thickness, were removed and the cleaned branches were then stripped of bark using a curved blade. The bark pieces were dried at room temperature for three to four weeks and then cut and powdered in a heavy duty grinder. Our experience has shown that it is important to make sure that the bark is totally crisp and dry or it does not powder readily. The coppiced stumps have since resprouted vigorously and will regenerate over the next five years enabling us to take further harvests.

So far this project has shown that it is feasible for at least one herbal practitioner to be self-sufficient in cramp bark with a relatively small planted area of a few square metres. The Holt Wood project has recently been recognised as part of a UK network of Permaculture Land demonstration projects, and I am aiming to encourage other herbalists and growers in UK to consider establishing more herbal supplies through similar projects.

In Europe it seems that sustainable cultivation of the European cranberry is a real option for growers. The Holt Wood project in south west England demonstrates that it is possible to be self-sufficient in supplies of cramp bark using coppice management and medicinal agroforestry. Thus the production of cramp bark from cultivated sources can provide an alternative to using supplies from unspecified wildcrafted sources. Back in the United States, if wild sources are used, then collecting guidelines and clearer labelling are needed so we can be sure, if we are using the American cranberry, that it comes from sustainable and well-established populations.

Anne Stobart is a member of the National Institute of Medical Herbalists based in Devon, England. She joined the UpS Botanical Sanctuary internship program in autumn 2010. She uses the herbs harvested at Holt Wood in her clinical practice and is exploring further possible coppicing approaches to the sustainable sourcing of medicinal trees and shrubs. You can read her occasional blog at <http://herbaid.blogspot.com/>

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Medicinal Plant Conservation Award for 2011

by Susan Leopold, PhD

Celle Rikwerda, of Stark Natural Herb Farm, Salt Spring Island, British Columbia

I had the wonderful opportunity to meet Celle Rikwerda this past summer at her herb farm and nursery, which became the first UpS Botanical Sanctuary in British Columbia. I was so impressed with Celle's passion for herbs and her desire to grow her small business, while simultaneously raising her four young children. Celle is following in her mother's footsteps going to school to become a chartered herbalist and being passionate about the ethnobotany of plants found in the Northwest. Celle is helping spread the mission of UpS through her blog, community outreach to her children's school, and local garden club with her farm tours. She recently wrote an article about *Lobelia inflata* for the Canadian Herbalist Association of British Columbia and has also contributed articles to the *UpS Journal*. Celle goes out of her way to educate visitors to her farm about plants on the "At-Risk" and "To-Watch" lists through her herb garden and plant nursery. As a young mother, Celle finds time to make herbal remedies and work towards making her small homestead as self-sufficient as possible.

Celle says, "We try to stock as many of these plants on the 'To-Watch' and 'At-Risk' Lists as possible to help with the preservation of the species and to educate people on the fact that these plants can indeed disappear if we don't step in. Locating plants from a nursery that cultivates them, instead of taking them from the wild, in addition to seed saving, I feel is doing my part in helping this cause. I always let people know which plants these are and why they are special. Lots of people who come by the nursery have never even seen these plants other than on the shelf in tincture form, so it is pretty exciting having them for sale, as well as on display!"



Celle at Stark Natural Herb Farm

Change Inquiry Report: UpS

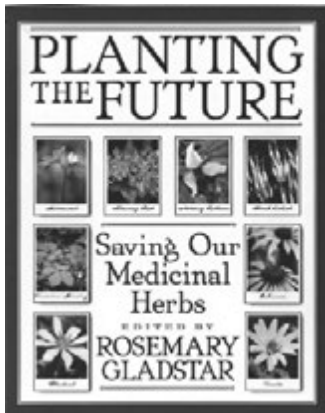
by Renee Davis

Renee Davis is a community herbalist with the Olympia Free Herbal Clinic and a researcher currently finishing an M.A. in Whole Systems Design at Antioch University, Seattle, WA.

United Plant Savers is an organization that I have a lot of respect for. Since their founding in 1995, they've shifted the culture of American herbalism to be more respectful, mature and sustainable about the use of wild plants. It was a joy and honor to work with them. They've helped broaden my understanding of their structure and function as it relates to systemic change.

I. Brief History of United Plant Savers & Methods of Research

United Plant Savers (UpS) was founded in 1995 in East Barre, VT. Their mission is to protect native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come. They have a wide variety of programs to support their mission, including internship programs, conferences, botanical sanctuary networks, community grant programs, maintaining a botanical "At-Risk" list, medicinal plant conservation awards, educational publications, and others. As a result, they engage many diverse groups of people involved with plant work: herbalist practitioners, herb schools, product manufacturers, students, environmental consultants and landowners.



My research question was: By what means has UpS affected this change in our society? To gather the necessary information needed, I carried out an extensive literature review. I read *Planting the Future: Saving our Medicinal Plants* by Rosemary Gladstar and Pamela Hirsch, *Herbal Voices: American Herbalism Through the Words of American Herbalists* by Anne Dougherty, *From Little Acorn: A History of UpS* by Ann Armbrecht

and watched *Numen The Nature of Plants*, produced by Ann Armbrecht and Terrence Youk in association with UpS. Additionally, I engaged in email discussions about UpS with Executive Director Susan Leopold, PhD and Office Manager Betzy Banc off.

II. Findings

From the literature review, I was able to get a grasp on the major issues affecting the American herb field.

These include concerns over licensing and certification research methods, trends in the herb product industry, herb education and threatened plant species. I honed in on the issues surrounding endangered native medicinal plants. With the rapid expansion of the herb and natural product industry in the 1990s came new market-driven herb "fads". Certain plants (such as American ginseng, black cohosh, echinacea, goldenseal, etc.) would gain popularity as a result of heavy marketing, creating a consumer demand for more product and plant material. These plants would often be gathered from wild stands in great amounts, decimating those ecological communities. United Plant Savers was formed in 1995 to create awareness and educate people on the matter and to curb practices that harm native plant communities.

From my conversations with Betzy Bancroft and Susan Leopold, I learned of the history of the organization. I was specifically interested in the difficulties encountered in its founding. The founder, Rosemary Gladstar, had been very active in the herbal community for decades. She was able to rally support from fellow wildcrafters and practitioners, but there were some obstacles.

One of the difficulties expected was the diversity of the herbal community. However, Gladstar recalls: "Several people told me there was no way it would work because there was too much diversity. But the diversity worked. People came together in a very heartfelt way. They were all very committed. We found that people had been asking this question; they were already concerned. And with this concern they brought this heartfulness and that was the key." (Armbrecht)

Gladstar continues on the issues surrounding the founding of UpS and its mission: "Most people involved in the herbal world are there because of an interest in herbs, not necessarily because they are interested in conservation. And many people who had herb programs also sold herbs, so they didn't really want to raise questions about conservation. So UpS had to be very thoughtful as we wanted to include people who were involved in all aspects of the herbal world, not just those interested in cultivating and conserving herbs."

We kept saying, "No, this isn't about 'not wildcrafting', that's one of our great arts as herbalists." We did ask the herbal and manufacturing community to realize that it was very bad business practice to pull up the things you depend on for your business. But it's deeper

than just being bad business. It's not ethical. That's really the bottom line of it. So it wasn't really about not wildcrafting; it was about identifying plants that were sensitive that we needed to be mindful of for their sake as much as our own." (Armbrecht)

These excerpts sum up a core value of the work of UpS—care for the plants for their own sake. It also points to a restraining force in the work of UpS: the market-driven forces of the commercial herb industry. Betzy Bancroft notes "I would say it is primarily the herbalists' community that has taken UpS's mission to heart. There is still poaching, overharvesting and destruction from development going on in the larger 'herb industry'...but we have made tremendous headway." (B. Bancroft, personal communication, November 5, 2010).

Bancroft and Leopold point to the educational materials and conferences as key to getting the message out, with the conferences hailed as being the most effective. They also issue and regularly update "At-Risk" and "To-Watch" lists. Product manufacturers can become members and, to display their commitment to sustainable plant practices, display the UpS logo on the product itself. They cite a new challenge of UpS as engaging the younger generation in their mission.

They also promote "At-Risk" plant cultivation and educate practitioners on alternatives to the over-popularized herbs through their workshops, presentations, books and quarterly publications.

III. Interpretation & analysis

My interpretations of these findings are many. What strikes me is that UpS has created a new standard for working with herbs that spans the field. UpS aimed to be a "wake-up call" for the herb community. Rosemary Gladstar put it well:

"I would say that American herbalism is really based on what the plants can do for us. We're a very self-centered community and species because we are very young. You know with babies, it's all about what they can get. It takes a lot of maturity, a maturity that the human species is still working toward, to see that we're here to give out as much as we receive. And so I think that what's happened is the herbal community has matured and is now considering what can we give back? And our first calling was to go to the plants directly." (Armbrecht).

UpS is really aiming to shift the cultural pattern of human separation from and domination over the natural world, emphasizing that the plants are there for their own sake.

The American cultural pattern of problem-solving can be seen in the mission of the organization. They have identified a clear problem and have come together as an organization to bring about the solution. They are providing feedback and measurements to the system in the spirit of the implied agent, conveying information in a way that guides behavior. As an organization, they embrace Americans' value of clear and measurable facts, as well as their orientation to action. Finally, I've recognized that UpS gains support from the larger conservation movement and the American herb community.

IV. Key Conclusions, Questions & Reflections

My learning in this assignment has been deep and enjoyable. I embraced and focused on grounding my understanding of American cultural patterns in this assignment—a task both challenging and rewarding. I drew from my coursework in systemic thinking, research methods and social change at the Center for Creative Change in my analysis.



Paul Strauss leads a tour at the Goldenseal Sanctuary

It was an honor to learn from an organization that has been so successful in bringing about positive systemic change. As a young herbalist, I highly respect their work. It has shaped my own practices in the field and with people, and no doubt they will continue to inspire, inform and educate others on sustainable herbal practices.

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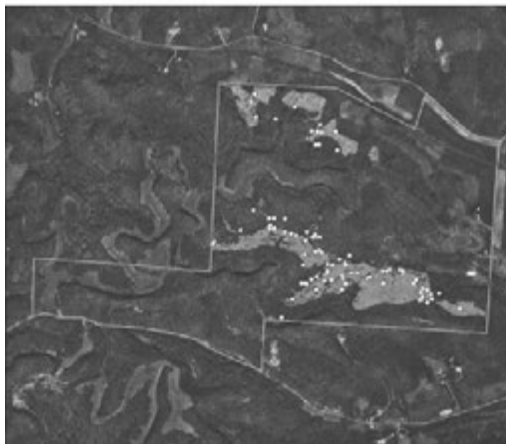
Qualitative & Quantitative Research at the UpS Botanical Sanctuary, Meigs County, OH

by Erika Guthrie, MNIMH

Biodiversity & The Eastern Deciduous Hardwood Forests of the United Plant Savers Botanical Sanctuary

There is a scarce, although growing body of knowledge regarding the ecology of the herbaceous layer of the deciduous forests of eastern North America. While it is the herbaceous layer of these forests that account for the majority of their biodiversity, this layer, or stratum, houses many plant species that have historically and modernly been harvested for their medicinal and economic value. Unfortunately, these populations are now declining due to habitat loss and fragmentation, invasive plant establishment, over-harvesting, and herbivory. These medicinal herbs are a crucial aspect of culture and economy within Appalachia, the bioregion that surrounds the United Plant Savers Botanical Sanctuary.

UpS Sanctuary, Meigs County Ohio



Most Likely Habitat

Areas within the study site most likely to provide habitat for the four plant populations were calculated using attributes of aspect, slope, elevation, soil series, and land use history. The GPS location points for the populations were then layered on the raster. This provides a visual for all of the appended attributes and displays "most likely habitats" that contain the populations. "Most likely habitats" are defined by attributes having the highest percentages of plant populations. This includes areas with "forest only" land use history. Total area for "most likely habitat" is approximately 42 acres representing 10.9% of sanctuary.

Increased research and knowledge about these medicinal plants, their population ecology and life histories can lead to sustainable harvesting, monitoring, and conservation protocols. In turn, trends in forest management are now attempting to incorporate conservation and sustainable harvest practices of non-timber forest products in acknowledgement of the effects of traditional timber harvesting upon these invaluable resources. Albeit extractive in its approach, these practices rely upon a greater understanding about the ecology of the herbaceous layer, notably its medicinal species and their response to disturbance, in order to pave a golden road towards the balance between conservation and economy. United Plant Savers with its botanical sanctuary in Meigs County, Ohio is in a poignant position in this regard. Not only does the sanctuary lie in the heart of the above-

mentioned hardwood forests, the land ethic and 'hands off' management practices have enabled this land to flourish and heal, and in doing so contribute full-heartedly to the biodiversity of the region and serve as a unique resource for education and research.

History of Research on the Sanctuary

There is much to be said about previous research ventures on the sanctuary. Due to the unique nature of the landscape, its previous land use history, land management practices, and the biodiversity it encapsulates, United Plant Savers Botanical Sanctuary has captivated the research interests of many academics, notably from the neighboring Ohio University, as well as various organizations such as the US Fish and Wildlife Service and Rural Action, a non-profit operating in Appalachian Ohio promoting economic, social and environmental justice. A wonderful example of these previous alliances is highlighted in the contribution from United Plant Savers to the establishment of regulations for the sustainable harvesting and trade of American Ginseng (*Panax quinquefolius*) for the state of Ohio.

Within academia, the earliest published qualitative study conducted was an Ohio University Masters of Science in Environmental Studies thesis (Zanski 1997), which investigates some of the principal land management practices that underlie the establishment and ethos of the United Plant Savers sanctuary. In her thesis, Zanski (1997) approaches Paul Strauss, one of UpS's forefathers and founding members, and his Equinox Farm, as a land management model to apply to a wider context of private land ownership in 'boom and bust' coal mining regions such as Meigs County, Ohio. Goals of this research included the exploration of what the author calls an 'extractive reserve' as a viable conservation strategy, which incorporates not only relying upon natural resources as an income source but which also includes ecological restoration and sustainable forestry practices.

Another qualitative Masters of Science in Environmental Studies from Ohio University (Hoffman 2006) also addressed the definition of sustainable land management, focusing on the United Plant Savers sanctuary and surrounding 2000+ acres of contiguous land owned by like-minded individuals. In the course of her analysis and definition of sustainability, Hoffman concluded that although intentions were geared towards sustainable outcomes, this region was still in the embryonic stages of sustainable land management.

This is, of course, one of the many issues surrounding the definition of 'sustainability', especially when those definitions are applied to specific communities out of context of land use history and current land use practices.

Invaluable quantitative research has also been conducted on the sanctuary – most notably an Ohio University floristic study (Martin 2002), a systematic documentation of all flora within the forested sections of the sanctuary. Martin's (2002) results documented 358 species in 238 genera and 97 families. These totals also included two species, *Corallorhiza wisteriana*, spring coral root, and *Juglans cinerea*, butternut or white walnut, which were at the time state-listed 'potentially threatened' species. Documentation of invasive non-native plants on the sanctuary was also carried out. Populations of species such as *Rosa multiflora*, multiflora rose, *Lonicera japonica*, Japanese honeysuckle, and *Elaeagnus umbellata*, or Autumn olive, amongst others were noted. Monitoring of invasive species presence and abundance is paramount in maintaining a functioning and healthy forest, as invasive species have the ability to crowd out native species, reducing suitable habitat and biodiversity and in the case of the sanctuary, compromising the mission of conservation and provision of 'safe haven' for its beloved threatened and medicinal herbs. In the course of her research Martin (2002) also located and documented populations of 4 medicinal plant populations using GPS coordinates including *Hydrastis canadensis*, goldenseal, *Actaea racemosa*, black cohosh, *Panax quinquefolius*, American ginseng, and *Sanguinaria canadensis*, bloodroot. Inputting these coordinates into a modern Geographic Information System (GIS) has revealed interesting patterns amongst and between the four medicinal plant populations (Guthrie 2011, unpublished data) alluding to habitat preferences in regards to soil types, topography, and land use history. Having GPS coordinates like these allows for the monitoring of spatial movement of populations through time. This is exceedingly important information for preserves and sanctuaries to document as herbaceous plant populations are rarely spatially static, especially when faced with modern disturbances and migration caused by climate change.

In 2009, as part of the Ohio Breeding Bird Atlas II, a survey of bird populations on the sanctuary was conducted. The surveyor, Steve Ritt, documented 77 species in the survey block of United Plant Savers and concluded it was by far the highest count he had tallied out of any blocks he had surveyed in the state of Ohio. In an email to Chip Carroll, intern coordinator for the sanctuary, he attributed this high species diversity to the wide variety of suitable and protected habitats, such as deep, rich ravines, ponds, woody understory, and old agricultural

fields. As both resident and migratory birds rely upon many of the plants in the sanctuary as a food source, they serve as invaluable dispersers of seed thereby contributing to new populations of herbs, shrubs, and trees in the region and beyond. Therefore, in providing safe habitat not only for plants, but also for birds, the UpS sanctuary is also continuing to contribute to the biodiversity in this region.

“The perennial nature of the herb layer and its complex responses within the forest community often require years, if not decades, to observe.”

How to Move Forward

One of the most difficult aspects of studying ecology is that it is multi-variant, an interweaving web of factors from soil biota and nutrient cycling to light infiltration, water balance and topography, and the list grows longer the more ecologists learn about this forest stratum. Adding to this difficulty is the issue of time. The perennial nature of the herb layer and its complex responses within the forest community often require years, if not decades to observe. In addressing this issue many conservation and monitoring strategies have enlisted the use of permanent plots, or areas within the landscape that are subject to change temporally, where their spatial boundaries have been held constant.

This type of monitoring has become increasingly important, especially in regards to the effects of climate change on the herbaceous layer and forest ecosystems at large. In order for conservation organizations like United Plant Savers to continue their work and their mission, strategies must begin to incorporate monitoring regimes. This can take place in hopes of continuing to protect our precious forest resources as we learn more about their evolution, adaptation, and migration within the inevitable parameters of global warming.

Erika Guthrie is a Medical Herbalist, UpS Intern, and candidate for Masters of Science in Environmental Studies, Ohio University.

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Harvesting of Medicinal Plants in the Southern Appalachian Mountains

by Janet Rock, Gary Kauffman & Nora Murdock

Is [harvesting] it a threat to the long-term viability of wild American ginseng populations in the National Parks and Forests, and the Southern Appalachians in general - the core of the species' distribution?

The Southern Appalachian Mountains are well known for their diversity of native medicinal herbs. Federal land-managing agencies (National Park Service, US Forest Service) operate under different legal mandates, with the National Forests allowing controlled commercial harvest of some plants, and the National Parks not allowing such harvest. However, all land managers are working to maintain viable populations of native plants. Managers and biologists from different agencies are expressing concern over the increasing level of harvesting (and poaching) occurring on public lands. In the National Parks, poachers are penetrating deeper into the most remote backcountry, as more accessible populations of target species are disappearing.

No species has as rich a history of commercial harvest as American ginseng (*Panax quinquefolius*), which has been wild-harvested for over 250 years. Native to eastern

North America, ginseng is a long-lived perennial herb that typically requires a minimum of 5-9 years before it produces viable seed in the wild. Due to sustainability concerns the species was included on the CITES (Convention on International Trade in Endangered Species - Appendix II) list in 1975. With the recent economic downturn, in combination with rising export prices, increases have been observed in both legal collections from National Forests and private lands, as well as illegal harvest from National Parks and other protected lands. During the last two years, the Nantahala and Pisgah National Forests have issued a historic number of permits to harvest ginseng. North Carolina National Forests issue more permits for special forest products, including medicinal herbs, than any other National Forests in the US.

This article details three different studies that have been conducted recently to assess the potential vulnerability of ginseng to current levels of harvest, both legal and poaching. Also included are notes on several other heavily harvested species. The three studies used

different approaches to the question: 1) National Park Service – Blue Ridge Parkway – a landscape-level survey of ginseng occurrence and population structure at 200 sites; 2) National Park Service – Great Smoky Mountains National Park – a detailed demographic study, tracking all individual ginseng plants in multiple wild populations across several years; and 3) US Forest Service-National Forests in North Carolina – an 8-year study measuring recovery, following a single controlled harvest.

Blue Ridge Parkway

The National Park Service's Appalachian Highlands Inventory & Monitoring Network (APHN) is monitoring several plant species known to be significant poaching targets, including galax (*Galax urceolata*), black cohosh (*Actaea racemosa*), bloodroot (*Sanguinaria canadensis*), several trillium species (*Trillium* spp.), and ginseng.

The early results of monitoring are alarming, especially for ginseng: over the past two years, 200 sites predicted to be suitable habitat for ginseng have been visited and evaluated, with only 42 ginseng populations being found. Virtually all of these have shown signs of heavy poaching, even in remote areas that were miles from the nearest roads or trails. Population age structure was skewed toward younger, non-reproducing plants, in all populations. In the wild, plants are usually at least 5-9 years old (often much older) before they add the 3rd prong (leaf) and begin to produce berries (with seeds). Since ginseng reproduces only from seeds, this is a critical life stage in any population. In protected ginseng populations (no harvesting), 3 and 4-pronged plants are usually the dominant size classes. At 93% of the APHN sampling sites, there were no 4-pronged plants, and three-pronged plants were uncommon; 30% of the populations had no reproductive plants left. Only one of the 42 populations contained more than 30 plants, and the vast majority had less than a dozen plants remaining.

Great Smoky Mountains National Park

Great Smoky Mountains National Park (GSMNP), at over half a million acres, is the largest fully protected reserve for wild ginseng in the US. Even though the park has been protected for 75 years, ginseng poaching has always occurred at some level.

Since 1991, GSMNP law enforcement rangers have confiscated over 13,000 wild American ginseng roots from poachers. Resource Management staff have aged these roots and replanted undamaged ones back into the park. The average age has increased in



the last decade from 9 years to 11 years, suggesting that poaching is occurring in more remote locations. In 2010, rangers intercepted two poachers with over 800 roots that they had removed while camping for several days in the park's most remote backcountry. 116 of these roots were 20 years old or older; the oldest root was 45 years. In 2011, the average age of ginseng roots in two poaching cases was even greater, 13.5 years, because these seizures contained roots up to 50 years old.

A 4-year American ginseng demographic study was conducted in GSMNP from 1998 to 2001 to determine whether populations were declining, increasing, or stable. Data was collected on almost 900 plants from 6 wild populations (seedlings to 4-pronged plants), including number of leaves, stem height, flower count, and seed set. Dormancy in ginseng was confirmed for the first time during this study with 8% (average) of all plants entering dormancy in any given year. Most dormant plants emerged after 1 year of dormancy with a decrease in size, but 12% remained dormant for 2 years. Seed production was very low (ginseng reproduces exclusively by seeds), compounded by a seedling mortality rate of 90%. Larger plants, 3 and 4-pronged, contribute the most to population growth, because they are the only ones that produce any appreciable seed. Population projections (a simulation of population growth) for various harvesting scenarios indicate that the Smokies' populations are currently barely maintaining themselves and cannot tolerate any harvesting, either annually repeated or a one-time large harvest of 3 and 4-pronged plants. Based on detailed demographic data from Smokies populations, the estimated minimum viable population size (to ensure long-term survival), in ideal climate conditions, is between 200 and 500 plants, which is larger than most existing populations within or outside the park. In less than ideal conditions, particularly during periods of drought, the minimum number of plants needed for long-term population survival is even higher.

Very few controlled harvest studies have been done across the range of American ginseng. In 2003, US Forest Service botanists in NC began a simulated harvest study within a remote population of 168 plants on the Pisgah National Forest. All fruiting three- and four-pronged plants, 46 in total, were harvested. The average age of the harvested ginseng was 13.8 years for the 3-pronged plants and 22-23 years for the 4-pronged plants, with one of the 4-prongs being 45 years of age. All mature seeds were carefully planted two centimeters deep during the initial harvest and during each subsequent monitoring in 2004-2006, 2008, and 2011. No further harvesting was conducted and no evidence of poaching was seen. Prior to the harvest, non-flowering one- and two-pronged plants represented 63% of the population. By comparison, in 2004 and 2005, these

individuals represented 93% of the population. After 8 years, less than half the original number of 3- and 4-prong plants were present, compared to pre-harvest conditions, indicating a very slow recovery rate, even from this conservative, one-time harvest of 28% of the population.

Individual ginseng plants are very long-lived (plants over a century old have been documented), but are slow to reach maturity and reproduce in the wild, which intensifies the impact of heavy or repeated harvesting on populations. For populations that are already dropping to dangerously low numbers in the wild as a result of heavy harvesting, the effects of severe consecutive drought years (like 2007 and 2008), added to harvesting impacts, could result in annihilation of the species in some areas.

Within the core of the species' range, the Southern Appalachians, on lands where the species is legally protected from any harvest (the National Parks), or from unsustainable harvest (the National Forests), monitoring data from the three separate studies described above is indicative of a disturbing trend of widespread decline in this species in the wild.

Janet Rock, Botanist, National Park Service, Great Smoky Mountains National Park

Gary Kauffman, Botanist, US Forest Service, National Forests in North Carolina

Nora Murdock, Ecologist, National Park Service, Appalachian Highlands Inventory & Monitoring Network

“Kauffman, a botanist and ecologist from the National Forest Service, tracks the dwindling populations of *Panax quinquefolius*, or American Ginseng—the most heavily traded wild plant in the United States. Up to 85,000.00 pounds of fresh ginseng roots are legally dug each year. Much of it comes from the Southern Appalachians, and the vast majority ends up in Hong Kong for use in traditional Chinese medicine, where it has replaced *Panax ginseng*, its Asian cousin, virtually extinct in the wild. Botanists such as Kauffman are working to make sure the same doesn't befall American ginseng.”

(Quoted from “Buried Treasure” by John Kessler published in *Garden and Gun*, 2011)



“aT-RISk” & “TO-WaTCH” LISTS

Statement of Purpose

For the benefit of the plant communities, wild animals, harvesters, farmers, consumers, manufacturers, retailers and practitioners, we offer this list of wild medicinal plants which we feel are currently most sensitive to the impact of human activities. Our intent is to assure the increasing abundance of the medicinal plants which are presently in decline due to expanding popularity and shrinking habitat and range. UpS is not asking for a moratorium on the use of these herbs. Rather, we are initiating programs designed to preserve these important wild medicinal plants.

“At-Risk”

aMERICaN GINSENG
Panax quinquefolius

BLaCk COHOSH
Actaea (Cimicifuga) racemosa

BLOODROOT
Sanguinaria canadensis

BLUE COHOSH
Caulophyllum thalictroides

ECHINaCEa
Echinacea spp.

EyEBRIGHT
Euphrasia spp.

FaLSE UNICORN ROOT
Chamaelirium luteum

GOLDENSEaL
Hydrastis canadensis

LaDy’S SLIPPER ORCHID
Cypripedium spp.

LOMaTIUM
Lomatium dissectum

OSHa
Ligusticum porteri, L. spp.

PEyOTE
Lophophora williamsii

SaNDaLWOOD
Santalum spp. (Hawaii only)

SLIPPERy ELM
Ulmus rubra

SUNDEW
Drosera spp.

TRILLIUM, BETH ROOT
Trillium spp.

TRUE UNICORN
Aletris farinosa

VENUS’ FLY TRaP
Dionaea muscipula

VIRGININa SNaKEROOT
Aristolochia serpentaria

WILD yaM
Dioscorea villosa, D. spp.

“To-Watch”

aRNICa
Arnica spp.

BUTTERFLY WEED
Asclepias tuberosa

CaSCaRa SaGRaDa
Rhamnus purshiana

CHaPaRRO
Casatela emoryi

ELEPHaNT TREE
Bursera microphylla

GENTIAN
Gentiana spp.

GOLDTHREaD
Coptis spp.

kaVa kaVa
Piper methysticum (Hawaii only)

LOBELia
Lobelia spp.

MaIDENHaIR FERN
Adiantum pendatum

Maya PPLE
Podophyllum peltatum

OREGON GRaPE
Mahonia spp.

PaRTRIDGE BERRY
Mitchella repens

PINK ROOT
Spigelia marilandica

PIPSISSEWa
Chimaphila umbellata

SPIKENaRD
Aralia racemosa, A. californica

STONEROOT
Collinsonia canadensis

STREaM ORCHID
Epipactis gigantea

TURKey CORN
Dicentra canadensis

WHITE SaGE
Salvia apiana

WILD INDIGO
Baptisia tinctoria

yERBa Ma NSa
Anemopsis californica

Synergy in Botanical Medicines; Goldenseal as a Case Study

by Nadja B. Cech

Synergy is the underlying principle that drives traditional plant based medicine. The concept is that the multiple constituents of a complex mixture work together such that their combined activity is greater than the sum of their parts. As a mathematical equation, it can be expressed as $1 + 1 > 2$. Physically, this means that when two chemical compounds with moderate activity are combined, something exciting and unexpected may happen. The traditional approach to scientific study of plant medicines has been to purify them down to single active compounds, which can ultimately be developed into pharmaceutical drugs. The limitation of this approach is that synergistic interactions are overlooked. To their credit, scientists are not ignorant to this conundrum. It is widely recognized that the behavior of mixtures can be completely different than that of single, isolated compounds. However, like the proverbial man who looks for his keys under the lamp post even though he dropped them somewhere in the dark, reductionist science has continued to be applied in the scientific study of botanical medicines because it is really hard to do it any other way. Complex botanical mixtures vary so greatly in composition that research with such mixtures is often not reproducible and, therefore, not science.

In the past several decades, there has been increasing interest in developing strategies to effectively study the complex interactions of mixtures of compounds in botanical medicines. The Cech laboratory is one of many engaged in this pursuit. With recently published results [1], Dr. Cech and coworkers describe a new approach, synergy-directed fractionation, which enables active components from a mixture to be isolated while still accounting for synergistic interactions. The key to this approach is to test the biological activity of the fractions in combination with the crude extract throughout each step of the isolation process. This approach is laborious, requiring as many as 5,000



Goldenseal flower.
Photo courtesy of Liz Butler

biological assays to come up with the identities of the synergistic compounds. However, it works. The Cech paper describes the application of synergy-directed fractionation to identify two flavonoids from goldenseal (*Hydrastis canadensis*), 8-desmethyl-sideroxylin and 6-desmethyl-sideroxylin. These compounds are involved in the synergistic antimicrobial activity of goldenseal. Alone, the flavonoid have no effect on bacteria. However, goldenseal contains another constituent, berberine, which is toxic to bacteria such as the notorious *Staphylococcus aureus* (responsible for MRSA infections). Berberine alone is only effective at very high dosages, but the newly identified flavonoids from goldenseal cause it to accumulate in bacteria cells, making it effective at much lower concentrations. This is an example of synergy. Interestingly, goldenseal roots are very high in alkaloids, while the synergistic flavonoids are found at much higher levels in goldenseal leaves. Although this prediction has yet to be tested *in vivo*, the results of the Cech research suggest that the most effective goldenseal preparations may be prepared from the whole plant (root and leaf).

Nadja B. Cech is an Associate Professor, Department of Chemistry and Biochemistry, The University of North Carolina at Greensboro.

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Hydrastis canadensis berry. Photo courtesy of Hiyas A. Junio.

...*United Plant Savers*'...

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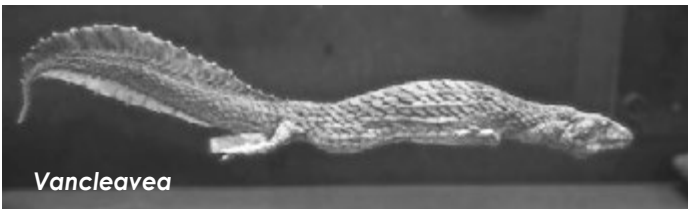
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Ghost Ranch & Sandalwood, An Update

from Executive Director, Susan Leopold, PhD

Certainly an amazing aspect to working for UpS is being able to travel, and the insight that comes from traveling often helps to inform and or validate our path as an organization. Geographically speaking, UpS covers North America, including Canada and Hawaii. Many requests over the years have been for UpS to expand. This would be a difficult task for such a small organization, and already we struggle to adequately cover the geographical range we currently encompass. That said, I was fortunate this fall to travel out to the Traditions in Western Herbalism Conference at Ghost Ranch in New Mexico. For those of you who have been there, you know it is a landscape like no other. Since I was a teenager, Georgia O'Keeffe's artwork from her time at Ghost Ranch inspired my desire to see flowers in a different perspective. The opportunity to go there was a pilgrimage I had been dreaming of for a long time. It is like no other place I had ever been—the red hills and vast vistas seemed like a virtual reality. At Ghost Ranch there is a small museum of fossils found in the area. Intact dinosaurs were found at the property presumed to be well preserved in what could have been a mudslide. One species, named *Vancleavea*, when recreated looked like a beautiful dragon with its small armor plates called osteoderms, but it is actually related to both crocodile and dinosaur. Additionally, we know what the flora was like due to plant fossils that were found that reveal cycad-like trees and conifers. Hard to imagine that at one time the landscape looked more like a tropical forest you would find in Hawaii with its immense tree ferns, not the barren red hills they are today. From the geological time scale we know that plants were around long before us adapting and crafting the landscape we now call home. As my daughter reminded me in her presentation of the Story of Human beings at her Montessori school, "Remember, the picture of human beings is at the end of the Time Line of Life."



The synergy from herbalists gathering in such a sacred landscape made the trip all the more epic. Georgia O'Keeffe often said in regard to her flower paintings, "Nobody sees a flower really; it is so small. We haven't the time, and to see takes time—like to have a friend takes time". To build an intimate, deep relationship with plants we have to stop and observe, take in a different perspective. At the conference that Friday night, Jesse Wolf, with background ambiance from

the sisters of Appalachia Rising, used his storytelling to wind us down the path of following our inner voice so that we end up at just the place we need to be. Herbal gatherings, internships, apprenticeships, and schools are all critical to building a network of those who are drawn to reconnect with plants in a time when our society has drifted away. This you can read about in the two testimonials by UpS members—Katie Euliss connecting with plant people in the Kansas prairie and Jennifer Heintel's story of what she learned as an intern at Goldenseal Sanctuary.

Georgia O'Keeffe did not go to herb conferences; instead, she was born in a different era, with her family living close to the land on a farm in Sun Prairie, Wisconsin. She developed a close connection to nature that fed her soul and encouraged her to follow her heart, at a time when the role of women was changing, due in large part, to her courageous path. She loved to grow her own food. At her house that she restored not far from Ghost Ranch, her wonderful garden, irrigated by an ancient water system, was still in place, masterfully maintained by the O'Keeffe Museum.

This winter as I flew to the Big Island, I picked up the airline magazine, and there on the cover was Georgia O'Keeffe and her artwork from her trip to Hawaii in 1939. Instead of a 6-hour plane ride she spent 6 days on a boat to reach the islands. She had been offered a trip by Dole to create commercial art to promote a new fruit being marketed to Americans, the pineapple. Dole had refused to let her see the plantations, preferring her to stay in the city where they sent her a pineapple to paint. This infuriated her, and she aborted her contract with Dole and went off exploring the exotic islands. I felt like I was following in her footsteps, except I was there to investigate the logging of endemic sandalwood on the Big Island. Upon her return to New York, she did end up painting a pineapple that was mailed to her, and it was used in the first national campaign introducing what was then an exotic fruit.

I learned many things from this trip, but there is one thing I would like to highlight. United Plant Savers is a completely unique organization; no one else is out there giving voice to native medicinal plants in jeopardy. Native plants are already under a great deal of pressure due to loss of habitat, invasive species, and dramatic climatic changes. That said, medicinal plants that have significant economic value are at an even greater risk. The heartwood of sandalwood and its roots are distilled for essential oil; its wood is valued for beads and carvings. The genus, *Santalum*, meaning sacred, has been highly valued in trade going back thousands of years. Medicinally, the active santalol has

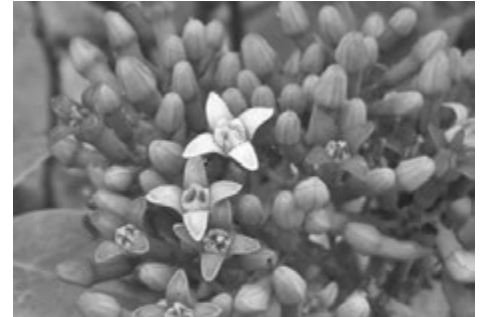
antiseptic and antimicrobial properties; additionally, the oil is used in skin lotion for its cooling properties for burns. I met a wonderful local herbalist in Hawaii who made a lip balm and a skin salve for sunburned skin that included iliahi (Hawaiian for sandalwood). The scented wood, because it is so dense, is often crafted into the tools necessary for making the culturally significant and artistically made kapa cloth and also used to scent the cloth.

Sandalwood is deeply ingrained in Hawaiian history due to the intense harvesting and trade that took place during the reign of Kamehameha I. In 1926, C.A. Judd's manuscript on the natural resources of Hawaiian Forest regions and their conservation, stated that "... the damage to the forest consequent to the trade... was insignificant in comparison with the damage to the native forests wrought with cattle". This aspect of my trip was hard to digest, and no one could prepare me for Parker Ranch. Founded in 1847, it is one of the oldest cattle ranches and among the nation's largest. Yes, it's true that an island rich in endemic species was deforested for grazing cattle. The extreme loss of habitat makes the small fragments of forest extremely precious when you consider how valuable trees are to a water system on an island in the middle of a vast ocean. This is why United Plant Savers has stepped in to bring awareness to the logging that is currently taking place and has added the 6 endemic species of Hawaiian sandalwood to its "At-Risk" list. I might add that in every country in the world where sandalwood grows there is legislation regulating its harvest except for Hawaii. The Chinese, who named the islands "Than Heung Sahn" (meaning the sandalwood mountains), depict a landscape that was once forested by an unusual tree that was essential to a landscape covered in endemic plants. We do not even fully understand the implications of such habitat loss or the ecological role that sandalwood, being a hemi-parasitic species, plays in establishing a community of plants in such a fragile ecosystem. A hemi-parasitic plant is one that can photosynthesize but derives water and some nutrients through attaching its roots to those of other species. Could this adaptation play a role in drought resistance or as a means to withstand periodic fire? Sandalwood as a species has much to teach us in regards to how community dynamics work, as well as how plants connect and communicate to each other. Restoration of the "dry forest ecosystem" landscape must take place by planting sandalwood along with host species. It requires a paradigm shift; it cannot be planted in a plantation but in a way that mimics natural succession by planting it in conjunction with its native allies.

Here are some facts about Hawaii from the US Botanical Gardens: 91% of all flowering plants on the islands are endemic. Although Hawaii represents only two tenths

of 1% of the total landmass of the United States, it has more than 30% of the nation's rare and endangered species. Eighty-five out of 150 distinct ecosystems are critically endangered chiefly due to habitat destruction and invasive species.

Hawaii has one of the highest percentages of endemic plants found anywhere in the world. This is because it is a very isolated land mass, and plants (before humans started to inhabit the island) evolved on their own and are thus found nowhere else. Because of its high rate of endemic flora, sadly it also has the highest rate of extinction due to habitat loss and invasive plants, animals and humans. United Plant Savers is working with Danica Reynaud, PhD, founder of the International Sandalwood Foundation, to bring like minded folks together to figure out how to promote conservation through propagation and encourage restoration of deforested lands once covered in sandalwood. The upcoming Sandalwood Symposium to be held in October at the University of Hawaii, will bring together Hawaiians, students, land-owners, native plant propagators, historians, ethnobotanists, foresters, permaculturists, farmers, federal and state botanists, local universities, and non-profit organizations focused on sandalwood.



Santalum haleakalae var. *lanaiense*.
Photo courtesy of Danica Harbaugh
Reynaud, Ph.D

This brings me back to Georgia O'Keefe's quote about how to see takes time; her quote resonates with me now in a deeper sense. This is because I realized when we take the time to look at just one species, we can then discover solutions to save an entire habitat. I understood on this trip that many state and federal agencies and environmental non-profits are so overwhelmed trying to address massive complex issues that it's easy to lose the ability to be effective in the process. United Plant Savers' focus on sandalwood, I believe, brings a fresh perspective. By focusing on one plant, we can be a force for change even as a small organization. Our "At-Risk" list has had a major impact in the herbal industry, and going forward I intend to do other events focused specifically on individual plants on our "At-Risk" list. Georgia O'Keefe's message is that to see takes time; to build a friendship takes time; to understand the complexity of why plants are on the "At-Risk" list and what we can do about it takes time and focus. Stay in the loop. I will be writing regular updates on the website as our upcoming conference in Hawaii builds momentum.



BOTANICAL SANCTUARY NETWORK

Meet Some of our New BSN Members!

United Plant Savers' vision is to see UpS Botanical Sanctuaries established in people's backyards, farms and woodlands, creating a living greenway of native medicinal plants across the landscape of America. A sanctuary isn't defined by size or magnitude, but as sacred space, a place where one can find protection and the peace and renewal of nature. Nor is a sanctuary necessarily designated or defined by government agencies or large organizations, though often we think of it as such. We can all create sanctuary on the land we care-take. As our Sanctuary Members are demonstrating, Botanical Sanctuaries can be created in small backyards as well as on large plots of wilderness, in towns as well as in the country. As you well know, it takes attitude, willingness, and a desire to transform the way we value land, our assumptions about land use, and the way we design our gardens and farms. If we want to preserve wilderness and the wild populations that thrive here, we can't look to others to do it for us. We need to be willing to actively participate in the preservation and restoration effort, and as good a place to start as any, is in our backyards. And that is what you're doing. That is what the Botanical Sanctuary Network program is about.

Thank you to all Botanical Sanctuary Network members for being part of this vision and for your efforts to help preserve and restore the native landscape and our treasured medicinal herbs.

EDEN HILL
Natural Bridge, NY
Sanctuary Steward:
Diane Seufert Tait

After years of checking real estate pages wherever I went, looking for that perfect piece of land and cabin, it was hard to believe the hunt was over when I purchased Eden Hill in 2007. It comprises a solar-powered cabin and almost five acres of Precambrian shield overlooking an eight acre pond.

My intent was to enjoy a getaway, a haven, a relaxing oasis far from the Toronto area where I live. The land had another agenda.



Pond at Eden Hill

When I had bought my special place in early April, so I had no idea what I would find when the season's growth began. In that first June as I walked through my woods of white pine, Eastern hemlock, cedar, young oak, maple, cherry, yellow birch, elder and beech, I became aware of some wonderful plant residents. Spread before me as a feast to my eyes were partridge berry, goldthread, clintonia, wild sarsaparilla, pink lady's slipper and other smaller orchids, three kinds of St. John's wort and blue flag iris, to name a few. The pond itself has a healthy population of frogs and fish, a wealth of wildlife, including a family of minks along my shoreline and a diverse variety of bird inhabitants. It seems that every time I visit, I'm shown another treasure.

I determined not to engage myself in too much gardening, since I already have extensive herb gardens at home. Nevertheless I was soon enthusiastically thinning out hundreds of young trees, leaving only the larger, more mature ones. This has allowed the plants on the forest floor more space and light. What a difference that's made in only a couple of years. And it's allowed new plants, such as cardinal flower and snakeroot to show up!

Later, while walking the surrounding roads, I found bloodroot, eyebright, bluets and Deptford pinks, which have transplanted well and begun to spread. I've introduced goldenseal, wild ginger and black cohosh into the woods and made three small trails. Eventually conceding that once a gardener, always a gardener, I'm content to see Eden Hill as just a wilder kind of garden.

My land and I are still getting to know one another, but now that we are a bona fide Botanical Sanctuary, I'm starting to think about the educational component of my commitment. I think it's a good time for the local people to learn about the treasure they live on. I don't preach; I chat and weave my message in as I go. I take people as they are, respecting them for their beliefs, and then I've found they usually respect me for mine. A lot is accomplished with a light hand and a friendly smile.

This coming year I'm hoping to bring some of my students to help me in the various projects. It's so different to work with and around the herbs in their chosen natural habitat and learning by doing is always more effective and life-changing. I'm blessed to have been called to White Pine Pond as steward to this little parcel of the woods and look forward to helping the green folk spread, thrive and endure for those who come after.

FERN HOLLOW

Decorah, IA
Sanctuary Stewards:
Liz Rog & Daniel Rotto

Fern Hollow lies on an 18-acre woodland in the Driftless Region of NE Iowa. It is a magical place, rich in all seasons with native plant and animal life.

We have lived here for 31 years. For 15 years our family of four lived in the rustic and beautiful log cabin that was built by my great-great-grandparents, which is now a B&B enjoyed by people from around the nation. We have found that there is an abundance of people who are glad to stay in the woods in a cabin with cold running water, a composting toilet, and limited electricity made by solar panels.

Throughout our 31 years we have nurtured relationships not only with the land and the plants, but with the neighborhood and wider community through the regular hosting of events and tours which bring people onto this land. Some examples include:

- We host plant walks and foraging events. (Let me know if you'd like to lead one next year!)
- I am the coordinator for a local intergenerational education organization, and for 20 years have hosted annual events that bring children and adults into these woods. These include May Day festivals, wildflower walks, play days in the woods for children, adult rituals that revolve around the turning wheel of the year through the natural world, and good ol' campfire sing-alongs.
- As part of our garlic mustard eradication campaign, we host an annual garlic mustard pulling party in the springtime—we have live music and call the event 'Dig and Jam!'
- Our daughters planted and tend a medicinal herb garden, and their upbringing in these woods has served them well as they continue, at ages 19 and 21, to seek knowledge and experience about plants. Recently they organized a skill share here in the valley which brought in 60 people, both locally and from elsewhere.

We are fortunate to live in a community which has become a destination for many who seek knowledge and support in recreating sustainable community living practices through gardening and orcharding, foraging, herbalism, simple technologies, old wisdom, and creative arts. We are surrounded by these wonderful neighbors:

- The Pepperfield Project (PP) is a nonprofit educational organization started by our next-door neighbor, David Cavagnaro. This is an educational homestead where classes are offered on seed starting, plant propagation, seed saving, food preservation, and cooking, among other things.

- Seed Savers' Exchange, located four miles from Fern Hollow, is a destination for many who come to Decorah and many who stay at our cabin. SSE has played a huge role in the gardening and land protection ethic that has been part of the foundation of our community these past decades.



Log Cabin at Fern Hollow

- Many people in our rural neighborhood are involved in creative and sustainable projects with their land: CSAs, organic cropland, hunters, anglers, conservationists, and a commercial organic hops yard.

Species that grow here and are included on the UpS "at-Risk" and "To-Watch" lists:

trillium, echinacea, bloodroot, blue cohosh, wild yam, snakeroot, lady's slipper, lobelia, maidenhair fern, cream gentian, and mayapple.

Here are some other plants that live here:

honesty, Solomon's seal, Joe Pye weed, Culver's root, white avens, buttercup, twisted stalk, choke cherry, germander, yarrow, burdock, belladonna, blue vervain, meadowsweet, St. John's wort, wild mints, elder, shepherd's purse, celandine, skullcap, nettle, prickly ash, many ferns, sweet woodruff, chicory, bergamot, wild carrot, agrimony, boneset, cleavers, juniper, motherwort, catnip, false Solomon's seal, self-heal, purslane, black cherry, sumac, goldenrods, meadowsweet, chickweed, mullein, plantain, rosehips, anise hyssop.

Here are some of the spring ephemerals that grow here:

rue anemone, spring beauty, trout lily, snow trillium, nodding trillium, Jack-in-the-pulpit, bloodroot, hepatica, bellwort, Dutchman's breeches, squirrel corn, buttercup, Virginia bluebell, violet, columbine, wild geranium, sweet William, wild ginger.

We are excited to connect with United Plant Savers through this designation as a Botanical Sanctuary and proud to be one of the dots on the map that's creating the national network. We look forward to exchanges of knowledge with UpS members, and to passing along that knowledge to the many people of our region who are hungry to connect with the wild plants around us. Come visit!

Tai SOPHIA INSTITUTE

Laurel, MD

Sanctuary Steward:
kathleen Bennet

When arriving at Tai Sophia Institute for the first time, you may wonder about the juxtaposition of a school of holistic healing in a business park. But walk through the doors – and especially the lush garden – and you notice right away that something different is happening there.

Often considered a place of “great energy,” Tai Sophia is a haven for the holistic healing education, including acupuncture, herbal medicine, nutrition, health and wellness coaching, and transformative leadership programs.

The two jewels of Tai Sophia are the quarter-acre medicinal herb garden and the wild lands of the neighboring Patuxent woodlands and river area.

Its campus is situated among thousands of acres of preserved natural woodlands that surround the middle Patuxent River and lead to the Middle Patuxent Environmental Area. Tai Sophia is proud that their students have the unique opportunity to learn and practice in the midst of Maryland's natural beauty.

Students and faculty at Tai Sophia have been involved in planting native medicinal plants (American ginseng, black cohosh, goldenseal and Virginia snakeroot) in the adjacent forest, and an array of common botanical remedies in the Institute's herb garden.

On hot summer days, Tai Sophia students wander in the hardwood forest for a cool retreat from rigorous studies. Often you can see a group of herbal medicine students congregating, laughing, and eating lunch among the many plant allies of the medicinal gardens, fragrant

with tempting tastes and colors.

Tai Sophia is grateful to be part of the United Plant Savers Botanical Sanctuary Network. The Institute has a long-standing commitment to education about “At-Risk” medicinal plants and conservation and is passionate about sharing ecologically important values with students and visitors, alike. For more information visit www.tai.edu.



Herb Garden at Tai Sophia

SUDaRSHaN

Nevada City, CA

Sanctuary Steward:
Jonathan Valdman

Happy harvest time to all the earth workers out there. Here at Sudarshan we are in the process of harvesting some of our second year roots from astragalus, echinacea and marshmallow. We have yet to make it to the elecampane, and it may be that it goes into year three. We also harvested a beautiful volunteer crop of self-seeded ashwaghandha. We could not have done this without the help of the folks and volunteers at HAALo, Health Alternatives for All Locals. HAALo, www.haalo.org, is an amazing nonprofit resource and apothecary located here in Nevada City, CA. We sell some of our herbs to HAALo and are working to come up with ways to make farming medicine on a local level sustainable. Volunteer power is the strong link in our quest to helping Nevada County become less dependent on imported medicine and food.

My wife, Laura, and I are blessed with the arrival of our daughter, Emma Alyka Mahina. With any luck she has plants in her stars. In an effort to move toward a financially sustainable farm, we are looking toward becoming the plant hub for our new nursery and greenhouse/farm supply store, Forever Flowering, www.foreverflowering.net, that we are starting here in Grass Valley. We are excited about our first year-round crops with the help of our greenhouses and our new radiant floor heating system being installed this fall. In the search for new innovative ways to farm we are diving into the world of aquaponics with its promise of efficiency, sustainability and abundance of food crops. 2012 is sure to be an adventurous, educational and abundant year for us here on the farm and within our community.

Thanks to UpS for all the works they do to help keep the local farming movement rooted and growing!



Feeding the whole work crew on just one Ostrich egg!



Harvesting marshmallow roots (*Althea officinalis*)

LaUGHING ROCK FaRM

Woodstock, NY

Sanctuary Steward:
Susun S. Weed



Susun Weed at Laughing Rock Farm

The realtors couldn't believe their eyes. I wasn't interested in how many baths the house had, or how recently the kitchen had been remodeled (though I did give the views a glance) during my search for land in 1977-78. Instead, I was checking out the plants. When realtors took me places, I looked outside first, then inside; I wanted to walk in the woods and the fields, not see how many closets there were. What was growing there was more important to me than what had been built there. I wanted a woodlot, preferably with a sugar bush. I wanted water, running, if possible, on the land. And, most of all, I wanted to find a place already rich in medicinal herbs.

I envisioned a sanctuary for plants and a safe place for women who needed to be wild, to discover and love all parts of themselves. I imagined I could cherish that place and protect it into the future beyond myself. I dreamed of safe space for growing plants and people. I wished to create a place where the plants could nourish people on many levels: physical, psychic, emotional, artistic, sensate, intellectual, historical, indigenous, storied, and connected—something wild, yet within reach of New York City.

My journal of plants at the for-sale farms I visited lists plenty of useful invaders from Europe: burdock, chicory, dandelion, evening primrose, goldenrod, jewelweed, mullein, nettle, plantain, poke, Queen Anne's lace, red clover, wild chives, yellow dock, and so much more. But it was the indigenous medicinals that I was really looking for.

It took over a year before I found the place I have called home for the past 33 years. When I first saw it, there was three feet of snow covering everything. But the legal proceedings necessary to transfer the property to me dragged on for over a year, so I had three seasons to find and catalog the plants I would be giving sanctuary to, including wood anemone, celandine, pipsissewa, goldthread, pink lady's slipper, trailing arbutus, boneset, queen-of-the-meadow, wintergreen, gentian, witch hazel, round-leaved hepatica, St. Joan's wort, cardinal

flower, lobelia, moneywort, partridge berry, forget-me-not, dwarf ginseng, mayapple, elder, bloodroot, skullcap, slippery elm, false hellebore, and lots of violas.

The land I bought was formerly a quarry. That's why I call it Laughing Rock Farm. It took dandelion fifteen years to get a toehold here! The quarriers left behind dozens of pits, now filled with water.

My herd of dairy goats scatters fertilizer freely, encouraging many new plants, and I harness red worms to help me turn their bedding into rich compost, allowing me to build raised beds and add some cultivated herbs, such as comfrey, mug/cronewort, wormwood, black cohosh, blue cohosh, Solomon's seal, Oswego tea, shiso, hops, marsh marigold, ginkgo trees (thanks to Stephan), schisandra, a chaste tree (from Jim Duke's garden), goldenseal, and wild yam (thanks to United Plant Savers).

My gardens raise weeds: stinging nettle, purslane, lamb's quarter, amaranth, garlic mustard, winter cress, wild chives, motherwort, cleavers, black nightshade, ragweed, catnip, lemon balm, thistles, ground ivy, self-heal and so many more. I can harvest wild salad greens year-round, except when the snow is deep. My students and I create wonderful medicines from them, too.

Laughing Rock Farm (55 acres, most of it wooded) is part of three conservancy organizations. In the late 1980s, I became a historical site in the Roundout-Esopus Land Conservancy. My deed is modified so no one can ever subdivide the land, create any roads, nor build any further structures here.

In the 1990s, I registered Laughing Rock Farm as a National Wildlife Conservancy property. Now, in the 2010s, this sacred and special land is a United Plant Savers Botanical Sanctuary as well. I am so honored. I am so glad to be more deeply involved with an organization that is helping me remind us all that herbal medicine is people's medicine.

Laughing Rock Farm, in its guise as the Wise Woman Center, has been a teaching center for over thirty years. Most weekends find people on the land learning to identify, harvest, prepare, and use the wealth of weeds and medicinal plants that I protect here.

I feel great contentment. I have fulfilled the dream I had in the 70s. I do offer safe space to women and plants, and I have done so for 33 of my 66 years. With the blessings of the Goddess, I hope to be allowed to continue for another 33 years. I am so privileged to steward this beautiful piece of the Hudson River Valley, in the foothills of the Catskills, a magical space where the plants heal minds and hearts. Green blessings.

MOCKINGBIRD MEADOWS

Nevada City, CA

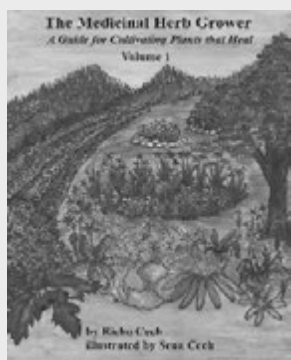
Sanctuary Steward:
Dawn Combs

Over the past two years while I was birthing my children it seemed that our work with the land had stalled. This spring I found that that assumption was very wrong. I have meant to sit and write about our sanctuary a thousand times, and it seems that only now is it really the right time to do so.

Just before my first child came into our lives, we had been encouraged to take the business focus in a different direction. When I began working with the land many years ago, I had a vision one day while seeking guidance and, I guess, collusion from the spirits that reside here. What I got was a resounding "YES!", and I began working toward a center that supported women's balancing and couples' fertility work through the plants. At that time we decided to name our farm "Mockingbird Meadows" after the mockingbirds that came every year to nest and raise little ones. They seemed to be giving us their blessing that first year by nesting above our very first bee hives. When it came time for my son Aidan to be born, we were changing our focus to the herbal infused honeys that I make, and I was being dissuaded more and more away

The Medicinal Herb Grower

by Richo Cech



This book covers the principles and practices of natural gardening techniques for growing medicinal herbs organically. Continues the story of Cech's classic: *Making Plant Medicine*.

Using personal experiences and stories that are at once amusing and instructive, Richo covers principles such as observation in nature,

windows of opportunity, creating plant habitat, benefits of diversity, rules of green thumb, soil, seeds, water, sun, trees, humans, and the forest community.

The second half of the book covers background, growth cycles of plants, preparing the ground, the greenhouse and the shadehouse, compost, potting soils (extensive!), planting seeds (also extensive!), making cuttings, and caring for plants.

To order please visit: www.unitedplantsavers.org

from my initial end goal. Those two years were like wading through molasses in January! I was very busy with a new one and then I was pregnant again to boot, so you may say that is why things were so difficult. But there was more afoot. This year as I sat nursing my daughter in the doldrums of February, a plan for a medicinal herbs CSA popped into my head fully formed. I had been trying to figure out how to do it logistically for years, and here it was all laid out! My husband and I sat down and began to look back over our plans, and we found that our customers were voting with their dollars as to our farm's direction. The things that people were coming to buy from us 9 times out of 10 were the healing preparations that I was making. That settled it. We decided to go full tilt back into the herbs and put everything else aside. What a difference!

Chamomile is the plant that has had the most to tell me over the past few years. This year as I picked the early blooms, she whispered to me of an observation that I hadn't made. Over the past 2 years while we were taking the farm away from the original plan, the mockingbirds for which we'd named the land hadn't stayed with us. We were so distressed during that time, watching for any sign of them! As I sat in the sun and picked that day, a pair of flirting mockingbirds was dancing in the grass nearby. They had returned along with our renewed commitment to what our land wants us to build together. At the time, I was planning to buy a drum to lead our medicine wheel dedication ceremony and had been learning about animal totems. I quickly went inside and looked up what the mockingbird has to teach us. Mockingbird is a teacher that helps in fulfilling your life purpose without fear.

It is now late summer, and our initial mockingbird pair is joined by their noisy, teenager children. They follow me through tending the plants, teasing me with the cries of my children and playing at being one of our stray chickens. Work this year has been so much easier—almost like we are in the stream, moving in concert with quickly flowing water. We are tired, we are sore, but the plants are growing, and the business is growing. We have launched our Women's Herbal Resource Center, which I hope can be a beacon of hope and knowledge to women in all stages of their lives—from first moon through menopause, but especially for those struggling with fertility. We are attracting many other practitioners—reiki, massage, qi gong, chiropractic, hypnobirthers, midwives, doulas and many more! I have started my herbal practice and am helping clients learn to rebalance their bodies naturally. All of this is taking place in the middle of our teaching gardens where the herbs themselves can teach visitors as they walk the medicine trail, experience the labyrinth or meditate in our medicine wheel. What an amazing gift our land is giving us as we return to her and listen to her wisdom! What an amazing time to be doing this work!

How Plants Teach Us Many Things

by Jennifer Heinzl

Originally when I was thinking of a topic to submit, I almost chose to write my usual herbal profile, but after interning at Goldenseal Sanctuary, I knew it wouldn't do the experience justice. Being a traveled person, I have to share my favorite Welsh quote: "Ni wyr dyn Nid, il O'i dy", which in English means, "Those who stay at home learn nothing". This excerpt perfectly states my heart-song, my reason for loving to learn, travel, and experience new things. So, if the Welsh quote is what my heart follows, including my great love of herbs, then my experience at the sanctuary gave a new meaning to learning things – even if it's about myself.

When I arrived at the 360 acre sanctuary in the gorgeous Appalachian foothills in southeastern Ohio, I thought I had died and gone to heaven. Another thought I had was that this would be just another internship, but for the first time I opened up my mind, heart and soul to Goldenseal Sanctuary, my fellow interns, and numerous teachers, and my life most certainly did change. Within the first week, I learned about dozens of local medicinal plants, including American ginseng, black and blue cohosh and goldenseal, as well as how to identify them, their medicinal uses, and when and what parts to harvest, though we were also encouraged to take a spiritual path of getting to know these herbs. So, one day our intern-coordinator, Sasha, asked us to pick a native plant that we wanted to learn more about and go out and study it. Though, instead of taking a field guide out with us, she wanted us to just be with the plant. Sure, you can imagine what it has been used for and figure out the Doctrine of Signatures, but really see it, taste it, smell it, and breathe the plant. This way of experiencing herbal learning, compared to how I had originally been introduced to herbal medicine—via the scientific realm—put me quite out of my normal comfort zone of scientific studies and folk medicine. So I sat with my plant, the gorgeous yellow goldenrod, for what felt like ages. Though I did not hear it speak to me, something in me did shift, and I learned about this plant's strong relationship with bees, which I understand, since I have similar characteristics (community oriented, always busy and creative).

Though my passion for herbs may have started as just a curiosity or scientific-based path, it grew into something that made me happy when I could help people heal themselves, and now a spiritual side has been added. This I could have never learned from a book. I now know that this spiritual connection to mother nature, be it through a crack in the sidewalk, or a small urban garden, to her glorious wild lands, is a human need. So thank you Goldenseal Sanctuary for letting a city-girl learn just a little bit more about herself on the journey that is called life.

Jennifer Heinzl makes her own salve, tinctures and tea mixes and enjoys being an herbalist to friends and community members. She also enjoys finding creative ways in which to use herbs.

Genetic Variation in *Hydrastis canadensis* Populations in Western NC

by Jennifer Torgerson & Laura E. DeWald

Goldenseal (*Hydrastis canadensis* L.), a species valued for its medicinal properties, has a patchy distribution throughout eastern deciduous forests. The small, dense and highly isolated patches are becoming more rare and smaller in size due to habitat loss and over-harvesting for the herbal market. These population declines could be affecting the integrity of the patches where genetic diversity is likely already low due to clonal reproduction by the species via rhizomes. However, knowledge of amount and distribution of genetic diversity within versus between patches is unknown. In addition, relationships between alkaloid production (medicinal product of interest) and genetic versus environmental controls are also unknown. Knowledge of genetic diversity patterns is important for the development of management strategies to effectively conserve this species, and for the development of harvesting and breeding strategies that minimize impacts on natural populations while maximizing products useful to growers. The objective of our research was to quantify genetic variation and alkaloid concentration among and within six natural populations of *Hydrastis canadensis* located within the Pisgah and Nantahala National Forests, and on private land in western North Carolina. Preliminary results from a common garden and from sampling natural populations indicated there was genetic variation among populations in adaptive traits such as spring emergence and fall dormancy. This suggests plants and/or seeds should not be moved or transplanted into different populations to ensure the genetic integrity of natural populations is protected. Our results also showed genetic variation within populations indicating that sexual reproduction is creating within-population genetic diversity in this clonal species. Results of more comprehensive data analyses of patterns of genetic diversity and genetic versus environmental controls on alkaloid production will be available in the spring of 2012.

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828-606-6967 & ldewald@wcu.edu, 828-227-2478

Native Plant Preservation

by Katie Euliss

Who would have thought? Innovations on the prairie. There I was, just finishing up my correspondence course through Rosemary Gladstar, having mailed in my final exam, and I was off to the local farmers' market. Feeling elated at having completed my course after three years and birthing two more babies during the time, I was ready to find some further extension of my beautifully cultivated inner world of herbal knowledge and the love and excitement I feel when working with plants. I wanted to find a way to have herbs as part of the relationships I had with people. I wanted to get my hands dirty with other fanatical naturalists and radical gardeners. Where better to finally come across this fantastic pioneering spirit than in the middle of a cornfield in Lawrence, Kansas.

After a brief conversation with Kirsten Bosnack and Kelly Kindscher, who were manning a small table at the farmers' market with literature about the upcoming project about a native medicinal plant research garden they were spearheading with help from KU, I was jazzed. I was invited to volunteer after the initial groundbreaking ceremony to help plant the actual garden in question...fantastic.



Volunteers at Native Medicinal Plant Research Garden at KU
Photo courtesy of www.ku.edu

I took my two oldest daughters with me that day, ages 9 and 6 at the time, and we knelt down in the dirt across marked rows planting tiny little starts of several different native herbs. There we were, bohemian musician mom with her two daughters, sweating with bioengineers and super botanists from other parts of the world, as well as students from Haskell Indian University, having a grand time, feeling like we were colonizing the moon! What a feeling.

Across the field is a little old school house where my two oldest children now attend called the Prairie Moon Waldorf School, a pioneering first of its kind in Kansas. They have a biodynamic farm-to-market garden they use as a classroom for the students there. At recess they

run wild and are often collecting butterflies and other specimens from the KU Native Medicinal Plant research garden. My daughters notice the growth of the plants there and say to me, "Remember when we planted those?" I look at them and marvel at how they have



Echinacea purpurea. Photo courtesy of Herb Pharm

The serendipitous connections I keep stumbling across are just reinforcement from the universe that plants are magic, and we are all invited in. Just the other evening my neighbor Tom invited me in for a cup of tea. I said, "Yes, I love mint tea." As the water was boiling, he told me it was really good tea that he just gotten from the native medicinal plant garden. I had to laugh and took a deep breath enjoying every minute of it! I finished my tea and went home to put my 4 growing children to bed and kissed them all good night.

I drove them to school the next morning and smiled so big as a feeling of peace came over me looking across the field at the garden, growing just because that is what it is supposed to do.

Katie Euliss is a full time mother of 4, a touring musician and herbalist. She now lives in Lawrence, Kansas since hurricane Katrina washed her out of her lower ninth ward home.

“ Use every letter you write
Every conversation you have
Every meeting you attend
To express your fundamental beliefs and dreams
Affirm to others the vision of the world you want
You are a free, immensely powerful source of life
and goodness
Affirm it, Spread it, Radiate it
Think day and night about it
And you will see a miracle
happen
The greatness of your own life. ”

- Robert Muller, Former Assistant Secretary General of the UN

Sustainable Harvest of Black Cohosh

by Jim Chamberlain

Since European colonization of the eastern United States and subsequent commercialization of Appalachian medicinal and edible plants, millions of kilograms of plant material have been extracted from these forests, with little effort to manage these species as natural resources. Roots and rhizomes of black cohosh (*Actaea racemosa*), a native Appalachian forest herb, are extensively harvested and sold for treatment of menopausal symptoms. As nearly all cohosh sold commercially is collected from natural populations, the potential for harvest impacts is considerable. To better understand wild-harvest impacts and the likelihood of post-harvest recovery, we studied the effects of 2 to 4 years of experimental harvest on natural black cohosh populations in the George Washington-Jefferson National Forest in southwest Virginia. After 3 years of intense harvest (66% plant removal), we found significant reductions in foliage area, stem production, and mean and maximum plant height. The effects of moderate harvest (33%) were less clear, producing growth measures between, yet not significantly different from, control (non-harvest) and intensively harvested plots.

After 3 successive years of experimental harvest, treatments were terminated to assess population re-growth. Populations experiencing intensive harvest showed no evidence of recovery after 1 year. Results suggest that black cohosh is highly responsive to harvest intensity and that low to moderate harvest intensities and/or longer recovery periods will be necessary for prolonged and sustainable harvests.

While this study has increased our understanding of harvest impacts on black cohosh, we are continuing to monitor re-growth, and additional assessment is needed to determine the sustainability of low to moderate harvest levels and minimum recovery periods necessary for population reestablishment.



Black cohosh (*Actaea racemosa*)
Photo courtesy of Liz Butler

Results of this study should improve management of this important medicinal forest product. Managers will be better informed of how much cohosh can be harvested without detriment to natural populations. We are developing methods to assess harvest impact that will be useful on other species, as well. We are working on methods to inventory black cohosh roots based on above-ground biomass. This will provide forest managers a means by which they can determine the amount of product available for harvest. We are in the exploratory phase of undertaking research to estimate growth and yield for black cohosh, as well.

Jim Chamberlain is on the UpS Board of Directors.

Update on “Numen: The Healing Power of Plants”

by Ann Armbrrecht & Terry Youk

This past year we received funding from the Kalliopeia Foundation with United Plant Savers as our fiscal sponsor. This support will enable us to launch an audience engagement campaign to bring the ideas at the heart of *Numen* to a larger audience. Particularly now when the national health care debate seems to have stalled or been diverted, our vision with this funding is to spark new conversations and debate about health and wellness and to inspire real, tangible actions from audiences. *Numen* bridges worlds that aren't usually linked: spirit, ecology, and health. We hope to use discussions around the film and on our updated website to promote understanding of these links and to empower communities to build systems of health care based on care, responsibility, and respect for all life.

We need your help to succeed in this goal. No, not another plea for financial help—we need your activism and engagement.

Tools for Engagement

We have an updated website and blog: www.numenfilm.co. Please take a look at the site, forward it to others who might be interested, and help us spread the word!

Blog to Connect

Our vision for the blog is to create a place to share ideas about the incredible work being done across the country by herbalists, gardeners, medicine makers, nurses, doctors, activists and others working hard to create sustainable systems of health care in their communities. We need your help in making this a useful forum. Please take a look at what we have so far and then suggest projects and individuals we should profile and ideas to explore. Let us know what you think would be helpful in bringing greater awareness to issues relating to sustainability and healing. If you are interested in organizing a screening in your community, please contact us. We'll help you link up with others in the area to help ensure the success of the screening.

An Update on the Butternut Canker

by Steve Byers

Over recent decades, many herbalists using butternut root bark (*Juglans cinerea*) for its medicinal effects have learned about the disease decimating the butternut populations called "butternut canker" (*Sirococcus clavigignenti-juglandacearum*). This fungus slowly infects butternut trees, often limiting their average lifespan to about 80 years. For decades, biologists and dendrologists have been confused by the disease's unpredictable patterns and symptoms causing dead branches, discolored bark, and tree top dieback. No one knows how to inhibit the cankers from spreading except by removing infected wood, which only slows the infection but doesn't stop it. Yet new phylogenetic DNA testing is shedding some light on this vulnerable population. A recently published study from the University of Guelph in Ontario has found that the butternut



Butternut canker. Photo courtesy of Keith Woeste

canker fungus is actually not a member of the genus *Sirococcus* but rather the genus *Ophiognomonia*, and as such has been reclassified as *Ophiognomonia clavigignenti-juglandacearum*. Beyond academic interest, what does this mean for the future of butternuts? In an interview with Purdue forest geneticist, Keith Woeste, I asked him about the significance of this change. Woeste stated that, "Up until this point, little was known about the butternut canker because hardly any plant pathogens exist in the genus *Sirococcus* and most don't

act like the butternut canker – it's been a mystery." It turns out that its pathogenic activity is similar to other *Ophiognomonia* fungi affecting black walnuts and Persian walnuts. This information gives clues about how the fungus operates, its etiology, and its life history. While pathologists know the fungus grows virtually all over the butternut tree, it is unknown what activates the dormant fungus to eventually infect the tree, usually starting at the top in small sections, slowly increasing tree stress, and then spreading throughout.

Many efforts have been made to identify canker resistant butternuts and cultivate genetically diverse, regionally adapted, and disease resistant seed orchards for future reintroduction. Yet these attempts have been complicated by the discovery that many resistant butternuts were not true butternuts but actually hybrids and backcrosses between butternuts

and the Japanese walnut (*Juglan ailantifolia*) also known as Heartnut. These hybrid combinations of butternut and heartnut, now called "Buart", typically show resistance to butternut canker, perhaps because of its vigorous growth, which some believe allows it to "outgrow" the infection. Buart's look very similar to butternuts, so much so that they have been mistakenly identified as butternut survivors and later planted in yards, parks, and cemeteries by seed collectors who shared or sold the nuts to nurseries, conservation groups, and neighbors. It is still unknown how geographically expansive the spread of the butternut hybrids are, but researchers such as Scott Schlarbaum, from the University of Tennessee, have observed that in general, butternut hybrids are still more commonly found in disturbed soil areas like forest edges and near towns, while the true butternuts are almost always found in the forest.

For those interested in learning how to differentiate butternuts from buarts, a very helpful publication, Identification of Butternuts and Butternut Hybrids, can be accessed through the Purdue Extension online at www.extension.purdue.edu/extmedia/FNR/FNR-420-W.pdf. Also, if you would like to receive annual email updates on the most recent butternut research, contact Keith Woeste at woeste@purdue.edu.

Steve Byers is studying to be a clinical herbalist, currently as a 2nd year student at David Winston's Center for Herbal Studies. He and his family have recently resettled to his home state of Vermont.

Resources

Broders KD, Boland GJ. "Reclassification of the butternut canker fungus, *Sirococcus clavigignenti-juglandacearum*, into the genus *Ophiognomonia*." *Fungal Biology*. 2011 Jan; 115(1):70-9

Phone Interviews with forest geneticists Keith Woeste & Scott Schlarbaum on 11/21/11

Ted Martello (aka TMello) finished hiking the Appalachian Trail just before Christmas. His "penny-a-mile" campaign was a huge success! Thank you to all that supported Ted in his efforts to hike the AT as a fundraiser for UpS.



Partners In Education

United Plant Savers offers a special student membership fee of \$20 per student for all herbal schools, apprentice programs and training courses that enroll their students as a group. Each student receives a UpS membership package with all the benefits ~ informative Journals and Bulletins, Nursery & Bulk Herb Directory, plant/seed giveaway twice a year, membership discounts at UpS conferences and more. When your school/program joins Partners in Education you will receive our publications, the UpS Education Guide and the Take Action! Guide, a copy of the UpS book *Planting the Future*, free rental of the UpS "At-Risk" Slide Show & DVD, a listing in both the UpS *Journal* and on our website, guidance from experienced educators and the opportunity to make a difference – One Seed at a Time. PIE students are welcome to apply for the UpS internship program at Goldenseal Sanctuary in Ohio. With a recommendation letter from the PIE school, students can receive a \$100 discount on the internship fee.

2011 ~ Participants

Bastyr University

Sheila Kingsbury
Kenmore, WA

Blue Otter School of Herbal Medicine

Sarah Holmes & Karyn Sanders
Fort Jones, CA

California School of Herbal Studies

Rebecca Maxfiel
Forestville, CA

Chestnut School of Herbal Medicine

Juliet Blankespoor
Leicester, NC

Dandelion Herbal Center

Jane Bothwell
Kneeland, CA

Forest Bay Educational Center

Nancy Scarzello
Ticonderoga, NY

Heartstone Herbal School

Tammi Sweet & Kris Miller
Van Etten, NY

Herb Pharm Herbaculture Program

Germaine St. George
Williams, OR

Hocking College

Rebecca Wood
Athens, OH

Living awareness Institute

Kami McBride
Davis, CA

Northwest School for Botanical Studies

Christa Sinadinis,
McKinleyville, CA

Sage Mountain

Rosemary Gladstar
East Barre, VT

Southwest Institute of Healing arts

JoAnn Sanchez
New River, AZ

Sweet Herb Medicinals

Bridget Owen
Boulder Creek, CA

Tai Sophia Institute

Eileen Foley
Laurel, MD

Vermont Center for Integrative Herbalism

Betsy Bancroft
Montpelier, VT

yerba Woman apprentice Program

Donna d'Terra
Willits, CA

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100% ORGaNIC COTTON Ladies T-Shirt

Soft organic cotton, fitted women's T with cap sleeve, scooped neckline. Natural color with beautiful goldenseal plant illustration. \$20.



Sizes:
S,M,L,XL
(sizes run small!)

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Beautiful Organic Cotton, green & black art on a natural background. \$20
Sizes: S, M, L, XL

Spread the Seeds of Hope & Mirth...

with this great new short-sleeved Ginseng T-shirt! White organic cotton with red and green print. \$20
Sizes: S, M, L, XL



Please visit the UpS website www.unitedplantsavers.org to order online

“Beauty and grace are performed whether or not we will or sense them. The least we can do is try to be there.”

Annie Dillard

Winter 2012



GREEN THaNkS & GRaTITUDE

Thank You For Your Generous Contributions & Support

We extend a special thank you to all members of UpS who continue to support us with memberships and donations. Your support, efforts and concern are the only thing that can really make a difference in the protection and conservation of our important medicinal plants. All donations and help, whether it be organizational, cultivating, educating or choosing medicinal herb products more consciously is appreciated. Great gratitude goes to the many in-kind donations of goods and services from companies and friends that support our work. We gratefully acknowledge the following long-time Green Angels, Leaders, Lifetime Members and Donations in 2011:

Green angels – \$50,000+

Aveda Corporation, Judy and Michael Funk & Paul Strauss

Leaders – Individuals & Companies - \$5,000+

Margaret & William Brevoort	L. Perrigo Co., Inc.	Sacharuna Foundation
Robert Campbell	Michael McGuffi	Sonoma County Community Found.
Clayton College of Natural Health	Millrock, Inc.	Traditional Medicinals
Frontier Cooperative Herbs	Mountain People's Warehouse	Vermont Community Foundation
Rosemary Gladstar	Mountain Rose Herbs	Wheeler Family
Howard & Gayle Gross	National Fish & Wildlife Foundation	Whole Foods Market
Herbal Magic	New Chapter, Inc.	Wiancko Family
Herb Pharm	NE Women's Herbal Conference	David Winston
Christopher Hobbs	Outagamie Charitable Fund	
International Herb Symposium	Horst Rechelbacher	

Corporate & Foundation Members, Donors & Sponsors – \$100 - \$4,999

Alkemists Laboratories	Herbalist & Alchemist, Inc.	Pacific Botanical
Ancient Order of Druids in America	Herbs Etc.	Purely Hydroponic, LLC
Bighorn Botanicals	High Rock Farms	Rainbow Grocery Coop
Community Pharmacy	Honest Tea	Restorative Medicine
Coulee Region Herbal Institute	Horizon Herbs	Sagewood Herb Farm
Elemental Herbs	Jean's Greens	Starwest Botanicals
Empowered Herbals	Kuumba Made, Inc.	The Garden Continuum, Inc.
Essential Essence	LearningHerbs.com	Topline Marketing
Fairland Farm	Level Naturals, LLC	Trillium Health Center
Gaia Herbs	Mama Jo's Sunshine Herbals	Urban Moonshine
Green Dragon Botanicals	MoeJo Dog Essentials	Viroqua Food Coop
Guayaki'	Monterey Bay Spice	Vitality Works
Happy Herbs Soap	Motherlove Herbal Company	Wise Woman Herbals
Herb Society of America	Nature's Equity LLC	Zack Woods Herb Farm

Green Thumbs – Individuals Donating In 2011 & Lifetime Members – \$100 - \$4,999

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Cech	Karen Marie Foley	Debra Hultgren	Kathleen Maier	Thomas Riley	
Jim Chamberlain, PhD	Teresa Foley		Debbie Mancuso		
	Steven Foster				

Very special thanks to Rosemary Gladstar's Apprentices at Sage Mountain for their significant donation in Rosemary's honor! Great thanks to everyone who donated to UpS in support of Intern Ted Martello's Appalachian Trail hike, and thanks to Ted for his dedication and support!! Great thanks to everyone who donated so graciously to UpS this year!

Partners in the Green ~ 2011

Many of our members have herb businesses and have created ways for their "money green" to support the UpS green! We want to highlight several companies whose contributions to UpS come as percentage of sales of dedicated items. For example, The Herbal Sage Tea Company (www.herbalsage.com) makes a "UpS Tea", and \$1 of each sale of this tea comes to UpS. Another of our Partners, Woodland Essence, has been donating a percentage of sales of their "At-Risk" Flower Essence to us for years. You will see a section for Partners in the Green on the front page of the UpS website, and we've made it easy for you to link to these thoughtful businesses. By supporting these companies, you are supporting UpS!

alchemilla Pure Skin Care – skin care trial kit
www.myalchemilla.com/Summaries-Kits/Summary-TrialKits.html

Dreamseeds Organics – avena soap
www.dreamseedsorganics.com

Elemental Herbs
www.elementalherbs.com

Empowered Herbals – Rachel Jean's Green Drink
phone 360-301-3130

Herbal Lodge – herbal salves
www.HerbalLodge.com

Herbal Sage Tea Company
www.herbalsage.com/proddetail.php?prod=Ups
or 740-594-5522

Happy Herbs Soap
phone 845-733-4577

LearningHerbs.com – Wildcraft! board game
www.learningherbs.com

Level Naturals, LLC – 100% vegan, gluten free, cruelty free soaps, bath bombs, scrubs, butters, and candles
www.levelnaturals.com

Old Ways Herbs – organic tinctures, salves and syrups
www.oldwaysherbal.com

Organic Bouquet – organic flowers and botanical gift
www.organicbouquet.com/ups

Woodland Essence – flower essences & herbal goodies
phone 315-845-1515
woodland@ntcnet.com

More Thanks

Great thanks to all the generous sponsors of this year's Planting the Future conference in Wisconsin: Mountain Rose Herbs, Herb Pharm, Frontier Herb Cooperative, North Country Herbalist Guild, Four Elements Herbs, Coulee Region Herbalist Institute and Viroqua Food

Cooperative. We're also grateful to the sponsors of the International Herb Symposium and NE Women's Herbal Conference: Herb Pharm, Mountain Rose Herbs, Traditional Medicinals, Frontier Herb Cooperative, Herbalist & Alchemist, Inc. and The Meaning of Tea.

UpS has also begun receiving donations from wonderful programs like Network for Good, 1% For the Planet and the Standard Matching fund. Thanks to Elemental Herbs!

Great appreciation is also due to Medicines from the Earth, Breitenbush, Rootstalk, NW Herb Faire, American Herbalists Guild, Madison Herb Fair, SE Women's Herbal Conference, the PawPaw Festival and Traditions in Western Herbalism conferences for making UpS info available at their events. This is especially helpful because we meet many new members and have a lot of opportunity to let folks know about native medicinal plant conservation at these kinds of events. Special thanks also to UpS Interns Ashley Reiger and Kelsey Siekkinen for staffing tables for us! Many other people make UpS information available at farmers' markets, workshops, Herb Day and other events. We are deeply grateful for all this support! If YOU know of a great opportunity for plant-lovers to connect with UpS, we are happy to provide you with brochures, newsletters and more!

No *Journal* would be complete without thanking the friends who make our publications possible – Liz Butler and Beth & staff at Accura Printing! We love you!

“Dear UpS,
We are humbled and it is an honor to be given such a meaningful recognition for the small role we play in the overall efforts of the many good people involved in a myriad of good deeds and actions on behalf of the plants and UpS. We are grateful to all involved for their good works.

Love & Gratitude,
Dan & Kate”

(last year's MPCA winners)

Planting the Future

Edited by Rosemary Gladstar & Pamela Hirsch

Land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations.



Selected by the Vermont Book Professional Association as one of the Twelve Best Books of 2000 by Vermont Publishers!

To order online please visit
www.unitedplantsavers.org
or send \$25 check or money order to
UpS, PO Box 400, E. Barre, VT 05649



UpS EVENTS & GREEN NETWORK

Herb Events 2012

March 23-25

FLORIDA HERBAL CONFERENCE

in the Ocala National Forest.
Rosemary Gladstar Keynote Speaker
www.floridaherbalconference.org

April 11-14

SOCIETY OF ETHNOBIOLOGY ANNUAL MEETING

to be held at the Denver Botanic Gardens in Colorado
www.ethnobiology.org

April 14-15

SOUTHWEST CONFERENCE ON BOTANICAL MEDICINE

in Tempe, AZ
www.botanicalmedicine.org

May 4-6

SIXTH ANNUAL GALA GATHERING FOR WOMEN

Weaving the Web of Community in Charlottesville, VA
www.sacredplanttraditions.com

May 13

LOVE YOUR MOTHER AT PLANTING THE FUTURE

Goldenseal Sanctuary, Rutland, OH
For more information or to register, please email
office@unitedplantsavers.org or call 802-476-6467

May 26

PLANTING THE FUTURE

Herb Pharm, Williams, OR (not to be missed)
For more information or to register,
visit unitedplantsavers.org or call 802-476-6467
(See Ad on opposite page)

June 3-7

ETHNOBOTANY OF MOUNTAIN CULTURES

Society for Economic Botany in Frostburg, MD
www.econbot.org
United Plant Savers is sponsoring the student gathering
and a panel discussion on "At-Risk" plants.

June 29-July 1

FIRST ANNUAL MIDWEST WOMEN'S HERBAL CONFERENCE

at the Christine Center in Willard, WI
www.midwestwomensherbal.com

July 21

PLANTING THE FUTURE

at Sage Mountain, East Barre, VT
www.sagemountain.com
(See Ad on opposite page)

August 24-25

25th NEW ENGLAND WOMEN'S HERBAL CONFERENCE

at Newfound Lake, NH
www.sagemountain.com

September 13-16

TRADITIONS IN WESTERN HERBALISM

in Coconino, Arizona
www.traditionsinwesternherbalism.com

September 30-October 5

ECO-SUMMIT

in Columbus, OH
www.ecosummit2012.org
Goldenseal Sanctuary will be featured as one
of the field trip destinations

October 12-14

S.E. WOMEN'S HERBAL CONFERENCE

in Black Mountain, NC
www.sewisewomen.com

October 21-24

SANDALWOOD SYMPOSIUM

East-West Center, University of Hawaii, Honolulu, HI
A collaboration of UpS and the International
Sandalwood Foundation



United Plant Savors & Herb Pharm Present:

Planting the Future



at Herb Pharm's
85-acre Organic Farm in
WILLIAMS, OREGON

a medicinal plants gathering for herb enthusiasts of all levels

Saturday & Sunday: May 26 & 27, 2012

Presenting Herbalists Include...

Amanda McQuade, Kevin Spelman,
Ed Smith, Richo Cech, Jane Bothwell,
Tim Blakley, Cascade Anderson-Geller,
Kathi Keville, Mark Wheeler, Autumn
Summers, Mark Disharoon, Holly
Crosson, Greg Tilford

Saturday's Events Include:

"Come-iree"...All About Comfrey
Common Herbs - Special Women
Growing a Backyard Pharmacy
Ecological Water Garden Design
Plant ID Walks • Ethical Wildcrafting
Essential Oils: Sustainable Sourcing & Uses
Protecting & Growing 'At Risk' Medicinal Plants
The Botanical Adventures of Herbal Ed
The Endocannabinoid System



Cost: Members: \$65 Non-Member: \$75
Boxed Lunch: \$10 (turkey or vegetarian)

To Register:

Please call the UpS office at 802-476-6467
or visit www.unitedplantsavers.org

For Class Descriptions & Teacher Bios
please visit:
www.herb-pharm.com/PTF_2012

Sunday's Events:

3 hour Intensive: \$75
Using Tonic Herbs in the Care &
Treatment of Companion Animals
Pass for Farm Tours: \$20
Herb Pharm, Pacific Botanicals, Horizon Herbs

Our Generous Sponsors:



International Sandalwood Symposium 2012



Artwork courtesy of www.gilmorearts.com

October 21-24

East-West Center,
University of Hawaii
Manoa, Honolulu, HI

Brought to you by International
Sandalwood Foundation,
Secretariat of the Pacific
Community & UpS.

Event Info: www.sandalwoodfoundation.org
Registration: www.unitedplantsavers.org

PLANTING THE FUTURE

A Conference on the Conservation,
Cultivation and Sustainable Use of
Native Medicinal Plants

Saturday, July 21st, 2012

SaGE MOUNTAIN East Barre, Vermont

Teachers:

Rosemary Gladstar
Nancy & Michael Phillips
Melanie & Jeff Carpenter
Larken Bunce
Guido Mase
Micki Visten
Amy Goodman-Kiefer
Betzy Bancroft

classes:

Plant Medicine for Plants
Creating Sanctuary
Medicinal Herb Cultivation
Herb Walks & more!

REGISTRATION COST:

\$55 for UpS members,
\$65 for non-members
Vegetarian or Turkey lunch \$10

FOR MORE INFO:

email office@unitedplantsavers.org
or call 802-476-6467
www.unitedplantsavers.org

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Love your Mother *at* Planting the Future!

Sunday May 13th ~ 9am to 4 pm

Goldenseal Sanctuary, Rutland, OH

- Herb Walks
- Creating Sanctuary
- Learn to make your own herbal salves, bath salts & more
- Plant Sale
- UpS Membership meeting

Teachers Include:

Rosemary Gladstar
Rebecca Wood
Paul Strauss
Diane DonCarlos
Emma Rose Huggins
Betzy Bancroft
Chip Carroll
Coty Crabb

For more info, or to register visit www.unitedplantsavers.org or call 802-476-6467