

Natural Path to Health: Spring Plantings

By Dr. Carol McIntyre

Hello all! I recently gave a lecture at one of the local churches on medicinal plants that are easily grown in our area. Most of these are good container plants and there are some that will flourish in poor soil (and that's easy too!) I will just list a few plants to give you the basic idea...

Calendula: this is a Wonderful herbal that is so very healing for the inside and out! Calendula flowers are a beautiful orange color and are full of antioxidants and anti-microbial agents. Drank as a tea, you can enjoy the medicinal effects of internal healing to your GI tract (mouth, stomach, and intestines). Also, calendula can be applied to the skin topically for the healing/soothing of many kinds of wounds. The minor surgery tincture I actually was introduced to in medical school was comprised of 1 part Calendula in addition to other herbs. Many acupuncturists will use the succus in place of rubbing alcohol as a topical cleansing agent prior to needle insertion.

Chives: These are such a GREAT container plant! They will be easy to grow and will give you a plentiful harvest. The more you cut the plant, the more it will produce. It wants to be eaten and used! Chives are in the same family as onions/garlic and have wonderful antimicrobial, antiviral, antibacterial properties. Adding these into cooking or topping them over a broiled chicken breast will give you great flavor and medicine to clear out your sinuses from common cold symptoms.

Basil: This herb has amazing healing properties but can also be "difficult" to grow. It does well in a

container but really needs to be inside until the weather gets warm enough, as it will not tolerate any temperatures below 55 degrees. This plant is wonderful as an antiseptic as well as an antiviral and has been used for centuries to expel intestinal viruses/parasites etc. Make yourself some pesto using olive oil and you will have an enhanced immune system and a great meal.

Echinacea: This herb will grow well in poorer soil and is a wonder immune stimulant and antibacterial agent. The flowers and roots are used as medicine, but I would recommend that unless you know you have soil that has not had any pesticides added to it, that you just make a tea from the flowers. Sprinkle seeds NOW and cover gently with the soil. If you want to harvest the root, wait until the 2nd year.

Thyme: Also a wonderfully easy herb to grow in a container. It is packed with flavor and a wonderful herb to use in cooking. You may notice that it is also used in different household cleaners. This is because the essential oil of Thyme is extremely antimicrobial and acts as a good disinfectant. Try cooking with the fresh herb and making a lemon-thyme chicken or white fish dish... you may be surprised!

Lavender: This is a very medicinal herb... but doesn't like wet soil. So, growing it in pots or in a rock garden setting

is much more tolerated in our climate. Like thyme mentioned above, lavender is a strong antiseptic and is used in many different household and medical disinfecting products. It also produces the only essential oil that can be applied directly to the skin to treat burns and abrasions (of course, some people may be sensitive, so please take caution and call a doctor for medical advice if you decide to use the essential oil topically). Lavender also has a calming effect and the dried flowers can be drank as a tea or used in eye pillows or slaves and applied to areas of need. There are many healing applications for lavender and I am only touching on a few here. For more ideas, consider talking to Kathy Larsen who now runs the 'Made in Vernonia' store... she and her mother own the lavender farm on Timber Road and probably know a thousand different ways to use

it! Including cooking with it!

This is just a short list of some of my favorites. Using proper soil is also a must for healthy plant production. Vernonia Hardware carries the Dr. Earth line of organic soils/fertilizers and has free literature about growing and maintaining a healthy garden. I have used these soils in combination with my own compost and my plants always flourish!

Many of us have a small growing space and utilize containers to plant throughout the growing season. Make it count! Plant herbs and other medicinals that you can use in your everyday life! Enhance your overall health and enjoy a connection with the earth while you do it.

Thanks for joining me. Be well~

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Vernonia Students of the Month

April 2012



Myriah Henschel, Grade 4

Myriah is an outstanding example of a good student. She works hard, turns in her homework every day, strives to be the best she can be and is always willing to help her schoolmates. She has even been noticed standing up for students when they are being bullied. Myriah says her favorite subject is Math. She is involved in Girl Scouts and hopes to play soccer this year. Myriah says she loves to swim and also collects rocks.

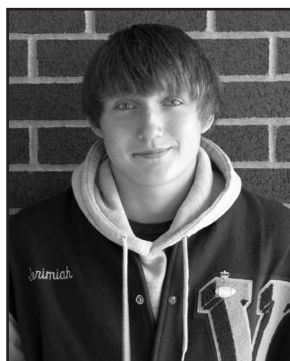
Kara Christie, Grade 8

Kara is known as an outgoing, kind and respectful student who is always willing to do what needs to be done. She is "...like a ray of sunshine...she brightens the room when she walks in," says one of her teachers. She is organized, neat and very concerned about her assignments and grades. Kara says she "really, really, really loves art class!" including photography and watercolors. She plays volleyball and softball and is involved in OSSOM. In her free time she enjoys drawing, reading and graphic design.



Jerimiah Hammons, Grade 10

Jerimiah played on the VHS football team this year, is part of the Student Leadership Class and is involved with OSSOM. He says his favorite class in school is History with Mr. Brown. Outside of school he is actively involved in the Vernonia Free Wheelers club and has recently volunteered to serve on the Vernonia City Parks Committee.



Sponsored by Vernonia's Voice

Senior Center Activities

5-Area Luncheon: Monday, May 29 (503-429-3912) any week day, from 7:00 AM-3:00 PM. Please allow one day lead time for larger orders. The Center's front door opens at 9:00, but the side parking lot door opens at 7:00. Ah, sweet treats!

Connie's Fabulous Breakfasts: Fabulous breakfasts are available to the public on Fridays for a cost of only \$3.50. The event happens at the Vernonia Senior Center (446 Bridge Street) from 7:30 to 9:00 AM each Friday. Meal price includes a beverage, too. Enter through the side, parking lot door. What a deal!

Week Day Lunches: The Vernonia Senior Center offers nutritious and tasty lunches each weekday for a \$4 donation for seniors over 60; cost is \$5 for anyone under 60. To-go meals are available for \$5. These are available to the public, not just Senior Citizens. (Mealtime is noon; late arrivals may not be served.) You can reserve your lunch by calling by 11:15 AM, or further in advance if possible, to assist the cooks as they prepare the day's meals. Meals on Wheels are available for a \$4 donations for seniors over 60. Please contact the Senior Center for an application.

Maple Bars available locally! Connie King, the cook at the Senior Center, is making maple bars each day. The maple bars are available to the public, too, and only cost \$1 each. Availability is subject to quantity on hand. You can assure yourself of a good supply by pre-ordering them directly from Connie by calling the Senior Center

Thrift Store: Bargain prices can be found in Vernonia's Senior Center in their Thrift Store. The retail store is open Monday through Friday, from 9:00 AM until 3:00 PM. The Thrift Store provides funds for the Senior Center's facility and its many activities. Donations can also be dropped off during those same hours, and donated clothes need to be clean and in good condition so they are "sales ready". We are offering half off during the first week of each month. Buy locally and support your local Senior Center. **For after hours drop-offs please contact Pauline 503-429-5810.**

Special Days: On the last Wednesday of the month Wauna Credit Union will be serving ice cream. On the last Friday of the month we will serve birthday cake and ice cream to celebrate that month's birthdays.

Membership Dues: Another way to support Vernonia's Senior Center is to pay the \$15 annual membership dues. Checks may be mailed or dropped off at the Senior Center. Anyone 50 and older may join.

Questions? Call: (503) 429-3912