

Dear Friends,

Last evening, we had our first frost of the season. This morning the fields were covered in fine crystals, all sparkling as the sun came up. I have been busy harvesting as many of our tender plants and flowers as possible, because I knew they would not survive low temperatures. The wonderful red okra, tomatoes, peppers, and basil are now gone. But the broccoli, collards and carrots are fine; and as every southerner knows a light frost is needed to bring out the sweet flavor of collards!

As mentioned, Basil is a very tender annual that will die at the first frost. We grow our Basil from seed and have huge Basil plants in our garden and flower beds every summer! Basil is a native of India and is used in Ayurveda medicine. It is said to have strong effects on the emotions and can be strengthening in times of sadness. It is considered a sacred herb that can open the heart and bring harmony to the mind. The name comes from the Greek basileus meaning 'king'. Folklore associates Basil with love and some say that when a man presents a woman with a sprig of basil, she will fall in love with him and never leave him. Annual basil (*Ocimum basilicum*) is also a favorite herb for cooks. It is the primary ingredient in many Italian dishes, including pesto. I like to grow it as an ornamental and for its aromatic leaves that are useful for many things.

Fortunately, we harvested our basil before frost and have distilled some of it. I came across some interesting information regarding basil and will share the link here:  
[http://www.plantasmedicinales.org/abstract/may2003/Ocimum%20basilicum%20\(albahaca\).htm](http://www.plantasmedicinales.org/abstract/may2003/Ocimum%20basilicum%20(albahaca).htm)

We will be adding our Herbarie Basil Hydrosol to the website soon.

I believe basil has great potential for skin care and plan to explore that possibility. I know I will definitely use it as a room freshener throughout the winter to bring back thoughts of a summer day!

As I am writing this note, the roses I cut yesterday afternoon are being distilled. It seems to me that this batch of hydrosol is especially sweet; perhaps because it will be the last of this season? I am glad to have my rose hydrosol throughout the winter to remind me of those summer blossoms!

Rose plants are hardy perennials in our southern climate and most will not go completely dormant. Instead, they will simply rest a bit until spring arrives! Some roses will keep leaves throughout winter and continue to flower here and there. The wintertime blooms are always a special treat!

## **Celebration!!**

Stoney Hill Farm was incorporated in Fall 2000 and The Herbarie, [www.theherbarie.com](http://www.theherbarie.com), was launched in Fall 2001, so we are celebrating our anniversary this Fall 2004! Much of our success is due to our loyal friends and clients and we wish to show our appreciation!

For the month of November and December we are offering our excellent butters at special sale pricing. These prices are all close to our cost and should represent a significant savings to our clients.

We will also include a Special Gift with every online order throughout November and December! Kayla has prepared 4 Special Gift packages just for you!

### [Special Celebration Sale!](#)

## **The Herbarie Staff!!**

Many of you have met The Herbarie staff via the phone or email, but in case you have not, now is a good time to introduce our newest member! Kayla has been with us since June of this year and is a very important part of The Herbarie staff! She is responsible for packing up most orders that leave our shoppe and she does an excellent job! She makes sure each order is packed carefully and her organizational skills are fabulous! She is also part-time Herbarie Hair Care Guinea Pig! Her long, thick hair is perfect for my experiments!

## **New Products and New Pricing!!**

We have been very busy since our last newsletter! We have several new products and new pricing to tell you about!

<http://www.theherbarie.com/new-products.html>

## **Plantago Extract!**

For centuries, herbalists have valued the Plantain herb for its multitude of medicinal properties. Plantain herb is antibacterial, anti-inflammatory, emollient and astringent. It contains mucilage, which is composed of polysaccharides; iridoid glycosides, including aucubin and catalpol; flavonoids including apigenin and luteolin; silicic acid, and tannins.

The Herbarie Plantago Extract offers skin soothing properties and is recommended for general skin care.

INCI Name: Water (and) Glycerin (and) Plantago Leaf Extract

Physical Form: Water-soluble, brown-colored liquid

Recommended Usage: 1% - 10%

<http://www.theherbarie.com/botanicalex.html#plantago>

## **Herbarie Rosemary Extract**

Rosemary is one of my favorite herbs! Rosemary symbolizes loyalty and constancy and is the herb of remembrance. The plant has many uses -- culinary, cosmetic, and medicinal.

We offer the Herbarie Rosemary Extract as a standardized oleoresin that is derived from the rosemary plant (*Rosmarinus officinalis*). Rosemary Extract contains natural antioxidant compounds -- carnosic acid, carnosol, and rosmarinic acid -- that are beneficial in both skin care and hair care. Rosemary Extract has also demonstrated anti-inflammatory and antimicrobial characteristics as well.

Herbarie Rosemary Extract is a pure, standardized extract of rosemary containing a minimum of 1% carnosic acid. The extract has a faint herbal scent, but most of the characteristic rosemary odor has been removed.

Recommended usage: 0.1% - 0.4%

INCI Name: *Rosmarinus officinalis* (Rosemary) Leaf Extract

Physical Form: Viscous, dark green oily liquid

Carnosic Acid Content: 1% minimum

<http://www.theherbarie.com/botanicalex.html#rosemaryextract>

## **AquaEm!**

New! The Herbarie AquaEm is a multifunctional, water soluble, emollient blend for both body and hair care! This exciting new material is based on naturally derived coconut fatty acids. It will function as a solubilizer in aqueous systems to create a clear product with a silky feel! It is ideal for products such as body mist or leave-in hair conditioners. AquaEm has water soluble, superfatting properties that are perfect for bath products such as shampoo, facial cleansers, body wash, dispersible bath blends, emulsifying scrubs and will provide emolliency and a conditioned afterfeel without compromising foam. The emulsification properties of AquaEm provide the basics for a sprayable lotion! See Formulary for more information.

INCI Name: PEG-6 Caprylic/Capric Glycerides (and) Dimethicone PEG-8 Benzoate (and) Di-PPG-2 Myreth-10 Adipate

Physical Form: Clear Liquid

Recommended Usage: 1% - 10%

<http://www.theherbarie.com/emulsfy.html#AquaEm>

**New Source! New Pricing!** Research supports Rosemary Oleoresin Extract (ROE) as one of the most effective antioxidants. ROE is often used for its antioxidant properties to retard the oxidation of lipids (oils) and helps to retard rancidity. We are very pleased to offer a standardized Rosemary Oleoresin Extract (ROE) at very competitive pricing.

<http://www.theherbarie.com/botanicalex.html#rosemaryextract>

## **Holiday Schedule and Contact Information**

As a reminder:

phone number: 803.364.9979.

fax number: 803.364.9974.

email address: support@theherbarie.com

The Herbarie will be closed November 25 and 26 and will reopen on Monday, November 29. Online orders will be accepted during this time and will be processed during week of November 29.

Also, please note that our office hours are Monday-Friday 8:00am-5:00pm EST. During these hours, we are often on the phone with clients or processing orders, so if the voice mail answers, please be patient with us! I promise to return calls as soon as possible. Every call is important to us, so please leave a message!

### [Contact Information](#)

## **Happy Thanksgiving!**

This is a traditional time of year to give thanks for our many blessings. I hope that in turn, we can help to bring some happiness and joy into the lives of others who are less fortunate. The Herbarie has recently made a financial commitment to a South Carolina organization called The Cooperative Ministry. This local organization is a non-denominational ministry that truly helps others who are in need.

I wish to take this time to say how truly thankful I am for friends and family and for the opportunity to live a life that I enjoy tremendously.

I hope you have enjoyed this issue of The Herbarie Update! We welcome any comments and suggestions. I hope you have a Fantastic Fall and a Happy Thanksgiving!

Angie Turner

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