

July 2004

## Greetings From The Herbarie!

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Dear Friends,

Life is good at Stoney Hill Farm! We are now living full-time at the farm and have consolidated our business activities as well. We have many projects on our to-do list---finish landscaping, develop the enclosed garden, set up a greenhouse, build our new home---the list goes on! You can view pictures of Stoney Hill Farm in our online gallery.

Please make a note that our phone and fax numbers have changed. They are listed at the end of this newsletter. We also now have a toll-free order line: 866.364.9979.

We have exciting new plans for The Herbarie! We will certainly continue to offer high quality products for toiletries and cosmetics from manufacturers such as Croda, Cognis, RITA, BASF and others. But we are now manufacturing some of our own products and plan to do more. We are working with two universities in the development of new botanical extracts. The work is fascinating and we are so excited about the possibilities.

We worked diligently for two weeks, day in and day out, moving and restocking our shelves. But just outside our packing room, we were treated to a show each day. Eastern Phoebes built a nest of mud and grass in the porch eaves just 5 or 6 feet from our double glass doors, so for two weeks we could observe Phoebe nestlings up close and personal. Phoebes are cheerful birds with perky little tufts of feathers on their heads and are great to have around since they eat insects. These Phoebes were excellent parents and stayed very busy for the two weeks it took to raise their brood. You can see their picture in our picture gallery. They are so adorable and they grew so quickly! Before long they were so big they could barely fit into the nest. One day one of the gang got pushed out onto the ledge. He sat there for a few minutes, but decided to push his way back in---he was not ready to go. Over the next couple of days, the mom and dad continued to frantically feed the big babies as they all sat stuffed into the nest with mouths open and wings fluffing and flapping. Once again, one of them was pushed out and this time landed on the ground outside our doors! He sat there for the longest time, bewildered I guess, and then flew back up to the nest---only he landed on the opposite side of the eaves and there he sat. Meanwhile, the rest of the gang were fluffing and flapping their wings and gradually throughout the day one by one took their first flight. All the while mom and dad were close by to offer encouragement and protection. They were all gone except for the reluctant little one on the wrong side of the ledge, but eventually he seemed to find the courage to take off too. It was wonderful to watch the babies grow up and exciting to see their first flight, but it was sad to see them go and the empty nest seemed, well, so empty. But over the next few days we spotted four of the babies sitting on our garden fence! We also had a couple of surprise visits to the potted bay tree on our porch. They perched there and looked around as if to say, Gosh, it sure is good to be back home again!

My own last nestling, Amy, is now preparing for college this fall. This newsletter is written with her in mind.

After a lovely spring with the blessing of good rainfall and sunshine, the plants have grown lush and are now producing fruit and flowers. Our spring rose bloom is always a special joy for me and this year we harvested many fragrant flowers. The roses are resting now and patiently

waiting for me to feed them! We use our rich compost with some seaweed, bunny pellets, and other odds and ends. But a thick layer of mulch is the real key to happiness and success for our roses as well as all the plants in our gardens. We use pine straw and hardwood mulch to hold moisture in the soil and protect the roots during the hot summer months. We just harvested 100 plus ears of delicious super sweet corn which has been blanched and frozen quickly so that when we have corn at Christmas it will have the same fresh, sweet flavor! Our asparagus, yellow squash, cucumbers, Italian green beans, chard, and arugula have been coming in for weeks. Now the tomatoes and peppers are coming in! We have had our first BLT with the Better Boy, but I cannot wait for my favorite Rose tomato! The basil is off to a good start and smells just like Summer! The new rosemary that we set out in the fall has doubled in size and is a rich green and the picture of health. The lemon balm was especially lush and fragrant this year and I have been enjoying my favorite tea of lemon balm, rosemary and mint! But we were late in some of our planting because of the move. I must start the seeds for the red okra and sow the zinnias! So much to do!

### **New Botanical Extracts!**

We are offering two new Botanical Extracts:

Cucumber Extract (*Cucumis sativus*)

Soothing, cooling, toning. Cucumber has been used traditionally in skin care for many years. Cucumber is 96% water by weight and contains the mineral silica and Vitamins A and C. In addition, recent research has shown that the volatiles in cucumber inactivate various pathogenic bacteria. Cucumber Extract can be used in toners, lotions, creams and other skin care products. Water soluble. Clear.

Elder Flower Extract (*Sambucus nigra*)

Antiseptic, astringent, soothing. Use in toners, lotions, creams and other skin care products. Water soluble. Clear.

[New Extracts!](#)

### **New Antioxidants and Price Reductions!**

Rosemary Extract (*Rosmarinus officinalis*)

ROE. An antioxidant grade oleoresin that is oil soluble and can be used to treat oils to delay rancidity. Dark green, viscous liquid.

BHT

Butylated Hydroxytoluene - FCC An anti-oxidant used to extend the shelf life and delay rancidity of oils and fats in foods and cosmetics.

We have also recalculated our packaging and costs on Liquid Germall Plus and reduced our prices--more savings for you! Quantities and pricing have also changed for Tetrasodium EDTA, Sodium Lactate and Sodium Coco-Sulfate. We hope you will be pleased with our changes.

[Antioxidants, Preservatives and Chelating Agents](#)

### **New! The Herbarie Hydrosols!**

We are most excited about our hydrosols! The Herbarie Hydrosols are hydro-distilled from our organically grown botanicals or from native plants that are gathered from our woods and fields. Our hydrosols are produced specifically for the distillate water and are not a by-product of essential oil production. Hydrosols typically represent the water-soluble constituents of the botanical with some volatile components such as the essential oils. Depending on the

botanical and the season harvested, our hydrosols contain varying amounts of essential oil. The Herbarie's Hydrosols are available on a seasonal and limited basis. For the safety of our customers, we preserve our hydrosols and also conduct microbial testing on each batch. The Herbarie's Hydrosols are for external use only.

At the present time we are offering:

Herbarie Rose Hydrosol  
Melissa Hydrosol  
Honeysuckle Hydrosol  
Mountain Mint Hydrosol  
Spearmint Hydrosol

We will be distilling throughout the year when plants are in season. Please note that our stock is limited and seasonal. Look for our Rosemary Hydrosol and others coming soon!

[The Herbarie Hydrosols](#)

### **From the Formulary!**

I have put together some formulas for you to try that utilize some of our newest ingredients and also some of our long time favorites. I hope you will enjoy trying them.

The Herbarie Hydrosols can be used in so many ways! They can be used as a finished product in a spritzer or toner for skin care. They can also be used as part of a formulation for creams and lotions, hair care and even for insect repellents. Here are some ideas:

#### PhytoEssence Mist

This is my favorite spritzer to use just before using my favorite face cream or oil. Hydrolyzed Oats and glycerin help the skin to retain moisture throughout the day. Antioxidant Complex T enriches the mist with botanicals that are known to contain a variety of polyphenolic compounds that serve as antioxidants against free radical scavengers. Sunflower Seed Extract is a proprietary extract from France that inhibits protein glycation which leads to wrinkles. Herbarie Rose Hydrosol is an excellent astringent and the light rose scent sets the right mood for my day.

Herbarie Rose Hydrosol 83.75% = 418.75 grams

Glycerin 4% = 20 grams

Hydrolyzed Oats 3% = 15 grams

Antioxidant Complex T 5% = 25 grams

Sunflower Seed Extract 4% = 20 grams

Liquid Germall Plus 0.25% = 1.25 grams

Total 100% = 500 grams

#### HydroRevitalizing Mist

Refreshing and Astringent blend! Melissa and Witch Hazel are known for their astringent, antiseptic and uplifting characteristics. Honeysuckle is used in TCM, but is less known and utilized in the western world. It does however have antiseptic qualities as well and is soothing to troubled skin. Panthenol helps skin to retain moisture and White Tea contains polyphenols known as catechins which serve as antioxidants.

Melissa Hydrosol 10% = 50 grams

Honeysuckle Hydrosol 10% = 50 grams

Witch Hazel 10% = 50 grams

DI Panthenol 3% = 15 grams  
White Tea Extract 4% = 20 grams  
Distilled Water 62.7% = 313.50 grams  
Liquid Germall Plus 0.3% = 1.5 grams  
Total 100% = 500 grams

#### CucumberMint Tea Wake-Up Call

I survived our move by using this blend throughout! Although I used a higher percentage of our Mountain Mint Hydrosol for an extra 'boost' to keep going. I still keep a spritzer bottle on my desk to use from time to time as I find it helpful for fatigue and occasional headaches. Another thought is to add Rosemary Hydrosol (coming soon) to the blend.

Mountain Mint Hydrosol 15% = 75 grams  
Cucumber Extract 5% = 25 grams  
Green Tea Extract 3% = 15 grams  
Distilled Water 76.7% = 383.5 grams  
Liquid Germall Plus 0.3% = 1.5 grams  
Total 100% = 500 grams

LemonBalm Splash  
Antiseptic and astringent!

Melissa Hydrosol 50% = 250 grams  
Witch Hazel Hydrosol 50% = 250 grams  
Total 100% = 500 grams

#### WoodsWorks

I've been using this blend to spray on my clothes before I go for my morning walk in the woods. If we are not careful, we can pick up ticks and chiggers in the pine section of our woods this time of year. I tuck my hair into a baseball cap and spritz the cap and my clothes and the back of my neck with this blend. So far, it works.

Mountain Mint Hydrosol 50% = 250 grams  
Distilled Water 46.7% = 233.5  
Geranium Essential Oil 1% = 5 grams  
Eucalyptus Essential Oil 1% = 5 grams  
Polysorbate 20 5% = 25 grams  
Liquid Germall Plus 0.3% = 1.5 grams  
Total 100% = 500 grams

#### [Botanical Extracts and Complexes](#)

#### **From The Formulary! Seal the Deal Facial Blend**

For those who don't want to make emulsions, but want the benefit of emulsions—try this idea. First use one of the above as a facial spritzer/hydrator, then "seal the deal" with The Herbarie's blend of rich oils and nutrients.

Jojoba Oil 82% = 410 grams

Meadowfoam Seed Oil 3% = 15 grams  
Olive Squalane 8% = 40 grams  
Botanical Complex LSC 3% = 15 grams  
Raspberry Seed CO2 2% = 10 grams  
Vitamin E Acetate 2% = 10 grams  
Total 100% = 500 grams

### [The Herbarie Formulary](#)

#### **From The Formulary! Cool As a Cucumber Eye Cream with Honeysuckle!**

The delicate area around the eye needs special care. This formula is enriched with humectants, nutrients, astringents and conditioners. Cucumbers contain Vitamin A, C and the mineral Silica. Cucumber has been traditionally used for eye care because of its cooling and astringent characteristics. Witch Hazel and Honeysuckle offer astringent qualities as well. Antioxidant Complex T contains botanicals that are known to be rich in several polyphenolic compounds which can prevent free radical scavengers from damaging skin. The oil phase portion of this cream is rich in antioxidants and conditioners and will leave skin feeling silky and smooth.

#### Part A:

Cucumber Extract 5% = 25 grams  
Honeysuckle Hydrosol 5% = 25 grams  
Witch Hazel Distillate 5% = 25 grams  
Sunflower Seed Extract 4% = 20 grams  
Antioxidant Complex T 3% = 15 grams  
Hydrolyzed Oats 2% = 10 grams  
Vegetable Glycerin 3% = 15 grams  
Distilled Water 49.5% = 247.5 grams

#### Part B:

BTMS 6% = 30 grams  
Emulsifying Wax 3% = 15 grams  
Olive Squalane 4% = 20 grams  
Jojoba Oil 3% = 15 grams  
Shea Butter 2% = 10 grams  
Botanical Complex LSCD 2% = 10 grams

#### Part C:

Vitamin E Acetate 2% = 10 grams  
Raspberry Seed CO2 1% = 5 grams  
Liquid Germall Plus 0.5% = 2.5 grams  
Total 100% = 500 grams

Heat Part A to 175F. Heat Part B to 175F. Add Part B to A with mixing. Cool to 120F or less, add Part C and mix well.

### **From the Formulary! Big Bubbles Shampoo!**

Everyone wants big bubbles! Naturally derived Sodium Coco-Sulfate and Decyl Glucoside give this mild shampoo excellent foam characteristics. LiproSilk and dl Panthenol help hair to retain moisture and resist damage from environmental stress. EmEster provides ease in wet-combing and adds shine. Since Sodium Coco-Sulfate and Decyl Glucoside are both alkaline, we recommend adding citric acid to the finished shampoo to reduce the pH to approximately 5.5.

Combine Sodium Coco-Sulfate 5.5% = 27.5 grams

Decyl Glucoside 15% = 75 grams

EmEster 1% = 5 grams

Crothix 1% 5 grams

DI Panthenol 3% = 15 grams

Glycerin 3% = 15 grams

Distilled Water 68.20% = 341 grams

(Add to mix at 120F or less)

LiproSilk 3% = 15 grams

Liquid Germall Plus 0.3% 1.5 grams

Eo/fo optional

Citric acid (as needed)

This is an easy formula for first time shampoo/body wash makers! Actually, making shampoo/body wash always reminds me of making gravy. And I will share a secret with you--the same formula can very often be used for both body wash and shampoo. Here's how I do it. First I heat/melt/dissolve the solids—usually with a bit—maybe half--of the water portion. It's very important that all the solids are completely dissolved/melted. Then I add the remainder of the water portion and gently mix. Once the mixture has cooled to 120F or less, I add the preservative, essential oils or any other ingredients that are heat sensitive. For my own shampoo, I used 10% Herbarie Rose Hydrosol for part of the distilled water portion and about 1% Rose Geranium Essential Oil. Since my hair is color treated and a bit dry, I followed the shampoo with a new version of Amy's UltraConditioning Conditioner (see formulary).

Tips for emulsions:

-heat both phases separately to 175F

-stovetop or hotplate, rather than a microwave

-stainless steel pots and utensils

-stickblender

-weigh finished emulsion and add water back that is lost through evaporation

Tips for shampoo/body wash:

-melt/dissolve ALL solids

-pay attention to pH of finished product and make sure it is around 5.5

-pH can increase viscosity

-a little Crothix goes a long way

-fragrance oils WILL effect the formulation

-essential oils that seem to be most compatible with shampoo/body wash: geranium, peppermint, rose, sandalwood, rosemary, clary sage

**July Sale Items!**

BTMS-50  
one pound \$9.95!

Vitamin E Acetate  
2 oz. \$5.00!

Sodium Coco-Sulfate  
one pound \$5.00!

We are offering these items at greatly reduced prices for the month of July to our newsletter subscribers only. To receive this discount, simply type "The Herbarie Update" in the comments section of the shopping cart and indicate which items you wish to purchase and the sale price. The reductions will be taken after your order is received. The offer is limited to online orders only. One of each sale item per customer, please.

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We hope you have enjoyed this issue of The Herbarie Update. We welcome your thoughts and suggestions and would love to include your ideas in our newsletter. Please let us here from you.

Happy Summer!  
Angie Turner

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