

The Herbarie Update – April 2003

**“Here’s flowers for you, Hot Lavender,
sweet Mints, Savory, Marjoram.”**

William Shakespeare
Winter’s Tale

Spring Greetings from **The Herbarie!**

The roses are blooming!! After a very rainy winter/spring, everything is now fresh and green and new. As trees break their dormancy, seeds sprout, and flowers bloom, the wonderful balance of nature once again inspires us. Our spirits are refreshed and our hopes renewed.

Here in South Carolina we have many spring bloomers. First the crocus, daffodils, and forsythia brave the chilly air. In the woods, the redbud, dogwood, fringe trees, Carolina Jessamine and Wisteria fill the countryside with their intoxicating fragrance---nature’s own aromatherapy! When the azaleas start blooming we know that spring has officially arrived! From delicate to flamboyant in shell pinks and white, to lavender, red, and gaudy purple, this member of the rhododendron family and southern favorite is not shy when it comes to flowering. It is literally covered in blooms like great grandma’s Easter bonnet! But this is really just a prelude to the big show---the roses!! The tea roses (true teas) and the noisettes are my favorites, well, besides the bourbons and the damasks---and the English Roses, oh, and I forgot the Gallica. I guess it’s hard to have favorites! I have to say that my noisette climber, Crepescule, will absolutely take your breath away with it’s delicate, but spectacular apricot flowers! Hundreds of flowers cover the graceful and almost thornless canes of this rose. But Mrs. BR Cant demands attention too. One of the true tea roses that do so well in our southern climate, Mrs. B.R. Cant is now eight feet tall and just as wide and is adorned in double pink blooms. Mrs. B.R. Cant, Monsieur Tillier, Duchess D’Brabant, Marie Van Houtte, Celine Forrestier----what a southern spring soiree!

We are so fortunate to have a mild climate where many plants can easily overwinter. Rosemary, that wonderfully aromatic herb of remembrance and fidelity, is winter-hardy here, so we can use fresh rosemary all year long. This time of year, the tiny sky-blue flowers remind us to be true to others and ourselves and we also remember those who are no longer with us. This rainy spring has given us a lush, green crop of lemon balm and peppermint too! Perfect for a spring tonic! My favorite spring tonic is a tea made from fresh rosemary, lemon balm and peppermint---sweetened with a little honey---perhaps a squeeze of fresh lemon. So delicious and refreshing and according to The London Dispensary in 1696, “Balm, given every morning will renew youth, strengthen the brain and relieve a languishing nature”.

We enjoy making spring jam and jelly with herbs. My husband’s favorite is our SC State Fair Blue Ribbon winner, **Lemon Herb Jelly**. This jelly is made with our fresh Lemon Balm, Peppermint, Rose Petals, and Lemon Verbena.

Lemon Herb Jelly

We use the basic Sure Jell recipe for cooked jelly.

3 cups Infusion (Lemon Balm, Lemon Verbena, Peppermint, Rose)

2 tablespoons lemon juice

4 1/2 cups sugar

1 box of Sure Jell pectin

Another Blue Ribbon winner and family favorite is our **Rose Petal Jam** and we use the delicate, fragrant English Rose, Heritage to make our **English Rose Marmalade**.

English Rose Marmalade

We use the basic Sure-Jell recipe for cooked jelly. First make an infusion from the rose petals. Damask roses are the best, but any type/color can be used. A few red petals will give the marmalade a beautiful color. Strain solids, keeping 4 cups of liquid. Add fresh petals to the liquid and bring to a boil. Follow remainder of directions in the Sure-Jell recipe.

3 cups (tightly packed) rose petals
4 cups water
A few red petals added for color
5 cups white sugar
2 tablespoons lemon juice
1 box of Sure-Jell pectin

We don't use any pesticides on any of our plants, including our roses, so they are perfect for use in foods and cosmetics.

A word of caution: Most roses grown commercially and also in home gardens are full of pesticides and are not suitable and potentially dangerous for consumption and not recommended for cosmetics. Please make sure you know the origin of your rose petals before using them. In addition, any herbs that are gathered from the wild must be gathered from a location that is free from herbicides and pesticides. The roadside is not the best place to gather herbs or edible plants as they are so easily contaminated with herbicides, etc. Open fields or woods or your backyard are good possibilities. I use a lot of wildcrafted material in my teas and herbal blends. I have learned to accurately identify many of them through experience and time. There are many that I am still not sure about and for those I make sure that I check at least 3 references to absolutely and correctly identify the plant before using it. There are toxic plants that look much like their benign relatives. Poison Hemlock (*Conium maculatum*) has new growth that looks almost identical to Queen Anne's Lace (*Daucus carota*) and it could be tragic to not make the distinction.

There are a lot of very good resources available and it is difficult to narrow it down, but here are a few of my favorites. The American Botanical Council is an excellent resource. Their website is www.herbalgram.com. While membership offers extra benefits, there is much good information online for free. One excellent identification book on herbs is the Peterson Field Guide on Medicinal Plants and Herbs, by Steven Foster and James A. Duke. A good basic herbal book is "The New Holistic Herbal" by David Hoffman. This book was first published in 1983, but the information is still very useful.

For growing roses in the south, which is quite different from growing roses in the north or northwest, I recommend anything by Michael Shoup who is the founder of the Antique Rose Emporium in Brenham, Texas. At Stoney Hill Farm, we are particularly interested in the antique roses that are often more fragrant and more resistant to disease. The damasks, bourbons, and gallicas are some of the very oldest roses. The true teas, chinas, noisettes are also considered antique roses. David Austin, hybridized these antique roses and created a new class of roses called the English Rose—of which there are many now. Through the genius of David Austin we now have some of the most gorgeous and fragrant repeat blooming roses with the combined qualities of the antiques. David Austin has written a book entitled "Old Roses and English Roses" which is an excellent addition to the library of anyone who loves roses. The only negative is that it is written for the English climate that is

so different from our southern climate. Claire G. Martin has written a book “100 English Roses for the American Garden”, that is helpful in determining which varieties do well in warmer climates.

The first rose was said to be found in Crete somewhere between 1700 and 2000 BC. The rose, with its beauty and fragrance, has influenced history and inspired more poetry and legends than any other flower. In Greek mythology, Aphrodite the goddess of love, is said to be the creator of the rose. Legend has it that a red rose grew from a mixture of her tears and the blood of her wounded lover Adonis. In Roman mythology, the first rose is said to have come from the blood of Venus, the Roman goddess of love. Cleopatra reportedly seduced Mark Antony on her barge filled with roses. Many have declared the rose to be the Queen of Flowers, the symbol of love, and the flower that is dearest to our hearts.

**“Gather roses while they bloom,
Tomorrow is yet far away.
Moments lost have no room,
In tomorrow or today.”**

Johann W.L. Gleim

In celebration of Spring, The Herbarie is introducing new botanicals for toiletries and cosmetics! We will continue to add more botanicals throughout the summer, so please keep checking to see what is new.

We are most excited to offer two new CO2 Extracts---**Raspberry Seed and Sea Buckthorn Berry!** They are not volatile oils like essential oils. These are lipophilic extracts and are obtained through the pressure of carbon dioxide, rather than through steam distillation or solvent extraction. They can be used at a higher percentage in skin care products. The recommended usage is 0.1-8% in skin care. They are rich in essential fatty acids and free tocopherols.

Our Raspberry Seed CO2 Extract is an excellent antioxidant and free radical scavenger. It contains gamma-tocopherol in active free form, which is a more active radical scavenger than alpha-tocopherol. This lipophilic extract is recommended for all skin types, but is especially useful in formulas for mature skin. It's wonderful to use in creams, lotions, anhydrous products.

Our **Sea Buckthorn Berry CO2 Extract** is also an excellent antioxidant and free radical scavenger and has been used traditionally in skin care for hundreds of years. Sea Buckthorn Berry Oil's unique composition with high natural tocopherols, carotenoids, and fatty acids is particularly useful for skin problems that require cell regeneration---burns, eczema, wounds, and anti-aging formulas. This bioactive oil will also offer some protection against the harmful effects of UV radiation. This lipophilic extract is recommended for all skin types, but is especially useful in formulas for mature skin.

We are also pleased to introduce our new **Botanical Complex** series! Created especially for **The Herbarie**, each Complex is unique for hair or skin care.

Botanical Complex HC is an extract of Rosemary, Lavender, Rose, Nettle, and Lemon Grass. The Botanical Complex HC is suitable for most hair types. It is a pH balanced, complex blend of herbal

constituents that have traditionally been used in hair care. This water-soluble product can be used alone as a final hair rinse or it can be utilized as an ingredient in formulations for shampoo and conditioner.

Botanical Complex SC is extract of Calendula, Chamomile, Rose, White Willow Bark, Red Clover, Elder Flower. This Complex is an oil soluble extract and is a complex blend of herbal constituents that have been traditionally used in skin care for many years. It is suitable for use in lotions, creams, salves, or ointments.

We will be adding new botanicals all summer!! We ask for your patience as we upload these new items onto our website. If you do not see an item, but would like information and pricing, I will be happy to send it to you.

Just in time for summer---**Lemon Myrtle Essential Oil!** This essential oil is from Australia and is steam distilled from the leaves of the Backhousia citriodora a tree that is native to Australia and was until recently classified as an endangered species. However, this product is sourced from commercial plantations which are renewable. The essential oil has the highest level of citral of any essential oil and has a lovely citrus aroma. It is also considered a broad spectrum anti-microbial and is useful in a wide range of applications. I love Lemon Myrtle for the clear, sweet, lemony scent, but the anti-microbial qualities make Lemon Myrtle very useful in natural anti-microbial products, such as hand cleansers or aromalamps or diffusers. Due to the high level of citral, Lemon Myrtle has been reported to be useful in insect repellents. I've enjoyed making a hand cleanser that works beautifully in the "foamy bottles". I shared the original formula in the January issue of The Herbarie Update. It's by Pam Ingle of Nymphaea Soaps, Etc. <http://www.nymphaeasoap.com> The foamy bottles that I use can be found at www.chandlerssoaps.com

I used the same basic formula to create my **Luscious Lemon Hand Cleanser**.

Cocobetaine/Lactylate Surfactant Blend 14%
VenaSilk 1%
Hydrolyzed Oats 1.5%
Distilled Water 82.2%
Lemon Myrtle Essential Oil 1%
Liquid Germall Plus 0.3%

Heat distilled water to 175-180F, add VenaSilk, blend well (stickblender). Add Hydrolyzed Oats and Cocobetaine/Lactylate Surfactant Blend to solution and gently blend. When mixture cools to 120F or less, add Lemon Myrtle EO and Liquid Germall Plus and mix gently. Pour into foamy bottles.

I've worked on a few formulas that feature our Botanicals and utilize some of our other ingredients as well. I'll share them with you now:

Raspberry Silk Facial Cleanser

Part A – Water Phase

67.1% Distilled Water = 335.5 g
4% Glycerin = 20 g
3% VenaSilk = 15 g
0.6% GuarSilk = 3 g

Part B – Oil Phase

3% Olive Oil PEG Esters = 15 g

20% Polyfactant DLS Surfactant Blend = 100 g

Part C – Cool-down Phase

1% dl panthenol = 5 g

0.3% Liquid Germall Plus = 1.5 g

0.5% Raspberry Seed CO2 Extract = 2.5 g

0.5% Geranium Essential oil = 2.5 g

Heat half of the Distilled Water in Part A to approximately 90C/190F. Add VenaSilk and allow to hydrate for 10-15 minutes. With the remainder of the water at room temperature, add GuarSilk with mixing and allow to hydrate for at least 15 minutes. Combine VenaSilk and GuarSilk mixtures. Add remainder of ingredients and reheat to 74C/170C. Add Part B to Part A with mixing (no heating more heating is necessary). Cool to 50C/122F and add Part C with gentle stirring.

Raspberry & Rose Silky Emulsion

Raspberry and Rose in a luscious, elegant lotion! This formula features our new Raspberry Seed CO2 Extract! This lipophilic extract is rich in skin-nourishing essential fatty acids and antioxidants, such as gamma-tocopherol. Our Conditioning Emulsifier, NatraMulse, and VenaSilk work synergistically to create a stable and elegant emulsion and also provide superior conditioning to skin. Fractionated Coconut Oil and EmEster impart excellent “feel” and “slip” to this formula. This lotion is perfect for summer and leaves skin silky and conditioned with no oily residue. The delicate rose scent of our Rose Distillate makes this a delightful “unscented” formula.

Part A – Water Phase

Distilled Water 80.7% = 403.5 g

Glycerin 3% = 15 g

Rose Distillate/Hydrosol 5% = 25 g

VenaSilk 1% = 5 g

Part B – Oil Phase

Conditioning Emulsifier 2.5% = 12.5 g

NatraMulse 0.5% = 2.5 g

Jobba Oil 2% = 10 g

Fractionated Coconut Oil 2% = 10 g

EmEster 2% = 10 g

Part C – Cool-down Phase

Germall Plus (preservative) 0.3% = 1.5 g

Raspberry Seed CO2 Extract 1% = 5 g

Fragrance (optional)

Total 100.0% = 500.0 grams

In Part A, heat distilled water to approximately 90C/190F. Add VenaSilk, mix and allow to hydrate for 10-15 minutes. Add the remainder of Part A ingredients and if temperature has dropped, reheat to 75C/170F. Heat all ingredients in Part B until melted (approximately 75C/170F). Add Part A to B with mixing and continue to mix until emulsion cools. Add Part C with mixing between 50C/122F and

40C/104F or less.

Gentle Shampoo with Botanical Complex HC

Part A – Water Phase

48.8% Distilled Water
5% Botanical Complex HC
3% Glycerin
2% Hydrolyzed Soy
0.2% GuarSilk

Part B – Oil/Surfactant Phase

35% Polyfactant DLS
3% Olive Oil PEG 7 Esters
1.7% Conditioning Thickener

Part C – Cool-down Phase

0.3% Liquid Germall Plus
1% Essential Oil or Fragrance Oil of Choice

Combine all ingredients in Part A. Allow GuarSilk to hydrate for 10-15 minutes. Heat Part A to 80C/176F. Heat Part B separately until thickener melts COMPLETELY (60-75C/160-170F). Add Part A to Part B and stir gently until blended. Cool to 50C/122F and add Part C with gentle stirring.

Notes:

Distilled water can be substituted for the Botanical Complex if desired.

Any skin friendly essential oil can be used---sandalwood, geranium, clary sage, rosemary, ylang ylang, carrot seed, patchouli are a few of the possibilities. Essential oils and fragrance oils will effect any surfactant based system and the formulation will likely need to be adjusted for those differences. When adding eo or fo to the finished formula, first separate out a small portion of the finished shampoo/body wash, add the eo/fo to the shampoo and mix--then add it back into the shampoo/body wash.

Also, please note: The Olive Oil PEG 7 Esters are water soluble and oil dispersible. They can be added to either phase.

Geranium Conditioner with Botanical Complex HC

This conditioning formula leaves hair amazingly soft and full and fresh as spring! We have featured our new Botanical Complex HC—a pH balanced extract of Rosemary, Lavender, Rose, Nettle, and Lemon Grass. Botanical Complex HC was developed especially for The Herbarie and is suitable for most hair types. This hydrating complex is pH balanced and will help to smooth the cuticle of hair and prevent damage. Botanical Complex WHC and Hydrolyzed Wheat Protein help hair retain moisture, while smoothing the cuticle of the hair, leaving it shiny and manageable. The mild, cationic Conditioning Emulsifier imparts excellent wet comb, spring and body, softness and manageability to hair. The fresh, green/floral scent of geranium lends an extra touch of springtime.

Part A

Distilled Water 80.4% = 402 g
Botanical Complex WHC 5% = 25 g
Hydrolyzed Wheat Protein 2.0% = 10.0 g
Glycerin 5% = 25 g

Part B

Conditioning Emulsifier 5.0% = 25.0 g

Part C

Germall Plus Liquid 0.3% = 1.5 g
dl Panthenol 1% = 5 g
Geranium essential oil 1% = 5 g
Liquid Germall Plus 0.3% = 1.5 g

Total 100.0 % = 500.0 g

Heat Part A to 75C/170F . Carefully heat Part B (Conditioning Emulsifier) until melted. Add Part A to B with mixing. Continue to mix until cool. At 50C/122F (or less), add Part C with mixing.

We hope you have enjoyed this spring issue of The Herbarie Update and we welcome any comments, suggestions, or thoughts that you may wish to share.

Have a wonderful Spring!

Angie Turner

The Herbarie at Stoney Hill Farm, Inc.

www.theherbarie.com

“I know a bank where the wild thyme blows. Where oxlips and the nodding violet grows. Quite over-canopied with luscious woodbine. With sweet musk-roses and with eglantine”

William Shakespeare

A Midsummer Night's Dream.

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