

**Greetings from Stoney Hill Farm!** Today is one of those clear-blue-sky, southern autumn days. Even though our nights are cool, we know the temperature will reach 80F by noon. We've tilled the gardens and sown red clover and winter rye grass that is just now starting to germinate. Before long the fields will be spring green—a welcome site for the winter months. I love spring and summer and to see it end is always a bit sad for me. I miss seeing our summer visitors--the hummingbirds--at the flowers and feeders. I especially miss my little perching friend, but maybe she will be back next year. Seeing the leaves lose their lush green color makes me feel melancholy. But as the trees send their energy to their roots, I am inspired to do the same. This is a good time to contemplate where we are and where we hope to go. It's a time to take root and set seed for new growth in the spring.

I've compiled some "Autumn Thoughts" that you will find at the end of this newsletter. One is an excerpt from a poem that was written by my brother, John Mills Lemmon. I've planted the rosemary with him in mind.

Autumn is an excellent time to take cuttings of favorite plants to propagate or "root". Fall is also the best time to plant perennials in the south. Our mild winters are perfect for root systems to snuggle into the soil and become established before the hot 95F+ summer.

Just when we think everything is turning brown and yellow, the Tea roses and Chinas offer us spectacular bursts of pinks and yellows and reds! Cramoisi Superieur has been blooming her heart out for two weeks now and has been covered in rich crimson, cupped blossoms with a raspberry scent. Mrs. B.R. Cant and Monsieur Tillier, two of my favorite Teas, are lush with blooms too. These big Tea roses are shrub-like and can be 8x8 when mature. To see these roses blooming in all their splendor is breathtaking. But, it's time to harvest the petals and take cuttings to "root". The petals must be harvested when the blossoms are fully open and the bloom is at its peak. I always give thanks for the roses and plants when they are harvested, because they are both a blessing and a gift. We air-dry our lovely, fragrant petals on screens in our workshop. Rose petals also make a lovely tea! Right now, I'm enjoying a nice cup of Ginger Root and Rose Petal Tea with a spoonful of honey!

This fall we are planting some roses that we propagated (rooted) last fall-- Mrs. B.R. Cant, Monsieur Tillier, and Crepescule. Crepescule, my favorite noisette climber, will be planted today. It will eventually cover the arbor in the center of the fenced garden. The big, blousy Teas--Mrs. B.R. Cant and Monsieur Tillier, and Marie Van Houtte--will be planted nearby. The roses that were rooted this Spring and Fall will be planted in the garden in Fall 2004. We've rooted more Crepescule, several Traviata—a completely disease-free Romantica rose with fat, double blood-red flowers, Heritage—a delicate, light pink David Austin with a heavenly scent, Ducher—a small white China, Marie Van Houtte---a big Tea with creamy white blooms tipped in pink, and Tamora---another David Austin favorite with an apricot color and scent. Deer love roses, so we have to plant most of our roses in the fenced garden. For some reason, they don't seem to like Lady Banks, a huge species rose, so she's planted on the arbor outside the garden. In

addition to the roses, we are also propagating various selections of Camellia sasanqua and Rosmarinus officinalis to use in landscaping around our new workshop. It's always exciting when the cuttings take root and send out new growth!

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**Celebration!! November 2003 marks The Herbarie's second year online!** We are most thankful for our wonderful customers who have made it possible! We are celebrating our anniversary with lots of goodies. First, we have drastically cut the prices on some of our most popular ingredients---**Conditioning Emulsifier-BTMS, Crothix-Conditioning Thickener, Cocamidopropyl Betaine and Decyl Glucoside Surfactants and Coviox T-50 Mixed Tocopherols.**

The Herbarie introduced the **Conditioning Emulsifier** (Croda's BTMS) in November 2001 as a self-emulsifier to make elegant creams, lotions, hair conditioners, scrubs and balms. This cationic self-emulsifier is substantive to both hair and skin and has a velvety after feel.

The Herbarie introduced **Crothix-Conditioning Thickener** (Croda) for use in surfactant based systems. Crothix is a most effective thickener for shampoo and body wash as is conditioning as well.

The Herbarie specializes in hair care products including the mildest surfactants on the market. **Decyl Glucoside** and **Cocamidopropyl Betaine** are two of those surfactants. These two vegetable derived surfactants can be used together or in combination with any of The Herbarie surfactants.

**Coviox T-50 or Vitamin E (mixed tocopherols)** is an antioxidant. This product is used to protect less stable oils against rancidity and prolong the shelf-life of these oils.

### **Formulas To Try!!**

#### **Botanical Butter Cream**

This cream is thick and rich with some of my favorite skin conditioning ingredients-- BTMS-The Herbarie's Conditioning Emulsifier, Calendula Extract, Jojoba Oil, and Shea Butter! Aloe Vera Gel, Witch Hazel Extract, Hydrolyzed Oats, and Sodium Lactate (New Product!) will moisturize and soothe dry skin. EmEster and Dimethicone Copolyol Ester are excellent emollients that provide good slip and feel in application. Coviox T-50 provides added stability to the formula. Tetrasodium EDTA is a chelating agent that will enhance the efficacy of the preservative, Liquid Germall Plus.

#### **Part A**

20% Aloe Vera Gel  
20% Witch Hazel  
5% Sodium Lactate  
1% Dimethicone Copolyol Ester  
2% Hydrolyzed Oats



and gently heat until melted. Remove from heat and stir until cool. When temperature cools to 122F, stir in Raspberry Seed CO2, Lavender eo, and LiguaPar Optima. It takes several hours (or overnight) for this balm to “firm up”, so don’t be fooled by the initial soft consistency. With Lavender essential oil, this makes a great gift for gardeners!

This same basic formula can be used as an anhydrous scrub or body polish! You can add 1-5% Polysorbate 20 and reduce one of the oils by the same amount. Add salt, sugar, jojoba spheres or your exfollient of choice and you will have a delightful, emollient scrub/body polish!

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### **A Good Shampoo**

Folks often ask for a formula for “A Good Shampoo” for “normal” hair. This formula features Decyl Glucoside and Cocamidopropyl Betaine as our very mild primary surfactants! LiproSilk, a hydrolyzed silk protein will smooth the hair shaft and provide silky emolliency. The humectant qualities of Sodium Lactate enhance moisture retention. The virtues of the “beauty vitamin”, dl panthenol, are well-documented. DI Panthenol or Vitamin B5 will penetrate the hair shaft, increase moisture retention, add luster and shine and protection from damage such as blow drying, combing and brushing. Botanical Complex LHC is a unique blend for hair care that will add light conditioning and shine. Crothix provides just the right amount of viscosity to give this shampoo it’s gel-like quality. I use peppermint essential oil because I just love the scent and tingle of peppermint in a shampoo and body wash! Peppermint doesn’t significantly effect the viscosity of shampoo/body wash. Other essential oils that work well are geranium, clary sage, rosemary. The citrus essential oils will require reformulating since they will make cause the shampoo/body wash to thin out.

### **Part A**

17% Cocamidopropyl Betaine Surfactant  
17% Decyl Glucoside Surfactant  
2% Botanical Complex LHC  
1.6% Crothix

### **Part B**

1% DI Panthenol  
2% Sodium Lactate  
56.3% Distilled Water

### **Part C**

2% LiproSilk  
0.8% Peppermint Essential Oil  
0.3% Liquid Germall Plus

Total = 100%

Making shampoo/body wash reminds me of making gravy ;) Gently heat Part A until Crothix is **completely** melted. Heat Part B to 175F. Add Part B slowly to Part A (this is

the part that's like making gravy) until all is blended. Gently stir until blend is cool. When blend is 122F or less, add Part C and blend well. Please remember that a little Crothix goes a long way and even as little as 0.1% will make a big difference.

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The Herbarie at Stoney Hill Farm, Inc. has grown from a lifelong dream and vision to a viable business over the last 5 years. Like many businesses, we began with big plans, little capital, and lots of hope. We feel blessed that our business is thriving and that we can enjoy our "work". We have added many new and interesting ingredients and are now purchasing most of our ingredients from the manufacturer in large quantities at better pricing. As we grow, we wish to pass the savings on to our customers. Part of the joy of this business is in partnering with other business owners. It's such a thrill when customers realize their own dreams and share their success stories with me! But then we do have the BEST customers in the world—honestly.

### **New Pricing!!**

#### **Conditioning Emulsifier - BTMS**

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

1 lb. - \$7.00

5lbs. – \$30.00 (\$6.00 per lb.)

25lbs. – \$137.50 (\$5.50 per lb.)

#### **Crothix – Conditioning Thickener**

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

4 oz. - \$3.95

1 lb. - \$5.50

#### **Coviox T-50 (mixed tocopherols)**

<http://www.theherbarie.com/preservatives-antioxidants.html#Tocopherol>

2 oz. - \$6.18

4 oz. – \$10.25

8 oz. - \$18.00

1 lb. – \$30.00

<http://www.theherbarie.com/sufac.html#Cocamidopropyl>

#### **Cocamidopropyl Betaine**

8 oz. – \$5.25

1 lb. – \$7.00

8 lbs. – \$12.95

<http://www.theherbarie.com/sufac.html#Decyl>

#### **Decyl Glucoside**

8 oz. – \$5.75

1 lb. – \$7.50

9 lbs. – \$19.08

**Celebration!! Gifts!!** In addition to The Herbarie price reductions, during the month of December all online orders will include a free gift---a token of our appreciation for you.

**Exciting Changes!!** Over the next few months you will see some changes in our website. We feel that it is time for an updated new look. We will be making some changes that will make navigation much easier, like a "view cart" function and side bar options on each page. We will also install a "What's New" page that will feature both new products and special sales. We will add useful information to our Library and more formulas to our Formulary. We welcome any suggestions that you may have to make the site more user-friendly.

We thank you for another successful and FUN year!

Angie Turner

[www.theherbarie.com](http://www.theherbarie.com)

### **Some Autumn Thoughts:**

#### **The Fall Palette**

In many places in the United States, the changing colors of the leaves marks the visible arrival of fall. This transformation is a phase in the process of photosynthesis. In photosynthesis, plants use water and carbon dioxide to produce oxygen and sugars. Photosynthesis takes place inside specialized plant cells called chloroplasts and enables plants to build new tissue for growth.

Sunlight must be present in order for photosynthesis to occur. As the days get shorter and the amount of sunlight is reduced, the chloroplasts in the leaves gradually shut down the food-making operation. As a result, chlorophyll, the pigment that gives green plants their color, begins to disappear from the leaves, making way for yellows, oranges, and browns. These more colorful pigments - orange carotene and yellow xanthophyll - are always present in leaves but aren't visible in the summer because of the abundance of green chlorophyll. Brighter oranges and fiery reds are found in the leaves of trees that are able to take carbohydrates out of the leaves and turn them into red pigments called anthcyanins.

The best conditions for producing colorful fall foliage are clear days followed by cool nights. Too much rain, or early frosts and freezing temperatures, diminish the colors. Too little rain can kill the leaves before they even have a chance to change color; instead of yellows and reds, the leaves quickly turn brown. However, "leaf peepers" and other experts generally agree that it is a combination of variables that produces vibrant fall colors. (from Riverdeep.net)

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How innocent were these Trees, that in  
Mist-green May, blown by a prospering breeze,

Stood garlanded and gay;  
Who now in sundown glow  
Of serious colour clad confront me with their show  
As though resigned and sad,  
Trees, who unwhispering stand umber, bronze, gold;  
Pavilioning the land for one grown tired and old;  
Elm, chestnut, aspen and pine, I am merged in you,  
Who tell once more in tones of time,  
Your foliated farewell.

Siegfried Sassoon, October Trees

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“Like the beginning of a reaction.  
A raw organic element,  
Chemicals in magic mixture  
Dissolving, resolving into something living.

You’d think the sideways light  
Would illuminate and magnify  
Even the smallest of imperfections  
With elongated, stretched-out shadows.

But the sideways light of a nearly setting sun  
Shines, oh so beautifully on all it touches.  
Those late rays of orange-yellow glory mask most flaws  
As the glowing, all-seeing eye drops below the horizon  
and darkness comes.”

Excerpt from Afterlight, John Mills Lemmon:

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I'm going to plant a heart in the earth  
water it with love from a vein  
I'm going to praise it with the push of muscle  
and care for it in the sound of all dimensions.  
I'm going to leave a heart in the earth  
so it may grow and flower  
a heart that throbs with longing  
that adores everything green  
that will be strength and nourishment for birds  
that will be the sap of plants and mountains

Rosario Murillo

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The beauty of the trees,  
the softness of the air,  
the fragrance of the grass,  
speaks to me.  
The summit of the mountain,  
the thunder of the sky,  
speaks to me.  
The faintness of the stars,  
the trail of the sun,  
the strength of fire,  
and the life that never goes away,  
they speak to me.  
And my heart soars.

Chief Dan George

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