

## TINA'S HERBAL DIRECTORY

Tina Beneman, 410-252-3333, [tinajane@comcast.net](mailto:tinajane@comcast.net), [www.tinabeneman.net](http://www.tinabeneman.net)

**Local Dried Herbs:** The Health Concern, 28 W. Susquehanna Ave, Towson, MD 21204  
410-828-4015 [www.healthconcern.com](http://www.healthconcern.com)

**Local Holistic Pharmacy:** Your Prescription for Health, South Dolfield Rd., Owings Mills, MD 21117 410-356-2169 [www.illnessisoptional.com](http://www.illnessisoptional.com)

### Mail Order Dried Herbs and Preparations

Avena Botanicals, 20 Mill St., Rockland, ME 04856 1-866-282- 8362  
[www.avenabotanicals.com](http://www.avenabotanicals.com)

### Local Herb Plants

**Alloway Gardens,** 456 Mud College Rd., Littlestown, PA 17340 717-359-4548  
Huge selection of lovingly grown herbs and old-fashioned flowers—herb festival first weekend in June.

**Betty's Gardens,** 1517 Providence Road, Towson, 410-823-2321

Well grown plants, unique floral arrangements—weddings a specialty!

**Cedar Creek Farm,** 128 N. Tannery Rd., Westminster, 410-848-4302

[www.cedarcrk@qis.net](mailto:cedarcrk@qis.net): "Plants with a past," heirloom flowers, vegetables, roses.

**Spring Meadows,** 15513 Hanover Pike, Upperco, 410-239-8505

Extensive selection of locally grown herb plants.

**32 Street Farmers' Market,** every Saturday 7 a.m.-noon, corner of 32<sup>nd</sup> St. and Abell Avenue in Waverly—near Hopkins University. Support your local farmers!

### Seed Sources

**The Cooks' Garden:** [www.cooksgarden.com](http://www.cooksgarden.com)

**Fedco Seeds:** [www.fedcoseeds.com](http://www.fedcoseeds.com)

**Johnny's Selected Seeds:** [www.johnnyseeds.com](http://www.johnnyseeds.com)

**Nichols Garden Nursery:** [www.nicholsgardennursery.com](http://www.nicholsgardennursery.com)

**Richters:** [www.richters.com](http://www.richters.com)

**The Flower and Herb Exchange.** 3706, Winn Rd., Decorah , IA 52101

Membership organization devoted to saving and sharing open-pollinated seeds.

**The Thyme Garden:** [www.thymegarden.com](http://www.thymegarden.com)

### Local Herb Events

**Cylburn Arboretum Market Day** , the Saturday before Mother's Day

**Baltimore Herb Festival,** May 24, 2008 [www.baltimoreherbfestival.com](http://www.baltimoreherbfestival.com)

## **A Few Good Books**

### **Growing and Using Herbs**

Cooking with Herbs, Tina James

Exotic Herbs, Carole Saville

Farmer John's Cookbook, John Peterson

The Herbfarm Cookbook, Jerry Traunfeld

The Herb Garden, Sarah Garland

The Herb Gardener, Susan McClure

Park's Success with Herbs, Foster and Loudon, available through Park's Seeds catalog

Rodale's Illustrated Encyclopedia of Herbs, Rodale Press

### **Herbs for Health and Healing**

The Good Herb, Judith Benn Hurley

Healing Wise, Susun Weed

The Family Herbal, Rosemary Gladstar

Living with Herbs, Jo Ann Gardner

The Roots of Healing, Deb Soule

The Book of Herbal Wisdom, Matthew Wood

Earthly Bodies and Heavenly Hair, Dina Falconi

The Healing Herbs Cookbook, Pat Crocker

Identifying Edible and Medicinal Wild Plants, Steve Brill

**Favorite Herb Tea Blends:** Steep 1 heaped tablespoon dried herb/cup of boiling water for 20 minutes or more. Make by the quart and refrigerate. Strain when ready to drink.

**Mineral balance:** Equal parts red clover blossoms, red raspberry leaves, flowering tops of oatstraw and peppermint

**Bedtime Blend:** 2 parts chamomile, 1 part lemon balm, 1 part linden flowers, ½ part catnip leaves, ¼ part lavender flowers

**Nerve Tonic:** 2 parts nettle leaves, 2 parts oatstraw tops, 1 part anise hyssop, 1 part lemon balm

**Digestive Tea:** equal parts peppermint, spearmint, alfalfa leaves+ crushed fennel seed

**Headache Relief:** 2 parts oatstraw flowering tops, 1 part lemon balm, ½ part rosemary, ½ part lavender flowers

**Cold/Fever Ease:** 1 cup peppermint, ¼ cup each catnip, yarrow leaves and flowers, sage

**Warm Up:** Simmer 1 Tablespoon fresh ginger in 2 cups water 5 minutes, add 1 tablespoon each sage and thyme leaves. Flavor with honey and lemon.

**Diuretic Tea:** Pour 2 cups boiling water over ½ cup chopped parsley or dandelion leaf

**Another Diuretic Formula:** 1 tablespoon finely chopped dandelion root, 1 teaspoon crushed fennel seeds, 1 Tablespoon each nettle leaf, cornsilk and flowering tops oats