

# **Building our independence**

**Most useful herbs you can  
grow, transform and use**

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# Our menu today folks...

- Who am I ?
- Gardening tips from a former computer geek
- My selection of plants and preparations
  - Echinacea
  - Calendula
  - Chamomiles
    - German
    - Roman
  - Arnica
  - Tulsi

# Strictly Medicinal Seeds

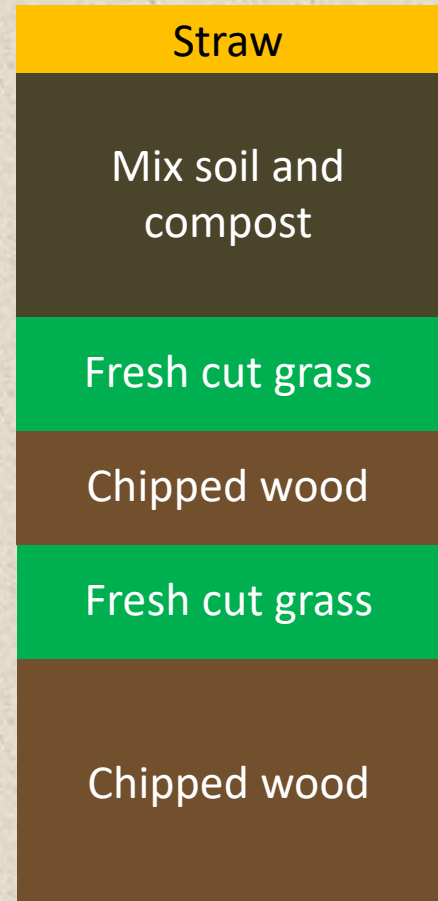
<https://strictlymedicalseeds.com>

# **Your soil sucks ? Think raised beds !**

- **Straw bales : enough to make a square**
- **Chipped wood/mulch (Carbon)**
- **Fresh grass (Nitrogen)**
- **Compost**
- **Extra hay for the top**

# Raised beds made easy

- Form the square with the bales
- 12 inches chipped wood
- 4 inches fresh cut grass
- 4 inches chipped wood
- 4 inches fresh cut grass
- 8 inches mix of soil and compost
- Straw
- Let it stand for a few weeks (will heat up)



# Germination

- **3 techniques to know**
  - **Cold stratification** : echinacea, stoneroot, comfrey, etc.
  - **Scarification** : licorice, astragalus, red root, etc.  
(fabaceae family usually needs it)
  - **Light sensitive germination** : artemisia annua, ashwagandha, elecampane, mullein, st john's wort, etc.
- **One must-have**
  - Portable green-house

# Soil

- **Many plants require a well draining soil**
  - If your soil has too much clay, add sand
  - If your soil has too much sand, add organic matter (takes time)
    - More frequent and short watering



# If you work with pots

- Potting soil usually too light
  - Too rich in organic matter
  - Too poor in mineral matter (sand, clay)
  - Will not keep your water
- Key is to mix good quality potting soil with good quality, heavy « garden soil »
  - Weight of the bag as indicator of how mineral rich it is
- Mix those two half/half or 2/3 potting soil to 1/3 heavy garden soil
- Mulch (shredded coconut husks, hemp straw, etc)



# Echinacea

- **Why do we need it for our independence ?**
  - Cause it stimulates immunity
  - And we are all getting more and more immunodepressed
    - Stress
    - Lack of sleep
    - Nutritional deficiencies
    - Dysbiosis
    - Pollution
    - ***Hey, shall I go on or you got the message ?***

# Echinacea

- The quickest immune stimulant for winter time
- Works after 12 to 24 hours if dosage adequate
- Specific indications :
  - For the immune depressed person
  - For serious respiratory infections (influenza, bronchitis, strep throat) even if immune system OK
  - Not to shorten the duration of the common cold in the otherwise healthy person

# Echinacea

- If you start it from seeds, cold stratification a must
  - 4 weeks in the fridge in moist sifted sand
    - Use a small tea sieve
  - Put seeds + sand in tea sieve
  - Run water through it
  - Get the seeds
  - Plant in March/April
  - Or plant in the fall (if you don't live in Southern California !)

# Echinacea

- **Tincture, fresh roots**
  - 100 g fresh roots thinly sliced (mincing knife)
  - Cover with 190 proof alcohol (96%)
    - If you want to be precise, 200 ml alcohol
  - Let it macerate for 1 week
  - Pour in a blender
  - Turn it into a mush
  - Let it macerate for 1 more week
  - Filter, bottle and label
  - Dosage : 1 TSP every 2 hours up to 5 times a day for acute condition

# Echinacea

- **Glycerite, fresh roots**
  - 100 g fresh roots thinly sliced in a blender
  - Cover with about 200 ml vegetable glycerin
  - Turn into a mush
  - Let it macerate for 2 weeks
  - Pass through piece of cloth (may want to warm it up a bit to decrease viscosity)
  - Filter, bottle and label
  - Dosage : TSP every 2 hours up to 5 times a day for acute condition
  - Contra-indication if autoimmune disease

# Calendula

- **Why do we need it for our independence ?**
  - Absolutely essential for all skin and mucosa issues
    - Eczema and psoriasis (macerated oil w/alcohol, salve)
    - Digestive tract ulcerations : gingivitis, esophagitis, stomach or duodenal ulcer (macerated oil), etc.
    - Tonsillitis.
  - Very good topical disinfectant (diluted tincture)
  - Good lymphatic stimulant (w/echinacea)
  - Conjunctivitis (eye drops)
  - Salve for venous insufficiency and varicose veins



# Calendula


- **Very complicated to grow :**
  - Sow
  - Water
  - Forget about it



# Calendula

	Type	Sowing	Container	Shape	Soil	Exposition	Watering	Diseases
<b>Calendula officinalis</b>	Annual	Spring	9x9x10	Bushy	Poor to normal, good drainage	Full sun	Rare	Powdery mildew

3 seeds per hole



# Calendula preparations

- **Fresh flower tincture**
  - 200 ml 96% alcohol for 100 g flowers
- **Dried flower tincture**
  - 500 ml 70% alcohol for 100 g flowers
- **Macerated oil w/alcohol**
  - Cut/crush dried flowers
  - Barely moisten with 96% alcohol
  - Let stand for 1 hour
  - Cover with oil (ex : olive)
  - Gently heat over double-boiler till no more alcohol fumes
  - Add a few drops of lavender EO for conservation (4 to 6 for 100 ml)
  - Add vitamin E (8 drops for 100 ml)
  - Store in a dark bottle in a cool and dried place

# Calendula preparations

- **Tea w/alcohol**
  - Cut/crush dried flowers
  - Barely moisten with 96% alcohol (a bit of vodka works too)
  - Let stand for 1 hour covered
  - Pour boiling water over it
  - Stir
  - Filter and drink

# Chamomiles

## German Chamomille

*Matricaria  
recutita*

Annual

Sweet, oh so  
sweet 😊

## Roman chamomille

*Chamaemelum  
nobile*

Perennial

Darn bitter ! 😞  
But smells like  
heaven 😊

# The two chamomiles

- **Why do we need them for our independence ?**
  - German
    - Calming to the nerves (especially for kids)
    - Soothing to the mucous membranes
    - Soothing to the skin
    - One of the best post-prandial drink for upset digestion (do I sound fancy of what ?)
  - Roman
    - Digestive bitter tonic (long standing, chronic digestive deficiencies)
      - good if you don't have gentian - Goes well with orange peels
    - Soothing to the skin
    - Makes good eye drops
    - Take before meals !

# Chamomiles

- **Roman chamomile**
  - Perennial
  - Disease resistant
  - Do not use the double-flower specie (pompon type)
    - Seeds are not viable – it is a hybrid !

# Chamomiles

- **German chamomile**
  - Annual
  - Catches powdery mildew (give them space)
  - Reseeds itself (a lot !)



# Chamomiles

	Type	Sowing	Container	Shape	Soil	Exposition	Watering	Diseases
<b>German chamomile</b>	Annual	Early spring. Sow on surface. Tamp and keep moist.	Start in planter. <b>Thin out if too crowded.</b> Cut pieces and plant in final location.	Bushy.	Normal to rich	Full sun	Occasional	Powdery mildew
<b>Roman chamomile</b>	Perennial	Same	Start in planter. Cut pieces and plant in final location.	Ground cover. Aromatic mowing.	Normal to rich	Part shade	Regular	None

# Chamomiles

- **Preparations**

- German

- Tea of the fresh or recently dried flowers
      - 1 TSP to TBSP per cup, 2 to 3 cups a day
    - Tincture of the fresh flowers
      - 20 to 40 drops 2 to 3 times a day

- Roman

- Tea (bitter !)
      - 1 TSP per cup, 2 to 3 cups a day, taken before meals
    - Tincture of the fresh aerial parts
      - 30 drops in a little water, swish around the mouth, swallow in small sips 10 minutes before meal

# Arnica

- **Why do we need it for our independence ?**
  - Pains and bruises
    - Bang your nail with a hammer
    - Fall from your bike
    - If it's blue and painful (and not open), you need arnica !
  - Arthritic joint
  - Internally : for experienced practitioner (angina pectoris)

# Arnica

- **Misperception that it only grows in the mountains**
  - True for *Arnica montana*
  - Not true for *Arnica chamissonis*

# Arnica chamissonis

Type	Sowing	Container	Shape	Soil	Exposition	Watering	Diseases
Perennial	Early spring (cool nights)	Sowing bed	Spreads almost like ground cover	Rich, well drained	Full sun	Regular, likes moist soil	NTR

# Arnica picking

- Pick when the flower is barely opened
- Dry in a dark well ventilated room

# Arnica preparations

- **Fresh flower tincture**
  - 200 ml 96% alcohol for 100 g flowers
- **Dried flower tincture**
  - 500 ml 50% alcohol for 100 g flowers
- **Tincture application** : diluted 1 part tincture 3 parts water
- **Macerated oil w/alcohol**
  - Cut/crush dried flowers
  - Barely moisten with 96% alcohol
  - Let stand for 1 hour
  - Cover with oil (ex : olive)
  - Gently heat over double-boiler till no more alcohol fumes
  - Add a few drops of lavender EO for conservation (4 to 6 drops for 100 ml)
  - Add vitamin E (8 drops for 100 ml)
  - Store in a dark bottle in a cool and dried place



# Holy basil - Tulsi

- **Why do we need it for our independence ?**
  - For its adaptogenic properties
    - Helps us better adapt and adjust to stressful periods
  - Gives mental clarity during periods of stress
  - Regulates blood sugar
  - Helpful in managing seasonal allergies
  - Interesting in food (try strawberry-tulsi or eggplants-tomato sauce-tulsi)

# Holy basil - Tulsi

- **Different types**

- Tulsi Krishna : *Ocimum tenuiflorum*
- Tulsi Vana : *Ocimum gratissimum*
- Tulsi Rama : *Ocimum sanctum*

# Holy basil - Tulsi

- As easy to grow as culinary basil
- *Ocimum sanctum* is the easiest to grow, most productive, most pleasant from an aromatic perspective
- Very good germination rate

# Tulsi

	Type	Sowing	Container	Shape	Soil	Exposition	Watering	Diseases
<b>Ocimum sanctum</b>	Annual	Spring	Start in planter, then thin and transplant to small pot, then to final location.	Bushy	Normal to rich	Full sun	Occasionnal	NTR
<b>Ocimum gratissimum</b>	Perennial if brought indoors	Spring	Start in planter. Transplant in groups in final location.	Tall and thin	Normal to rich	Full sun	Occasionnal	NTR

# Tulsi preparations

- **Tea**

- of the fresh leaves and flowers

- Best of the best

- of the recently dried leaves

- Dosage :

- Enough to impart a good aromatic taste
    - 2 to 3 cups a day

# Tulsi preparations

- **Tincture**

- of the fresh flowing plant

- 200 ml 96% alcohol for 100 g fresh plant

- of the recently dried plant

- 500 ml 50% alcohol for 100 g fresh plant

- Dosage

- 40 to 60 drops 3 times a day