

SLEEPY HERBS



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HERBS & HEALTH CLASS

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Disclaimer

- The information in this lab is introductory. It is not meant to take the place of medical assistance or information from an experienced herbalist. The USDA, FDA and other regulatory bodies have not verified the information presented here.

Nervous system herbs we consider for relaxation & sleep aides in this lab.

- Tulsi basil
- Catnip
- Lemon balm
- Chamomile
- St. John's Wort
- Hops
- Lavendar

- This lab

- Tulsi basil tea – make in class
- Honey infusion demonstration; catnip? & lemon balm? chamomile
- Hops/lavender – sachet, pillow or bath bag
- St. John's wort – just a discussion

- (break)

- Essential oils & hydrosols – do's and don'ts – lavender,

Tulsi Basil *Ocimum tenuiflorum* Early Season Young Leaf
Krishna, Rama, Vana

Nerve Tonic
Adaptogen “anti-stress agent”
Brain “Protector”
Reduces Cortisol Production (Stress Hormones)
Sharpens Memory
Eases Headaches

calcium, iron, selenium, zinc, manganese, sodium
as trace elements.

Cautions:
Not For Pregnancy, Possible anti-fertility
May Lower Blood Sugar Mild Blood Thinner



Adaptogens

Non-specific remedies "that increase resistance to a broad spectrum of harmful factors (stressors) of different physical, chemical and biological natures".[8]

A gentle herb taken routinely that helps one adapt to stresses or that helps one improve a bodily function.

Nerve Tonic definition

- Any herb that “calms excessive emotional states” or improves mental function.
- Gives a feeling of relief in times of stress.
- Often aides in sleep.

Honey as a solvent

- In this lab we use honey, not water to extract some active ingredients from the plant
- The honey itself has medicinal qualities

Herbal Honey Infusions

Honey naturally triggers the brain's Melatonin Hormones (Sleep)

Honey has "healthy" sugars to keep the brain stable & nourished in sleep.

Honey is a specific brain nutrient, high in trace elements & minerals

The brain needs nutrition to grow & repair

Excellent before bed sleep / calm / de-stress aide

Can mix with tea or hot water

Can be eaten right off the spoon

Can be eaten on a slice of bread



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Honey Caution

Do not give to children less than 18 months of age.



Honey infusion

- Obtain a clean 1/2 cup jar. This is a total of 8 tablespoons.
- Fill with 3 tablespoons of dried herb.
- Next, pour honey over the herb.
- Get air bubbles out, then cap.

- Turn daily for 3-4 weeks.
- Does not need to be refrigerated.

- Use as a relaxant in the evening, take 1 Tablespoon by itself or in tea.

Catnip or catmint

- *Nepeta cataria* This is catnip.
- Catmint looks similar but is less attractive to cats.
- Cat mint and catnip are used interchangeably in the herbal community.
- Cat nip is the most commonly available
- Cat mint is not harmful
- We should not fuss about the name too much.



Lemon Balm (*Melissa officinalis*)

Yes, it's another mint – square stem ...
but with a slight lemony taste.



Lemon Balm

Super easy to grow.



Chamomile

- Name comes from the Greek... kamai (on the ground) and melon (apple) = ground apple.
- Three plants, very similar in appearance, but different plants.



German: Grows 2-3 ft tall, annual
Flower head hollow



Roman: In-between



Pineapple weed: Lower growing, Solid flower head
Perennial. Locally along roads

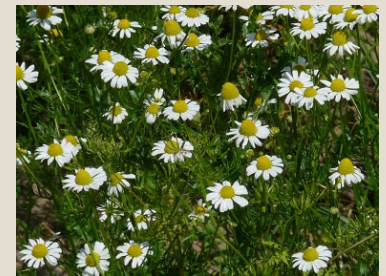
Chamomile

EFFECTS

Nervine
Calming
Anxiety attacks
Reduce Nightmares / Sooth the Emotions
Neurological Pain

Epically Beneficial for women

Possible allergen if strong allergies in family....



German Chamomile (*Matricaria recutita*)

- Sow seeds in spring or fall.
- Keep dead seed heads & replant seeds.
- Germans favor this species of chamomile

German Chamomile has a large white petals



Chamomile (*Matricaria matricarioides*)

- Wild chamomile – pineapple weed



Also can be used for tea, including the green plant parts. But not considered as potent as the German chamomile.

Grows in my yard and roadside gravel – but may be polluted there.

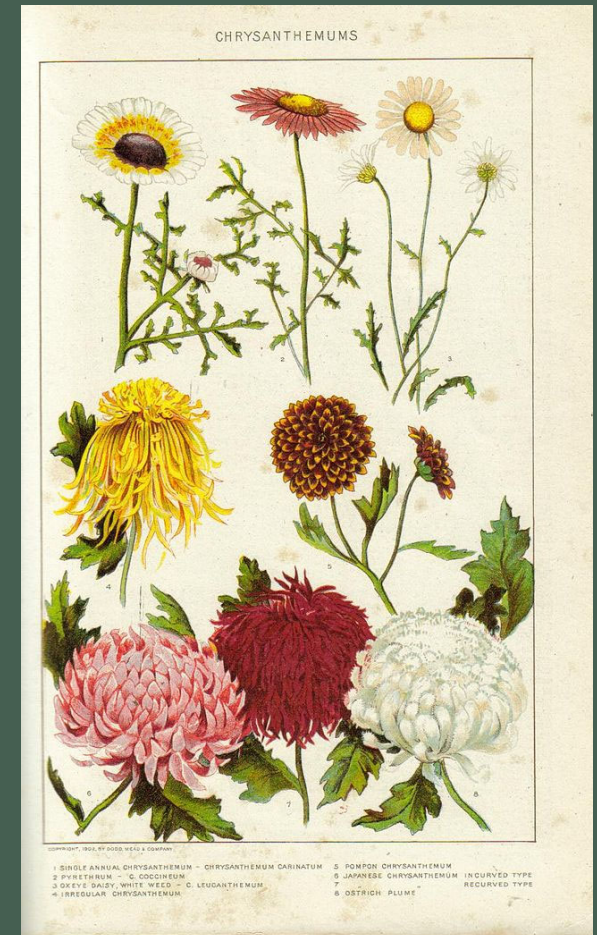
Roman Chamomile (*Anthemis nobilis*)

- A perennial
- Also medicinal
- English favor this one



Chamomile in history

- Matricaria (German) – tea as a plant spray to protect seedlings from damping off. Also used in compost by biodynamic farmers.
- Anthemis (Roman)
- Anthemis colta (mayweeds, stinking mayweed)
- Manzanilla (Spanish)
- Chrysanthemum
- Pyrethrum



A chamomile by any other name

- Still has a lot of potent medicinal properties.



Lavender

Lavandula angustifolia or *officinalis*

Young Flower

Mood Tonic

Calming

Mild Anti-depressive

Mild Anti-anxiety

Mild Pain Reducer

Cautions: may be an Estrogen stimulant.



Lavender *Lavendula Officinalis* Flower

All actions mild –No Extreme Safety Cautions

Anti- Depressant

Anti- Inflammatory

Very Mild, very little chance of skin irritation

Estrogen Stimulant

Woman's Conditions PMS & Menopause

Good First Aid- Skin Irritations, Burns, Acne

Lower Blood Pressure

Lymphatic System Drainage

Feelings of health, love , peace, balance, wellbeing.

Safe for pets, children, pregnancy.



Oregon
Kashmir
Bulgaria
France

Essential Oil Room sprays

Calming / Grounding / Joy

2 oz water

Total of 20 drops in the blend.
Made from choosing any
of the following oils.

Lavender
Lemon
Orange
Palmarosa
Fir Needle

SHAKE WELL BEFORE USE

First Aide Spray

2 oz water

Total of 20 drops in the blend.

Made from choosing any
of the following oils.

Tea Tree
Lavender
Palmarosa
Eucalyptus
Rosemary

SHAKE WELL BEFORE USE

Respiratory Congestion

2 oz water

Total of 20 drops in the blends.

Made from choosing any
of the following oils.

Eucalyptus
Spearmint
Rosemary
Fir Needle

SHAKE WELL BEFORE USE

Spray in hot shower just
before getting in. Spray on a
cloth and put beside you.
Mist air lightly when sickness is
around

Hops

Humulus lupulus

Effects

Tonic for Nerves & Stomach - calming
Sedative

Anti-spasum

Sooth nervous irritation

Sooths Pain / inflammation, arthritis & neuralgia

Sleep aid – excellent – Native Americans drank
it as a tea for this reason

Excellent for children's nightmares

High in calcium

BEER!



Hops

Humulus lupulus Biology & cultivation

Lupulus = a little wolf, its vines wrap and strangle other plants.

Originally added to beers for preservative properties, then later they were enjoyed for that bitter flavor they impart.

Monecious (both male & female flowers grow on the same plant)

The female flower clusters are “strobili” or cones; they are the part of the plant that is harvested and used.

A Perennial vine, propagated by seed or dividing the roots. Needs loamy, “humus” filled soil – hence the name.

Needs trellising or else it sprawls all over the ground

Subject to powdery mildew in humid climates where airflow is poor



Hops

Humulus lupulus

Uses

Make a tea: 1 teaspoon in 1 cup of water, add honey since it will be bitter.

Can be made into a tincture, take 2 mls 2 x per day

Make a hops sleep pillow. Pour 1 cup of hops flowers into a sachet bag. Tie and put under your pillow case for sweet dreams.

Caution: may have a hormonal effect so safety in pregnancy is unknown.

Hops are in the Cannabaceae family



Today's 'lab'

1. Make a sleep sachet. Fill a re-useable tea bag with either hops or lavender, or a blend of both. Take it home, sleep on it. Put it under your pillow when you can't sleep at night.



2. Take home a baggie with a little chamomile. Put in a jar with honey.

- Mix by turning it every day for 3-4 weeks.
- Use a tablespoon before bedtime in Chamomile tea or take it straight.

