

# The Hermit's Lantern

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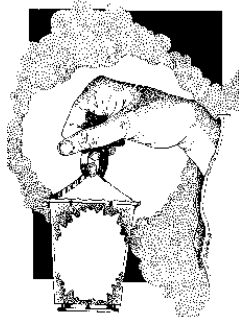
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## THE GROVE GARDEN JOURNAL

### January 26<sup>th</sup>

I finished up the *Lantern* this past Monday. It's been an interesting garden week as we've been down into the low to mid-20's every night, a stretch of 'cold' weather which is quite unusual for this region. Monday morning I did go out and work. I spent 30 minutes pruning plums and another 30 minutes weeding in the soil. A few patches which remained shaded were frozen and in the sunny areas there were times I turned up large crystals of ice, but I had a good time.

Tuesday was a 'no gardening' day as I drove to Stafford on Grays Harbor. The sky was quite clear on the way down. I could even see Mount Rainier all the way from downtown Aberdeen - there's just one little notch in the foothills for that view.

Wednesday it got down to 21°. Every night we've added two votive candles for warmth in the greenhouse. In addition to the small electric heater and the bubble wrap with duct tape, it's stayed warm. The two candles have raised the overnight low temperature in the greenhouse by twenty degrees. Honest! That afternoon Gerry worked on the hawthornes and I worked on the plus for an hour and a half. Thursday it didn't warm up until mid-afternoon so I didn't get out as we needed to drive into Seattle for the Community College course.

Yesterday afternoon we got out for an hour and a half. I worked under the gravenstein apple by the classroom, cleaning up leaves, weeding and digging out the apple suckers coming up from the more shallow roots. Gerry came out and started pruning the same tree. The bluebells are up several inches. Indeed, the mandrakes are laden with flower buds and will soon open and the hellebores are budded out as well.

This morning after the class we had a garden tour, frost and all! This was the first non-raining Saturday in three weeks. After lunch we gave a garden tour to Melva, who lives in the wilderness islands off British Columbia. She was down for business and picked up some Master Herbalist Program units. What adventures she has up there! We had a great time in the gardens (her first time here) and then a wonderful conversation. Today's rain? .17".

### February 2<sup>nd</sup>

It's a whole new month! Last Sunday we had a little snow, a little sun, and major periods of clouds, all of which kept us in although it only amounted to .05" of precipitation. Monday, however, there was 2" of snow on the ground by sunrise. By day's end we had .16" of precipitation.

Tuesday, more than ready, I got in 1 ½ hours of garden time working in the Plum Thicket Bed, both pruning plums and tending the bed beneath. Wednesday I got the same, and an additional half hour in front. Gerry got some work done on the dwarfed apple.

Thursday? No gardening. .13" of rain. Friday I brought home new rugs for the classroom - the old ones had more than done their work over the past years. Not only did they have many feet from the gardens, but kids spilling fruit juice, the occasional dripping water from the roof leakage (have to have roofers this coming summer) and more. There was .06" of precipitation in the rain gauge. Meanwhile, this week the mountain passes have been buried with snow, sometimes all four passes into the northwest shut down. The major pass, Snoqualmie (I-90 from the east) had ten or more feet (yes, *feet*) of snow. Avalanches are an ever-present danger when there's heavy snow and warm temperatures at those elevations.

I went out after lunch today, thinking I'd work on the west side of the Dancing Circle Garden. Starting with the path I ended up in the Boysenberry Bed, then a small area of the Heart Bed, continuing with the paths and then some of the Cairn Bed. I got about 75 square feet of beds done and maybe fifty feet of paths! Gerry came out later and worked on the dwarfed apple. It was a wonderful afternoon to be outside!

### February 9<sup>th</sup>

What? An entire week? The rainfall last Saturday was only .02" Sunday was the same, but it was not great garden timing as we went to see Master Herbalist Student Charly performing her aerial act at the Pink Door, a dinner theatre, in Seattle where she has been performing for two years. It was wonderful!

Monday I got in four hours of garden time, half in the morning and half after lunch. I worked along the Cairn Bed and PJs Heart Bed. After lunch Gerry finish pruning the dwarfed apple

and I worked on the east side of the Dancing Circle Garden. gerry's done major pruning on that tree, not just lopping off the water shoots as I'd started but sawing off the knobby ends which represent years of growth. This will be great for the tree! I cleaned up a large quantity of old alyssum. I'm certain that there's more than enough seed as this fragrant annual has been returning with enthusiasm for more than a dozen years, now. Our rainfall was ... none! Ah, but Tuesday I drove to the coast (it was 'prison' day). In the foothills at the south end of the Olympics there was snow on the ground! Here we had just rain, unlike the mountain passes which have been closed endlessly over recent weeks where they're having extreme winter, with avalanches and tens of feet of snow. Tuesday's precipitation measurement was .16".

Wednesday I got in two hours of morning work. I was on my way to work on in another area when I realized that the Gladiola Bed was needy. there were a lot of weeds and, with the gladiolas asleep for the winter, it was time. I got about half the bed done. The rain total was .21". Thursday, the combination of .17" of rain and teaching in Seattle kept us from the gardens.

Friday? .33" of rain. There was just enough of a break in the morning that I brought home a small load of lumber from Home Depot and got it into the classroom as it was again starting to rain. And yesterday, despite a full rain gauge, I managed during the non-raining times to put up a 'loft' shelf in the Mound House and then a set of shelves for books, 44" wide and seven feet tall. The overflow from our library is out there and it will be easier to maintain. Most of the rain in the gauge - .74" - was overnight and only a small portion during the day.

#### **February 15<sup>th</sup>**

On Sunday morning I went out and finished up the shelving in the Mound House. That kept me gardening out in that area as well and I spent the afternoon working near the butterfly bush and Spanish lavender, then across the path to the west where I got about half of the Pyramid Bed done. I even got some of the Herbwalk Garden done as well. When I stopped for the afternoon, the house was filled with the spicy warmth of the end of gerry's holiday cookies. He'd mixed the cut fruit (which he did on Saturday) into dough and baked away. We had .18" of rain.

Monday I went back toward the Memorial Grove. Rain was forecast and I knew working in the woodland garden would be more sheltered. I cleaned up some leaves in the Memorial Square, then went back into the Grove and did a good cleanup of the area by the 'Dragon's Lair,' a miniature, natural cave among the roots of Mother Maple. I next worked on the path which runs north to south, making all the way and, when I looked up, the snowball viburnum growing on our side of the fence had coral red berries on it, something I'd never seen on any of the other snowball viburnums we have. Later, when gerry took the coffee grounds back for composting, he went and checked and was as amazed as I. gerry brings the coffee grounds home every day from work rather than their being dumped into the landfill. Our worms appreciate them! We had .18" of rain again.

Tuesday I managed 1½ hours in the morning, cleaning up more of the Phlox Bed outside the bedroom. I worked in front waiting for the service truck to come and give us a new windshield for our truck. I gardened enthusiastically and he arrived and did his job quick and efficient. It was wonderful! After lunch gerry began pruning the King apple by the driveway and I worked an area of the bed in front of the house. We had another 1½ hours in the garden! Only .03" of precipitation this day.

After lunch on Wednesday gerry worked more on the apple and I worked in the foxglove and lupin bed at the southeast corner of the house. It was another 1½ hour afternoon. The rain gauge

held another .05" of rain.

With my morning quarterly checkup with the doctor and the final herb class at Seattle Central, other than checking the rain gauge (.02") there was no garden time.

It's looked like rain all day and after lunch, it finally started. I can be patient. The forecast is for excellent gardening weather!

#### **February 18<sup>th</sup>**

Last Friday the late-day rain gauge held but .02". Saturday we had an excellent day in the gardens after the morning class. gerry and I had three hours of garden labor. It was wonderful. I pruned plums and also worked the bed beneath them. I thought of this as 'overplum and underplum.' gerry worked on the hawthornes at the south of the Dancing Circle. We had .05" of precipitation.

And yesterday? Oh, it felt like spring will be soon here. We waiting during the morning for the frost to leave, then spent 3½ hours outside yesterday afternoon. I finished pruning the plums in the Plum Thicket Garden. I worked about 300 square feet of garden, needing to rework some of what I'd done previously. The soil is easily packed down this time of year. I managed to save a few seedlings for our money plants although more will be sprouting this spring. I was quite pleased that the monarda growing just at the south edge and had seemed to be struggling in past years has suddenly turned up thriving and larger than it has ever been in all these many years!

gerry planted primroses, having brought ten home from his Saturday morning trip to the nursing home in Edmonds. While at Aldercrest he learned that his dear friend Doris (in her mid-90s) will be moved to a new facility much further for us but closer to her daughter and grandchildren. gerry will be making the drive less often. At the four corners by the St. John's wort near the Hawthorne Island Bed (are you lost now?) he planted the blue, yellow and red, colors he's maintained at that intersection of paths for some years, now. The remaining plants went into the Cottage Bed in front of the house and by the Gravenstein outside the kitchen door. And then gerry went back to the big hawthorne pruning project. No rain on Sunday, not a drop in the gauge.

This morning it got down to 30° again so I'm again waiting for the frost to thaw. The forecast is for a warm day,

#### **February 21<sup>st</sup>**

Monday I managed three morning hours in the gardens and gerry and I had 2½ in the afternoon. I wanted to get a start on the path which enters the Memorial Grove from the Sumac Garden. I did get a significant start, but got side tracked and ended up doing major work in the east end of the Sumac Garden. I weeded, cut back the flags and cleaned up the money plants which will produce this year's flowers and seed. I finished (at last) pruning the small apple tree near the Mound House and worked beneath it as well, cleaning up the marshmallow and rosemary. gerry's afternoon work was on the hawthornes at the south of the Dancing Circle. It was a wonderful, sunny afternoon and we had a great day.

Tuesday was my day to drive to Aberdeen on Greys Harbor leaving me too little time to get outside and work. The good news? The herb press arrived which will allow for a far better filtering and reclamation of tinctures and elixirs. It took some time to get here.

Yesterday morning was my day to be at the prison up in Monroe. With preparation for the Full Moon, we enjoyed the gardens but didn't work in them. Last evening a group of us left our ritual circle and stood out on the patio, watching the eclipse in its fullness, with a clear sky overhead. The joy and awe-inspiring beauty filled us and our gardens as well!

## THE HERMIT'S MAILBOX



Dear Ones, I wanted to mention that at times when I have been in Bologna Italy visiting my daughter, when it was the right day, I would see students who had graduated from the local University wearing their laurel wreaths. They would be surrounded by laughing groups of friends, celebrating with them, and often carrying flowers as well. In one of my Italian collections I have a photo of a student wearing his wreath--looking much like the 6 of Wands tarot card, though not of course on a horse! Lovely sight. In Italy students do not graduate as a class, as we do it here but individually after a severe examination in which they are asked questions, etc. by a board of professors. Tough to graduate from a university in Europe! A lovely, full wreath sounds just right.

Love and Blessings, Tasha, Grafton MA

My \$300 greenhouse arrived today. [1 Feb.] It will take a while to get it up since it requires a firm foundation but I hope to have it together in time to get an early start on seeds this year. Right now the weather is changing every ten minutes but it is mostly rain and snow. At least the rain melts the snow and we do not have the accumulations found at higher elevations. Four more weeks and we will start having warm weather in between the cold spells. I've seen it snow in April here and that is why the little greenhouse will be so useful.

Lizard, O'Brien OR

## Notes



**Bluestone Perennials** is a new listing. It was recommended to me by someone over the internet. I looked carefully through the catalog (see it in the catalog review section) and found it to offer some wonderful perennials. I ordered seven different species (seventeen plants). The web site is excellent for ordering. I simply put in the item number and it was a breeze. I'm looking forward to this order. The perennials in our garden are the colorful environment for the medicinal herbs!

## Herb of the Month

### Yellow Dock

*Rumex crispus* L.  
Polygonaceae

#### production

Found commonly in Europe, yellow dock grows easily as a weed. It is listed as native to Europe and Africa but found throughout much of the world. In North America there are numerous species of *Rumex* found including *R. crispus* which is often known as curly dock.

"Yellow dock is a common weed, found nearly world wide. native to Europe and northern Asia, this herb is now difficult to eradicate from gardens around the world. It quickly inhabits cultivated ground and grows along road sides and produces copious quantities of seed each fall. ... The generic name for yellow dock, rumex, is derived from the Latin 'rumex' meaning a

lance in reference to the shaped of its leaves. Its species name, *crispus*, is from the Latin 'crisped' in reference to its leaves being crisped at the edges. Yellow dock comes from a group of related docks and sorrels and is distinguished from related species by its yellow carrot-shaped root."<sup>1</sup>

*Rumex japonicus*, *R. japonicus* and *R. patientia* are related species of dock found in Chinese medicine. The plant is known in Sanskrit as amla-betasa.

Potters describes it thus: "Leaves large, typically dock-like, lanceolate, with strongly wavy margins. The root is found in commerce cut and split."<sup>2</sup>

In addition to its medicinal values, the leaves may be harvested and eaten as a pot herb - as cooked greens.

#### harvesting

The rhizome and roots are the parts most used. "The leaves of yellow dock can be gathered when young and used as a pot herb. They should be boiled once and the water discarded to take away the bitter taste, then boiled again. This is important because the leaves contain oxalate crystals, most likely potassium oxalate, which are quite toxic. The greens, as well as the root, contain much ascorbic acid and were formerly used as antiscorbutic agents."<sup>3</sup>

#### constituents

The *PDR for Herbal Medicine* lists the constituents as oxalates [oxalic acid, calcium oxalate]; tannins (3-6%); flavonoids [including, among others, quercitrin]; anthracene derivatives (0.9-2.5%) [anthranoids, aglycones physcion, chrysophanol, emodin, aloe-emodin, rhein, their glucosides]; and naphthalene derivatives [neopodin 8-glucoside, lapodin].

Yellow dock is exceptionally high in vitamins and minerals. Pedersen's analysis of the herb indicates that it contains the following amounts of vitamins (calculated on a zero moisture basis per 100 gm): aluminum 39 mg; calcium 1,000 mg; cobalt 0.35 mg; iron 7.6 mg; magnesium 320 mg; manganese 1.45 mg; niacin 5.40 mg; phosphorus 757 mg; potassium 1,220 mg; riboflavin 1.08 mg; selenium 0.25 mg; silicon 0.13 mg; sodium 7.70 mg; thiamine 0.81 mg; tin 2.4 mg; Vitamin A 37,432 IU; Vitamin C 405.5 mg; zinc trace

#### usage

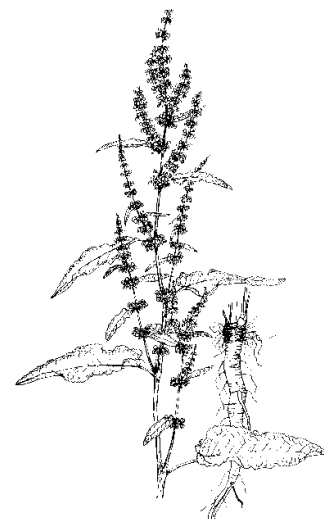
"Large doses should be avoided due to the oxalate content."<sup>4</sup>

"Individuals with a history of kidney stones should use this herb cautiously."<sup>5</sup>

Brinker suggests that some degree of education is important.<sup>6</sup>

alterative  
astringent  
bitter  
cholagogue  
laxative  
lymphatic  
nutritive (Santillo)  
tonic

"No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages. However, mucus membrane irritation, accompanied by vomiting



is possible following intake of the fresh rhizome, due to its anthrone content. The anthrones are oxidized to anthraquinones after dehydration and storage."<sup>7</sup> "Oxalate poisonings are conceivably primarily with the consumption of numerous leaves eaten as salad. One case of death following consumption of a soup made from the leaves of the curled Yellow Dock has been described."<sup>8</sup>

The plant is used in traditional medicine in India, according to Jain, primarily "as a mild astringent and laxative."<sup>9</sup>

Yellow dock "roots possess the property to attract iron from the soil which is transmuted into organic iron in the plant tissues. An older generation of herbalists sprinkled iron-filings on soil on which they grew Yellow Dock. The plant thus became 'enriched' with the metal; extracts and tinctures made from its roots made invaluable blood-enrichers for the treatment of simple iron-deficiency anaemia. Also contains sulphur, of value in chronic skin disorders."<sup>10</sup>

In folk medicine ('unproven uses' in the *PDR*) "Yellow dock is used for acute and chronic inflammation of the nasal passages and respiratory tract. It is also used as an additional measure in antibacterial therapy. The plant has traditionally been used like the Red Dock (*R. aquatica*) for its similar properties, in decoctions for scurvy and other skin eruptions, and as a 'blood cleanser.' It is also used as an astringent for hemorrhoids and pulmonary bleeding. It has been used as a remedy for jaundice and a tonic for the stomach."<sup>11</sup>

A number of native peoples used the plant for a variety of digestive problems, much as many would use a traditional stomachic, although it seems that yellow dock was reserved as a stronger medicine. The plant was considered useful for the digestive system. The Isleta peoples ate the leaves as greens, believing them beneficial for the stomach. The Cherokee infused the plant for dysentery. The Iroquois used the roots for bloody stools.

In general herbal lore, yellow dock is recommended for disorders of the spleen, recommended for jaundice, and said to promote the flow of bile making it useful in treating a congested liver.

"During the 19th century, it gained popularity as a remedy for jaundice and as a tonic for the liver and gall bladder and has since been included in nearly all herbal liver remedies. This belief apparently began during the Middle Ages with the Doctrine of Signatures when all yellow herbs were thought to represent bile and bilious diseases."<sup>12</sup>

The Delaware used the root to treat jaundice. Several tribes used the plant as a remedy for the complications of yellow fever which may well be the source of the common name 'yellow dock.'

The herb is recommended for constipation; is a gentle laxative useful in most cases of constipation. "This action is enhanced if the fiber content of the diet is increased. By stimulating the colon, feces are eliminated more efficiently, reducing reabsorption of toxins."<sup>13</sup> The Cherokee infused the root as a remedy for constipation.

However, the following differing opinion should also be noted: "Although *Rumex* contains a small amount of anthraquinone glycosides (3.0 - 4.0%) it has, at most, a mild laxative effect."<sup>14</sup>

Yellow dock works well with the lymphatic glands, indicating that it could be most useful for the immune system. Native peoples considered the plant cleansing. The Micmac used the roots as a cathartic purgative. Many tribes believed the plant to be a blood purifier. Yellow dock was considered a 'blood

medicine' by the Cherokee. The Iroquois used the plant for athletic events. It was decocted to use as "an emetic before running or playing lacrosse."<sup>15</sup> Moerman writes that they believed it strengthened the muscles. The plant was used as a ceremonial emetic by many tribes as well.

Taken internally, yellow dock is used to treat "chronic dry itchy skin eruptions, boils, shingles, pruritus..."<sup>16</sup> and is also recommended for eczema, psoriasis, and prurigo.<sup>17</sup> Described by Priest and Priest as a "general tonic alterative with special influence upon skin eruptions" and is a "natural source of iron salts."<sup>18</sup>

"The alterative properties of this agent are underestimated. It is a renal depurant and general alterative of much value when ulceration of mucous surfaces or disease of the skin arises from impure blood. It acts directly in its restorative influence, purifying the blood, removing morbid material, and quickly cures the disease conditions. It is valuable in ulcerative stomatitis, in nursing sore mouth, and in ulceration of the stomach with great lack of tone... It has cured exceedingly persistent cases of exhaustive morning diarrhoea, the discharges being very frequent between six and twelve o'clock. It has been used also in the treatment of syphilis and scrofula with good results."<sup>19</sup>

Among other uses, the Cheyenne used an "infusion of dried roots ... for lung hemorrhages."<sup>20</sup> The Iroquois, who used the plant extensively, even cooked the stalks and leaves "as greens ... used for rheumatism."<sup>21</sup> The Costanoan people decocted the plant for problems with the urinary system. Moerman does not specify what type of afflictions were treated.

"A number of anthraquinone derivatives, including chrysophanic acid, emodin, and physcion, among others, have been identified in yellow dock. These account for the drug's laxative action which is well substantiated. In fact, one study showed that the total anthraquinone content of this plant's root, 2.17%, exceeded the 1.42% concentration of these principles in medicinal rhubarb (not to be confused with garden rhubarb which contains only small amounts of anthraquinones)."<sup>22</sup>

Yellow dock was once used to treat venereal diseases and purify the blood. A compound was made with yellow dock by the Iroquois as a remedy for gonorrhoea. The Paiute also used the plant to treat venereal diseases.

It is "generally combined with other cleansing herbs such as burdock and dandelion, yellow dock is used to treat a wide range of conditions resulting from high levels of toxins in the body. These include skin conditions such as acne, boils, eczema, and psoriasis, as well as fungal infections, sluggish digestion and constipation, and arthritic and rheumatic problems, especially osteoarthritis."<sup>23</sup>

"Where there is running of the ears, ulcerated eyelids, scurvy, blood or lymph problems, drink three cups of the tea daily."<sup>24</sup>

The herb is prepared into a mouthwash for many oral problems including ulceration. The Cherokee rubbed the leaves inside the mouth to treat a sore throat. The Ramah Navajo infused the leaf for sores in the mouth.

"The Yellow Dock has also been considered to have a positive effect in restraining the inroads made by cancer in the human system, being used as an alterative and tonic to enfeebled condition caused by necrosis, cancer, etc. It has been used in



diphtheria."<sup>25</sup> Ellingwood also writes that "Dr. Vassar of Ohio believes that Yellow Doc is the best remedy known to prevent the inroads made by cancer on the human system." This statement was published prior to Mrs. Grieves *A Modern Herbal*, which provides some insight into the manner in which herbals are compiled.

**Dosage:** [Bartram] 2-4 grams or fluid equivalent, thrice daily; decoctions prepared with half ounce herb to one pint water, simmer gently 20 minutes take in half cup doses

**Externally:** Yellow dock "was used in Medieval times to cure boils and as a poultice to remedy burns, scalds, blisters and syphilitic lesions. It was also used to take the itch out of cutaneous eruptions like psoriasis and the rashes caused by stinging nettles. The powdered root was formerly recommended as a dentifrice especially when the gums were spongy. ... The tannins and the antimicrobial properties of the anthraquinones combine to make decoctions of the plant useful in scrofulous diseases of the skin, including psoriasis and eczema, and help explain the traditional use of yellow dock in treating skin rashes obtained from stinging nettles and syphilitic lesions. Its astringent and antimicrobial properties also explain its use as an abrasive dentifrice, especially in the case of spongy gums."<sup>26</sup>

It has been used to treat the itching of hemorrhoids.

A poultice of fresh root was used by the Blackfoot for sores. The Chippewa made poultices "of moistened, dried, powdered root" for a variety of problems from cuts and ulcers to problems such as swellings and itching.<sup>27</sup> The root was poulticed to use as a remedy for saddle sores by the Nevada people. The Cherokee used by the fresh juice and an infusion of the root "as a poultice and salve for various skin problems."<sup>28</sup> The Dakota made a poultice of the fresh leaves for boils as this would draw out the pus. The external uses of yellow dock are extensive among the tribes. The Blackfoot made a pulp of the fresh root which was used to treat rheumatism. The Shoshoni considered the plant an analgesic and used poultices to help those with rheumatism.

#### addenda

*Rumex crispus* L.  
Mars, Jupiter

The Iroquois made a decoction which they "used as a wash for face, hands, and clothes as love medicine."<sup>29</sup>

The Ramah Navajo used the whole plant as a ceremonial emetic.

a.k.a.

curled dock, curly dock

<sup>1</sup> *Nutritional Herbology*, Pedersen, page 176

<sup>2</sup> *Potter's*, page 291

<sup>3</sup> *Nutritional Herbology*, page 176

<sup>4</sup> *Potter's New Cyclopaedia*, page 291

<sup>5</sup> *Botanical Safety Handbook*, page 101

<sup>6</sup> According to Brinker, excessive doses of oxalates could produce unpleasant side-effects (page 150); and may be upsetting to digestive systems which are unduly sensitive (page 155)

<sup>7</sup> *PDR for Herbal Medicines*, 2nd edition, page 836

<sup>8</sup> *PDR for Herbal Medicines*, 2nd edition, page 836

<sup>9</sup> *Medicinal Plants of India*, Jain and DeFilippis, page 492

<sup>10</sup> *Encyclopedia of Herbal Medicine*, page 459

<sup>11</sup> *PDR for Herbal Medicines*, 2nd edition, page 836

<sup>12</sup> *Nutritional Herbology*, page 176

<sup>13</sup> *Encyclopedia of Medicinal Plants*, page 126

<sup>14</sup> *Botanical Safety Handbook*, page 100

<sup>15</sup> *Native American Ethnobotany*, page 496

<sup>16</sup> *Encyclopedia of Herbal Medicine*, page 459

<sup>17</sup> "A chronic skin disease of unknown etiology, marked by constantly recurring, discrete, pale, deep-seated, intensely itchy papules on extensor surfaces of limbs... term is used by dermatologists throughout the world but it has not received a universally acceptable definition." - *Taber's*

<sup>18</sup> *Herbal Medication: A Clinical and Dispensary Handbook*, page 74

<sup>19</sup> *American Materia Medica*, pages 378-379

<sup>20</sup> *Native American Ethnobotany*, page 496

<sup>21</sup> *Native American Ethnobotany*, page 496

<sup>22</sup> *The Honest Herbal*, page 325

<sup>23</sup> *Encyclopedia of Medicinal Plants*, page 126

<sup>24</sup> *Natural Healing With Herbs*, page 197

<sup>25</sup> *A Modern Herbal*, page 259

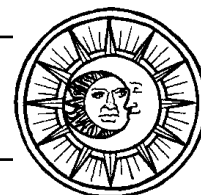
<sup>26</sup> *Nutritional Herbology*, page 176-177

<sup>27</sup> *Native American Ethnobotany*, page 496

<sup>28</sup> *Native American Ethnobotany*, page 496

<sup>29</sup> *Native American Ethnobotany*, page 496

## Planetary Energies for the Lunar Celebrations of March, 2008 ce



The Equinox will soon be upon us, and with it, a time for the first plantings. In the meantime, enjoy all the catalogues and the planning for your garden this year. The primroses and bulb flowers have been beautiful so far in our area. If you are in other areas with different growing zones, enjoy what you can see. Soon, the gardens will be verdant, pushing out leaves, pushing out shoots from the ground. Enjoy!

This month, the Sun is in the sign of Pisces for the first 18+ days. The color associated with Pisces is sea green; the body parts associated with Pisces are the feet. So for your ritual representations, you could use different colors or types of stockings, shoes, or items of sea green to represent the planets in their positions around your space. You could also use different decorated (probably hard-boiled) eggs, as these are also a part of the Spring Equinox celebrations. This is a great month for your creative juices to flow and make your ritual space fun. This equinox marks the end of one astrological year and the beginning of the next. Be festive!

The March New Moon occurs on Friday, March 7, at 9:14 a.m. PST. The Grove will be celebrating on Friday evening with the very beginning waxing energy. The planets will be in these locations:

\*Moon conjunct Sun 17° Pisces (between W and WNW)

\*\*Mercury 20° Aquarius (barely left of NW)

\*\*Venus 23° Aquarius (barely left of Mercury)

\*\*\*Mars 1° Cancer (S)

Jupiter 16° Capricorn (between N and NNW)

Saturn 4° Virgo (right of ESE)

\*Uranus 18° Pisces (conjunct Moon-Sun)

\*\*Neptune 22° Aquarius (left of NW)

\*\*\*Pluto 0° Capricorn (N)

We will be looking at the Sun-Moon-Uranus conjunct, the Mercury-Venus-Neptune conjunct and the Mars-Pluto opposition. This is a lot of energy to deal with, so we will try to make it as simplified as possible.

The energy of the Sun in Pisces could have you avoiding problems by either physically or mentally moving away from them. Be aware that others will feel this same desire, and this could lead to work not being completed or problems dealt with in a good way. Take a good breath and stay focused on your tasks, no matter how unpleasant they are. The energy of the Moon in Pisces could bring out a strong compassionate streak, trying to

assist others. Avoid letting others take advantage of you by putting their difficulties on you. You will need to say no to some people; do it firmly and gently, encouraging them to deal with their problems. When this energy has passed, they will actually be happier that they could handle these situations themselves. The energy of the Sun conjunct Uranus could bring out some creative energy in you, helping you to find new ways to deal with old problems. The energy of the Moon conjunct Uranus could make cooperation difficult. Know that this energy is temporary and avoid conflicts.

The energy of Mercury in Aquarius could also bring out creativity. Avoid arguments about how to do things. And if others are insistent about how a problem should be solved, work to go along with them, instead of arguing about your "better" way. The energy of Venus in Aquarius could create tension in your personal relationships, with you having the desire to not be tied down. Check carefully and you may find that you really are not "tied down" in your relationship. Be aware that this is NOT a good time to end a relationship, because your reasons might not still be relevant when this conjunct has passed. The energy of the Mercury-Neptune conjunct could make it difficult to make important choices, since this energy can lead to daydreaming. Stay focused. The energy of the Venus-Neptune conjunct could have you fantasizing about your "ideal" relationship. Again, avoid making relationship decisions during this energy; there is much that will be clearer after this conjunct has passed and reality has reasserted itself.

The energy of Mars in Cancer could lead to emotional outbursts and impractical decisions. Stay focused. (Is there a theme here?) Avoid letting your feelings take control. It is all right to recognize and state your feelings, but be aware that this is a time when you need to be practical. The energy of the Mars-Pluto opposition could cause you to be more obstinate than usual in your relationships, personal and professional. Being aware that this could happen should help you to avoid serious problems.

For this ritual's cup, steep some passion flower petals (Pisces), peony petals (Sun), and white rose petals (Moon) in some pomegranate juice (Uranus). For your ritual cake, add some ground cloves (Aquarius), some dried currants or cherries (Venus), some chopped almonds or hazel nuts (Mercury), and some orange or lemon zest (Neptune) to the batter.

Those born on March 7 include Maurice Ravel (composer, 1875), Luther Burbank (horticulturist, 1849), Ivan Lendl (tennis professional, 1960), Rik Mayal (British comedian, 1958), Michael Eisner (former Disney executive, 1942), Lord Snowdon (British peer, 1930), Willard Scott (television personality, 1934), Tammy Faye Baker Messner (television evangelist, 1942), John Heard (actor, 1945), Lynn Swan (football star, 1952), and Franco Harris (football star, 1950).

>[Quick subliminal (?) reminder: Daylight Savings begins on March 9; Spring Ahead!]

The Full Moon for March occurs on Friday, March 21, at 11:40 a.m. PDT. The Grove will celebrate this Full Moon on Thursday evening, as the Moon is only a few hours from complete Fullness. The planets will be in the following locations:

- \*Moon 1° Libra (E)
- \*Sun 1° Aries (W)
- \*\*Mercury 9° Pisces (WNW)
- \*\*Venus 10° Pisces (WNW)
- Mars 6° Cancer (left of S)
- Jupiter 18° Capricorn (between N and NNW)
- Saturn 3° Virgo (right of ESE)
- Uranus 19° Pisces (between W and WNW)
- Neptune 23° Aquarius (between WNW and NW)
- Pluto 1° Capricorn (N)

We will discuss the Sun-Moon opposition and the continuing

Mercury-Venus conjunct.

The energy of the Sun in Aries could bring out your leadership skills. Be sure to be part of the working group, not just delegating your ideas for others to complete. The energy of the Moon in Libra could help with this, as it is an energy that could help you with creating a peaceful, cooperative, non-confrontational environment around you. The energy of Mercury in Pisces could have you not aware of details in your plans that need to be checked. Being aware of this possibility should help you pay attention to every aspect of anything you are putting into action. The energy of Venus in Pisces could have you unaware of the feelings of others with whom you have relationships. Be aware of the important people in your life, and listen carefully to them to pick up on any possible problems in your relationships.

For this ritual's bread, add a bit of dried, ground monarda leaves (Libra), some dried [or fresh/frozen] blackberries (Aries), a small amount of ground cinnamon (Sun), and top the bread with some toasted sesame seeds (Moon). For your ritual cup, steep some dogwood bark (Pisces) and some dried horehound leaves (Mercury) in some apricot or peach nectar.

Those born on March 21 include Gary Oldman (actor, 1958), Rosie O'Donnell (entertainer, 1962), Johann Sebastian Bach (composer, 1685), Mark Williams (Welsh snooker champion, 1975), Matthew Broderick (actor, 1962), Florenz Ziegfeld (Broadway producer, 1869), Timothy Dalton (actor, 1946), Modest Mussorgsky (composer, 1839), Julio Gallo (vintner, 1910), Otis Spann (blues pianist, 1930), and Cesar Chavez (activist, 1927).

I hope you are able to enjoy my suggestions for your ritual cups and breads. They should truly add to your rituals and bring enjoyment to all present. Have a wonderful month. And remember to enjoy a chocolate bunny if you get the chance.

Blessings, Gerry B.



## Home Blessings - Part 10

Another aspect of our home which very much needs protection are the 'fuel systems.' What first comes to mind are those sources of fuel which are overtly flammable. Many homes have natural gas and many have propane. Those who live in homes with electrical heat often believe that those homes with gas are most prone to danger following a storm or earthquake. Certainly a fire from another cause poses a risk, although far less today with automatic shut-off valves and kitchen ranges without an ever-burning pilot light (which I always found the most wonderful place to 'store' a flame drawn down from the Sun).

There are herbes with a history of usefulness in protecting us against fire. One of my favorites (I do have many, many 'favorites') is the houseleek. That British name used to mystify me, having thought of it as some type of *Allium*, or leek, looking more like an onion or garlic. I had the worst time imagining it being planted on thatched roofs! Then, as I became more aware of the importance of the binomial, Latin names, I discovered that it was what we know as hen-and-chicks! Mystery solved. Mrs. Grieve, in *A Modern Herbal*, writes that "It was supposed to guard what it grows upon against fire and lightning, and we read that Charlemagne ordered it to be planted upon the roof of every house, probably with this view... Welsh peasants believe it protects their houses from storms, and ensures the prosperity of their inmates. Superstitious country-folk in Wiltshire are often found to have a strong objection to the removal of a plant of Houseleek from their roof, or even to the plucking of the flowers

by a stranger, believing it will bring death to the dwellers; it was formerly believed to be an efficient guard against sorcery as well as against lightning." This is a plant which does well even through cold winters but I've also had wonderful success growing it as a houseplant. No, not *on* my house but in a pot at a sunny window!

Another option is mistletoe. The belief that mistletoe brought protection against fire was found both in Italy and in Sweden. In Sweden small bunches are hung about the home, believed particularly effective against fire brought about by lightning. Saint John's wort is another herb which has a long belief as an herbe of protection against a home fire.

There are stones as well. Both opal and topaz are believed to protect against fire. The good news is that neither stone is overly expensive and you can acquire a quality gem for a reasonable sum of money.

In addition to the valves, meters and lines for gas, some homes use fuel oil. That storage tank could use a small stone attached to it and once or twice a year, giving it a good sprinkle with an herbal wash made of some of the above herbs would be useful. Remembering the fuel oil tank my parents had for many years, I cannot imagine growing hen-and-chicks in a dark corner of the basement although, with a good growing light, who knows?

If you have a wood-burning fireplace, it's quite likely there a place where you store logs. It might be prudent to include that fuel storage area in your home blessings as well.

But speaking of fuel, there is another 'fuel storage' area we sometimes forget. It's where you store the fuel that *you* need: the pantry, cupboards and even the refrigerator could use occasional blessings and protection. There are a number of gemstones associated with protecting our digestive system and promoting health. I would think that they might be good for the food storage areas. Among them are aquamarine, cat's eye, coral, moonstone, peridot, topaz and tourmaline. Certainly that's enough choices that you can find what you'd like.

I find it interesting that herbes, which are so readily ingested, are an integral part of how we maintain our bodies and healthy 'fuel consumption.' And yet, despite my decades of research, I do not find any historical references to herbs being used magically to protect the eating areas or food storage areas. Were I to look for herbs which are good for digestion? Now there's a long, long list. With the medicinal value of plants, that list could have hundreds of herbs.

One final thought. If you ever have the opportunity to acquire a ruby, it's considered one of the best all-purpose healing stones and might be a wise choice for the kitchen (food storage) area.



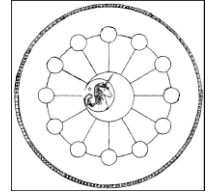
The Magickal Tarot will return next month.

## The Hermit's Transit Authority

These monthly horoscopes are provided for **Lantern** readers who also subscribe to the Transit Authority. The monthly forecast is identified by personal identification numbers. These horoscopes are offered as a *guideline* to assist you in the understanding of your own natal chart and to further your knowledge of astrology. These are neither definitive nor a complete discussion of the transits you may be experiencing. All dates indicated may have some variation. Some feel planetary energy a little ahead, some a little later. It can vary from person to person.

'Fulfillment Issues' refer to the transits of celestial Venus. We study Venus as an indication of the ways in which we derive pleasure and fulfillment from things external to the self. As Venus moves through our chart, we often question whether or not we are fulfilled.

'Mars Days' refers to a few days during which celestial (meaning 'in the sky') Mars is transiting a sensitive point in your natal chart. Things will be a bit more difficult, oftentimes manifesting as physical or emotional ineptness. It will be important to step back and temper one's responses to avoid being confrontational. During Mars Days one is a bit more quick to rise.



'Opportunity Knocks' indicates the transit of celestial Jupiter. Opportunity can be found only by expanding one's horizons and looking for those opportunities. They are there, but the Universe in Her wisdom, requires that you must be growing in order to be aware of them.



Rats. Daylight Savings Time begins this month, early! My gardens, the birds and the cows (for farmers) don't change their time but I will remember to adjust my clocks before morning of the 9<sup>th</sup>.

The New Moon is in Pisces (at 17° ♋ 31'), during daylight hours. She will be New on March 7<sup>th</sup> at 11:14 am CDT. The Full Moon will be in Libra (directly across from the Aries Sun). Taking place on the 21<sup>st</sup>, this Full Moon is at 1° ♎ 31' at 2:40 pm EDT.

The Sun's progress this month brings us to the Spring Equinox. Beginning March in Pisces (at 11° ♋ 02'), the Sun moves across the cusp into Aries on the 19<sup>th</sup> at 10:49 pm PDT. At month's end the Sun will be at 11° ♈ 5'.

Mercury begins the month in Aquarius, very close to Venus. Mercury is at 14° ♒ 00' and Venus is at 15° ♒ 32'. They travel in tandem all month and both move into Pisces. Venus crosses that cusp on the 12<sup>th</sup> at 4:51 pm MDT on the 12<sup>th</sup>. Mercury follows right behind, moving into Pisces on the 14<sup>th</sup> at 4:46 pm MDT. At month's end, Mercury will be at 27° ♋ 15' and Venus will be at 23° ♋ 48'.

Mars begins the month at the far end of Gemini (in 29° ♊ 01') and moves into Cancer on March 4<sup>th</sup> at 2:01 am PST). Mars moves through a third of Cancer this month, ending at 10° ♋ 49'.

Jupiter is in Capricorn, moving from 15° ♐ 39' to 20° ♐ 09'. Saturn is still in Virgo, and continues to move retrograde, sidling from 4° ♍ 41' R to 2° ♍ 33' R.

Uranus is in Pisces, moving from 18° ♋ 12' to 19° ♋ 57'. Neptune is in Aquarius (a busy place this month) and moves from 22° ♒ 26' to 23° ♒ 27' and Pluto is in Capricorn, moving from 00° ♐ 52' to 01° ♐ 09'.



**100** A little New Moon (bringing partnership blessings) and Full Moon Magick this month. Meanwhile, pay attention to that Neptune transit. You'll want to maintain clarity about your dreams. Opportunity begin sknocking for next month, so be prepared.

**101** First, there's the Full Moon, nicely positioned to bless you and those to whom you extend love and caring. And then? It's almost all about Mars. Mars Days dominate much of the month so you'll want to be gentle in your response. It's good energy which can be transformed into healing. I'd also recommend paying attending to a coming transit of your natal Moon by Pluto. That could be profound!

**105** Mars Days through the first week indicate a need for care

with communication. That ole' Mars often coincides with misunderstandings and heated feelings. On the other hand, this is great energy for your writing projects! The New Moon is well-placed for working with dreams and creativity. The Full Moon can bring many blessings to your evolving Priesthood. Other transits this month are many but minor. Perhaps they're just the frosting on the cake for a month leading into April's early **Blessed Birthday**. [Just in case that issue's slightly delayed in the post.]

**108** With Saturn transiting your natal Moon/Saturn, a transit which began last September, this is a time to firm up any budgetary evaluation and changes in your fiscal planning. Wisdom allows you to accomplish much. Other transits are relatively inconsequential although you do have two bouts of Mars Days. The first, over the first two weeks, and the second after the 20<sup>th</sup> (into next month) both have the potential of being a distraction. Those distractions could lead to lost time if you're not attentive.

**109** It's a Neptune transit of your natal Moon over the coming weeks and months leading to occasional light showers of "who am I? where am I going?" but also opening you to greater dreams and imagination. The New Moon aspects major parts of your natal chart. Use this Magick to prepare yourself for a wonderful Spring. The Full Moon can be used to stimulate Opportunity's Knock. Uranus is positioned this month to keep you just a bit out of control as the Universe introduces a little unpredictability here and there. It's simply Her sense of humor!

**112** Is it true? Yes, you're really past that Pluto transit! And this month the Full Moon is strongly conjunct your natal Jupiter, definitely the Magick of Opportunity's Knock. In addition, Jupiter is well positioned bringing you the potential for Opportunity all month. And that's your primary transit! Be a little cautious the first few days. The diminishing Mars Days from the end of last month still linger.

**115** Well, here comes Spring, and it's pretty important. We're talking about Saturn, some major Saturn taking place, but it's the culmination of that which began last summer. Add to the mix Neptune, positioned to help you question who you are and where you're going, as far as your long-term professional and/or spiritual goals. This can all make for a most rewarding and fulfilling season!

**117** The New Moon aspects three major components in your natal chart. This is an excellent time to ask the Universe to bless your work both at home and in the office. Uranus opposes your natal Venus all month. Not everything you have planned will go as you are hoping. Trust the unexpected. You have quite a few transits of and by Venus this month. Fulfillment Issues, anyone?

**119** The New Moon can be used to invoke domestic blessings and the Full Moon? Time to put in motion some work toward your Priesthood. There's quite bit of Opportunity's Knock this month, lasting nearly all month. Cultivating the important relationships in your life can help you find places with which to expand the work toward your goals. Be cautious with Mars Days lasting the first two weeks. Without care they could leave you feeling vulnerable. The good news? They pass quickly.

**120** Opportunity is Knocking if you further your spiritual and educational pursuits this month. On the other hand it will be important to explore your comfort level with disciplines and spiritual disciplines. Mars Days come bumping along after the 17<sup>th</sup>, lasting nearly the remainder of March. You'll find that your buttons can be pushed by others more easily than usual. Handle with care!

**123** Both Moons this month are gifts from the Universe. The New Moon is aligned to invoke career blessings and also Magick for your own health and well-being. The Full Moon can be used for thinking through a new project. Saturn figures prominently this month and next. You are likely to face some restriction in order to grow well. This is an excellent time for rethinking

priorities and pruning activities which are not productive. Fulfillment Issues are likely to surface throughout the first two to three weeks of the month. Remain objective. You even get some Mars Days the last 10 days. Manage your reactions to situations with care. You are more likely to feel hurt than usual.

**125** Some minor transits active Venus which can stimulate subsurface Fulfillment Issues. Saturn is moving across your Ascendant, bringing you an increased ability to invoke spiritual disciplines. Uranus is in a minor aspect, but what about that Sun? It's transiting itself which means it's time for a **Joyful Birthday** this month!

**129** Most important, be cautious during the Mars Days this month (the 17<sup>th</sup> - 27<sup>th</sup>). You could easily be distracted with increased energy, liable to be distracted and, if not cautious, more prone to mishap. You will also be more prone to 'emotional mishap,' your sensitivities more easily bruised than usual. This month you continue to deal with a long-term Neptune transit of your natal Moon, opening you to both dreams, fantasies but also just a touch of illusion.

**132** Your major transits continue. For this month our telephone time will suffice. But wait ... Minor transits this month? The New Moon is exceptionally positioned for you, a very rare occurrence. Use this Magick to invoke blessings for all of your major goals. Numerous minor transits involving Mercury and Venus can stir up some Fulfillment Issues as well as make it difficult to calm down the thinking process.

**135** March should be an improvement over recent winter months. Some of those difficult transits are being left behind. Of course, the best transit this month brings you a **Blessed Birthday**. The New Moon, two days later, is strongly conjunct your natal Sun - a belated birthday present! Use this to bless yourself! The Full Moon is aligned to bring Magick to your marriage and also to your self. Throughout the month you will find Fulfillment Issues coming and going. Exploring whether you are finding fulfillment from various aspects of your life can be productive, but don't allow those transits of (and by) Venus to leave you off-center.

**137** Neptune begins moving in opposition to your natal Pluto, a transit will wax and wane for two years. This should bring an expansion of the options you offer your own self-image and understanding of your dreams and potential in life. This March you have some Opportunity's Knock although it may feel a little elusive at the same time. Be attentive in the workplace and you may find it there. Mars Days the 9-20<sup>th</sup> are strong. This is a time when increased focus is needed. A lack of attention could lead to a disruptive mishap.

**140** It's about Saturn. This is the month during which Saturn will transit both your natal Mars and natal Pluto and is spiritually profound, as we've discussed. You also have some Mars Days, particularly the first two weeks. Clear thinking can help you avoid errors. Sporadic Fulfillment Issues help you evaluate what you are doing and look more deeply.

**142** March brings you a wonderful Full Moon - quite conjunct your own natal Moon. This Magick can be used to invoke blessings for health and well-being into your life. Pluto's transit of your natal Sun continues. This indicates the likelihood of some profound changes, if not always easy. Think of 2008-09 as a time of a deep, internal transformation. Mars Days come along twice this month. Through the 12<sup>th</sup> you want to be cautious. You could have a case of the 'oops' but you may find yourself more testy and less patient. The 21-31<sup>st</sup> the Universe will want you to be attentive.

**143** Other than some quite minor and barely perceptible transits, the one of note is the presence of Uranus, beginning a second year of hovering around the midheaven of your natal chart. It will be nearly another year before it finally moves on - it is a slow moving planet and will then move you into a period of time when you are able to expand your spiritual work in all respects. This is a

time to explore all manner of potential, a long period of time during which you ought have increased access to delight and inspiration.

**147** You have a little Mars and a little Jupiter. No disruption from Mars Days and no Knock of substance from Opportunity. Either can be a source of productive energy and growth for you yet either could slip past mostly unnoticed. You are entering a period of several years during which your potential as an author will begin to emerge (but needing your active participation).

**149** Saturn moves in exact opposition to your natal Moon this month, a process which has been ongoing since last autumn. By the end of summer you will have completed a cycle of change affecting your self image, important relationships, and your creative work, growing stronger and more accomplished. Fulfillment Issues will come and go throughout the month raising momentary doubts and questions.

## Master Herbalist Students and Their Studies

### Alkaloids in Herbal Medicine: Two Perspectives



#### Beginning the Study of Herbal Medicine

I grew up in the Puget Sound area, and my family gardened for as long as I can remember. Not only for fruits and vegetables, but also growing herbs. My grandparents and parents all had home gardens, and my maternal grandparents also had a farm outside Monroe. Eating peas off the pod, freshly picked corn on the cob, or carrots just pulled from the ground taught me the joy of getting my hands in living dirt, and enjoying the fruits of my labors.



From time to time we avoided doctor visits with the help of peppermint tea for digestive problems, aloe for scrapes and small cuts, chamomile tea for its calming influence, or our standard sore throat remedy, warm water with lemon juice and a touch of honey.

I've grown plants my whole life, and routinely talk to them as the living entities they are. I currently have 14 potted plants, as well as a mini greenhouse I just planted with 6 more sets of seeds. The pots on my shelf include rosemary, sage, echinacea, snapdragons and others who haven't shared their names with me, but which I enjoy nonetheless.

I believe plants are similar to people in that if you treat them with respect and work with them as sentient beings, the results are much more effective. It is truly amazing to think about how well humans and plants have evolved together, and to think about the variety of ways plants can help us gain and maintain health on so many levels, including physical, mental and spiritual.

I was talking to a friend one day, who mentioned a health issue she was having. A piece of information surfaced to my attention, and I shared it with her. She subsequently tried it, and the tea cleared up her symptoms. This happened twice, and when

she told me what occurred, she suggested that I follow up on this information coming to me by learning more about herbs and how to work with them, since I obviously had knowledge within me or being passed to me for a reason.

I meditated on her suggestion and decided that she was right. After that, I looked around for what learning prospect would work best for where my life currently is, and chose also based on what was offered, and how comprehensive it was. I found this program, and selected it based on the above criteria, as well as the correspondence aspect of it, and the cost.

My goal is to know everything I can about plants, their spirit energies, medicinal and magickal uses, and how to support people in my life in their quests to be healthier. After my certification, I plan to share this knowledge with others. My intent is to someday have a business in the healing arts, incorporating psychic readings, magickal training and a system of deconstructing negative messages so many people carry around, which affect their health on many levels. I appreciate this training opportunity, and look forward to completing the course and achieving my certification.

Kate Tossey, First Quarter Student

#### The Nature of Wellness

The nature of wellness is an interesting topic to ponder. I find the timing of this assignment as it aligns with my personal state of wellness to be ironic. The writing of this paper was slated as a task to complete over the course of two units in the Master Herbalism Program. It has taken me this length of time alone to truly ponder this topic enough to figure out how to approach writing it. The irony is that at present, I am having struggles in my personal life which in my opinion put me in the category of not being in the state of wellness I have grown to believe I am at presently (at least that was the case previous to writing this paper). I think this is why it has taken me two weeks to write this paper as it wasn't until mulling over the topic that I came to the realization that my mind, body and spirit were not in equilibrium.



Rather than discussing wellness from a medical standpoint, I thought I'd approach it from a proactive, holistic view. The points that follow are in my opinion the foundation for leading a life of wellness.

The nature of wellness is a multifaceted state of being. The attributes that make it so, consist of having a healthy mind, body and spirit. Most importantly it is having the ability to listen to your body and recognize when it is in distress and doing something to change it from being in a state of crisis to a state of equilibrium. Many people think of wellness in terms of how their health is on a physical level, not realizing that our mental state also effects how our body reacts physiologically as well as psychologically. Many times our health issues are physical manifestations of psychological issues. The body knows when it is in crisis and acts out to alert us; the key is to know when to listen and how to prevent it.

To attain a healthy state of wellness one must first start with a healthy diet. The diet should be nourishing and consist of the proper vitamins, minerals, and nutrients the body needs to function. It should also include foods that are high in protein and fiber. Food should be kept simple and whole; this will enable the body to process and digest the food properly so it distributes the vitamins and nutrients as it should. So much of the food sold in stores today is full of additives and chemicals and is so over processed that very little nutritional value remains by the time the consumer eats it. Being mindful of the food one ingests is a lifestyle change; it requires the determination to be healthy and to take the time to educate yourself about the foods you are eating whether or not they are whole foods or prepackaged processed

foods. This is not an easy task, however keep in mind the saying "You Are What You Eat", there is much wisdom in these words. Once able to incorporate a healthy diet of whole foods, one will notice the effects pretty quickly and the body will show its gratitude.

Another step to wellness that is often overlooked is taking time for you. This is vital, as taking time for you, promotes a healthy mind and spirit. This time should be given towards a personal desire or like, preferably one without goals that would cause stress if not attained. A time where one can let go of the day's thoughts and events and just be. Examples of this time could include meditation, exercise, gardening, yoga, hot baths, reading, sitting in a park or somewhere listening to nature, working on a hobby, hiking, etc. If possible, this time should occur daily for no less than 20 minutes. I mention the idea of setting this time aside with intent of not having goal orientated attachments to it, as so much of our lives are consumed by goals and outcomes, which I think then results in stress, therefore the activity is no longer sacred to you as it is now attached to something stressful if your not attaining the goal you set forth. Having goals is healthy, but it shouldn't be categorized in this section.

This leads me to another aspect of wellness. It is important to foster a lifestyle that encourages growth and change. To do otherwise makes one stagnant and leads to boredom and a low sense of well being. Some people are truly content doing nothing, and if this is the case that is okay, but challenging you to grow and seek out your desires and dreams will result in a healthier sense of wellness. Quite often people tend to get trapped into the mundane aspects of their life and the act of living becomes a routine. Routines can be good on some levels, but not if the routine gets stagnant and remains that way because it's easier than making change.

Most importantly I believe the nature of wellness is getting to know yourself, and your body. Being able to intuitively know when things are functioning properly or not. Being able to assess the root of any issues you may be having sooner than later is imperative to aid in returning to a sense of equilibrium. Being true to yourself if the key to wellness. One can be under the impression that they are doing everything they possibly can from a physical standpoint to be healthy, but if they are not aware of the aspects of mind and spirit, achieving real wellness is circumvented. Being committed to educating the self, awareness of the self, and taking action proactively, aids greatly in achieving harmony in mind, body and spirit.

Cat Johnson, Second Quarter Student

**order form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_ Enclosed is my check or money order.

\_\_\_ Please bill my Visa. \_\_\_ Please bill my Mastercard.

My card number is \_\_\_\_\_

The expiration date is: \_\_\_\_\_

My phone number is: \_\_\_\_\_

My billing address zip code is: \_\_\_\_\_

\_\_\_\_\_  
My name as it appears on the card.

\_\_\_\_\_  
My signature as it appears on the card.

\_\_\_ Please renew my subscription to The Hermit's Lantern. Enclosed is \$25.00.

\_\_\_ Please include the Transit Authority personal horoscope. Enclosed is an additional \$20.00. If this is my first time, I am sending my birth date, time and location on a separate paper.

\_\_\_ I would like a copy of the Garden Tour including map and photos. I enclose \$5.00 [\$5.45 for Washington State].

\_\_\_ **Please send me a computer-generated natal chart interpretation.** Enclosed is \$8.00 to cover printing and postage. I am sending my birth date, time and location on a separate paper.

\_\_\_ New!!! Please send me a computer-generated interpretation of a comparison between two charts. I am enclosing \$8.00 and the birth information for both natal charts.

\_\_\_ I would like to order an index to the articles published thus far. Enclosed is one dollar.

\_\_\_ I would like to order the most current Garden Catalog review. At ten pages, it's a bargain for \$2.00.

\_\_\_ Please send me a computer-generated natal chart and interpretation (16-20 pages). \$8.00 includes S/H.

\_\_\_ Please send me a current price list of dried herbs.

\_\_\_ I would like a Hermit's Grove t-shirt! Enclosed is \$15.00 for a size \_\_\_ (+ \$1.34 sales tax in Washington)

\_\_\_ Please send me an autographed copy of Painless Astrology. I am enclosing \$15.95 (U.S.) plus \$3.00 for first class postage. Washington res. + \$1.42 sales tax.

\_\_\_ Please send me an autographed copy of The Holy Books of the Devas. I enclose \$16.95 (U.S.) plus \$3.00 s/h. WA residents + \$1.51

\_\_\_ Please send me an autographed copy of A Compendium of Herbal Magick for me. Enclosed is \$24.50 (U.S.) plus \$4.00 shipping. WA residents + \$2.18 tax

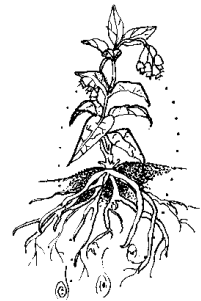
\_\_\_ Please send me a copy of the Remedial Index. Enclosed is \$13.00 plus \$3.00 first class mailing. WA residents include \$1.16 tax, please.

\_\_\_ Please send a gift subscription to The Lantern with/out the Transit Authority in my name. I am enclosing my friend's name, address and birth information.

\_\_\_ Please accept my enclosed gift of \$ \_\_\_ toward the survival of The Hermit's Grove.

\_\_\_ Please note the enclosed bell or memorial. On a separate paper I am writing about the person whose memory the Grove will help keep blessed.

\_\_\_ Please send me \_\_\_ monographs. Enclosed is \$2.00 per herbal monograph or \$17.50 for ten. I have enclosed a list of the herbs for which I am requesting printed research from The Hermit's Grove.



## The Spring, 2008 ce Hermit's Grove edition of garden catalog reviews

Pull out and save this list of print catalogs and garden resources. Please let us know of any vendors which might be added to this list. With over 130 vendors represented, this is a great list for your reference... Because we have several catalogs which are older, if we do not have a current issue the month and year are included.

When possible we've provided phone numbers so you can order a catalog for yourself.

Unless a catalog has been rated \* or \*\*, it's definitely worth checking out!

\*\*\*\*\* one of our top favorites, can't be beat

\*\*\*\* very high recommendation, a valued vendor

\*\*\* good, definitely worth your time

\*\* nothing outstanding about this vendor

\* definitely thumbs down

We include the date for our most recent catalog edition in brackets [2006]. Because we cannot order from all, many do not send catalogs to people who haven't spent money. If we haven't received a catalog in more than a couple of years and there is no web site, the rating is usually lowered only because we're no longer able to give our recommendation.

Web sites are verified prior to the annual edition of this catalog. Every web site listed for the 2008 edition of this catalog was working when I checked them January 16<sup>th</sup>.

Should you find that one of our older listings has significant changes or has gone out of business, please let us know. And please, let us know of other candidates!

**Abundant Life Seeds**, P O Box 157, Saginaw, OR 97472-0157; 1-541-767-9606; <http://www.abundantlifeseed.org>. Continuing original the foundation's work, Tom and Julie are deeply dedicated to the best quality seeds. The Foundation suffered a devastating fire in 2003 but thanks to the love this couple has for the plant world, we may continue to let you know about the new, improved (and exceptional) catalog. Many seeds, wonderful reading. Provides medicinal herbs, heirloom plants, organic work, much more than a seed source, offering books, etc. 56 pp [2006] [Web site not working during my testing in 2007.] \*\*\*\*\*

**Amador Flower Farm**, 22001 Shenandoah School Road, Plymouth, CA 95669, <http://amadorflowerfarm.com>, 1-209-245-6648. The catalog says "all about daylilies" and this grower certainly is. It cost us \$3.50 for the full color, glossy catalog and we got a redeemable coupon for the same. But there are over 700 different species in every imaginable hue and color. We're placing an order! An efficient catalog provides a HUGE selection in only 30+ pages. [2004] \*\*\*\*\*

**A. M. Leonard**, 241 Fox Drive, Piqua, OH 45356; 1-800-543-8955, <http://www.amleo.com>. Absolutely the best source for reasonably priced, top quality gardening tools. Since 1885. The source for our 'famous' garden trowel. I am consistently pleased. 290+ pp. on recycled paper. Seasonal catalogs as well. Excellent service. We use this company a lot! [2008] \*\*\*\*\*

**American Nurseryman Publishing Company**, 223 W. Jackson Blvd. #500, Chicago, IL 60606; <http://www.amerinnursery.com> or 1-800-621-5727. To source for books, videos and software for those who love gardening. Database software ranges from landscape work to encyclopedias. Books on every imaginable aspect of gardening. 47 pages. [2006] \*\*\*\*\*

**Annie's Annuals & Perennials Rare**, Heirloom & Unusual plants. P O Box 5002, Richmond, CA 94805-1576, <http://www.anniesannuals.com>, 1-866-266-4370. The 2006 ce is their "first ever" plant catalog after 15 years in business and a web site with 2,000 different species. Plants are grown from seed - outdoors - and Annie Hayes promises healthy, vigorous plants (grown naturally). Nearly 50 pages of color photos and excellent plant information. [2006] \*\*\*\*\*

**Aquascape Designs, Inc.**, (contact via their web site) <http://www.aquasapedesigns.com>. 30 page glossy catalog includes everything needed to create water gardens including a complete water ecosystem. Videos, waterfalls, CD Rom. If you have a desire for a water garden, you need this resource. Outstanding!! Publishes a great quarterly magazine as well. [2003] \*\*\*

**Arbico**, P O Box 4247 CRB, Tucson, AZ 85738 1247; 1-800-827-2847, <http://www.arbico.com>. Environmentally safe products for gardens and household. Arbico promotes "low prices and highest quality services and products." It's their 30<sup>th</sup> anniversary! 50+ pp. [2008] \*\*\*\*\*

**Audubon Workshop**, 5100 Schenley Place, Lawrenceburg, IN 47025; <http://www.audubonworkshop.com>; 1-513-354-1485. "Helping Backyard Birders since 1937." Specializing in plants which attract birds as well as standard garden varieties. 50 pp. [2008] \*\*\*

**Back to Nature**, Organic Lawn Services, 4500 Old Route 13, Carterville, IL 62918, <http://backto-nature.com>, 1-877-373-5296. A simple but very friendly 20 page catalog. I am often asked in my spring horticulture and gardening classes what I would recommend for lawns. Having only solid garden with no grass, I've not had an ideal response, but now I will recommend this catalog. Includes deer and mole treatment and much more. 20 pp. [2007] \*\*\*\*\*

**Basement Shaman**, P O Box 1255, Elgin IL 60121, 1-847-695-2447, <http://www.basementshaman.com>. Specializes in plants of interest to shamanic paths. Not always easy to get catalogs by mail but worth the effort. 46 pp. [2000] \*\*\*\*\*

**Ben Meadows Company**, P O Box 5277, Janesville WI 53527-5277, <http://www.benmeadows.com>, 1-800-241-6401. I don't know how I got on this mailing list but this catalog, for "when the outdoors is your office" carries all manner of equipment I've wondered about, from GPS to mineral collections, from archaeology tools to soil analysis equipment. Sprayers, gloves and more for the gardener and horticulturalist but so much more for those who deeply love and study our planet. Our first order convinced us to rate this company highly. You'll be amazed at what you find. Hundreds of pages!! [2008] \*\*\*\*\*

**Bluestone Perennials**, 7211 Middle Ridge Rd., Madison, OH 44057, <http://bluestoneperennials.com> 1-800-852-5243. New to us in 2008, I was very pleased with their catalog, so much so that I placed a large order the same day. A family business with a great selection, Bill and Sarah Boonstra offer an impressive selection. The web site is great for ordering and Bluestone includes a guarantee that plants arrive in good shape and grow. 70+ pp. catalog. [2008] \*\*\*\*\*

**Breck's**, P O Box 65, Guilford, IN 47022-0065, <http://www.brecks.com>, (812) 537-3149. Since 1818. Has been around many years. Prices are low but Breck's offers an extremely generous guarantee of plants and satisfaction. Lots of color photos in their 57 pp catalog. [2007] \*\*

**Brookbend Outdoor Furniture**, Box 352, Hopkinton, MA 01748, <http://www.brookbend.com>, 1 877-204-6986. Top quality outdoor furniture, very handsome designs for garden or patio. Features top designer Erve Sabeau. Small but quality color catalog. 20 pp. [2004] \*\*\*\*

**Brussel's Bonsai**, 8125 Center Hill Rd., Olive Branch, MS 38654, <http://www.brusselsbonsai.com> 1-800-582-2593. The largest importer and grower of bonsai trees in the United States. I first came to appreciate bonsai trees through a store owned by a Chinese grower in La Crosse, Wisconsin back in the 1960s. Later, a friend of mine in Minneapolis was a passionate grower. Now and then I see what are sold as bonsai at nurseries, even in large box stores like Home Depot. What a wonderful resource! Brussel's provides information including the age and height of their stock. The photos are clear and show the stock well. Fortunately there are tools, books and supplements offered as well. 24 pages of dreams! [2007] \*\*\*\*

**Burgess**, 905 Four Seasons Rd., Bloomington, IL 61701; 1-309-663-9551. Part of Bloomington, IL gardening site: <http://www.directgardening.com>. Well known source for vegetables, trees, ornamentals. Service less than exemplary. 55 pp. [2007] \*\*

**Burpee & Co.**, 300 Park Ave., Warminster, PA 18974; 1-800-888-1447. <http://www.burpee.com/>. Synonymous with quality seeds and an astounding selection. 125+ pp. Since 1876. Has been busy buying many smaller businesses. [2006] \*\*\*

**Caladium World**, PO Box 629, Sebring, FL 33871-0629. Web site not working 16 ii 2004 ce. 1 863-385-7661. Color flyer for those who appreciated the beauty of these plants. I lived on Caladium Street during my Dallas time and gained a great appreciation for these handsome plants although they are not fond of our climate here in Washington! [2003] \*\*\*

**Charley's Greenhouse Supply**, 1599 Memorial Highway, Mount Vernon, WA 98273; <http://www.charleysgreenhouse.com>, 1-800-322-4707. The best (as far as we know) source for greenhouses, supplies, potting equipment, cold frames, etc. Very courteous, friendly, very nice to do business with. Reliable - 25th Anniversary! We ordered a 'seed house' and cold frame and are very happy. 87 pp. [2001] \*\*\*\*

**Cistus**: 22711 NW Gillihan Road, Sauvie Island, OR 1-503 282-7706. <http://www.cistus.com/>. A retail micro-nursery offering plants from around the world that thrive in the northern Willamette Valley. Highly recommended by Judith of Fancy Fronds. [2003] \*\*\*\*

**Cloud Mountain Farm**: Plants for the Northwest Garden, 6906 Goodwin Road, Everson, WA 98247; 1 360-966-5859, <http://www.cloudmountainfarm.com>. Top quality fruits and ornamentals. Some really beautiful species! Mail order on fruit trees only. Educational programs on site! [Web site O.K. in 2006] 46 pp. [2001] \*\*\*

**Clyde Robin Seed Company: Wildflower Catalog**, P O Box 2366, Castro Valley, CA 94546 0366; 1-510-785-0425, <http://www.clyderobin.com>. Individual species, mixes, collections. Small but very lovely catalog. Many photos. \$2. [1999] \*\*

**Cook's Garden, The**, P O Box 5030, Warminster, PA 18974; 1-800-457-9703, <http://www.cooksgarden.com>. Primarily seeds, supplies (books to rain gauges) emphasis on cooking. Kitchen herbs, vegetables, unusual morning glory colors, nasturtium, etc. Very pro-organic gardening. Attractive catalog! [Moved from Vermont?] 100 pp. [2007] \*\*\*

**Cooley's Gardens**, P O Box 126, Silverton, OR 97381, 1-800-225-5391. \$5.00 for an 65+ page catalog, all glossy, color photos with hundreds upon hundreds of iris species. This is pure iris heaven. Beautifully organized by color to make an outstanding reference. A family business with over 75 years' experience. The iris we purchased are large, vigorous and produce stunning flowers! [2007] \*\*\*\*

**Country Casual**, 7601 Rickenbacker Drive., Gaithersburg, MD 20879, 1-800-284-8325, <http://www.countrycasual.com>. Offering solid teak garden furniture and much more. For people whose gardens are living space, you'll find wonderful things which will survive the weather. Lots of color photos show the products well. 75 pp. [2006] \*\*\*\*

**Cricket Hill Garden**, 670 Walnut Hill Rd., Thomaston, CT 06787, 1-860-283-1042; <http://www.treepeony.com>. I grew up with peonies and this vendor specializes in Chinese tree peonies. Color photos of species with names like "Green Dragon Lyon on a Chinese Ink Stone." Family run and a rare find in today's world. [Web site O.K. in 2006] 23 pp. [2001] \*\*\*\*

**Dixondale Farms**, P O Box 129, Carrizson Springs, TX, <http://www.dixondalefarms.com>, 1-877 367-1015. A small catalog but a must for people who garden for their kitchen. A family business for 90+ years, they are specialists in onions. Excellent and complete instructions in the catalog with varieties which will dazzle you. 12 pp. [2006] \*\*\*

**Doctors Foster & Smith**, 2253 Air Park Rd. POBox 100, Rhinelander, WI 54501-0100, 1-800-443 1160, <http://www.drsofostersmith.com>. The web site is for pet supplies and animal care (Foster and Smith are veterinarians). Go to the link for ponds. All manner of equipment for garden ponds (pumps, filters), bird feeders, garden trellises and much more. If you try them, let us know how you rate their quality. 67 pp. plus supplemental catalogs. [2007] \*\*\*

**DripWorks**, 190 Sanhedrin Circle, Willits, CA 95490-8753; 1-800-522-3747, <http://www.dripworksusa.com>. Everything you need to know to create your own irrigation (spray or drip) or ponds. Offers service to help you design your own spray/drip system. Highly informative. 63 pp. [2001] \*\*\*\*

**Duncraft: Birds & Nature**, P O Box 9020, Penacook, NH 03303-9020; 1-800-593-5656. <http://www.duncraft.com>. Our preferred source for top quality bird seed at great prices. Friendly, efficient telephone service. Our chickadees and finches prefer Duncraft's feeders. A great source for feeders which keep squirrels out, etc. Frequent catalogs. [2006] \*\*\*\*

**Dutch Gardens**, 144 Intervale Rd., Burlington VT 05401, 1-800-944-2250, <http://www.dutchgardens.com>. Excellent catalog - this importer deserves your interest. Great assortment of plants, not a tulips-amok source from a Netherlands firm. The best. Outstanding selection. Competitive prices. 163 pp, lavish photos, good text. Very tempting catalog. Not only that but you get a fall catalog and a spring rose catalog as well! [2005] \*\*\*\*

**Easywildflowers**, P O Box 522, Willow Springs, MO 655793, <http://www.easywildflowers.com>, 1-417 469-2611. Price list by mail, all plants on web site. Site easy to navigate, has color photos. Also books, xeriscaping, more. Most current (postal) price list: [2006] \*\*\*\*

**Fancy Fronds**, P O Box 1090, Gold Bar, WA 98251; <http://www.fancyfronds.com>; 1-360-793-1472. Specializing in ferns. No longer a print catalog but Judith is a wonderful person, highly knowledgeable and just great fun. Our ferns from her are completely wonderful.

[phone contact 2004] \*\*\*\*\*

**Farmtek Growers Supply**, 1440 Field of Dreams Way, Dyersville, IA 52040; 1-800-327-6835, <http://www.FarmTek.com>. Offering a wide selection of supplies for major growers, including poly buildings, tools and equipment. Catalogs throughout the year. Every time a new catalog arrives I find myself browsing. [2006] \*\*\*

**FedCo Seeds**, P O Box 520, Waterville, ME 04903-0520, <http://www.fedcoseeds.com>, 1-207-873 7333. A beautiful resource! Outstanding newsprint catalog, richly illustrated with botanical and woodcut style b/w work. "Moose Tubers" for potatoes. Vegetables and flowers, medicinal herbs. Organic supplies from soil amendments to fertilizers. Believing in sustainable agriculture, this is one resource you must have. 135+ pp. Supplementary tree catalog available equally valuable, 58+ pp. [2006] \*\*\*\*\*

**Ferry-Morse Seeds**, P O Box 488, Fulton, KY 42041-0488; 1-800-283-3400. Sells seeds for many stores. Flowers, herbs, vegetables, many types our grandmothers grew. [phone contact 2004] \*\*\*

**Florian**, 157 Water Street, Southington, CT 06489; <http://www.floriantools.com>, 1-800-275-3618. Although best known for their exceptional tools, this amazing catalog includes some wonderful and fascinating items. Terrific kneeling pads, a top quality push mower... And the most beautiful and completely practical bird feeder. Seasonal catalogs. [2006] \*\*\*\*\*

**Forestfarm**, 990 Tetherow Rd., Williams, OR 97544-9599, 1-541-846-7269. <http://www.forestfarm.com>. The catalog by which I measure all others. Averages 540 pp. (honest). Largest selection of plants available through a catalog we've ever seen. Occasional drawing, excellent text. Outstanding stock, best shipping methods we've ever seen. If I could give them more than five stars, I'd do it. Many of our best trees and favorite herbs came from these folk. \$5.00 and worth every penny. Spring and Fall catalogs [2006] \*\*\*\*\*

**Four Seasons Nursery**, 1706 Morrissey Dr., Bloomington, IL 61704; 1-309-663-9551. <http://www.4seasonsnurseries.com>. Discount, cheap plants. Example: 25 periwinkles for under \$3.95. 43 pages. We've learned to be wary of such 'deals.' We've heard some pretty strong complaints. Let us know what your experience has been. [2002] \*

**Fungi Perfecti**, P O Box 7634, Olympia, WA 98507, [www.fungi.com](http://www.fungi.com) 1-800-780-9126. "Gourmet and Medicinal Mushroom Products for Home and Garden, Farm and Forest, People and Planet. A family-owned, environmentally friendly company, according to the catalog. This is the first time we've seen this source and the catalog is exceptional. Good growing information and beautiful photographs will help you transcend beginner's panic. Books and more as well. 48 pp. [2007] \*\*\*\*\*

**Gardeners' Choice**, 81961 County Road 687 So., P O Box 8000, Hartford, MI 49057-8000; <http://www.gardenerschoice.net>, 1-203-857-3800. Mass market, sells to the gullible. Very poor customer service, plants in poor shape. We cannot recommend. Due to this catalog listing we errantly receive numerous misrouted complaints. 75 pp. [2002] \*

**Gardener's Supply Company**, 128 Intervale Rd., Burlington, VT 05401; 1-800-863-1700, <http://www.gardeners.com>. If you have to wait on hold, you'll hear the most wonderful bird songs! Excellent source for gifts, planting supplies, hot houses, potting supplies. 71 pp. [2006] \*\*\*\*\*

**Gardening for Life**, P O Box 1001, Wixom MI 48393; 1-800-888-0010; general gardening, too many chemicals but otherwise some practical and handy tools. [phone contact 2003] \*\*

**Gardening Ideas**, <http://www.gardeningideas.org/> is a great web site. We don't usually include resources other than catalogs, but you'll find all sorts of information and re4sources here. It's definitely worth visiting and exploring. [2007 ce] \*\*\*\*\*

**Garden Medicinals and Culinaries**, P O Box 320, Earlysville, VA 22936, <http://www.gardenmedicinals.com>, (434) 964-9113. Excellent resource for the herbalist. From beeswax to bottles, books to grinders. Herb seeds from anise to yarrow. Some plants although primarily seeds. 28 pp. catalog definitely worth the \$2.00 price but the web site is free and has numerous links. [2002] \*\*\*\*\*

**Gardens Alive!** 5100 Schenley Place, Lawrenceburg, IN 47025; 1-513-354-1482. Our highest recommendations for this source of organic and environmentally safe fertilizers and all manner of pest control. Helps you identify invaders. We used their compost enzyme and it's terrific. <http://www.gardensalive.com>. large catalog [100 pp] + monthly mailings. [2008] \*\*\*\*\*

**Gempler's**, 100 Countryside Dr., P O Box 270, Belleville, WI 53508, 1-800-382-8473, <http://www.gemplers.com>. Great source for unusual products ranging from very durable gloves to straw hats, from protective wear to unusual products. Our preferred source for nitrile gloves! Now over 500 pages! [2008] \*\*\*\*\*

**Gilbert H. Wild & Sons**, P O Box 338, Sarcxie, Missouri 64862-0338, 1-888-449-4537; <http://www.gilberthwild.com>. Stunning assortment of lilies: day lilies, trumpet lilies, Asiatic lilies. Color, glossy information. Also hostas and peonies. We received healthy plants. Very nice to deal with by telephone. Check out their half price sales. They are amazing!!! 50+ pages. Sales mailings are great. [2004] \*\*\*\*\*

**Graceful Gardens**, P O Box 100, Meehlenburg, NY 14863. <http://www.gracefulgardens.com>, (607) 387-5529. Specializing in Delphiniums and other Cottage Garden Delights. Completely, charming, this small and simple catalog offers delphiniums, foxglove, columbines, lupines and other plants I've loved so much over the years. Color photos are on their web site making this simple paper catalog highly useful. 24 pp. [2005] \*\*\*\*\*

**Grandma's Garden Catalog**, from Underwood Gardens, Ltd., 1414 Zimmerman Rd., Woodstock, IL 60098 or visit <http://www.grandmasgarden.com>, 1-815 338-6279. \$3.00 brings you an excellent seed catalog described as "a compendium of hard-to-find, open pollinated and heirloom seeds." Flowers, herbs and much more from beneficial insects and native prairie plants. Over 64 pages. Site loads as 'Underwood Gardens, home of Grandma's.' [2007] \*\*\*

**Greer Gardens**: Famous for the Rare and Unusual, 1280 Goodpasture Island Road, Eugene, OR 97401 1794, <http://www.greergardens.com>, 1-800-548-0111. Wonderful newsprint catalog with limited color lists a vast selection of species. Many herbal plants tucked within this multitude of pages. Books and more. 152+ pp. [2007] \*\*\*\*\*

**Gurney's Seed & Nursery**, P O Box 4178, Greendale, IN 47025-4178, <http://www.Gurneys.com>, 1-513-354-1491; An old standard for the upper Midwest. Emphasis on seeds for vegetables, excellent selection of stock. Trees, fruit, dehydrators, etc. Our boysenberries grow abundantly, the elder berries have done well. 65 pages [2006] \*\*\*

**Harris Seeds**, 355 Paul Road, POBox 24966, Rochester, NY 14624-0966; 1-800-514-4441; fax 1 877-892-9197. Email: [gardeners@harriseseeds.com](mailto:gardeners@harriseseeds.com) and visit <http://www.harriseseeds.com>. Mostly vegetables but more, even greenhouses. It had been three years since they sent us a catalog. Good supplies for seed loving gardeners! 81 pp. [2005] \*\*\*

**Heronswood Nursery**, 300 Park Ave., Warminster, PA 18974. <http://www.heronswood.com> 1-877-674-4714. This is the new incarnation of the internationally famous company formerly on the peninsula across Puget Sound in Kingston, WA. A handsome catalog with lush, color photos. Many avid plant collectors were deeply troubled when the original Heronswood owners sold their business, specializing in unusual and rare species, to a large corporation. The main operations were moved east. Now we must decide if this new (older) company is worth many stars. Please let me know if you order from them. 85+pp. [2008] \*\*\*

**High Country Gardens**, 2902 Rufina St., Santa Fe, NM 87505-2929, 1-800-925-9387, <http://www.highcountrygardens.com>. Plants for dryer western gardens; from winter hardy cacti to ornamentals to grasses. Our friends in Denver swear by this vendor... Great folk! Note: guarantee limited to 120 days unlike most mail order companies which offer a year. Many new species. 100 pp. Also large fall bulb and plant catalog. [2008] \*\*\*\*

**Holland Bulb Farms**, P O Box 220, Tatamy, PA 18085-0220; 1-800-283-5082. Bulbs, lilies, etc. Color photos. Peonies and other perennials. [Are they still in business?] 47 pp. [1999] \*\*

**Horizon Herbs** Strictly Medicinal Growing Guide and Catalog, P O Box 69, Williams, OR 97544-0069, 1-541-846-6704. Truly an outstanding collection of (Strictly Medicinal) seeds with some live roots, books and more. Visit <http://www.horizonherbs.com/>. Great text, sprouting information. Author Richo Cech's business - he's very knowledgeable. We're thrilled with the quality. Their plants are healthy and outstanding! This year the page count is 95+ pp. [2008] \*\*\*\*\*

**House of Wesley**, 1704, Morrissey Drive, Bloomington, IL 61704. Note: This is the identical address to the **Four Seasons**, This catalog has many plants at worrisome low prices but is a larger catalog. If you try them, let us know your experience. (309) 663 9551 or <http://www.houseofwesley.com/>. 63 pp. [2001] \*\*

**HPS**, P O Box 10, Graniteville, SC 29829-0010, 1 803-663-9771. Vegetables and garden flowers. Looks to be standard but large but large, attractive catalog. 135 pp. [1999] \*\*

**Inter-State Nurseries**, 1800 Hamilton Rd., Bloomington, IL 61704; 1-309-663-9551. Very cheap prices usually mean very small plants. Zone listings sometimes missing, rarely provides pot size so you don't know what you're getting. Proceed with caution. 47 pp. [2001] \*\*

**Irish Eyes & Garden City Seeds**, PO Box 307, Thorp, WA 98946. Phone 509-964-7000. Largest selection of potatoes, garlic, shallots, onions in the U.S. Over 200 types of potatoes, many heirloom. Great selection of garlic. Handsome catalog, great reading! <http://www.irish-eyes.com>. 85 pp. - much larger than last year's with a new phone number. [2001] \*\*\*\*\*

**Jackson & Perkins**, P O Box 1028, Medford, OR 97501; 1-800-292-4769. Highly reputable source for roses and perennials. Good photos. Lovely descriptions but short on horticultural information. Fun items. 55 pp. Replaces plants which don't make it. <http://www.jacksonandperkins.com> [1999] \*\*\*\*

**J. L. Hudson**, Star Route 2, Box 337, La Honda, CA 94020; <http://www.JLHudsonSeeds.net>; (no telephone). Specializing in ethnobotanical seeds. Extensive selection includes hard-to-find (e.g. yellow belladonna, extensive selection of medicinal herbs). Quite amazing selection listed botanically. 95 pp., \$1.00 and worth it. Excellent resource. [2003] \*\*\*\*

**Johnny's Selected Seeds**, 1 Foss Hill Road, R R 1 Box 2580, Albion, ME 04910-9731; 1-207-437 4301, <http://www.johnnyseeds.com>. Highly attractive seeds. Numerous unusual vegetables including purple tomatoes, tomatillos, many types of peppers. Lovely assortment of flowers, many herbaceous. 144 pp. [1999] \*\*\*

**John Scheepers, Inc.**, 23 Tulip Dr., Bantam, CT 06750; <http://www.johnscheepers.com>, 1-860 567-6086. 90+ years experience in bulbs and the staff with whom I've spoken care very much about the quality of their business. (1) **Beauty from Bulbs**. Beautiful catalog of all manner of bulbs. 80+ pages of color photos. High desirable. [2007] \*\*\* (2) **Kitchen Garden Seeds** A garden catalog [100 years!!], <http://www.kitchengardenseeds.com> 55+ pages and highly attractive. Includes recipes for cooking and other fun information about plants and herbs. Catalog is growing larger! [2008] \*\*\*\*

**Jung Quality Seeds**, 335 S. High St., Randolph, WI 53956; 1-800-247-5864, <http://www.jungseed.com>. Spring seed catalog filled with flowers and vegetables. A traditional garden catalog offering me many childhood memories (they're located not far from my childhood home). Over 100 years. Seasonal catalog [bulbs, iris, perennials, lilies] half as large. 100 pp. [2008] \*\*\*

**Kelly Nurseries**, 410 8th Avenue NW, Faribault, MN 55021; <http://www.KellyNurseries.com>, 1-507 334-1623. Very good basic catalog. Many of our favorites, peonies, liatris, ornamental and fruiting trees. Low prices. 55 pp. [2002] \*\*

**Kinsman Company**, P O Box 428, Pipersville, PA 18947, <http://www.kinsmangarden.com>, 1-800-733 4146. An excellent catalog (glossy, color photos) of hard goods for the gardens. Numerous planters, esp. wrought iron and wire, all manner of pillars and arches, nice selection of useful items. Many items of whimsy can bring joy to your gardening! 95+ pp. plus fall gift catalog. [2008] \*\*\*

**K. Van Bourgondien & Sons, K.**, 245 Rte. 109, P O Box 1000, Babylon, NY 11702-9004; 1-800 552-9996. Wholesale. 80+ pp. + seasonal catalogs. Excellent quality bulbs and spectacular perennials; we've been pleased with their stock. Great photos. Spectacular prices on large quantities. For retail see Van Bourgondien. <http://www.dutchbulbs.com>. Many herbs disguised as perennials. [2008] \*\*\*\*

**Lee Valley Tools**, P O Box 1780, Ogdensburg, NY 13669-0490; <http://www.leevalley.com/> 1-800 871-8158. Classy catalog. Good source for quality tools. Wonderful browsing and beautiful merchandise! Humane traps, garden supplies. 32 pp. [2006] \*\*\*\*

**Le Jardin du Gourmet**, P O Box 75, St. Johnsbury Ctr., VT 05863-0075. A lovely, home-spun catalog filled with love of kitchen herbs. Call 1-800 659-1446 or visit their web site (which has a new address) at <http://www.ArtisticGardens.com> for more information. 22 pages packed full with all sorts of information and seeds and plants. Lovely little seed sampler packets! Seem like just terrific folk! [2001] \*\*\*

**Lilypons Water Gardens**, 6800 Lilypons Rd., P O Box 10, Buckeystown, MD 21717-0010; 1-800-365 5459. <http://www.lilyponswatergardens.com> The source for water lilies and myriad plants, supplies for water gardens. Nothing else like it. \$5.00, 99 pp. [phone contact 2005] \*\*\*\*

**Logee's**, 141 North St., Danielson, CT 06239 1939; 1-888-330-8038. Breathtaking source specializing in 'container' plants, many of which will grow in a variety of climates. Includes many great finds e.g. many *Passiflora*, other species of definite interest to the herbalist. <http://www.logees.com>. Well written, beautifully photographed. 45+ pp. [2006] \*\*\*\*

**McClure & Zimmerman**, 108 W. Winnebago, P O Box 368, Friesland, WI 53935; 1-414-326-4220, <http://www.mzbulb.com>. Specializing in bulbs. Not run-of-the-mill; very interesting species. Seasonal catalogs. We've ordered and like them. [2001] \*\*\*\*

**Mellingers**, a long-established family business in Ohio appears to have been lost. The 2005 catalog is all Harris Seeds and the products we loved from Mellingers are missing. The catalog which arrived with Mellinger's name has Harris Seeds' address, lists Harris (also) on the front cover, and is nearly indistinguishable from Harris Seeds 2003 catalog (even the same number of pages). We are very disappointed. The web site (late March, 2005) does not yet indicate this change. [2005] \*\*

**Michigan Bulb Co**, Grand Rapids, MI. Runs ads in Sunday papers. We personally had bad experiences and were sent more comments from internet readers than from any other company, always consistently very unhappy with service, quality and more. We can only urge you to avoid them or be VERY cautious. \*

**Miller Nurseries**, 5060 West Lake Road, Canandaigua, NY 144424, 1-800-836-9630. <http://www.millernurseries.com> - a new website. One of the old 'traditional' place we old folks have known of for many years. Family run for 120+ years. Premier source for fruits. Also has popular perennials, useful trees. Catalog has grown (we hadn't seen one in several years.) 64 pp. [2003] \*\*\*\*

**Mischel's Greenhouses LTD.**, 11660 Arrowhead Drive, Williamsburg, MI 49690, <http://www.mischelsgreenhouses.com>, 1-800-830-8447. Specializing in quality annuals ideal for planters, baskets and for adding color to your beds. With a guarantee inside the front cover, beautiful color photos and reasonable prices, this might well be a far better option than stressed plants from a local garden center. Beautiful selection. Excellent growing information. 48+ pp. [2007] \*\*\*\*

**Mountain Maples**: Japanese Maple Specialists, 54561 Registered Guest Rd., P O Box 1329, Laytonville, CA 9454-1329, 1-888-707-6522, [mtmaples@mcn.org](mailto:mtmaples@mcn.org). Very attractive catalog, 40 pp. Maples for containers, bonsai, gardens. Wonderful selection!! Visit <http://www.mountainmaples.com> and see what Don and his family have created. A fine resource. [2007] \*\*\*\*

**Musser Forests, Inc.**, Dept. F-03M, 1880 Route 119 HWY N, Indiana, PA 15701-7341, 1-800-643 8319, <http://www.musserforests.com>. Excellent resource. Primary stock is excellent selection of trees, specializing in two and three year seedlings at outstanding prices. Shrubs and ground covers. Excellent growing information, photos (we identified several of our species through the catalog). Pages of new plants this year. 48 pp. [2007] \*\*\*

**Native American Seed**, 127 N. 16th St., Junction TX 76849; <http://www.seedsource.com>; 1-800 728-4043. Attractive catalog with numerous color photos; promotes restoration of native species. South central (e.g. Texas) oriented but should be of interest to all who are serious about preservation. 46 pages. [2001] \*\*\*\*

**Natural Gardening Company**, P O Box 750776, Petaluma, CA 94975-0776; 1-707-766-9303. <http://www.naturalgardening.com/shop/index.php3>. Tools, plants, supplies. Excellent quality of certified organic seeds. Nice catalog with interesting species. 31 pp. [2005] \*\*\*\*

**Netherland Bulb Co**, 13 McFadden Rd., Easton, PA, 18045-7819; <http://www.netherlandbulb.com>, 1 800-788-8547. Wholesale catalog including display materials. Tremendous supply of bulbs, peonies, lilies, etc. Spectacular assortments of tulips, hyacinth, anemones, fritillaria, allium and much, much more. 50+ pp. Spring and fall catalogs [2008] \*\*\*

**New Holland Bulb Company**, P O Box 134, Hoooven, OH 45033-0134, [www.newhollandbulb.com](http://www.newhollandbulb.com), 1-646-805-3422. Wholesale catalog of tulips, daffodils and traditional spring bulbs at the wholesale level. Priced in quantities from 50 to 1,000. Standard catalog with glossy color photos. [2007] \*\*\*

**Nichols Garden Nursery**, 1190 Old Salem Road NE, Albany, OR 97321-4580, <http://www.nicholsgardennursery.com>, 1-800-422-3985. herb seeds, live herb plants, vegetable seeds, brewing and wine-making supplies, some herbs and oils and more. Highly earth conscious. 75 pp. [2005] \*\*\*\*

**Nor'East Miniature Roses**, P O Box 440, Arroyo Grande, CA 93421, <http://www.noreast-miniroses.com>, 1-800-426-6485. Small catalog with color photos, beautiful selection of colors. Do you want roses which bloom continuously throughout the growing season? Excellent prices. 19 pp. [2007] \*\*\*

**One Green World**: Unique Fruits & Ornamentsals from Around The World, 28696 S. Craker Rd., Molalla, OR 97038-8576, <http://www.onegreenworld.com>, 1 877-353-4028. Highly recommended by a friend of ours, I found the catalog fascinating. Intriguing photos. Highly Earth conscious. A fine resource to know. 70 pp [2008] \*\*\*\*

**Park Seed Co.**, 1 Parkton Ave., Greenwood, SC 29647-0001; 1-800-845-3369, <http://www.parkseed.com>. A standard and dependable source for flower, herb and vegetable seed. Since 1868. Even houseplant seeds! Good photos although limited growing information; a catalog full of spectacular annuals, many also perennial. 145+ pp. plus seasonal catalogs and mailings. [2007] \*\*\*

**Peaceful Valley Farm Supply**, P O Box 2209, Grass Valley, CA 95945; 1-888-784-1722, <http://www.groworganic.com>. Had I only found Peaceful Valley decades earlier, my life would have been easier. Tools and supplies for organic farming and gardening. Truly everything you need. Friendly, helpful. Exceptionally Earth-conscious. Few folk are so helpful over the phone answering questions. Thanks to their help I dropped the commercial service and now do all of our organic spraying. Our top compliments go to this fine business. I always give them top recommendations in my gardening classes. 165+ pp. [2008] \*\*\*\*

**Pinetree Garden Seeds**, Box 300, New Gloucester, ME 04260; 1-207-926-3400. <http://www.superseeds.com>. Definitely one of the better seed sources (over 900 varieties). Thick catalog! Many herbs, flowers, vegetables, garden supplies and other items. A rain gauge which is eminently affordable. Really fun items. 163 pp. [2006-2007] \*\*\*\*

**Plant Delights Nursery, Inc.**, 9241 Sauls Rd., Raleigh, NC 27603-9326, 1-919-772-4794, <http://www.plantdelights.com>. Catalog cost? "10 stamps or a box of chocolates." How can we not love them? They say it the best: "Started in 1988, the goal is to change the way America gardens by offering the best, the newest, and the strangest in fun, garden-worthy perennials." Excellent, color photos, growing information, and a selection that makes you want to start a botanical garden. This year's cover? "Nationalized Plant Care," with presidential candidates! 110+ pp., [2008] \*\*\*\*

**Plow & Hearth**, P O Box 5000, Madison, VA 22727-1500; <http://www.plowandhearth.com/> 1-800 627-1712. Outdoor stuff, garden accessories. Furniture, planters, etc. Frequent catalogs. [2006] \*\*\*

**Raintree**, 391 Butts Rd., Morton WA 98356; 1 360-496-6400, <http://www.raintreenursery.com>. Fruits (from figs to quince and all sorts

of common and uncommon fruits), nuts, berries, bamboo. Mouth watering photos! Very good quality. Courteous service. They even ship worms and mason bees! Truly an outstanding resource for gardeners. 94 pp. [2003] \*\*\*\*

**R.H.Shumway's Catalog**, 334 W. Stroud St., Randolph, WI 53956-1274, 1-800-342-9461, <http://www.rhshumway.com>. In business over 135 years, produces a nostalgia catalog but it contains some excellent species. Seeds, plants. 28+ pages, large heritage-style format with handsome color illustrations. The original company from So. Carolina is now part of a catalog conglomerate in Randolph. [2008] \*\*\*

**Richard Owen Nursery**, 2300 E. Lincoln St., Bloomington, IL 61701; 1-309-663-9551. Nice iris, typical garden assortment - perennials through trees. 55 pp. Part of Bloomington IL gardening association through <http://www.directgardening.com>. [2004] \*\*

**Richters Herb Catalog**, Goodwood, Ontario, Canada L0C 1A0; 1-905-640-6677, <http://www.richters.com>. One of the premier vendors for seeds and live plants, possibly largest selection of herbs (over 900). Still the only source for many essential species. Only drawback? Plants often small (yet appropriate for the price) and climate differences between Canada and the U.S. may affect shipping dates but don't let this stop you. The most comprehensive source for medicinal herb selection. Ships to U.S. 75 pp. [2007] \*\*\*\*\*

**Rock Spray Nursery, Inc.** Box 693, Truro, MA 02666, 1-508-349-6769, <http://www.rockspray.com>. Devoted to heaths and heathers. Very attractive catalog is \$2.00. The display of colors and flower shapes will simply amaze you! [1999] \*\*\*\*

**Ronnigers Potato Farm**, Star Route, Moyie Springs, ID 83845, <http://www.ronnigers.com>. (208) 267-7938, small family business. Even senior discounts! A small family farm and not a typical mail order business, these people know their potatoes and the number of varieties they offer is a wonder. Onions and garlic as well. Handsome, 45 page catalog (with family photos!). [2005] \*\*\*\*

**Roots & Rhizomes**, P O Box A, Randolph, WI 53956-0118, 1-800-374-5035, <http://www.rootsrhizomes.com>. Plants guaranteed. Day lilies, Siberian iris, hostas and stunning perennials. Interesting, attractive full-color catalog offers hard-to find species with a lot of temptation. Plants we've bought from them have done well. 59 pp. [2008] \*\*\*\*

**Royal Dutch Gardens**, 905 Four Seasons Rd., Bloomington, IL 61701, 1-309-663-9551. Division of Burgess. Low prices, large quantity of moderate quality. Good for new gardens needing an abundance of bulbs. I'd recommend caution. 51 pp. [2008] \*\*

**Schreiner's Iris Gardens**, 3662 Quinaby Rd. NE, Salem, OR 97303-9720; 1-800-525-2367 ext. 62, <http://www.schreinersgardens.com>. 72 page catalog is \$5.00, but the colors and selection are dazzling. The Millennium Surprise on the cover is breath-taking. Prices from \$6.00 to very award-winning species which are much more expensive. Several generations of Schreiners run the business. [2006] \*\*\*\*\*

**Seeds of Change**, P O Box 15700, Santa Fe, NM 87592-1500; 1-888-762-7333, <http://www.seedsofchange.com>. 100% certified organic seeds and supplies. Excellent photos and text, vast selection of herbs, flowers, vegetables. Other products, tools and more. Very important resource. Spread the word! People were dazzled with some of the annuals we grew! 80+ pp. [2008] \*\*\*\*\*

**Select Seeds** and antique flowers, 180 Stickney Hill Road, Union, CT 06076-4617; 1-800-684-0395, <http://www.selectseeds.com>. Highly interesting catalog with excellent photos; many historic species of vintage flowers, pleasing selection of herbal species. We've been pleased with their quality. 65+ pp and worth the dollar. [2008] \*\*\*

**Seymour's Selected Seeds**, 334 W. Stroud St., Randolph, WI 53956, (800), 353-9516. <http://www.seymourseedusa.com>. Color photos of ornamentals. Everything from Himalayan poppies to numerous foxglove species. We had mediocre luck with seed germination and found their customer service below average. Catalog address is Wisconsin, the orders go to Virginia and the web site is British. 47 pp. Same address as Vermont Bean. [2008] \*\*

**Shady Acres Herb Farm**, 7815 Highway 212, Chaska, MN <http://www.shadyacres.com>, 1-952-466 3391. A beautiful, color catalog filled with photos. Plants lovingly grown. Wide selection of herbs. \$3.00 for 70+ page catalog (refundable coupon enclosed). [2005] \*\*\*\*

**Shepherd's Garden Seeds**, 30 Irene St., Torrington, CT 06790; 1-860-482-3638, <http://www.shepherdseeds.com> which will take you to White Flower. Owned by White Flower since 2000. One of the better vegetable seed catalogs. 72 pp. (Down 16 pages.) Many new items again. [2002] \*\*\*\*

**Smith & Hawken**, Two Arbor Lane, Box 6900, Florence, KY 41022-6900, 1-800-776-3336, <http://www.SmithandHawken.com>. A staple for gardeners who demand quality. Tools, garden clothing, supplies. Garden furniture and all manner of temptation with limited live plants. Now appearing in their own retail stores in upscale suburbs. Seasonal catalogs. We ordered one of their fine, steel arches in 2003. It's worth every penny. [2003] \*\*\*

**Spectrum**, 23839 West Andrew Road, Plainfield, IL 60544, <http://www.specmeters.com>, 1-800-248-8873. "Your field measurement resource." Quality instruments for measuring all aspects of weather, allowing the data to be transmitted to your computer. Essential for serious growers, orchards. Software for insect/disease models. Chlorophyll meters, soil ph measuring devices, more. Surprisingly affordable. 32 pp. glossy color catalog. [2003] \*\*\*

**Spray-N-Grow**, 20 Hwy. 35 South, P. O. Box 2137, Rockport, TX 78381, <http://www.spray-n-grow.com>, 1-800-323-2363. Listed as environmentally friendly and organic, dozens of products to help your garden. Insecticides and amendments, sprayers. 30+ pp. Since 1982. [2008] \*\*\*\*

**Spring Hill**, 110 West Elm St., Tipp City, OH 45371-16997 or <http://www.springhillnursery.com>. (812) 537-217. We have ordered from them with success and have perennials from Spring Hill which are many years old now. A handsome catalog with attractive and popular ornamental perennials and shrubs. Guarantees their plants. 51 pp. Additional catalogs during the year. [2008] \*\*\*

**Stark Bro's**, P O Box 1800, Louisiana, MO 63353; 1-800-325-4180, <http://www.starkbros.com>. [since 1816] Beautiful and unusual fruit selections. Some hard-to-find items for people with fruit trees. The ladybug cottage and the bee condo are very interesting items. Fruit trees, ornamentals, some perennials. Have not ordered from them. 50 pages, seasonal mailings [2006] \*\*\*

**Stokes Seeds Inc.**, Box 548, Buffalo, NY 14240 0548, <http://www.stokeseeds.com> or call 1-800-396 9238. Excellent catalog filled with vegetables and flowers. Good selection of flowers which cut well. Great selection of supplies from temporary raised beds to mini-greenhouses. Since 1881, this company is successful due to their quality and service. 97 pp. [2005] \*\*\*

**Stokes Tropicals**, P O Box 9868, New Iberia, LA 70562-9868; 1-800-624-9706, <http://www.stoketropicals.com>. \$7.95 and worth every penny. At last, medicinal ginger. Greatly expanded. Most species zone 8 and warmer and require southern California or a greenhouse. Stunning selection. Gracious and helpful service. [2000] \*\*\*\*\*

**Sundance Supply**, <http://www.sundancesupply.com>. A web-only source. 250 pages of educational material and catalog online, many photos of completed greenhouses, solariums. Specializes in polycarbonate, the better-than-glass material (it's what we have in our cold frame and seed starters and it's terrific). Friendly, very nice to deal with. Outstanding web site. [2005] \*\*\*\*\*

**Sunshine Farm & Gardens**: uncommonly rare and exceptional plants, Rt. 5 V, Renick, WV 24966, 1 203-497-2208. <http://www.sunfarm.com> offers an exceptional web site with a wonderful plant selection. Limited mail order may or not be an option - you'll have to contact them to find out. I hope to try their stock. Outstanding web site. [2001] \*\*\*\*\*

**Swan Island Dahlias**: Quality dahlias for 80 years. <http://www.dahlias.com>, 1-800-410-6540, P O Box 700, Canby, OR 97013. One of the most magnificent species for any flower garden, we have a fondness for dahlias. Swan Island offers the premier catalog. 70+ years' experience and excellent growing information. Beautiful color photos in a glossy catalog. Worth every penny of the \$4.00 cost. 66 pp. [2008] \*\*\*\*\*

**Territorial Seed Company**, P O Box 158, Cottage Grove, OR 97424-0061; 1-541-942-9547, <http://www.territorial-seed.com>. Another top source for seeds, gardening supplies, even bees!. Wonderful selection, growing catalog. Color photos, good descriptions and more varieties than you can shake a gourd at. 165+ full pages! Many new items. [2008] \*\*\*\*\*

**The Garden Window**, an online tree peony store - <http://www.thegardenwindow.com>, 1-408-364-2156. Small but highly selective assortment, excellent quality and exceptional information about planting and growing. [2001] \*\*\*

**Thompson & Morgan**, P O Box 1308, Jackson, NJ 08527-0308; <http://www.thompson-morgan.com>. 1-800-274-7333. Lovely catalog with many color photos, a stunning assortment. Perennials, vegetables. Well-deserved fame. Since 1855. [2005] \*\*\*\*\*

**Totally Tomatoes**, 334 West Stroud St., Randolph, WI 53956, <http://www.totallytomato.com> or 1-800-345-5977. Several companies with the same address and catalogs which are somewhat similar. 55 pp. [2008]. \*\*

**Trees of Antiquity**, 80 Wellsona Rd., Paso Robles, CA 93446; <http://www.treesofantiquity.com>, (805) 467-9909. From the Sonoma Antique Apple Nursery folk, this is a catalog of heirloom fruit trees. For those who wish to conserve valued and loved species and for those wanting certified organic stock. 58 pp. [2003] \*\*\*

**Twilley Seeds**, 121 Gary Road, Hodges, SC 29653; <http://www.twilleyseed.com>; 1-800-622-7333. Lots of vegetables, flowers, both annual and perennial herbs. A wonderful assortment of quality seed by the packet to the 25 pound bag! Discount on large orders. Suited for roadside sellers. 88+ pp. [2006] \*\*\*\*\*

**Van Bourgondien**, 245 Rte. 109, P O Box 1000, Babylon, NY 11702-9004; 1-800-622-9997. 67+ pp. + seasonal catalogs. Excellent quality bulbs and spectacular perennials; we've been pleased with their stock. Great photos. Gorgeous color! Retail catalog (see K. van Bourgondien for wholesale.) We find their quality to be excellent. <http://www.dutchbulbs.com>. Many herbs disguised as perennials. [2008] \*\*\*\*\*

**Van Dyck's Flower Farms**, P O Box 200, Virginia Beach, VA 23450-2000; 1-800-248-2852, <http://www.vandycks.com>. Great selection of bulbs, iris, etc. 67 pp. annual fall catalog. [2006] \*\*\*

**Van Engelen Inc.**, 23 Tulip Dr., Bantam, CT 06750; 1-860-567-8734. Awe-inspiring selection. Very reasonable prices for quantities of 100, the wholesale branch of John Scheepers; <http://www.vanengelen.com>. 50+ pp. [2007] \*\*\*\*\*

**Vermont Bean Seed Co.**, current address listed as 334 West Stroud St., Randolph, WI 53956-1274, phone 1-800-349-1071. <http://www.vermontbean.com>. Primarily vegetables, some flowers and portable greenhouses. color photos. 60+ pp. [2008] \*\*

**Vesey's**, P O Box 9000, Calais, ME 04619-6102; <http://www.veseys.com>. 1-800-363-7333. Vegetables and annuals. Beautiful catalog, 65 years' experience. Seeds and more. 120+ pp. plus additional rose and flowering shrub catalog. Great for Canadians! Good photos. [2005] \*\*\*

**Walt Nicke's Garden Talk**, P O Box 433, Topsfield, MA 01983; 1-978-887-3388, <http://www.gardentalk.com>. Charming catalog, 60+ b/w pp. \$1.00. Humorous articles, great selection of tools and supplies. For anyone who loves gardening. From 'trout spouts' to copper plant markers. Twice a year. These folk know the love of gardening. [2006] \*\*\*

**Wayside Gardens**, 1 Garden Lane, Hodges, SC 29695-0001; call 1-800-845-1124, <http://www.waysidegardens.com>. Top ratings from me for twenty-five years; outstanding photo with excellent text; accurate zoning; plants in excellent condition; free replacement. Perennials, shrubs, many herbs. I've been a 'frequent shopper' and consistently pleased (we also give gift certificates to our family). Large, seasonal catalogs abundant with colored photos. Guaranteed satisfaction. Spring catalog has 145+ pages [plus seasonal and a rose catalog]. It never fails, I start looking through the pages at their amazing collection and... [2008] \*\*\*\*\*

**Weiss Brothers Nursery**, 11690 Colfax Highway, Grass Valley, CA 95945, 1-530-272-7657. Now grows commercially only. [2004 by phone] \*\*\*

**White Flower Farm**, P O Box 50, Litchfield, CT 06759-0050; 1-800-503-9624, <http://www.whiteflowerfarm.com>. Superb catalog, outstanding photos of most species. Comparable quality, prices, guarantees to Wayside Gardens. We've had solid success with plants ordered from this family-owned vendor. Selection seems to grow increasingly tempting. Has a 'kitchen' section worth investigating, also an autumn bulb and seasonal catalog. This nursery loves their work and (gasp!) they actually have true ladyslippers! 130+ pp [2008] \*\*\*\*\*

**Wildseed Farms**, 425 Wildflower Hills - P O Box 3000, Fredericksburg, TX 78624-3000, 1-800-848 0078, <http://www.wildseedfarms.com>. Great source for seed. Specializing in wildflowers and unusual species. Excellent information including average success rates for species. Great photos, information. Bulk seed available for large plantings. 49 pp. 25<sup>th</sup> edition! [2008] \*\*\*\*\*

**Winterthur**, Winterthur, DE 19735; 1-800-767 0500, <http://www.winterthurgifts.com>. A 'museum' catalog with very nice gifts, some garden things, a few plants. [2005] \*\*\*

**Worm's Way Catalog**, 7850 N. Highway 37, Bloomington, IN 47404; 1-800-274-9676; <http://www.wormsway.com>. A terrific source of products and supplies to improve your soil. Very interesting! [1999] \*\*\*\*\*