GOT THYME

Seaside Herb Society
Ormond Beach, Florida

March 2022

Monthly Newsletter

Upcoming Meetings

Seaside Herb Society Meetings at Baileys Riverside Gardens in Ormond Beach are the third Saturday of each month, September through May. Our next meeting is on March 19, 2022, at 9:30 a.m.

Friends and family are always welcome to join our meetings as a guest

Editor's Note

Dear Seaside Herb Society Members,

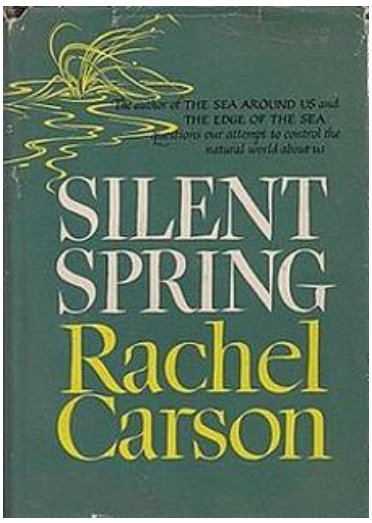
What an exciting month this has been for me. I learned new a lot from the two presentations, Composting and Sorrel, and both gave me much food for thought. Firstly, my compost bins have been slow to decompose. But when I added red wiggly worms, miraculously, both containers turned to wonderful compose within a few days. Next, the Sorrel presentation made me aware of this healthy herb. It also prompted me to research Rene Caisse RN's claims to curing cancer. Having a close friend (who had no symptoms) diagnosed with pancreatic cancer and sought immediate intervention with aggressive western medicine. Over the following year, he suffered horribly from the effects of the treatment that finally resulted in his death. This occurred just before Alex Trebek went through this same ordeal. Alex looked great and had no symptoms before he began treatment. He, too, died within a year of starting treatment with western medicine. Caisse had many patients' testimonials to her discovery's effectiveness. Yet, literature disclaimers warn 'no research to validate its effectiveness.' Why? As I searched for evidence-based research, I found hundreds of research in PubMed alone. Also, Sloan Kettering Cancer Institute's webpage recommends Essaic to offset treatment side effects.

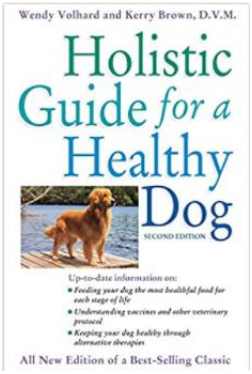
What I realized about health disclaimers is to look for evidence-based research for yourself whenever you come across this disclaimer. You may be surprised at what you find! -- Rebekah Mead

Our Mission is: We gather in the spirit of friendship and cooperation to learn more about herbs, and to use this knowledge to educate and benefit others.

What's on My Bookshelves?

Silent Spring is an environmental science book written by biologist Rachel Carson and published in 1962. She documented research proving harmful environmental effects resulting from indiscriminate use of pesticides. Carson accused the chemical industry of spreading disinformation and public officials of accepting the industry's marketing claims. In the late 1950s, Carson focused her attention on environmental conservation, especially environmental problems that she believed were caused by synthetic pesticides. Her research led to her writing her book Silent Spring, which brought environmental concerns to the American public. This book met fierce opposition by chemical companies, but it brought about numerous changes due to strong public opinion. It spurred a reversal in the United States' national pesticide policy that led to a nationwide ban on DDT for agricultural uses. It also inspired President Richard Nixon to propose the establishment of EPA on July 9, 1970, which began operation on December 2, 1970, after Nixon signed an executive order.





Published in 2000, the author defines the causes for shorter life spans and increased diseases in our dogs. This book addresses what you can do to prevent, treat, and improve your pet's life.

Seaside Members Bio-

No Volunteers this month

Ormond Beach Display Case

March 1, 2022

Created by Rebekah, Andrea, Joan, Suzanne, Sharon, Dee, Stephanie Items were donated by Amanda, Betsy and Trish who couldn't be there.

Compost

Presentation By Joan Palmer
This article is from notes taken by
Rebekah Mead with references added

Poor Soil is Every Gardener's Worst Enemy. It's a Major contributing factors to poor soil (and climate change) are (Maximillian, 2019) (Lim, 2021) :

- The Chemical Industry produces pesticides & herbicides, acids for mining, lubricants for machinery, cleaning agents, cosmetics, pharmaceuticals, and plastics. As a result, this industry consumes more than 10% of fossil fuels produced globally. It emits an estimated 3.3 gigatons of greenhouse emissions annually.
- Over-farming. Using **pesticides/ herbicides compounded by growing too many crops in one space year after year removes essential nutrients like nitrogen, potassium, and phosphorus from the soil.
- Infrequent crop rotation.
- Draught or water shortages.
- Flooding and heavy rain.
- Soil contamination.
- New homes and businesses: "According to a report to the United Nations, almost one-third of the world's farmable land has disappeared in the last four decades. It was also reported that all of the world's topsoil could become unproductive within 60 years if current rates of loss continue. The issues of soil health and impacts on human well-being." (Maximillian, 2019).
- **Elimination of native plants (A.K.A. Weeds)

Organic Compost

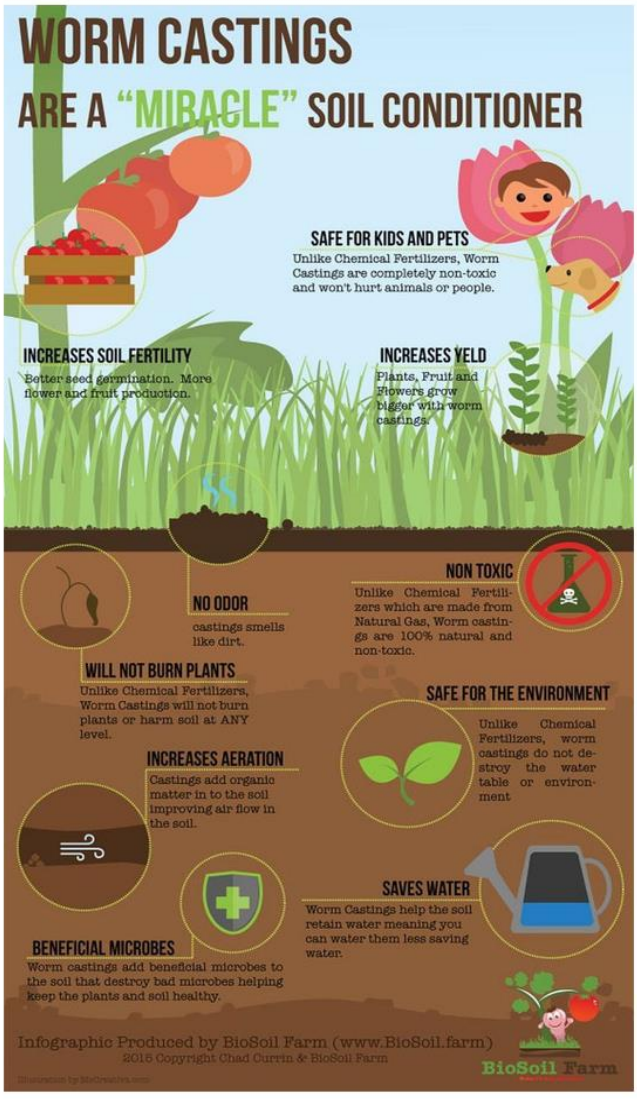
Organic compost is a mixture of decayed organic matter that enhances the growth of plants when added to the soil. Composting is a process by which various organic compounds decompose. The process occurs due to many bugs living in a warm moist aerobic environment. Decomposition of organic matter takes place in the environment naturally. However, the microbial population is dependent upon a variety of ecological parameters. Therefore, the preparation of quality organic compost requires specific environmental conditions.

Ideal ratio for composting

Around 30 parts carbon (Brown):1 part Nitrogen (Green); 30 parts carbon for each part nitrogen by weight. Why 30:1? At lower percentages, nitrogen will be supplied in excess and lost as ammonia gas, causing undesirable odors. Healthy compost should not have a foul odor.

Pesticide Treated Plants, including the peels from produce bought in Supermarkets, should not be put into your compost pile:

Wiggly Red Worms are good for your compost



As plants grow, they absorb nutrients from the soil, ultimately depleting it. Thus, most gardens need to be fertilized to ensure that plants have the nourishment to survive.

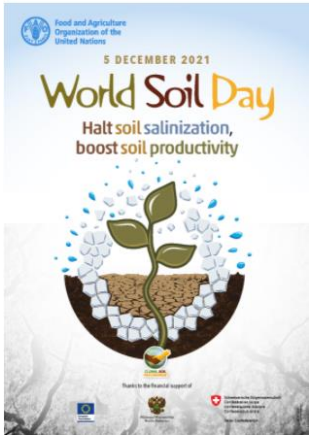
Coffee grounds contain several essential minerals for plant growth — nitrogen, calcium, potassium, iron, phosphorus, magnesium, and chromium. (Nuhu, 2014)

They may also help absorb heavy metals that can contaminate the soil. (Kim, 2014) (Zhang, 2014). Moreover, coffee grounds attract worms, which are great for your garden and our ecosystem.

To use coffee grounds as fertilizer, sprinkle them onto your plants' soil.

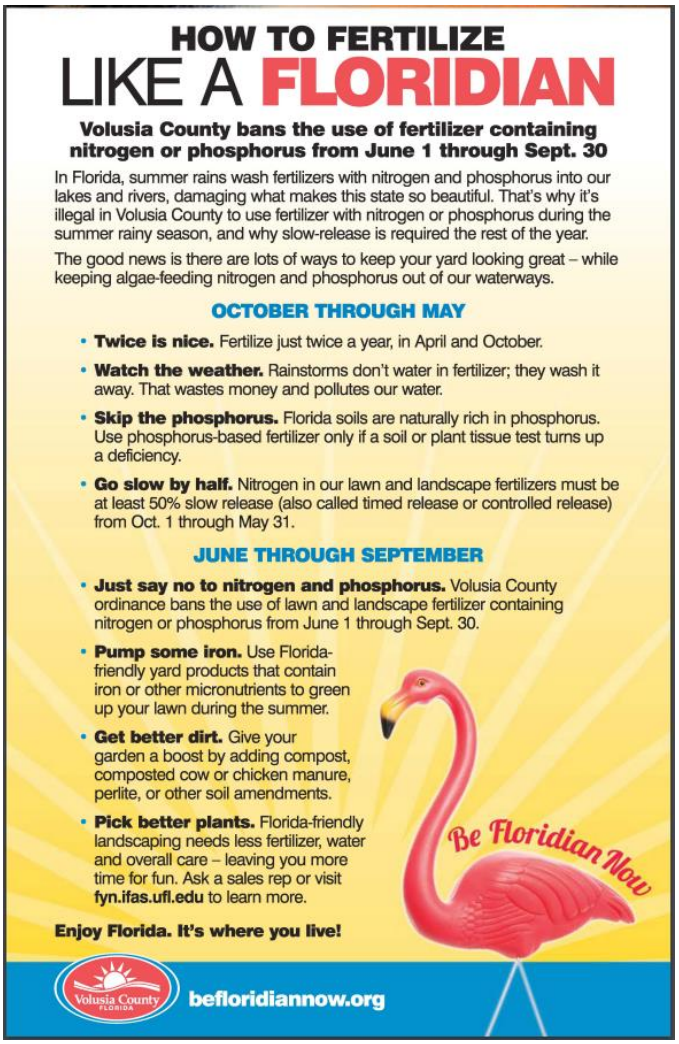
World Soil Day

Soil salinization and sodification are major soil degradation processes threatening the ecosystem; they are amongst the most significant threats at a global level for agricultural production, food security, and sustainability in arid and semi-arid regions.



World Soil Day (WSD) is held annually on December 5 to focus attention on the importance of healthy soil and advocate for the sustainable management of soil resources. An international day to celebrate soil was recommended by the International Union of Soil Sciences (IUSS) in 2002. Under the leadership of the Kingdom of Thailand and within the framework of the Global Soil Partnership, FAO has supported the formal establishment of WSD as a global awareness-raising platform. The FAO Conference unanimously endorsed World Soil Day in June 2013 and requested its official adoption at the 68th UN General Assembly. In December 2013, the UN General Assembly responded by designating December 5, 2014, as the first official World Soil Day. (United Nations, 2021)

How & When to Fertilize in Volusia County Fla.



(Volusia County Government, unk)

References

Kim, M. H. (2014). The effectiveness of spent coffee grounds and its biochar on the amelioration of heavy metals-contaminated water and soil using chemical and biological assessments. *Enviromental Management*, 124-130.

Lim, X. (2021). *How the chemicals industry's pollution slipped under the radar.* Retrieved from The Guardian: https://www.theguardian.com/environment/2021/nov/22/chemicals-industry-pollution-emissions-climate

Maximillian, J. M. (2019). *Pollution and Environmental Perturbations in the Global System.* Retrieved from ScienceDirect: https://www.sciencedirect.com/topics/earth-and-planetary-sciences/soil-degradation

Analytical Approaches for Characterization and Quantification. *ISEN Nutrition*.

United Nations. (2021). *Soil salinization: a threat to our global pantry.* Retrieved from United Nations: https://www.un.org/en/observances/world-soil-day

Volusia County Government. (unk). *How to Fertilize like a Floridian.* Retrieved from befloridiannow.org: https://www.volusia.org/core/fileparse.php/5912/urlt/How-to-fertilize-like-a-Floridian-Flier-508.pdf

Zhang, L. S. (2014). Using cow dung and spent coffee grounds to enhance the two-stage co-composting of green waste. *Bioresour Technol*, 152-161.

Sorrel

Presentation By Andrea Forester, Sue Fowler, and Dee Snyder
From Notes taken by Rebekah Mead
** Additional research by Rebekah Mead MSN Ed.

The Latin name for sorrel is Rumex acetosa. This perennial herb belongs in the knotweed family along with rhubarb and buckwheat. The term "knotweed" stems from the tiny nodes the stems of some of the family's species have. Its history goes back as far as 1700, with mentions of the sour herb in Jamaican literature

Sorrel is a perennial herb that returns faithfully to a garden annually. Flower gardeners grow sorrel for their woodland blossoms in lavender or pink that attract butterflies, moths, and other pollinators. Veggie gardeners grow specific types of sorrel to use in soups and salads. Sorrel grows in Europe, Central Asia, Australia, and New Zealand. It grows in cooler climates in North America. Still, it is not a popular herb despite its wonderfully melony tart flavor.

Also referred to as spinach dock, sorrel is a plant known for its tart lemon-like taste and powerful health benefits. This vibrant leafy green herb-vegetable adds a sharp, citrusy flavor to soups, stews, sauces, curries, salads, and beverages. Certain varieties are used to make herbal teas, tinctures, and supplements. Medicinally, it's touted to promote healthy digestion, decrease inflammation, improve type II diabetes treat mouth ulcers and even cancer.

Various species of sorrel include:

- sheep sorrel
- arctic dock
- patience dock
- broad-leaved sorrel
- red-veined sorrel sorrel
- French sorrel
- Common

Rich in antioxidants

Sorrel is an excellent source of antioxidants, beneficial compounds that protect your cells from damage by neutralizing harmful free radicals. Antioxidants may help prevent many chronic conditions, including heart disease, cancer, and type 2 diabetes. In particular, studies show that sorrel is rich in the following antioxidants (Vasas A., 2015):

- phenolic acids
- flavonoids
- triterpenes
- carotenoids
- anthraquinones
- naphthalenes
- stilbenoids

One cup (133 grams) of raw sorrel contains (2[4]

- **Calories:** 29
- **Protein:** 2.5 grams
- **Fat:** 1 gram
- **Carbs:** 4 grams
- **Fiber:** 4 grams
- **Vitamin C:** 71% of the Daily Value (DV)
- **Magnesium:** 33% of the DV
- **Vitamin A:** 30% of the DV
- **Manganese:** 20% of the DV
- **Copper:** 19% of the DV
- **Iron:** 18% of the DV
- **Potassium:** 11% of the DV
- **Riboflavin:** 10% of the DV
- **Vitamin B6:** 10% of the DV
- **Phosphorus:** 7% of the DV

(U.S. DEPARTMENT OF AGRICULTURE, 2019)

Medical uses

A test-tube study showed that *Rumex hastatus*, a specific species of sorrel, scavenged harmful free radicals. This indicates that it might be helpful in the treatment of neurodegenerative disorders like Alzheimer's disease. (Ahmad, 2015). Some test-tube and animal studies found that sorrel may block the growth and spread of certain types of cancer cells. For instance, one test-tube study showed that several species of sorrel killed breast, cervical, and skin cancer cells (Lajter, 2013). In another study in rats with leukemia, a mixture containing sorrel extract and other ingredients like greater burdock, slippery elm, and Chinese rhubarb prevented weight loss and improved white blood cell levels. Still, more studies are needed to determine how sorrel may affect cancer growth in humans when consumed as part of a balanced diet.

Sorrel is fresh or dried at many specialty stores and online retailers. Sheep sorrel is found in some herbal tea blends, including ***Essiac tea*** is often touted as a natural treatment for cancer. (PDQ Integrative, Alternative, and Complementary Therapies Editorial Board, 2021).

Essiac

Essiac is a herbal remedy from Canada. It is a mixture of roots, bark, and leaves that you boil to make a drinkable liquid. There is no scientific evidence to use it as a treatment for cancer**. It has four ingredients:

- Burdock root
- sheep sorrel
- slippery elm
- Indian Rhubarb root

The Canadian nurse Rene Caisse discovered and created Essiac in the 1920s. She named the remedy after herself. Essiac is her surname spelled backward. Since then, the commercial company now owns Essiac. Essiac is a registered trademark. Essiac Canada International is the only manufacturer with rights to Rene Caisse's original formula of herbs.

Rene Caisse in her familiar white nurse's uniform.

"Many believe Rene Caisse (pronounced reen case") is one of the greater heroines of the past century. This modest Canadian nurse discovered a natural herbal formula she took no money for it and died in relative obscurity. Rene wrote a series of articles entitled "I Was Canada's Cancer Nurse," published in the seventies with Bracebridge Examiner. Additionally, a collection of her writing and interviews was published posthumously in the Bracebridge Examiner." (essiac-resperin.com, 2001)

** "Laboratory and animal experiments have shown that some of the chemicals in the herbs used to make Essiac and Flor Essence have antioxidant, anti-inflammatory, estrogenic, or anticancer activity."

References

1. Ottenweller J, Putt K, Blumenthal EJ, et al.: Inhibition of prostate cancer-cell proliferation by Essiac. J Altern Complement Med 10 (4): 687-91, 2004. [PubMed]
2. Seely D, Kennedy DA, Myers SP, et al.: In vitro analysis of the herbal compound Essiac. Anticancer Res 27 (6B): 3875-82, 2007 Nov-Dec. [PubMed]
3. Herbal treatments. In: US Congress, Office of Technology Assessment: Unconventional Cancer Treatments. U.S. Government Printing Office, 1990. OTA-H-405, pp 71-5. Also available online. Last accessed April 11, 2016.
4. Bennett LM, Montgomery JL, Steinberg SM, et al.: Flor-Essence herbal tonic does not inhibit mammary tumor development in Sprague Dawley rats. Breast Cancer Res Treat 88 (1): 87-93, 2004. [PubMed]
5. Kulp KS, Montgomery JL, Nelson DO, et al.: Essiac and Flor-Essence herbal tonics stimulate the in vitro growth of human breast cancer cells. Breast Cancer Res Treat 98 (3): 249-59, 2006. [PubMed]
6. Tai J, Cheung S, Wong S, et al.: In vitro comparison of Essiac and Flor-Essence on human tumor cell lines. Oncol Rep 11 (2): 471-6, 2004. [PubMed]
7. Tamayo C, Richardson MA, Diamond S, et al.: The chemistry and biological activity of herbs used in Flor-Essence herbal tonic and Essiac. Phytother Res 14 (1): 1-14, 2000. [PubMed]
8. *Tamayo C: Essiac for cancer. Alternative Therapies in Women's Health 2 (3): 19-23, 2000.*
9. *Kaegi E: Unconventional therapies for cancer: 1. Essiac. The Task Force on Alternative Therapies of the Canadian Breast Cancer Research Initiative. CMAJ 158 (7): 897-902, 1998. [PMC free article] [PubMed]*
10. *Essiac. Toronto, Canada: Canadian Breast Cancer Research Alliance, 1996.*
11. *Franke AA, Cooney RV, Custer LJ, et al.: Inhibition of neoplastic transformation and bioavailability of dietary flavonoid agents. In: Manthey JA, Buslig BS, eds.: Flavonoids in the Living System. Plenum Press, 1998. Advances in Experimental Medicine and Biology, 439, pp 237-48. [PubMed]*
12. *Waladkhani AR, Clemens MR: Effect of dietary phytochemicals on cancer development (review) Int J Mol Med 1 (4): 747-53, 1998. [PubMed]*
13. *de Witte P: Metabolism and pharmacokinetics of anthranoids. Pharmacology 47 (Suppl 1): 86-97, 1993. [PubMed]*
14. *Campbell MJ, Hamilton B, Shoemaker M, et al.: Antiproliferative activity of Chinese medicinal herbs on breast cancer cells in vitro. Anticancer Res 22 (6C): 3843-52, 2002 Nov-Dec. [PubMed]*
15. *Boué SM, Wiese TE, Nehls S, et al.: Evaluation of the estrogenic effects of legume extracts containing phytoestrogens. J Agric Food Chem 51 (8): 2193-9, 2003. [PubMed]*

"No report of a clinical study of Essiac has been published in the peer-reviewed scientific literature. Brief descriptions of one incomplete clinical study and one retrospective evaluation of Essiac as a treatment for cancer have been published.[1-6] It is not clear whether the described patient populations consisted entirely of adults or whether they included children."

References

1. *Tamayo C: Essiac for cancer. Alternative Therapies in Women's Health 2 (3): 19-23, 2000.*
2. *Kaegi E: Unconventional therapies for cancer: 1. Essiac. The Task Force on Alternative Therapies of the Canadian Breast Cancer Research Initiative. CMAJ 158 (7): 897-902, 1998. [PMC free article] [PubMed]*
3. *Locock RA: Essiac. Can Pharm J 130: 18-9, 1997.*
4. *Herbal treatments. In: US Congress, Office of Technology Assessment: Unconventional Cancer Treatments. U.S. Government Printing Office, 1990. OTA-H-405, pp 71-5. Also available online. Last accessed April 11, 2016.*
5. *Essiac. Toronto, Canada: Canadian Breast Cancer Research Alliance, 1996.*
6. *LeMoine L: Essiac: an historical perspective. Can Oncol Nurs J 7 (4): 216-21, 1997. [PubMed]*
7. *Campbell MJ, Hamilton B, Shoemaker M, et al.: Antiproliferative activity of Chinese medicinal herbs on breast cancer cells in vitro. Anticancer Res 22 (6C): 3843-52, 2002 Nov-Dec. [PubMed]*
8. *Al-Sukhni W, Grunbaum A, Fleshner N: Remission of hormone-refractory prostate cancer attributed to Essiac. Can J Urol 12 (5): 2841-2, 2005. [PubMed]*

Sorrel can be purchased in tincture or capsule form, with most supplements offering 400–800 mg doses.

Although these products are claimed to enhance detoxification, boost immune function, and reduce inflammation, there's no research available on their efficacy, safety, or side effects.

References

Ahmad, S. U. (2015). Antioxidant and anticholinesterase investigations of Rumex hastatus D. Don: potential effectiveness in oxidative stress and neurological disorders. *Bio Res 48(1)*, 20.

essiac-resperin.com. (2001). *Who was Rene Caisse?* Retrieved from essiac-resperin.com: https://www.essiacinfo.org/caisse.html

Lajter, I. Z. (2013). Antiproliferative activity of polygonaceae species from the Carpathian Basin against human cancer cell lines. *Phytother Res. 27(1)*, 77-85.

PDQ Integrative, Alternative, and Complementary Therapies Editorial Board. (2021). *PDQ Cancer Information Summaries; Health Professional Version.* Retrieved from PDQ Cancer Information Summaries: https://www.ncbi.nlm.nih.gov/books/NBK66061/

U.S. DEPARTMENT OF AGRICULTURE. (2019). *Dock Raw.* Retrieved from USDA: https://fdc.nal.usda.gov/fdc-app.html#/food-details/170076/nutrients

Vasas A., O.-G. O. (2015). The Genus Rumex: Review of traditional uses, phytochemistry and pharmacology. *Ethnopharmacol*, 198- 228.