



Title: Late Summer Herbs - Echinacea

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Transcript:

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Hello, everybody, Erin Lafave here doing the Live podcast herbs with Erin remedies for body, and spirit. This is the Live podcast version. Today I am kicking off the series herbs for late summer.

So this is herbs in late summer that grow that are growing in my area here in West Central Wisconsin. So if I show you an herb that I consider a late summer herb, you may or may not have had this already growing and already past its prime in your area. But for me, these ones that I've picked for this month, are late summer herbs in my area of Wisconsin.

So Hello, everybody. Let me jump to the comments here to see if it's here. So what I have here is echinacea, because that's what I'm going to be talking about today. I can Kensha, and also called purple coneflower. So if you have purple coneflowers still in bloom in your area, just let me know in the comments, say, blooming here or something like that. So this, let's see if we can get more of this color to show up because it's much more pink than this camera is letting on. But it's not focusing very well either.

So let's just talk about a few things about what this plant looks like how it grows. And then as more people jump on here, as we get through. Then I'll talk about how what it's used for. And Caitlin says, I just heard some tonight. Oh, that's cool. Yes. And Koneta says yes, it's all over. Jennifer says yes, mine are still blooming. Mine is just now in blossom, says Marie. Yeah, so it is still out there late. I'm calling this about late summer, you know, because the fall equinoxes not too far away here. So let me just show you a picture here. I'm just going to pull up a picture. If it'll let me here, I want to show you these are some of the species that are used in the herbal world. Of course, there are many species of echinacea. And echinacea pallida is on the left hand side that one is not found as commonly in my area. In fact, it's I rarely see this one, but the the petals are very fine. Yeah, they're just very thin and fine looking. The one in the middle is echinacea purpurea, and that one is definitely found in our area. It's usually the one that we find in gardens. Most people if they have some sort of kind of echinacea, it's likely to be the purpurea. And then the one on the right hand side of the screen is echinacea augustifolia. And it likes you know, it likes it to be a little bit different climates. So it doesn't grow as much here, but it can also be found in landscape. Landscape designs as well. So they do look very, very similar.

Let me just pull that off there and this year. So yeah, they've always like a pink, pinkish color, the maybe a little bit of a white color.

There's certainly many different kinds of landscape varieties, horticultural varieties that have been made all different colors out there, some white ones, I've seen some deep red ones, I tend to stick with the, you know, the more natural varieties if possible. So that's just what grows in our area, typically the *purpurea augustifolia* or *pallida*. So there are some research to show that some of these may be stronger than others, but not necessarily. So some people will use them fresh versus dried, but it just depends on what is available in your area.

Alright, so they do tend to grow fairly tall, three feet, sometimes depending I have some growing in a container right now since we're going to be moving no shortly. So I want to keep keep some in the growing really well in the containers. So if you ever have to do that growing in them in containers, you certainly can can do that through flowering just fine. I dug them up in the spring. And now they're they're blooming really, really well. I put them in a big container. really deep. Koneta says my goal next year is to have an area dedicated to echinacea. Yeah, and the cool thing about echinacea is it will definitely spread on its own. And if you start out with one or two plants, and it may just kind of sit there for one season, the second season it will definitely spread and by the third season it will very much so spread. So what is echinacea or purple coneflower used for the flower the leaves and the roots are used. Some people will use them all make a tincture with them all at their various stages throughout the summer. I really didn't want to harvest too much of my plant this year, because it's you know, been disrupted, taken out of the ground, put in a pot having to live in that thing for a few months. Some only harvesting some flowers here and there. But I don't want to take too much of the leaves at this point either. I love echinacea tincture for tooth pain or tooth sensitivity. So if somebody is has tooth pain before they have to go see a dentist, you know it's sometimes it takes a little while to get in. You certainly can use echinacea tincture and I just put it right on the tooth that's sore, I might I may put some tincture in that area and try to hold it there. You could probably I did try this one yet, but you could mash up some of the roots or the leaves and put it on the affected area. But tincture seems to work just fine. It has antiviral and anti bacterial properties. So if you did have a tooth abscess, it would help with soothing the pain and hopefully supporting reducing that you know, bacterial load if it's a bacterial issue. And let's see all sorts of things. It's definitely used to support the immune system. You know, take it ahead of time. As you start to just feel that onset, it's best for that it's considered an immune modulator and immune stimulant to get that immune system going and and working well. I'm also back to the tooth thing for the Echinacea tincture. If you've just had some work done, let's say I don't know, a crown or something that in your tooth, and it's very sensitive echinacea tincture helps to alleviate the pain at the moment of that tooth pain. But it seems to also prevent that that sensitivity from coming back. It's really it's really interesting, I have that personal experience with it. So definitely can help with pain, it helps with strep throat, if you can get a fresh juice of it and kind of get it to slowly go down the back of the throat. It can actually numb parts of the mouth it depending on how strong it is and how fresh it is what kind of formula but you definitely can sometimes feel a tingling sensation or numbing sensation. Like I said, depending on the strength of it. never seem to have that sensation with any of my tinctures but or anybody else's that I've tried, but some people say they really feel that tingling sensation.

So yeah, any kind of bacterial viral problem that's happening, you need the immune system to really get going. And so it helps with anti inflammation. So this plant has has a wide variety of abuses for sure. So let's see which kind is best? Well, they'll all work they'll all work just fine. Some people say like, Oh, is it the purpurea or the augustifolia, one of those they say is a little bit stronger, just based on some on some research that's been done out there. So it just kind of depends on what you're using it for. And if you're using it fresh or dried. Let's see here.

Fresh juice of the area parts. Yep, I talked about that. And some people will use this also to help with the root sacral and solar energy points of the bodies. Some people call them chakras. So if you're working with any type of emotional, energetic type of work with the with the body, the mind the spirit, anything that has to do with that root system sacred system of the body. This plant spirit medicine is used for that type of energetic situation,

I have so much shade what to do, if I would like to plant it, well depends on the kind of shade that you have. So if you have shade that is there all day long, complete shade, you may be able to get the plant to grow with the leaves, and maybe not so much with the flower. This plant is typically found in in prairie situations, so full blazing sun, but it can stand a little bit of shade. So you know, if there's some shade in the morning or shade later in the day, that's all right. But I'm pretty sure this is going to need eight hours of pretty direct sun. So you could put it in a pot and put that pot in Yeah, put the pot in, in a place that's really sunny. Even if it's a patio or a driveway or some other spot that you know maybe doesn't have soiled, put in it.

But yeah, Angela is probably why mine are small moved and sign setup is different for the patio. Oh, full forest almost Yep, probably not likely to do so well there. So this flower, this is like the main flower that comes first. And then at the axle of the leaves. I don't know if you're going to be able to see this. But in the axle of the leaves, there's actually little buds forming. So they will get a second flush of flowers but they'll be smaller and in these axles here. So that's echinacea occasional is just a really great tincture to have on hand. Like I said, For mouth sores, throat, sore throat, you know conditions where there's bacterial buildup there a bacterial issue there, it's a good one to put into teas that you're using. If you feel sick sickness coming on, or there's people in your home, or around you that you're trying to prevent sickness because they're sick. And you'll find it in other types of teas, traditional medicinals has one called akinesia and ecognition. Plus, it's very good, and I really like it a lot. And then it's also a condition is found in so many other formulas.

But it's definitely been used for a long time, and grows in a wide variety of places around the world. And definitely seems to do well in garden situations. Um, if you buy a package of seeds, are they are they the same? Well, Sue, you would have to look on the package to see if it says echinacea species SPP period, because it may have a variety of them in it. But doing echinacea from seed is can be a little bit of takes some skill, because they do need some cold stratification. So planting them outside before you know in the fall, and then letting them go through the cold season can be helpful. So you know, they're not kind of like a sunflower seed, you poke it in the ground in the summer, and that sprouts are in the spring and that sprouts echinacea needs a cold period to happen. And it probably say that on the package. You certainly most likely can buy some, if you have local greenhouses, sometime, most likely they have some sort of echinacea. And native plant sales will have nature centers of that nature plant native plants, they also have them sometimes I would also check with strictly medicinals because they sell

seeds and live plants and most likely have some echinacea there too. Yeah. I had one come up this on the outside of a tub I see here. I had one come up on the outside of a tub. I had some and I dug it up and put it in my plant light in a pot it is doing well. Yeah. Oh, Marcy. Marcy says so lucky. I inherited a fully established echinacea Garden when I moved in this year. That is really cool. If any of you know need some echinacea and know somebody who has some echinacea, like I said it does spread so potentially, maybe they would give you some transplants of that.

Yeah. Okay, they'll have a sale now strict. Oh, they're having sale now. Thank you Koneta strictly medicinals Oh, gosh, I don't know if I should know that my new house that we are going to be moving in. Hopefully this in the next 30 days has no gardens and it's apparently good size. And so it's like a blink palates. And I have lots and lots of ideas. So, yes, usually people would say I have some extra plants, would you like them? And I would say, I just don't have the room. But now. Now I will. So it'll be really fun. I'll share the progress with you all. As I start to make those new herbal gardens and have some fun theme gardens I'm going to be making. So yeah, alright, so I can show. The rest of this month series is late summer herbs. And what some other ones I picked asters and probably to pick golden rod. I don't know. There's some light season ones here.

Starting August 16. for four days, I'm doing the Plant Priestess Exploration workshop. It's the last free workshop for the Plant Priestess Exploration that I'm going to be doing. So after that there will be a small fee to join. This time, it is only four days. In the past, I do five bonus days. But I'm going to keep it to four. This time, I will be in zoom and streaming into the Plant Priestess Exploration Facebook page. And in order to get the zoom link, you definitely have to register. So I've been putting the we've been putting the registration link in just about every day, I think. But also get it in here. And the workbook Yes, will also come through email. If you when you register. What else can I tell you?

Oh, on Monday, I'm going to announce a new special offer. And I'll let you know what that looks like. I'll just give you a hint, save the date of August 22. offerings, something a little bit newer. So I'll announce that on the first day of the workshop. And I'll do some giveaway prizes as well. So in order to be eligible for those you have to be in the plant priestess, exploration Facebook group, and there's some sharing posts that will come up and just people who share and there we'll get into the drawing. We do recap post in that Facebook group. So it's there. I know. Some people are not. So people are watching this in YouTube right now but we will be in zoom and in the Facebook group for the August 16 priestess exploration Facebook group. So exciting to have that come back again. I think the last one I did was an April, I believe sometime around there. So it's been a little while.

Oh, you already got your workbook in your email. Good. Yes. All right. So we'll get that link up. There is a cricket down here, Angela? Yeah, it's called the never ending crickets because it's been here for well over a week. I thought it would die off on its own, but it hasn't. So every time I hear it I hear the never ending stories theme song in my head because I call it the never ending. Oh gosh, yes. I think I will have to try to track it down. Which is not the easiest thing. I thought maybe one of my cats would find it too. But no. Oh, no. That's too much work for them. So hopefully next time in new cricket. And hopefully by September I'll have a new background because we'll be in a new spot. It's really exciting. Are you thought it was the crickets in your

kitchen? Well, it could be maybe they're talking to each other through the space. Oh, yes. Sorry about that. Nothing I can do about that cricket. But I cannot believe it's still alive. So unless it's you know, changing out Hey, finding new friends to come in here. Alright, everybody, thanks for joining in. If you're watching the replay of this, let me know. And as always, we put these Live podcast videos video shows many lessons in two podcasts so you can listen to them. herbs, the acronym herbs, herbs with Aaron remedies for body and spirit, iTunes and Spotify. This also gets turned into a blog post and it's also on my YouTube channel full circle herbal solots of places to watch. Yeah. Alright, everybody, take care. I'll answer some of these questions as I get off to Okay, bye