

Moon of Hyldemoer Herbal Tea Blends

Nourishing blends of herbs planted, grown, tended, dreamed with, gathered, dried, garbled, combined in co-creation.



Along the Winter Beach

(Rose hips/Chamomile/Anise Hyssop/Our Lady's Mantle/Moldovian Dragonhead/Red Clover)

The nourishment of the beings that gather the healing sea air & offer contemplation & communion.

Rose hips bring the fruition of the Rose plant, the voluptuous, curvy, sensual nutrition of vitamin C & A & vitamin affection. **Chamomile** offers the strength of subtlety; these little apples as translated from the Spanish, hold lunar & solar in sustaining balance. **Anise Hyssop** (*Agastache feoniculum*) brings the sass of licorice flavor, the sweetness that my 12-year old nephew says, "If I had this plant every day, I wouldn't need sugar." **Our Lady's Mantle** (*Alchemilla mollis*) Little, soft alchemist. The magical dew collecting leaves & ethereal chartreuse flowers of Our Lady's Mantle, offer toning through their astringency & tender support through their mantle. **Moldovian Dragonhead**

(*Dracocephalum moldovica*) brings a delicious lemony flavor & aroma. This Mint family relation offers immune, digestive & respiratory support. **Red Clover** offers so much nutrients within their small flower that is really many flowers. Any left standing along the Winter beach offer nourishment for Winter birds.

Held in Strength

(Oats/Linden/Nettle/Yarrow/Hawthorn Haws)

These allies walk with us when we are needing the strength of great nourishment, wisdom & groundedness. Oats & Linden both provide abundant calcium, magnesium, manganese, selenium, many B vitamins along with other stabilizing ways. **Nettle** iron & mineral rich is the utmost of being held in strength. **Yarrow** as well helps one stand in their personal strength & **Hawthorn Haws** support our hearts as we walk through the world, meeting us where we are.

Messages on the Wind

(Mugwort/Calendula/Rowanberry/Locust Blossoms/Goldenrod/Bachelor's Buttons/Red Clover/Monarda)

To gather the inspiration from the far-away lands of our inner Winter worlds. Mugwort is one of the top dream herbs, carrying messages to us during dreamtime. **Calendula** brings solar messages, & **Rowanberries** dance in the wind of the Mountain Ash tree, beckoning birds & peoples alike. **Locust Blossoms**, with their ephemeral late Spring time unfurling, cascade with aroma & nutrition from the Locust trees. **Goldenrod** brings their golden, delicious glow to the land, **Bachelor's Buttons** (*Centaurea cyanus*) offer the curiosity & nervous system support of the color blue, **Red Clover** the healing qualities of the flower, & **Monarda**, the pungent aroma that sends & receives crucial communications.

Feeling Held by the Earth

(Linden flower & leaf/Oats/Sweet Fern/Lemongrass/Rosehips)

The stability of being held from whence one comes, one's nerves attuned to the spiralic movement of the seasons. Focus through grounding.

Linden flower & leaf (*Tilia cordata*) This dear ally offers a relaxation so that needed focus can occur. A beloved nervine called upon for ages amongst many ancestral folks.

Oats (*Avena sativa*) assures one's foundation, soil, is strong, enlivened, supportive & nourishing. A patch of Oats dances in the wind with their dangling milky seeds, offering the music of the land within their being.

Sweet Fern (*Comptonia peregrina*) is a fortifier of one's body's ability to ward off illness, strong immune support.

Lemongrass (*Cymbopogon citratus*) This lemony ally clears the mind, opens us to new possibilities while being grounded to Earth.

Rosehips (*Rosa spp.*) Rose is a supreme ally for being held by the Earth in their soft, luxurious rosy vessels, full of nourishing vitamins & minerals & the possibilities of future dreams. Strong immune health, skin nourishing & cooling for heated conditions.

The Dance of Inner Fire

(Peach leaf/Lemon Balm/Monarda/Chamomile/Oregano/Marshmallow leaf & flower/Orange Peel)

Digestive support, soothing stomach distress, a cooling & warming balanced blend. Bringing calm to the nervous system so one's body can focus on receiving nourishment from one's food.

Peach leaf (*Prunus persica*) The leaf of the Peach tree offers a delicious, moistening, cooling nourishment which allows one to dance with the inner fire with integrity. Grief support.

Lemon Balm (*Melissa officinalis*) is calming to the nervous system with a cooling sourness, uplifts the spirit & is a strong antiviral themselves.

Chamomile (*Matricaria chamomilla*) This warming, bitter digestive ally offers a stabilizing of the nervous system so that one is able to relax into meeting the needs of the world.

Oregano (*Origanum vulgare*) is a warming aromatic, culinary herb that offer strengthening to our respiratory & digestive systems so that we are able to ward off illness. This ally has a strong antiviral, antibiotic activity & support overall health & wellbeing.

Marshmallow leaf (*Althea officinalis*) offers moistening, suppleness, a gentleness.

Orange Peel (*Citrus x sinensis*) The bitter qualities & immune support of orange peel makes them a strong digestive ally.

Space Travel

(Pine/Rowanberry/Hibiscus/Hawthorn Berry)

Delicious red tea full of vitamin C; leaning one's back along the Evergreens for inner/outer world travel.

Eastern White Pine (*Pinus strobus*) Pine is called upon for loosening deep congestion in the lungs, its volatile oils, aromatics, anti-inflammatory and astringent qualities clear, heal & bring clarity. Pine also helps with deep grieving that can be stored in the lungs, offering peace of mind & guidance to one's own place of power & strength.

Rowanberry (*Sorbus aucuparia*) The berries of the Rowan tree, also called Mountain Ash, although not a true Ash, are full of vitamin C. So full, that to bite into them raw is a rather mouth drying experience. Rowan is a tree of protection & magic of lore.

Hibiscus (*Hibiscus rosa-sinensis*) High in vitamin C, offers aid when cold & flu symptoms arise, and offers a sour, cooling quality for excess heat in the body. Hibiscus adds such a gorgeous ruby red color to the tea.

Hawthorn berry (*Crataegus spp.*) These haws, as the berries are often called, are full of heart health, immune support & the kind of movement that nourishes life.

The Sacred Conversation of Breath

(Goldenrod/Catnip/Cleavers/Thyme/Red Raspberry/Rose petals/Black Seed)

Herbs that soothe, enliven, support the lungs. The inward breath, the pause, the outward breath & how we share this with these beings.

Goldenrod (*Solidago spp.*), as mentioned before, offers great strength, clearing stuck energy with their golden glow, greatly supporting the kidneys & the breath.

Catnip (*Nepeta cataria*) This gentle Mint family relative offers the fullness of calming of spending time with a dear old friend.

Cleavers (*Galium aparine*), as mentioned earlier, is one of our strongest lymphatic system supporters.

Thyme (*Thymus vulgaris*) is also one of the first allies I call upon when I feel illness approaching. This culinary aromatic ally greatly supports both the respiratory & digestive systems.

Red Raspberry offers pain relief, & astringent tone of one's tissue, especially of the generative organs.

Rose petals (*Rosa spp.*) is called upon for its blood & liver tonic qualities & therefore is said to be a chi nourisher. The beauty of the rose petals also nourishes the heart.

Black Seed (*Nigella sativa*) This bitter ally is also moistening & expectorating, thus supporting our respiratory system so we can hold the sacred conversation of breath. Strongly anti-viral. Black Seed is called upon for immune system strengthening, reducing cancerous growths, to enhance memory, attention & thinking thus staving off Alzheimer's dis-ease, as well as to assist those with allergies by reducing inflammation. This ally is also said to optimize cholesterol levels in one's body.

Aroma of Roundness

(Peach leaf/Monarda/Mint/Lemon Balm/Pine/Orange Peel)

During times of strife, concern, anxiousness, this blend offers succor for emotions, digestive support when worry causes stomach concerns, uplift of spirit, a reminder of the sass of life & that we are being held.

Peach leaf (*Persica prunus*) in this blend offers a delicious digestive & emotional support during trying times.

Monarda (*Monarda didyma* & *M. fistulosa*) with their strong aromatics lifts a depressive state & moves stagnancy in body & spirit.

Mint (*Mentha x piperita*) brings focus & clears the fog of worry, all the while bringing digestive & respiratory support.

Lemon Balm (*Melissa officinalis*) Their botanical name tells of the sweetness of honey from the bees. Lemon Balm wards off harmful viruses, reminds us of the sweetness of life & supports the digestive & respiratory systems when anxiety strikes.

Pine (*Pinus strobus*) adds immune support & patience with self to this blend.

Orange Peel (*Citrus x sinensis*) The roundness of the Orange is felt from the liminal peel, the encircling, the aroma of support. Digestive bitter.

We Spill Rivers with Our Humming

(Linden/Marjoram/Coriander/Sage/Yarrow/Rose petals)

A communal tea, that of ancestors singing on the riverbanks of life with future beings & all in between. The taste of commonality & to be shared with friends.

Linden flower & leaf (*Tilia cordata*) brings us together. In European cities, the Linden tree, the bee tree, would be the gathering place for meetings & discussion, especially those that could hold conflict, as the scent m.,./

.of the flowers & the spirit of the tree brought calm to any scenario.

Marjoram (*Origanum majorana*), one of the most sumptuous scents in the world, that I look so forward to smelling each Spring, like a rebirth. This aromatic ally reminds us that Spring does come again each year.

Coriander (*Coriandrum sativum*) Carminative, clearing, warming, Coriander adds a lightness to this blend.

Sage (*Salvia officinalis*) Garden Sage brings wisdom, grows where sage advice is offered, offers a role model for elderhood.

Yarrow (*Achillea millefolium*) offers such protection while growth is happening, allows only what is needed to enter & the rest may continue on, & as Abbe Kneipp wrote, “[Folks] *could be spared many troubles, if they just took Yarrow tea from time to time.*”

Rose petals (*Rosa spp.*) Our hearts are held, open & protected with the softness of the petals of Rose.

At One's Doorstep

A knock on the door & a dear friend has stopped by, offering nurturing bundles of care.

(Sage/Mountain Mint/Nettle/Tulsi/Rowanberry)

Sage (*Salvia officinalis*) offers wisdom, balancing of waters & oils in the body, toning & drying of excess fluid, immune support & wise guidance.

Mountain Mint (*Pycnanthemum tenuifolium*) is a strong aromatic, opening passage ways inside & outside the body, welcoming in inspiration & clarity.

Nettle (*Urtica dioica*) offers remineralization, stability & sass.

Tulsi (*Ocimum tenuiflorum*), whose presence is known from sweet aromas filling the air, reminds one of the sacredness of the daily movements & rest.

Rowanberry (*Sorbus aucuparia*) is rich in vitamin C, immune supporting, adding a citrus taste & protection.

I am not a doctor & do not diagnose, treat or cure. These herbs are for nourishing & supporting and do not proclaim to heal injuries or dis-eases. They are not a substitute for a health care practitioner.