

Moon of Hyldemoer Winter Herbal Share 2024/25

As darkness still rules the hours within the days for a while longer, as the inner worlds rise to the surface, & as we delve into the underworld times, the moment has arrived to offer the **Moon of Hyldemoer Winter Herbal Share**, a share of the plant medicine harvest, gathered & co-created with great love, intention & gratitude during this past season of warmth, drought, *some* rain & yes, abundance.

As many of you know, I am an herbalist of the Wild Heart Tradition who focuses on nourishing herbs for an ever-dynamic being. For nearly two decades, I've been working with plants, co-creating medicines with them, forming an ever-growing apothecary. The Plants, Trees, Soil, Sun, Rain, Wind have been the greatest teachers along this continued path of learning. As well, I pay homage to many human teachers along the way such as those of the Elderberry School of Botanical Medicine in Portland, OR, Herbalist Gail Faith Edwards of Blessed Maine Farm & the late Jolie Elan, among other wise & giving beings.

This **Winter Herbal Share** comes as a labor of love & devotion to the spirits of the land & to the plant beings. As an avid gardener, I grow many of my own herbs and harvest thoughtfully & intentionally with the land I reside with. This offering is based on the CSA (Community Supported Agriculture) model in which members support the grower by purchasing a share of the harvest, often meeting new ways of being with the plants along the way.



The **Moon of Hyldemoer Winter 2024/25 Herbal Share** focuses on our respiratory/digestive health, immune support, uplifting our spirits & hearts as the Winter with all the coldness, inner murmurings & moments for dreaming have arrived.

This Winter Herbal Share includes 9 items.

There are some formulas some may recognize from past shares as they are still fitting & well-loved.

(* denotes a choice between options)

1. & 2. *Choose two 1 oz. Tinctures:

i. Elderberry (Elderberry)

Elderberry is a well-known anti-viral & immune stimulant.

ii. Immune Warrior (Sweet Annie/Alder/Thyme/Hyssop/Pine)

For those who do not need more stimulation for their immune systems (e.g. auto-immune dis-eases:), the Immune Warrior is a wonderful alternative ally, warding off undesired viruses, colds, flus, all the while supporting the Immune system.

iii. **As we move, we move the Lymph** (Calendula/Chickweed/Cleavers/Goldenrod/Violet)
*This tincture is especially for convalescing from illness, assisting the lymph system, kidneys & liver to move toxins out.
Goldenrod is adding warmth to this otherwise cooling formula.*

iv. **Con-Spire** (Elecampane/Eastern White Cedar/Poplar/Mullein/Linden)
To con-spire, to breathe together. This formula allows for breath, for respiratory support, for moving grief, for bringing solace during trying times.

v. **Calm Through the Storm** (Milky Oats/Motherwort/Peach Leaf/Rose)
This is a cooling formula. Many of our calming, nervine herbs are cooling. Milky Oats is so grounding & stabilizing, Motherwort, as many know, I associate with the Tower tarot card to bring wisdom & assistance when it feels all is falling down around us. Peach Leaf is a digestive supporter as well as offers comfort when grieving. Rose, oh Rose will offer the softness of the petals, the thorns of protection & the nourishment of the hips.

vi. **The Dreams of Seeds in Winter** (Sweet Fern/Mugwort/Red Raspberry leaf/Our Lady's Mantle)
This tincture supports this time of listening to our nightly & daily dreams.

vii. **Earthen** (Dandelion/Yellow Dock/Burdock/Nettle/Chamomile)
Deep tap roots & verdant green to ground one to Earth & to nourish deeply.

viii **Heart on Sleeve** (Hawthorn/Violet/Rose/Linden)
To lead with the heart while being held by heart protectors & guides.

ix. **A Wren's Strength** (Goldenrod/Yarrow/Bee Balm/Wood Betony/Potentilla)
Herbs that come forth to honor our strength & help this to shine among adversity.

x. **Generations of Love** (Our Lady's Mantle/Red Raspberry leaf/Meadowsweet/Red Clover)
Honoring the generative organs, thoughts & ways, the spiralic generations of before, now & to come.

xi. **Bright of Eye** (Rosemary/Ginkgo/Dandelion/Linden/Sage/Eyebright essence)
Clarity of mind & intuition; ways of seeing are supported.

xii. **Bellyache Comfort** (Monarda/Chamomile/Elecampane/Fennel)
These allies have been so supportive for me with digestive distress. This is a warming blend, so take this into consideration for your personal constitution.

xiii. **Grief Walker** (Borage/Peach leaf/Pine/Rose/Wood Betony)
Grounded heart tenders, anxiety calmers, courage bearers, those who breathe with & witness the deep love that walks with grief & the deep grief that walks with love.

3. *Choose one 2 oz. Herbal Vinegar

Herbal Infused Vinegars are such great ways to receive the vitamins & minerals from the herbs, added to salads, soups, greens. These vinegars are in clear bottles so one can see the glorious pinks, reds, yellows, browns that are created from these infusions, their colors being part of their medicine.

- **Hawthorn Berry**
- **Pineapple Sage**
- **Rowanberry**
- **Triple Aster**
- **Lilac**
- **Purple Shiso**
- **Milky Oats**
- **Mugwort flower & leaf**

4. * Choose one 1/2 oz. Flower Essence blend

These duets of essence & extract harmonize with each other, holding each other in symbiosis & enhancing each strengths' like tempered steel.

- *The lightness & wonder of the first snowfall:* **Pearly Everlasting** essence within **Linden flower & leaf** extract
- *Gathering the aroma & sun of Summer for long Winter times:* **Goldenrod** essence within **Sweet Fern** extract
- *The stars guiding one's way in the darkest nights:* **Solomon's Seal** essence within **Black Cohosh** extract
- *The blues & purples offering solace for the nerves:* **Periwinkle** essence within **Blue Vervain** extract
- *Sassy, twirling dances among the brambles:* **Lavatera** essence within **Blackberry** extract
- *Heart Held, Moistened with Tears:* **Bleeding Heart** essence within **Violet** extract
- *Feeling the Fullness Within:* **White Clover** essence within **Red Clover** extract
- *Tending the tears of grief:* **Silk Tassel** essence within **Peach leaf** extract
- *Palms open wide:* **Norway Maple** essence within **Sumac** extract
- *Stillness:* **Black Henbane** essence within **Elderflower** extract
- *Vigil at death's bed:* **Parsley** essence within **Papaver** extract
- *Bravely, turning towards change:* **Hepatica acutiloba** essence within **Cardoon** extract
- *Remembering our fiery passions:* **Red Daylily** essence within **Passionflower** extract

5. & 6. *Choose two 1+oz. 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/Moldovian Dragonhead/Sweet Fern/Red Clover)

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

Held in Strength (Oats/Linden flower & leaf/Nettle/Yarrow/Hawthorn Haws)
These allies walk with us when we are needing the strength of great nourishment, wisdom & groundedness.

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.

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.

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.

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.

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.

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.

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.

Ancestral Blood (Our Lady's Mantle/Hawthorn haws/Red Raspberry leaf/Nettle/Goldenrod)
Nourishes the blood & fluids that unites us all & the vessels that hold & allow these to flow.

At One's Doorstep

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

The wisdom of elderhood, the joy of adolescence, the whole of a lifetime lived, who is at your doorstep? Will you invite them in for a nourishing, elevating tea?

7. *Choose one Herbal Salve/Body Butter:

Created with prayers & love.

i. **Dancing Like Bees Salve** Organic Olive Oil infused with Thyme, Pine, Rosemary, St. Joan, Alder & Solomon's Seal & beeswax.

Bringing moistening, pain relief, enlivening to promote suppleness & movement like the dancing bees.

ii. **Sun Kiss the Babe Salve** Organic Olive Oil infused with Calendula & beeswax.

Lovely for all ages from babes to elderhood, offers aid to skin conditions such as diaper rash, bruises, dryness & hot irritations.

iii. **Balm of the Lioness Salve:** Organic Olive Oil infused with Mugwort, Bay leaf, Galangal, Ginger & Fennel Seed, beeswax, Menthol crystals, & E.O. of: Eucalyptus, Cassia, Clove, Pine, Lavender, Peppermint & Frankincense.

Cooling & warming, stimulating & relaxing balm for sore, tired muscles, cool heat like an herbal "tiger balm".

iv. **Hues of Purple Body Butter:** Organic Olive Oil infused with Lavender, Clary Sage, Tulsi, Organic Shea butter.

Calling upon the soothing, nervous system supporting purple flowered & scented strongholds of the garden.

v. **Trilogy of Sweetness** Organic Olive Oil infused with Calendula, Sweet Fern, Rose & beeswax.

Trilogy for triages of cuts, bruises, heart-worn areas of our lives.

vi. **Solace from Aches** Organic Olive Oil infused with Pine, Mugwort, Cedar, Yarrow, Hemlock, Goldenrod, Bay & beeswax.

Pain relieving allies of forest & field offer relief from such aches.

8. *Choose one 1 oz. Oxymel (Herbal infused Vinegar & Honey, delicious):

Pink Rose Petal

Hawthorn berry

Rowanberry

Purple Shiso

Aronia & Thyme

9. Herbal Newsletter Further detailing each item with dosage recommendations.

****Disclaimer:** These herbs are for nourishing & supporting, and do not proclaim to heal injuries or diseases. They often provide much needed minerals and vitamins for nourishment and immune support.

This **Winter Herbal Share's** cost is found within a sliding scale of \$65.00-\$75.00 according to what one can give. If sent in the mail, \$10.00 more is required for shipping and handling.

These formulas are not premixed, so if there is an herb in these formulas that you cannot have, please let me know & we can find a replacement or just remove this herb. *(This excludes the salves/body butters as I create these in batches.)*

****If you have questions regarding herbs you can or cannot take with certain medications you may be taking, please ask.****

Also if the whole share is too much for you & you wish to find your own way through this offering, please let me know.

For example, you may wish for two flower essences instead of two tinctures...

Trades are considered as well.

The Winter Herbal Shares will be sent out as the orders are received. Those who are nearby are welcome to set up pick up times with me.

As usual, 10% of each share will go towards a non-profit organization. The last few years we raised funds for **New Hope for Women** here in Midcoast, ME, for **Puerto Rico** after Hurricane Maria, & for **Nibezun** in Passadumkeag, ME, for **RAICES** in Texas, for **Herbalists Without Borders** world wide, for **Eastern Woodland Rematriation** in Northeast Turtle Island, for **Project Freewill** in North Anson, ME, for **Hope Acts** of Portland, ME, **OUT Maine** of Rockland, ME,

This year, we will raise funds for [Anera](#) of Palestine, Lebanon & Jordan. Their website states, "Anera, which has no political or religious affiliation, works on the ground with partners in [Palestine](#) ([West Bank](#) and [Gaza](#)), [Lebanon](#) and [Jordan](#). We mobilize resources for immediate [emergency relief](#) and for sustainable, long-term [health](#), [education](#), and [economic development](#). Our staff serve in their communities, navigating the politics that constrict progress to get help where it's needed most.... Vision: Anera envisions a Middle East where people live with dignity, purpose, and opportunity. Mission: Anera provides humanitarian assistance and sustainable development to advance the well-being of refugees and other vulnerable communities in Palestine, Lebanon and Jordan."