



Moon of Hyldemoer Winter Herbal Share 2025/26

As the coldest & darkest of nights are upon us, the winds searing through the obscurity, as we more thoroughly call upon warmth & community, and tend to the quiet murmurings of seeds under soil, under blankets of snow, it is once again time 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 & Earthen generosity.

As an herbalist of the Wild Heart Tradition, I focus on nourishing herbs for an ever-dynamic conversation with all of life. For over two decades, I've been residing along, tending & 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 who have taught me so much from their deep relation with the plant world.

This **Winter Herbal Share** comes from a devotion to being a part of the spiralic cycles of life, 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 2025/26 Herbal Share** focuses on nurturing during the cold, dark times, allowing for rest when able, even for a moment of closing one's eyes, slowness, awe, for dreaming into potentiality & delving into the unknown with trusted allies.

This Winter Herbal Share includes 9 items.

There are some newer as well as, older well-loved formulas. For teas, vinegars, salves & oxymels, sometimes there is a limited supply of certain choices.

(* denotes a choice between options)

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

i. **Restfulness** (Passionflower/Chamomile/Peach leaf/Skullcap)

When one's mind is not stopping, when all the worries of the day are eeking into the night, when rest is needed, these allies can offer a calm that hopefully leads to sleep.

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

These allies strongly ward 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** (Elecampagne/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 **Cramp-ease** (Crampbark/Blue Vervain/Red Clover/Agrimony/Mugwort)
Especially ease from menstrual cramping, also from muscular spasms.

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.

xiv: **Relief from Pain** (Poppy/Ghost Pipe/Wild Lettuce/Mugwort/Rose petal)
Pain relieving allies to offer relief from feeling horrible; heart holders, space creators, so one can function again.

xv: **After the Tick bite** (Japanese Knotweed/Long Pepper/Ginger/Spilanthes/Plantain/Echinacea/Cleavers/Goldenrod flower essence)
An active aid for drawing, movement, & clearing after a bite from a tick.

xvi: **Toning for laxity** (Blackberry root/Red Raspberry leaf/
Sumac/Meadowsweet/Yarrow)

This blend is an ally for excess of fluids (e.g. diarrhea, runny nose), for a lack of boundaries so that all is flowing into all areas. These allies know how to hold boundary.

xvii: **Messages of Night Sweats** (Milky Oats/Our Lady's Mantle
/Motherwort/Sage/Blue Vervain)

The movement of heat through bodies that are navigating the warm seas of menopause; these allies allow for movement of this heat as well as deep listening to the messages that are being offered through this powerful transition.

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**
- **Rowanberry**
- **Triple Aster**
- **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. Low dose medicine, 1-3 drops.

- *The lightness & wonder of the first snowfall: **Pearly Everlasting** essence within **Linden flower & leaf** extract*
- *Accessing the subtle: **Heather** essence within **Sage** extract*
- *Spellbreaker: **Hibiscus** essence within **Tulsi** extract*
- *The blues & purples offering solace for the nerves: **Periwinkle** essence within **Blue Vervain** extract*
- *Restful nights: **Poppy** essence within **Passionflower** extract*
- *Dark of the Moon Workings: **Black Night Scabiosa** essence within **Clary Sage** extract*
- *Unfolding the layers to find the source: **Cerinthe** essence within **Orange peel** extract*
- *Tending the tears of grief: **Silk Tassel** essence within **Peach leaf** extract*
- *Palms open wide: **Norway Maple** essence within **Sumac** extract*
- *Stillness: **Skunk Cabbage** essence within **Elderflower** extract*
- *Vigil at death's bed: **Parsley** essence within **Papaver** extract*
- *Finding the courage to begin: **Forsythia** essence within **Borage** extract*
- *When it's time to cause some good trouble: **Dodder** essence within **Nettle** extract*

- *Shining in that Sass: Narcissus essence within Calendula extract*

5 & 6. *Choose **two** 1+oz. **Herbal Tea** blend:

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

Softening into Each Step (Lemon Balm/Peach leaf/ Lavatera/ Marshmallow leaf /Goldenrod)

As our feet/knees/hands/bodies/face meet the Earth, so the land rises to hold while a gentle gathering of whispers reminds us from whence we come.

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.

Vessels that Catch the Dew (Violet leaf/Rose petals/Sweet Fern/Our Lady's Mantle/Anise Hyssop)

"Still there are seeds to be gathered, and room in the bag of stars." Ursula K Le Guin, from The Carrier Bag Theory of Fiction. Dew catching as a past time, as a hobby, as a lifestyle is honored & in fact encouraged by these soft, delectable beings, for what is a life if not a vessel to catch the dew?

Golden Throat Glossalia (Goldenrod/Thyme/Red Clover/ Red Raspberry leaf/Monarda)

So that the throat can sing, so the sounds, words fly out to dance with the Winter winds, so we are heard & so we also listen.

Quaking under the Crescent Moon (Our Lady's Mantle/Rose hips/

Red Raspberry leaf/Red Clover/Peach leaf/Marjoram/Lemon Verbena)

Sometimes awe leaps from one's body when witnessing the rising & soon to be setting Crescent Moon. This tea answers this call.

Clearing in the Snow

(Shiso/Peppermint/Nettle/Red Clover/Cleavers/Orange Peel)

Those moments in the late afternoon oblique light, when a sun warmed opening in the cold, welcomes & beckons to replenish & awaken the heart.

Gift from a Friend (Lavender/Sage/Cinnamon/Mountain Mint/Lemongrass/ Orange Peel)

Moistening, soothing of stomachs, of nerves, of breath, this quartet stabilizes & enlivens, a strong flavored tea.

Thrice under the Archway (Blackberry leaf/Chamomile/

Mexican Tarragon/Rowanberry/Coriander/Lemongrass)

The wise tales of walking backwards three times through a Blackberry archway bringing succor to one's woes; this blend tones, entrances & leads one back to home.

Of Warm Times (Goldenrod/Peppermint/Oats/Rose hips/

Summer Savory/Black Seed)

Reminiscent of Summer, this blend brings thriving, enlivening & strength.

Winter Divining (Huacatay Marigold/Pine/Hemlock/Bachelor's

Buttons/Calendula/Mugwort)

The quiet of Winter as time for listening to the divine speak on the wind & through the Evergreen branches.

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. **Western Evergreen** Organic Olive Oil infused with needles of Douglas Fir, Redwood & Western Red Cedar & beeswax.

These Evergreens of the west hold space of great heights & widths, tend to chapped skin, wounds, warming cold extremities, offering pain relief & profound presence.

vi: **La Sagrada Familia** Organic Olive Oil infused with Rose, Tulsi, Aster & beeswax.

Sacred family of flowers of love, devotion & dreaming, tending physical & emotional wounds with reverence & compassion.

vii: **In the Sacred Grove** Organic Olive Oil infused with Lavender, Rosemary, Lemon Balm, Rose & beeswax.

Upward movement herbs that lift one's heart, psyche & whole being.

viii: **Tending Chiron's Wound** Organic Olive Oil infused with Calendula, Plantain, Goldenrod & beeswax.

Herbs that have the strength of subtlety to tend to the wounded healer.

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

Lilac

Rose petal

Hawthorn berry

Rowanberry

Purple Shiso

Aronia & Thyme

Motherwort

Goldenrod

Evergreen: Eastern White Pine/Eastern Cedar/Hemlock/Red Spruce

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.

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, \$12.00 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 & 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 that offers compassionate work in the world. The last nine 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, & **Anera** of Palestine, Lebanon & Jordan.

This year, we will raise funds for [Project Relief Maine](#) who states on their website, “*We are a Black immigrant-led mutual aid and racial justice collective based in Maine, working every day to protect families, fight deportations, and provide food, shelter, and legal support when systems fail.*” Please check out their crucial work in our communities, especially during these times of wrongful & shameful disappearing of peoples & families. Project Relief Maine is always looking for folk who can offer a monthly donation to support their efforts & this can be done on their website.

Thank you as ever for your time, your attention, your presence in this world. May these herbal allies & others continue to walk so closely with us humans, so we can glean from their deep listening, wisdom, cooperation, glistening & decentralization.

May your holy days be filled with joy & fulfillment & may we remember that each day is holy.

With the pleasure & warmth of the hearth fire,
Suzanne Stone
Verdant Moon of the Sun

~~~PS: For those who reside near me, herbal ales are available:~~~~~

**Pine/Rowanberry**

**Pine/Ginger (gf)**

**Clary Sage/Yarrow/Lemon Balm**

**Fever Brew: Lemon Balm/Meadowsweet/Ground Ivy/Lilac**

The cost of a bottle is \$4/each, & for a 6-pack container: \$22.