



HerbMentor News



Over the years, LearningHerbs.com has sent out dozens of herbal lessons via our email newsletter. Here is the only place where you will find all the back issues of HerbalBranches (our first newsletter title) and our newest creation, **HerbMentor News**.

With almost 50 back issues, we will post a few at a time on a regular basis until we get them all up. In our first year, we will post them as they are seasonally relevant.

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Peaches, like most foods, can be an important part of our medicine chest. Traditional practices of herbal medicine always used energetics to better understand how to use herbs as well as food... [Yarrow Bug Spray](#)
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Recently I was at a friend's house and noticed that she had this super swanky facial scrub for a mere \$15 an ounce! I checked out the ingredients and thought, "Not only could I make this myself, but I can even make this better!" [Stress Support Balls](#) Dec 12, 2009



Feeling the Stress? Taking time each day to breathe deeply, sit and enjoy our favorite cup of tea, and taking walks to enjoy the changing weather can go a long ways in soothing our nerves and allaying stress... [Cinnamon and Chili Spiced Pecans](#) Dec 7, 2009



Here's a spicy sweet idea combining pecans and spices that your friends and family will love to receive as gifts. Not only is this a tasty treat, but a potentially healthy one as well... [How to Make Herbal Butter](#) Dec 6, 2009



Infusing herbs into butter is a simple way to spice up the holiday table. There are so many herbs that can be used in butters and below I'll share some of my favorite savory and sweet herbal butters. [Making Nourishing Herbal Dishes Kids Love: Sweet & Sour Burdock Roots](#) Oct 17, 2009



Do you find that your children are much more interested in tasting new things if they have been involved in making them? What's especially exciting about herbal creations is that children can be involved from the very beginning of the process. [Super Immune Building Chai: Kids Edition](#) Oct 16, 2009



The weather is starting to shift to the cool raininess of autumn. What can we do to help our kids as they head back to the classroom with more exposure to germs and illness?

[Late Summer and the Golden Colors of Calendula](#) Sep 2, 2009



Summer is drawing to a close here in Washington. The air is cooling off and busy back to school planning has begun. Amidst this transition, the sunny yellow and orange calendula (*Calendula officinalis*) flowers continue to bloom in my garden...

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