

Volume 9, Issue 8-2012

August 2012

# Northwest Native Plant Journal

A Monthly Web Magazine

Fragrant Native Garden...p8

And more...

Published by The Wild Garden: Hansen's Northwest Native Plant Database

# Contents

## In Every Issue

About this Journal.....	3
Garden chores to do now.. ....	5
Mystery plant puzzle.....	7
On the cover.....	4
This 'n That Notes from Jennifer....	37
Wildlife corner.....	8



Editor: Jennifer Rehm  
Webmaster for The Wild Garden: Hansen's  
Northwest Native Plant Database  
[www.nwplants.com](http://www.nwplants.com)  
e-Mail: [chillipepper6@comcast.net](mailto:chillipepper6@comcast.net)  
[www.chillirose.com](http://www.chillirose.com)



## Featured Articles

### The Fragrant Native Garden

Northwest native  
plants with extraordinary  
aromas... 9

Evening Primrose  
(*Oenothera elata*)  
Photo credit: Stan Shebs



### Homemade Useful Stuff

Make-it-yourself  
cleaning solutions,  
perfumes and  
more...18



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# About this Journal

This Journal was created under the direction of Wally Hansen – a dedicated Grower, Aficionado and Passionate Lover of Northwest Native Plants.

This Journal is not 'commercial.' Our goals are:

- A** — To generate interest, even passion, concerning the magnificent Native Plants of the Pacific Northwest.
- B** — To help you create your own Native Plant Gardens, large or small, for home or work.
- C** — To help you propagate and “grow on” those species that interest you the most.
- D** — To inform both Home Gardeners and interested Professionals of many disciplines concerning trends and news items from my little corner of the world.
- E** — To help the reader enjoy native plants more by understanding the historical and cultural role of native plants (i.e.—use by Native Americans, pioneers, early botanists, etc.).



Woodland fragrant garden with Fringecup (*Tellima grandiflora*) and Wild Ginger (*Asarum caudatum*)





## On the Cover:

# Oceanspray (*Holodiscus discolor*)

In early summer the Oceanspray bushes commence their display. The rocky slopes and forest edges in this area are host to these attractive shrubs. In flower it is easy to understand how they came upon their common name – the masses of tiny flowers are reminiscent of the mist from crashing waves.

Oceanspray is the romance shrub of the Pacific Northwest – the sweet perfumed flowers as fragile as summer love, mellowing with age but lingering through the seasons.

Imagine the wedding veil of a young maiden, forced to leave her true love and marry another. She flees her intended bridegroom and the wedding ceremony. As she scurries into the forest, she shreds her bridal veil and drapes it across the branches of shrubs so her true love can follow her path. Alas, he does not come for her but her veil clings to the bushes through the seasons as a lament to lost love.

Photo credit: Walter Siegmund





# August in the native garden

## Chores that must not be put off until tomorrow

Ideas for beating the heat in the good old summertime.

--Warm weather can be a very expensive time of year if we depend on air conditioning and fans to keep us cool. Why not allow nature to help? Large shrubs or trees planted to the west or south of your home will shade and cool your house and yard. A group of birches can fit in a small space. If you have enough room, few trees are as good for shade as a northwest native maple.

--Work with the weather instead of fighting it. Open up the house in the evening and early morning, then close it up tight, curtains included, during the hot part of the day. Not only will the internal temperature be 20-30 degrees cooler, your furniture and carpets will not suffer sun damage.

In busy times, the garden gets the least attention. Here are a few tips to get the most out of those spare moments we have to devote to our gardens. (Note: these tips are for established plants. See new plant care below.)

### **Late Summer Gardening—The Bare Necessities (For Last Year's Plantings)**

1. Deep water once a week. Arrange the sprinkler so it covers only the area that needs the water. Cement does just fine without it. Put an empty tuna can in the watering area to measure how much is landing on the plants. Turn on the water early in the morning and let it run until there is 1" of water in the tuna can. Then put away the hose and forget it until next week.
2. Pull up weeds on the evening of watering day. They'll be easier to pull when the ground is damp from the morning's watering. This also removes slug safety zones—they really like snoozing under a dandelion.
3. Pick any remaining huckleberries before the birds eat them all. Easy freeze by spreading on a clean cookie sheet, then scoop into containers. Do not wash before freezing!

The other gardening chores can wait until you have time for them.



# August in the native garden, continued

## Late Summer Gardening—The Bare Necessities (For First Year;s Plantings)



### Seed alert!

**Keep a watchful eye on seed pods such as these on the Larkspur (*Delphinium menziesii*). In your garden, harvest as many as you want. In the wild, harvest sparingly. Allow to dry before use.**

1. Deep water every other day if mother nature doesn't do it for you. The first year you plant a tree, shrub or perennial requires more water to grow a good root system that will sustain it in coming summers.
2. If the plants are very young, provide light shade. Late summer sun can be brutal on young plants. This is temporary and really only needs to be done on extremely hot days. An easy way to protect an area: sink tall stakes at corners and tie a sheet or large lightweight scarf to them.
3. Mulch the root area if you haven't done so already to keep moisture around a little longer. Even a makeshift mulch of newspapers weighted down by rocks will do. summers.
2. If the plants are very young, provide light shade. Late summer sun can be brutal on young plants. This is temporary and really only needs to be done on extremely hot days. An easy way to protect an area: sink tall stakes at corners and tie a sheet or large lightweight scarf to them.
3. Mulch the root area if you haven't done so already to keep moisture around a little longer. Even a makeshift mulch of newspapers weighted down by rocks will do.

### For All Gardens

Give yourself a few minutes every day to enjoy your garden. Slow down, smell the flowers, breathe in some summer air, have a glass of lemonade. It's the pause that refreshes.

### Going Camping? Before you go.....

Give the garden a good watering. We may have rain but we may also have some hot, dry days. A little care now will be most appreciated by your landscape. Be especially generous with the water for those container gardens. They can dry out remarkably fast if given half a chance.





# Mystery plant puzzle



P.S. Do you have a plant you'd like to identify?  
Email it to us and we'll show it here on our  
Mystery Plant Puzzle page.

Our mystery plant this time is from Cindy, who says:

"It grows as an understory plant on a hillside in Clark County, Washington. Could it be a Wild Ginger (Asarum) on steroids? This plant is 58" tall with a 40" leaf span."

Can you help put a name to this plant? Send me an email ([star@chillirose.com](mailto:star@chillirose.com)) with your answers-- botanical names, please.

**Correct answers will get your name added to the Official Plant Detectives.**

**Good luck!**

## Official Plant Detectives

Jerry Murray  
Sabrina Kis  
Carol Hiler  
Mike Burns  
Nancy Whitehead  
Pat Opdyke  
Luke Kishpaugh  
Dave Whitehead  
Elaine Sawyer



# Wildlife Corner

## Wanted: Birds and squirrels

We've seen not one single bird or squirrel visiting here for weeks. Even the not-so-loved jays have 'flown the coop.'

There is seed in the platform feeder and the two suet cages have over half of the last cake in them.

I've stuck some plants in the bird bath on the upper deck--nobody paid it any attention anyhow.

The large birdbath gets fresh water daily.

The little pond is full but several of the fish are missing. I found one the other morning that was pretty well beaten up. I suspect it was the nasty old orange cat who did him in. I caught him peering into the pond one evening and he looked like he had nasty business on his mind. He properly vanished when Maggie and I told him off.

As it turns out, the small rhodie in the middle of the faerie garden did not survive so that will be the huckleberry patch.

Of all the plants in the landscape, an appalling discovery was found at the very back of the faerie garden. There are low growing ferns at the front gradually taller toward the back and very tall ones at the rear and it was amid these 5 footers I found a Butterfly Bush (*Buddleia davidii*). Horrors! It is a spindly thing but still managed to put forth a couple of blossom clusters. Its destruction is the first thing on our handyman's todo list for tomorrow.

We have one little spot that gets full sun where a Snowberry might do well. More on that later.

Surely do hope the birds come back. The table is set. Do you think they'll come?



Black Cap *Rubus leucodermis*



Thimbleberry (*Rubus parviflorus*)



Salmonberry (*Rubus spectabilis*)





# The Fragrant Native Garden

## Northwest native plants with extraordinary aromas

To make a truly memorable garden, one should not overlook the sense of smell. Fortunately, a great many native plants come with wonderful fragrances. Some are delicately scented with light, airy aromas. Others, such as Mock Orange (*Philadelphus lewisii*), are so heavily perfumed they are sort of like someone who's dumped a whole bottle of cologne on themselves--you can smell them long before they come into sight.

Don't get me wrong, Mock Orange is the sweetest little tree with lovely creamy white blossoms but care must be taken to plant it in the right place. A spot where visitors will pass by is good. Beneath one's bedroom window that is opened a lot is not so good.

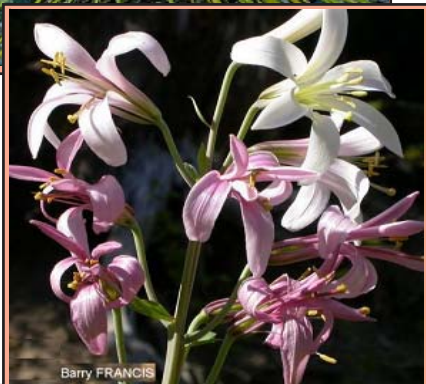
### Perennials



**Alum Root (*Heuchera*)** There are about 50 species of this hardy perennial that are native to the Pacific Coastal regions. This one is *Heuchera rubescens* var. *rydbergiana*.

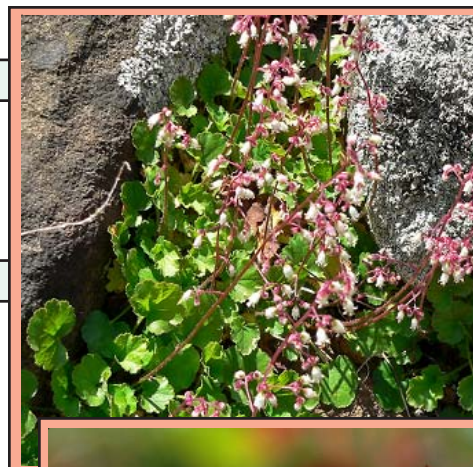
Photo credit: StanShebs

**Bear Grass (*Xerophyllum tenax*)** An unusual lily type flower comes up through a dramatic bed of grassy foliage. Elegant aroma. Strong strappy leaves are fine for baskets and other crafts.



**Butterfly Mint (*Monardella*)** Many species of *Monarda* offer one for every gardener. Excellent wildlife habitat member, grows best in full sun, but tolerates light shade and will thrive in any moist, but well-drained soil. This one is *Monarda didyma*/Scarlet Beebalm. Photo credit: Joe Schneid

**Cascade Lily (*Lilium washingtonianum*)** Gorgeous native lily has delightful scent and extravagant flowers. Photo credit: Barry Francis



➡ More ➡

# The Fragrant Native Garden, continued



## Coastal Sagewort (*Artemisia pycnocephala*)

A sagebrush that grows on rocky or sandy soils, coastal regions. The dense foliage ranges in color from light green to nearly white

## Cow Parsnip (*Heracleum lanatum*)

Tall perennial goes well at the back of the border. Large clusters of white flowers have a scent similar to vanilla. Seed heads add an architectural element to dried arrangements and crafts



## Douglas Iris (*Iris douglasiana*)

Evergreen grassy leaves frame lovely pale lavender to white flowers. Easy to grow, extremely long-lived (clumps have been found in the wild that are over 100 years old).

## False Solomon's Seal (*Maianthemum racemosum*)

A showy perennial, quick to establish colonies. Fine white flowers have pleasant perfume. Very hardy in shady, moist spaces.



## Fringecup (*Tellima grandiflora*)

One of my favorites, tidy rosettes of leaves sprout graceful wands with bell shaped flowers. The fringy edge of the bloom curves back and turns pink. Lovely.

## Hooker's Evening Primrose (*Oenothera elata* ssp. *hirsutissima*)

An evening bloom with sweet perfume, yellow flowers bring light to the garden. Plant this one beside the deck for night time scent.



[⇒ More ⇒](#)



# The Fragrant Native Garden, continued



**Hummingbird Sage** (*Salvia spathacea*) Fruity fragrance and dark rose-lilac flowers are to be expected from this plant that likes to grow in open or shady slopes or coastal regions. **Photo credit: Anlandrus**

**Lemon Lily** (*Lilium parryi*) Yellow trumpet flowers on tall stems--up to 6 feet! Loves moist rich soil, part sun.



**Oregon Geranium** (*Geranium oreganum*) Commonly called Cranesbill, this native herb wants some shade and absolutely requires moisture at all times. No drought tolerance here!



**Oregon Iris** (*Iris tenax*) This grass iris is best in sunny locations, meadows but is often found in dry areas. I know of a patch about 1/4 mile long that grows beside a rural highway.



**Purdy's Iris** (*Iris purdyi*) Rather limited in its range, this iris is recommended for rock gardens or warm sunny spots. It must have good drainage. **Photo credit: Tom Hilton**



**Twinflower** (*Linnaea borealis* var. *longiflora*) An unusual flowering vine that places its leaves close to the ground. The pink bells emit a fragrance something like almonds. Delicious!



[⇒ More ⇒](#)

# The Fragrant Native Garden, continued



**Vanilla Leaf (*Achlys triphylla*)** Tiny white flowers, large leaves when dried, smell heavenly, like vanilla, are said to repel insects. They remain on the plant as "skeletons" throughout winter as delicate as fairy wings. **Photo credit: Walter Siegmund**

**Western Iris (*Iris missouriensis*)** Beautiful blue iris found only in the Islands of Puget Sound but can be grown far beyond its native habitat as it is hardy between USDA zones 5-10. Regular watering. **Photo credit: Jim Peaco**



**Wild Flag (*Iris setosa*)** Likes wet areas, does very well in a moist garden. Will spread considerably and benefits greatly from dividing every few years. Good to share.

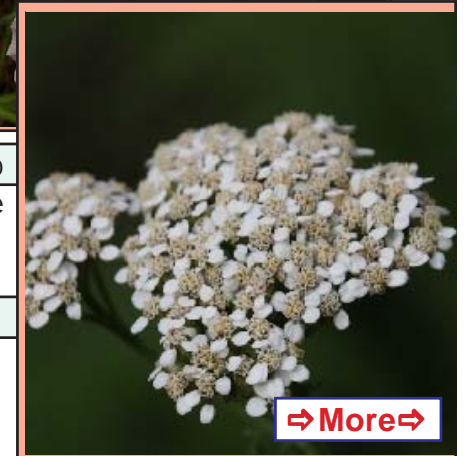
**Wild Ginger (*Asarum caudatum*)** Heart-shaped, fragrant, evergreen leaves are small, brownish purple flowers like tiny bells. Develops colonies by spreading rhizomes.



**Yarrow (*Achillea millefolium*)** Aromatic perennial herb known to most of us for its medicinal qualities. Good choice for reducing soil erosion on slopes and hillsides.



**Yellow-Leaf Iris (*Iris chrysophylla*)** Grow them in an open area receiving moderate water and sunshine. These flowers are especially appropriate for the grassy meadow and open woodland.



[⇒ More ⇒](#)



# The Fragrant Native Garden, continued

## Shrubs



**Buckbrush, Wild Lilac (*Ceanothus cuneatus* var. *cuneatus*)** Full sun, dry soil with perfect drainage, and no additional water once established. Covered in white fragrant flower clusters in early spring followed by horned fruits.

**Cascade Oregon Grape (*Mahonia nervosa*)** The flowers are highly aromatic and, like all Mahonias, the autumn display is spectacular, with burgundy, red, gold and bronze.



**Creeping Oregon Grape (*Mahonia repens*)** Dull green holly-like leaves, fragrant yellow flowers and blue-purple edible fruits. Excellent groundcover.

### **Hairy Manzanita (*Arctostaphylos columbiana*)**

Hairy green leaves form at the end of the twigs, followed by delightful clusters of fragrant, white to light pink flowers. Later in the year dark, rust-colored, edible fruits form. The reddish brown bark peels and is smooth and lustrous underneath.



**Kinnikinnick, Bearberry (*Arctostaphylos uva-ursi*)** Fine ever-green ground cover, long, trailing branches with dark green, leathery leaves. In winter the leaves often become a regal burgundy. Urn-shaped flowers followed by vibrant red berries.

**Labrador Tea (*Ledum glandulosum*)** A delightful ever-green shrub, emits a lovely, spicy odor and rewards its keepers with clusters of decorative, white flowers in late summer.



[⇒ More ⇒](#)

# The Fragrant Native Garden, continued



**Mock Orange (*Philadelphus lewisii*)** Adaptable to soil and light conditions, drought tolerant, needs minimal attention once established. In late June, clusters of large, snow-white flowers whose scent is positively intoxicating.

**Nootka Rose (*Rosa nutkana*)** Delightful native rose has large, bright, orange hips and clusters of one to three 2" pink flowers with a sweet, almost cinnamon scent.



**Oceanspray (*Holodiscus discolor*)** Beautiful deciduous shrub. Pendants of creamy white flowers, whose fragrance improves with age, form in early summer and persist through fall and winter.

**Pacific Wax Myrtle (*Myrica californica*)** Small flowers form before the leaves and are followed by purple nutlet fruits that are attractive to birds and from which you can render wax.

Photo credit: Keir Morse



**Red Stem Ceanothus (*Ceanothus sanguineus*)** In spring, small, white flowers in dense 4" clusters erupt in glorious scent at the ends of the branches. Highly adaptable, tolerates sun or shade, dry or moist sites, as long as drainage is good.



**Red-Flowering Currant (*Ribes sanguineum*)** Gorgeous red/pink flowers in spring before the leaves unfurl. Hummingbirds flock to the flowers. Black, glaucous fruits are edible but not tasty.



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# The Fragrant Native Garden, continued



**Snowbrush (*Ceanothus velutinus*)** Evergreen shrub will greet you with an intoxicating, spicy fragrance when you brush against it or on hot summer days. Reaches 2-8,' with dark green, sticky leaves and small white flowers in tidy 5" 'pom poms.'

**Tall Oregon Grape (*Mahonia aquifolium*)** Large clusters of small golden flowers unfurl from shiny green, holly-like foliage. New growth is copper color in the spring. The blue fruits are tart and improve after frost



**Western Azalea (*Rhododendron occidentale*)** Showy, fragrant white to pink flowers open June - July and emit a wonderful fragrance that travels for a considerable distance. **Photo credit: Wilbur Bluhm**

**White Sage (*Salvia apiana*)** Whitish evergreen leaves have oils and resins that release a strong aroma when rubbed. The flowers are very attractive to bees. **Photo credit: Stan Shebs**



**Woolly Blue Curls (*Trichostema lanatum*)** Attracts hummingbirds, bumblebees. Aromatic. Pointed green leaves, blue flowers in dense clusters, with stem and calyces covered in woolly hairs of blue, pink, or white. **Photo credit: Stan Shebs**

The fragrant native garden can be a flower border of perennials forming a solid swathe of perfumes. It can be a knot garden where the design places aromatic shrubs in intricate patterns. It can be a living fence of tall floral shrubs. Or it can be trees that send their scents far and wide throughout the landscape.

[⇒ More ⇒](#)

# The Fragrant Native Garden, continued

## Trees



**Common Juniper (*Juniperus communis*)** Junipers are mostly considered coniferous shrubs, this one reaches 6-20' and can be as wide, upright habit. Sun and good drainage, drought tolerant when established. Berries appear at about 3 years of age and are used to flavor gin.

### **Douglas Fir (*Pseudotsuga menziesii* var. *menziesii*)**

Magnificent, hardy, fast-growing, common in the Pacific northwest. Sweet smell.



### **Grand Fir (*Abies grandis*)**

Fastest growing of all firs, can grow a3' in one year. At maturity, may reach 200.' The branches are low, abundant, dark green to bright green, glossy needles. New growth is lighter green. Has a slight citrus scent.



### **Incense Cedar (*Calocedrus decurrens*)**

A handsome evergreen, with a distinctive columnar form to heights of 90.' Prefers drier, even drought prone areas. Lush foliage has a pungent, spicy odor when crushed.



**Oregon Myrtle (*Umbellularia californica*)** Outstanding broad-leaved evergreen, a treasure in the landscape, with glossy green leaves, dark berries and aromatic foliage.



**Ponderosa Pine (*Pinus ponderosa*)** Likes plenty of room and deep, light, porous soil as it develops a long taproot. Highly drought-resistant and can grow in full sun, where they exude a glorious vanilla scent!



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# The Fragrant Native Garden, continued



**Rocky Mountain Juniper**  
(*Juniperus scopulorum*)

Reddish brown shredding bark, scale-like needles are gray green and fragrant, berries are a bluish color. Plant in an open, sunny, well-drained site.



**Western Crabapple**  
(*Malus fusca*)

White, clustered flowers are smaller than those of cultivated apples but equally fragrant. Aromatic fruits are but 1/2" and hang in clusters on long stems.



**White Fir (Abies concolor)**

Sweet-smelling coniferous tree can tolerate shade, but far prefers full sun. Very hardy and can tolerate heat and drought.

Your native fragrance garden can have a wealth of benefits to you and your neighborhood.

- " Most obvious, of course, is the aroma that makes your corner of the world sweeter--no spritzing, mixing or preparation required.
- " Cuttings in a vase brings that delicious scent indoors along with the beauty of the foliage, flowers and/or fruit. A healthy and innovative solution for freshening the indoor air. Place a bouquet in every room: living, bed, bath, and dining room.
- " Harvesting the fragrant parts of each plant to use in your own potpourri, linen or room spray, cleaning solutions, perfume, talc, shampoo, lotions, soap--the list has no end.
- " On the following pages are recipes for preserving the materials and for using them to create your personal products.

See our NW Native Plant Journal for August 2008 for more recipes.



# Homemade useful stuff

## Make-it-yourself cleaning solutions, perfumes and more

### For Cleaning

**Sandra Bullock's** recipe for streak-free windows without using chemicals in your home with this natural cleaning solution. The ingredients are already in your kitchen cabinets!

- 3 Tbsp. vinegar
- 1/3 tsp. pure liquid vegetable soap (like castile soap)
- 2 cups water

Pour each ingredient into a recycled spray bottle, and you'll be cleaning green in no time!

**Sophie Uliano**, author of *Gorgeously Green: 8 Simple Steps to an Earth-Friendly Life*, makes her own cleaner with nontoxic ingredients. It cuts grease, germs and grime and saves money too! Sophie says you can use this spray on just about everything, including refrigerators, countertops, walls, doorknobs, toilet seats and sinks. Suitable for acrylic, ceramic tile, wood, marble and granite.

- 32-ounce plastic spray bottle
- 2 cups water
- 1/2 cup distilled white vinegar
- 1 teaspoon pure castile soap (peppermint is a favorite)
- 3/4 cup hydrogen peroxide
- 20 drops tea tree oil
- 20 drops of lavender or lemongrass essential oil or sprigs of Incense Cedar, a piece of Myrtle wood, or Nootka Rose

Pour the water into the spray bottle. Add the vinegar, castile soap, hydrogen peroxide, tea tree oil and lavender or lemongrass essential oil. Lavender is lovely for the bathroom spray and lemongrass for the kitchen, so make two separate bottles at the same time. In the hot summer months, add about 10 drops of citronella essential oil to the spray, as it is an excellent insect repellent.



Common Yarrow (*Achillea millefolium*)

[⇒ More ⇒](#)



# Homemade useful stuff, continued

## For Perfume

Making your own perfume is an old art, documented in ancient Egypt and other countries and civilizations. When you take on the highly personal job of perfecting scents of your own, you are following in the footsteps of people we read about--pioneers and settlers and the venerable ones who came long before them.

There are several ways to make perfume, all begin with natural flowers, leaves, bark, wood, roots or seeds of plants. First we'll look at the methods.

**Two step process** from Joanne Mendes, eHow Contributor

1. Create an essential oil.
2. Transform the oil into perfume.

Once the perfume is finished, it is ready to use and, if properly stored, can last for months.

### Supplies

- 4 cups of flower petals
- 1 cup almond oil
- 1 cup distilled water

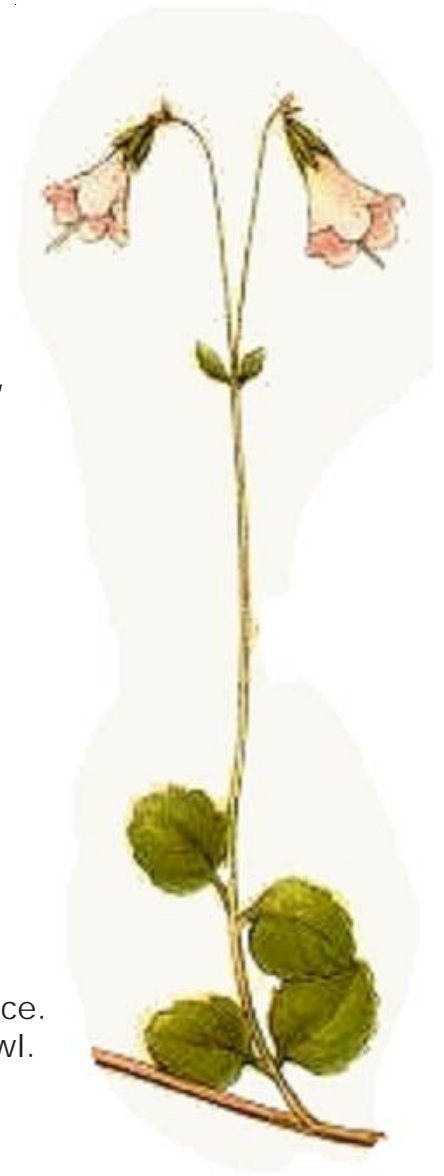
### First make natural essential oil

1. Pack 1 cup of the flower petals into the measuring cup.
2. Bruise the petals by mashing them.
3. Pour the petals in the bowl and add the almond oil.
4. Mix thoroughly, cover bowl with plastic wrap, let stand overnight in a cool, dark place.
5. Strain mixture using the cheesecloth or a filter, discard petals and return oil to bowl.
6. Repeat steps above 3 times using the same oil; the entire process should take 4 days.

This oil can be used to flavor up the cleaning solution on the previous page as well as lots of other applications. Read on for more.

[Twinflower \(\*Linnaea borealis\*\)](#)

[⇒ More ⇒](#)



# Homemade useful stuff, continued

## Second, make perfume from essential oil

7. Measure 5 tsp. of vodka into a small bowl.
8. Drop 1 drop of the essential oil into the vodka, mix thoroughly and repeat, using not more than 5 to 10 drops of essential oil total.
9. Cover the bowl with plastic wrap and let stand in a cool, dark place for 48 hours.
10. Mix 1 cup of distilled water into the oil blend.
11. Strain perfume using cheesecloth or a coffee filter to remove any sediment.
12. Pour the perfume (using a funnel) into a dark brown bottle, vial or atomizing spray bottle.

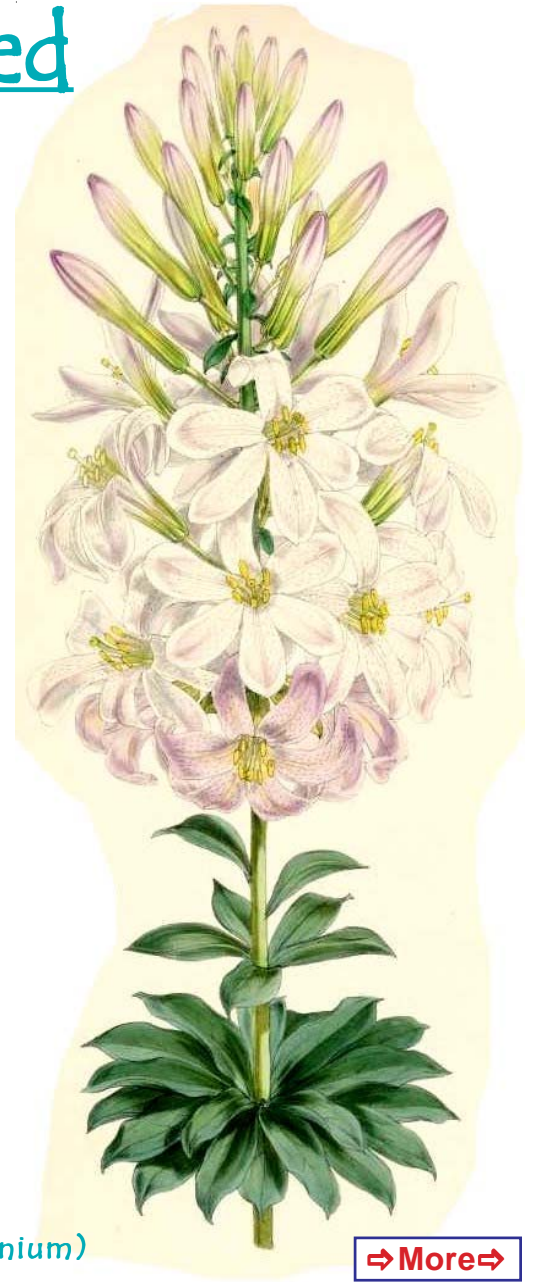
## Tips & Warnings

You can use a variety of different flowers or herbs to create essential oil. Try rose, lavender, cinnamon, lemon balm or mint.

Homemade perfume shouldn't be limited to flowers. Try using other plants or natural items such as tree bark, roots, bulbs, fruits, fragrant grasses, spices or even honeycombs.

Sterilize all your equipment and storage bottles before making perfume; this will help keep your natural homemade perfume fresh longer.

Don't use kitchen utensils when creating essential oils or perfumes. Oils from food can contaminate your essential oils and ruin their scent.



Washington Lily (*Lilium washingtonianum*)

[⇒ More ⇒](#)



# Homemade useful stuff, continued

## Another two step process

By Chelsi Woolz

### The basic oil

1. Begin with a ratio of 2:1 grape seed or high quality olive oil to flowers.
2. Gently bruise the flowers you have chosen and place them at the bottom of a medium sized glass bowl.
3. Pour the oil over the top of the flowers
4. Allow the mixture to sit covered loosely with cheese cloth for at least twenty-four hours.
5. Strain the mixture through the cheesecloth and repeat the whole process again.

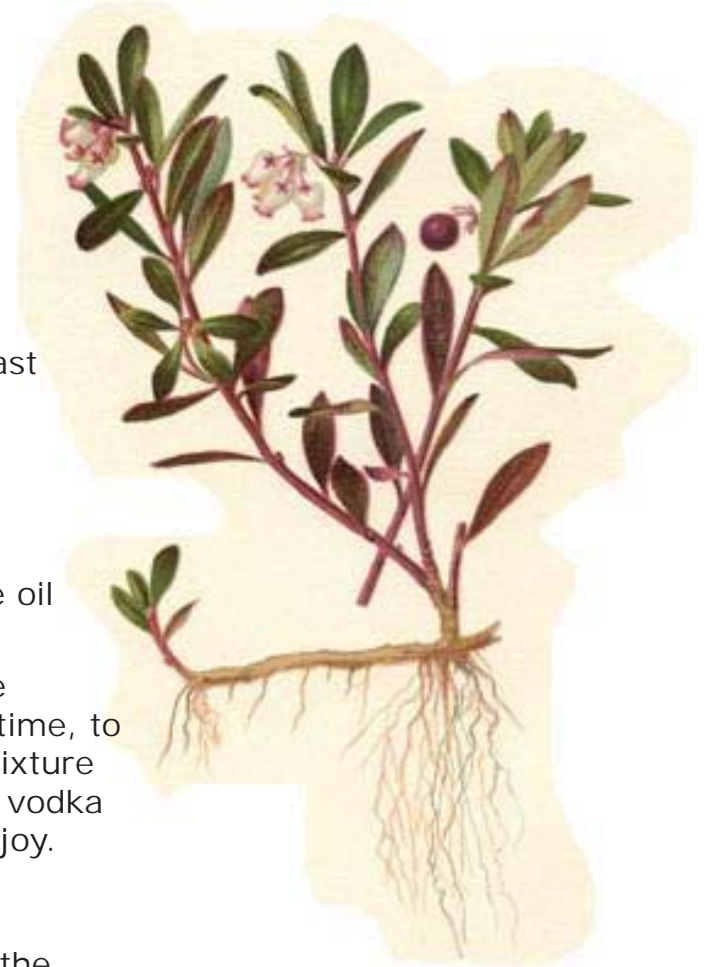
### Mixing for different applications

**Perfume:** Mix 3:1 oil to vodka to help thin the oil out to make applying the oil to the skin a bit easier.

**Spray for scent or clothing:** Measure one third of a pint of vodka into the bottom of a small bowl and add drops of the essential oil mixture, one at a time, to the vodka, mixing thoroughly, until about eight drops are added. Let this mixture stand covered for about two days and then add one cup spring water to the vodka and oil mixture. Pour this mixture directly into your tube or sprayer and enjoy.

### Tips

All containers that hold either left over essential oils that were not used in the natural fragrances making process or the resulting perfumes should be dark in colour to deter light. Storage in a cool, dark place is also recommended to keep your fragrance quality from degrading due to direct sunlight exposure.



Kinnikinnick  
(*Arctostaphylos uva-ursi*)

[⇒ More ⇒](#)

# Homemade useful stuff, continued

An activity for children grades 1 through 6

A simple perfume recipe from the Federal Plants Database,

1. Choose your favorite fragrant plant and make perfume the way cosmetic companies do it.
2. Chop plant parts into small pieces.
3. Place in jar.
4. Fill jar with alcohol
5. Put lid on.
6. Wait for 2 weeks while the alcohol dissolves aromatic oils in the plant parts.
7. Strain.
8. If fragrance is strong enough, close and age for another week. If not, add more chopped plants and repeat.
9. Try several fragrant plants. Make up recipes for your personal perfume.

**This could be a fun family project or maybe a special adventure with grandma or grandpa. Take it a step farther and turn a thrift store container into a fitting container for each person's individual scent by painting the inside of clear glass or decoupage the outside. A small vase could be fitted with a decorative cork. Fancy labels could be the final touch. Imagination is the only limit!**



Lemon Lily  
(*Lilium parryi*)

⇒ More ⇒



# Homemade useful stuff, continued

## Dried Herbs, Infusions & Essential Oils

By Judith K. Mehl

Drying herbs and seeds to save for use during cold weather is a great way to enjoy the fresh aromas and flavorful tastes from your garden year-round. Don't let the fancy terms scare you. Anyone can make an infusion or essential oil. And drying herbs is easiest of all. Either way, it's worth a little extra effort to have your herbs available year-round.

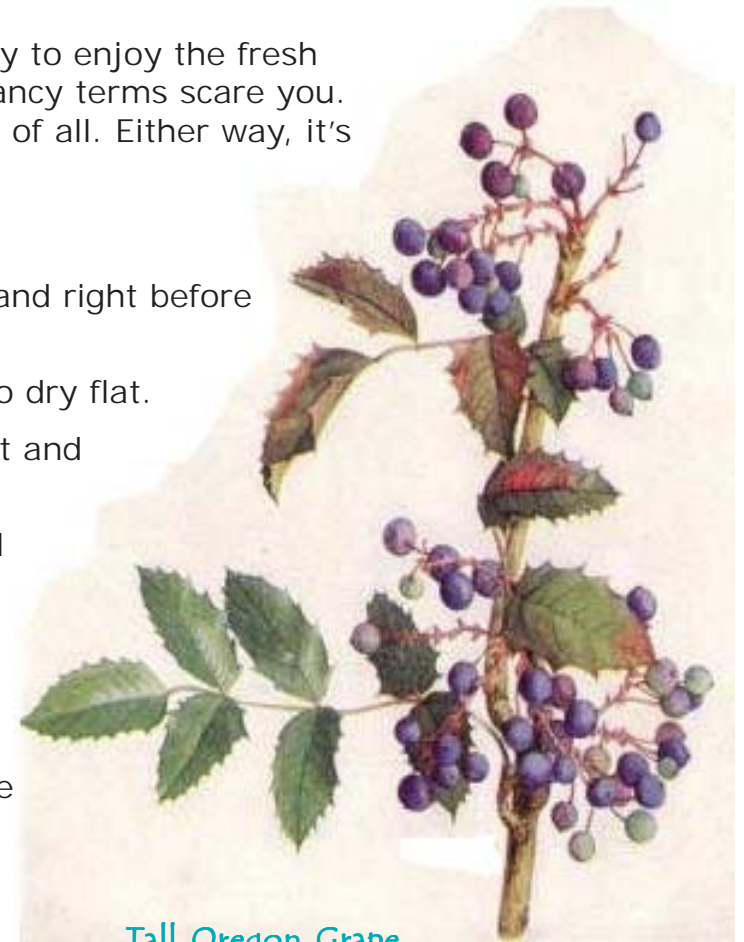
### Drying

1. Pick leaves and flowers early in the day after the dew burns off and right before flowers open when they hold the most volatile oil.
2. Take 6-inch cuttings and strip off the flowers just as they open to dry flat.
3. Dry the leaves on the stem in a warm, airy place away from light and humidity.
4. Make individual bouquets of the cuttings from each herb, tie and hang upside down to dry.

### Tips

Flowers and leaves can also be dried on screens. Herbs may be oven-dried if the temperature can be set under 100 degrees. Even then you can leave the door open, since too much heat destroys the oils (which are what provide the flavor and aroma). Just place the leaves in a single layer on a large baking sheet and put in the oven. Stir and check often.

When the leaves break, the herbs are dry. If they powder, however, they've been left in too long.



Tall Oregon Grape  
(*Mahonia aquifolium*)

[⇒ More ⇒](#)

# Homemade useful stuff, continued

## Using the dried herbs

Once dried, the leaves can be removed and crumbled for culinary use in the same mouth-watering dishes as fresh herbs – from meat dishes and soups to herb butters and oils. The flowers are most often used for teas, bath soaks, creams and potpourri. You can use both for making body oils and lotions or just store them in a tight jar away from heat and light. The herbs retain their flavor and aroma for six months to a year.

Or try making an infusion with water. Basically you're making a tea of sorts – and you can use this for bath soaks and such. Just pour  $\frac{1}{4}$  cup to a quart of boiling water over the leaves and flowers. Cover and steep for 15-20 minutes.

An infused oil is only slightly different, with the benefit of longevity. Make it when it's convenient and use later. Start with a completely dry glass container (moisture can spoil the oil). Place a  $\frac{1}{2}$  cup of herbs in a pint of oil. Cover with a cloth and let it sit in the sun for 10 days. If you store the oil at room temperature, it should be good for up to a year. (But my guess is your herbed oil will be so popular, it won't last that long!) Use favorite herbs and oils for salad dressings or bread dips. You can also make a tarragon oil to baste fish – just combine 6 tablespoons fresh or 3 tablespoons dry tarragon with 2  $\frac{1}{2}$  cups of sesame seed or light oil. It's delicious!

An essential oil takes you farther down the infusion path, and it takes a bit more work. A truly pure essential oil is only accomplished through steam distillation, and that's best left to commercial companies. But if you want to try your hand at an easier version, just place your herb of choice in a nonmetal container, cover with an olive or safflower oil, and let it rest for 24 hours. Strain the mixture through cheesecloth and squeeze to release the fragrant components. Add more flowers or leaves and repeat the process six more times. Store the oil in tightly sealed bottles. A few drops can be added to baths, lotions or soaps.

Treating yourself (or others) to a luxurious herbal potpourri, infusion or oil isn't hard to do – so while you're picking your herbs for their many culinary uses during the growing season, start planning how you'd like to preserve their flavor and aroma for months afterward. It's a whole new decadent way to enjoy your garden's harvest year-round!



Red Stem  
Ceanothus  
(Ceanothus  
sanguineus)

[⇒ More ⇒](#)



# Homemade useful stuff, continued

## Make Perfume Without Vodka and Oil

As aromatherapy becomes more and more popular, people are taking to the practice in their own homes, by creating their own massage oils, 'therapeutic herb bags', and of course, perfumes. Making long lasting perfumes take a lot of time, money, and effort though. Here's how to make a simple perfume using ingredients commonly found in your home and garden!

1. Find a place where a selection of plants are growing. Find a place where a selection of plants are growing. It doesn't have to be flowers, anything will do, just as long as there is a nice selection.
2. Use your nose! Smell any plants you find, even if they're not flowers, as even leaves can be scented. Use your nose! Smell any plants you find, even if they're not flowers, as even leaves can be scented.
3. Once you've found some plants that you like the smell of, pick them. Once you've found some plants that you like the smell of, pick them. Because you only need the scent, it doesn't matter what they look like. Choose about three plants that you like, and hold them all up to your nose to see if they smell nice together. If they don't then find some different plants and try those.
4. Take your selected plants into the kitchen, and chop off the bits you want. Take your selected plants into the kitchen, and chop off the bits you want. If your plant is a flower, then cut off its head, or just pick off its petals, or if it's just a normal plant then pick off its leaves.
5. Place half of the bits that you cut off your plant(s) and place them in a bowl. Place half of the bits that you cut off your plant(s) and place them in a bowl. Any bowl will do, as long as it's big enough to hold the pieces of your plants.



Labrador Tea (*Ledum glandulosum*)

[⇒ More ⇒](#)

# Homemade useful stuff, continued

6. Pour water over the plants in the bowl until there is enough water to just cover the plants. Pour water over the plants in the bowl until there is enough water to just cover the plants.
7. Place the other half of the plants the you chopped up in a container and place them in a warm dry place. Place the other half of the plants the you chopped up in a container and place them in a warm dry place. An airing cupboard is ideal.
8. Leave both of the bowls of plants to rest over night. Leave both of the bowls of plants to rest over night.
9. The next day put a clean tea towel over a large jug, and first pour in the plants that you left in a warm dry place, and then pour in the plants that you left in the water, along with the water. The next day put a clean tea towel over a large jug, and first pour in the plants that you left in a warm dry place, and then pour in the plants that you left in the water, along with the water. Pour them into the tea towel over the jug.
10. Leave the water to drain through the tea towel into the jug. Leave the water to drain through the tea towel into the jug.
11. Once the water has drained through you can change it's name, it is now called 'perfume'!. Once the water has drained through you can change it's name, it is now called 'perfume'!
12. Pour your new perfume into an appropriate bottle or container. Pour your new perfume into an appropriate bottle or container. This perfume lasts about a month, so use it quickly!

**Tips:** This perfume has a shelf life of about a month, starts to lose it's scent about a week after opening. If you have the resources (and the money!) you can drain your perfume with unscented pure vodka instead of water, to make your perfume last much longer.

You don't have to split your plants/flowers into two piles and leave them overnight if this takes too much time. If you want a quick perfume (at the risk of weakened scent) then just put 1/2 cup of your plants straight onto the tea towel and pour roughly a cup of water over them.



Common Juniper (*Juniperus communis*)

[⇒ More ⇒](#)



# Homemade useful stuff, continued

## Soap, Lotion and More

By Aubrey Vaughn

You can easily make safe, effective toiletries — including lotion and deodorant — at home, using simple, healthy ingredients. Try your hand at one or all of these basic recipes and rest assured that your body is getting the best care you can give it. You should be able to find the basic ingredients listed below at your local pharmacy or health food store.

### **Shea Butter Soap** (from Soothing Soaps by Sandy Maine)

2 cups glycerin soap base, melted in a double boiler

2 tbsp shea butter, melted separately

Several drops of your favorite essential oil (optional)

Mix well, pour into molds (you can use regular food storage containers), and cool.

### **Whitening Sage Tooth Powder** (from Natural Beauty at Home by Janice Cox)

Mix together 1 tsp each of baking soda, table salt, and dried sage.

Scoop onto a dampened toothbrush and brush as usual.

**These concoctions might be a hostess gift or a take-away from a get-together with friends. Include the recipes for an extra touch.**



Oregon Iris (*Iris tenax*)

[⇒ More ⇒](#)

# Homemade useful stuff, continued

## **Body Butter** (from Natural Beauty at Home)

- 1/4 cup grated cocoa butter
- 1 tbsp coconut oil
- 2 tbsp sesame oil
- 1 tbsp avocado oil
- 1 tbsp grated beeswax

Combine all the ingredients in an ovenproof glass container. Place the container with the mixture in a pan with a 1- to 2-inch water bath. Melt the oils and wax gently.

Pour the melted mixture into a clean jar and allow to cool. Stir the cooled mixture.

Spread the butter on your body and massage into the skin. Yields 4 oz.

## **Basic Deodorant Powder Formula** (from Better Basics for the Home by Annie Berthold-Bond)

- 1/2 cup baking soda
- 1/2 cup cornstarch
- Antibacterial essential oils such as cinnamon, rose, birch or lavender, as preferred

Place the baking soda and cornstarch in a glass jar. Add the essential oils; stir and cover.

To use, dampen a powder puff, cotton ball or sea sponge and dab into the mixture (or sprinkle the mixture on the sponge); pat underarms. Makes 1 cup.

**Bear Grass (*Xerophyllum tenax*)**



[⇒ More ⇒](#)



# Homemade useful stuff, continued

## Feedback from Mother Earth readers

--I have been making soap for about 14 years now without expensive additives like cocoa butter, shea butter, sweet almond oil etc. Our soap is made of pure Olive Pomace Oil, sometimes with beeswax and always fragranced with pure essential oils. If you use beeswax, it speeds up tracing time quite a bit, but the temperatures have to be adjusted. Instead of working at 38 degrees C, the oil/beeswax mix must be 71 degrees C and the lye/water mix 66 degrees C. For 2800g of Olive Oil, I use 180g Beeswax and add about 160ml of essential oils at trace. I allow the block to cure for about a week or two before cutting into loaves and then bars. I then let them cure and dry so that they are about 2 months old when wrapping. Use a stick blender to bring the oils to trace. Otherwise you will stir till you are old and grey. Have a look at <http://www.harkervillemarket.co.za/sugarbush-hill.php>

--I learned to make soap about 10 years ago. My only caution for soap making is working with the lye. It burns the skin and isn't so pleasant in the nose if you stick your head over the pot of lye water. Word of advice... be patient. It can take a while to cure. If you use it too soon, it will still have too much water in it and won't last long. Good luck. And have fun.

--This is the recipe that I have used for shampoo for 2 years. I have not bought shampoo or conditioner in 2 years. I have several people that buy this bar from me.

3 lbs cold, distilled water  
500 grams sodium hydroxide  
2 lbs olive oil  
1 lb 8 oz castor oil  
8 oz sweet almond oil  
4 ounces jojoba oil  
4 oz kukui nut oil  
2 lbs coconut oil  
1 lb 8 oz palm oil  
45-50 grams pure essential oil (I use rosemary and peppermint)



Western Crabapple  
(*Malus fusca*)

⇒ More ⇒

# Homemade useful stuff, continued

## Homemade Shampoo

From Instructables

Ultimate guide to homemade shampoo! Ten easy recipes -- find the perfect formula for your hair. Benefits: use all natural ingredients, avoid all of the fillers and irritants commercial makers use, scent it any way you want, and customize it to suit your hair's needs.

**Basic recipe** for normal hair, or as a base to add your own scents

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - I use unscented, but you can choose your favorite
- 1/2 teaspoon jojoba, grapeseed, or other light vegetable oil

Mix together all the ingredients. Store in a bottle. Shake before use. This mixture isn't as thick as commercial shampoos - you'll need to just tilt the bottle over your head. I am really impressed with how much lather I get from it though!

**Stimulate** your hair

To wake up your scalp and your senses, try tea tree and peppermint oil! This one's my personal favorite, and the one I use daily. It's so refreshing!

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - I use unscented, but you can choose your favorite
- 2 tsp jojoba oil
- 1/8 tsp peppermint essential oil
- 1/8 tsp tea tree essential oil

Mix all ingredients, then add 1/4 cup distilled water. Store in a bottle. Use as you would any shampoo, rinse well.



Wild Ginger (*Asarum canadense*)

[⇒ More ⇒](#)



# Homemade useful stuff, continued

## Quench dry hair

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - your favorite scent
- 1/4 cup aloe vera gel
- 1 teaspoon glycerin
- 1/4 teaspoon avocado oil or jojoba oil

Mix together all the ingredients. Store in a bottle and always shake well before using. Apply to hair and allow to sit for a few minutes. Rinse well with cool water.

## Soothe

A calming treat. Chamomile also has natural lightening properties, so combine this with lemon juice if you want to lighten your hair!

- 1 cup distilled water
- 1 cup castille soap - try Lavender!
- 6 chamomile tea bags
- 1 1/2 tablespoons glycerin

Steep the teabags in 1 cup of boiled water for 20 minutes. Remove the tea bags and discard. Add castille soap to the tea. Stir in glycerin until well blended. Keep in a dark, cool place in a sealed bottle.

**Are you the new custom shampoo designer for friends and family? Finally, here is the perfect way to put that collection of fancy decanters or wine bottles to good use. Make a label and tie it to the top with a ribbon. Fancy that!**



Oceanspray  
(Holodiscus  
discolor)

[⇒ More ⇒](#)

# Homemade useful stuff, continued

## Deflake Dandruff

Dandruff can manifest as either very dry and flaky scalp or very oily scalp with flakes. Contrary to popular belief, dandruff is not caused by a dry scalp or from improper hair care. It can be caused by increased oil production, hormonal fluctuations, stress, and illness.

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap
- 1/2 teaspoon jojoba, grapeseed, or other light vegetable oil
- 1 tablespoon apple cider vinegar
- 3 tablespoons apple juice
- 6 finely ground cloves

In a small grinder or blender, mix all ingredients on low for 30 seconds. Cover and refrigerate leftovers. Discard after 3 days! To use, wet the hair with warm water and shampoo the mixture into the hair well. Rinse with warm water.

## Shine

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - try Lemon!
- 2 Tbsp dried rosemary
- 2 Tbsp sweet almond oil
- 1/4 t lemon essential oil or fragrance oil

Boil distilled water, add rosemary and steep until fragrant. Strain leaves and let cool. Mix all ingredients and add to water and stir well. Store in a bottle. Use as you would any shampoo, rinse well.



Mock Orange  
(*Philadelphus lewisii*)

[⇒ More ⇒](#)



# Homemade useful stuff, continued

## Rejuvenate any hair type

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - I use unscented, but you can choose your favorite
- 1/2 teaspoon jojoba, grapeseed, or other light vegetable oil
- 3 tbsp rosemary
- 1 tbsp lemongrass
- 2 tsp tea tree oil
- 1/2 tsp vanilla extract

Boil distilled water, add rosemary and and lemongrass (in tea strainer if you have it) and steep until fragrant (about 20-30 minutes). Strain leaves and let cool. Mix all ingredients and add to water and stir well. Mix the tea tree oil and vanilla into the water. Add soap. Store in a bottle. Let the shampoo cool, and then place the top on tightly. Use as you would any shampoo, rinse well.

## Yummy (author's description)

- 1/4 cup distilled water
- 1/4 cup liquid Castile Soap - I use unscented, but you can choose your favorite
- 2 tsp jojoba oil
- 10 drops vanilla fragrance oil
- 10 drops coconut fragrance oil

Mix together all the ingredients. Store in a bottle. Use as you would any shampoo, rinse well. Dry not to drink this one. It smells toooooo good.



Douglas Fir  
(*Pseudotsuga menziesii*  
var. *menziesii*)

[⇒ More ⇒](#)

# Homemade useful stuff, continued

## Dry shampoo

This is a great in-between treatment for hair, if you're helping someone who can't wash their hair on their own, or for removing dirt and oil from the hair when fresh water is unavailable.

- 1 /4 cup oatmeal
- 1 tsp crushed lavender or other fragrant herb
- 1 tsp baking soda

Grind these together with mortar and pestle, small grinder, or place in a baggie and crush with a rolling pin. This could be made in bulk and stored in a cool, dry environment. To use, sprinkle enough of the mixture to cover all hair, and massage for five minutes before it is brushed out.

## "No shampoo" hair treatment

Though there are already plenty of instructables that cover this topic, I thought my list wouldn't be complete without including the simplest way to get clean, healthy hair.

- 1 tsp Baking soda
- Apple cider vinegar
- 4 oz Water

Put 1 tsp baking soda in a cup or mug to take into the shower with you. In another cup, pour about 1 oz (~1/8 cup) apple cider vinegar. When you get into the shower, fill the baking soda cup with about 1/4 c water. Apply this to your roots only; work it in and let it sit for a minute. Then begin to gently scrub your scalp, stimulating blood flow and cleaning out your pores. This will actually stimulate hair growth. Lastly, scrub the back of your skull and your temples/sideburns. This will result in less grease and more growth. Rinse! Follow by adding about 1/4 c water to your vinegar cup. Pour the apple cider vinegar over the ends of your hair, let it sit for a minute and then rinse it out.



Oregon Myrtle (*Umbellularia californica*)

[⇒ More ⇒](#)



# Homemade useful stuff, continued

## "No Shampoo" Troubleshooting

There may be a transition period from two weeks to two months depending on the person. Here are a few tips:

--If your hair becomes frizzy, try using less baking soda or leaving it on for a shorter period of time. Adding honey may also help.

--If your hair becomes greasy, try using less apple cider vinegar, switching to lemon or lime juice, leaving out the honey, and/or using a comb instead of a brush. Also, make sure you're applying the apple cider vinegar just to the ends of your hair.

--If your scalp itches, try the following essential oils; tea tree, lavender, rosemary. If your hair becomes dry, try a tiny bit of oil (any oil, I use olive) smoothed on bottom of hair.

**Personally, I don't quite get the 'no shampoo' theory, but it was part of the Instructables article. If it intrigues you, give it a try.**

**Using the returns from your fragrant garden for some of these pure products can really put your individual stamp on your persona. You'll know you are living well and healthy.**



Red-Flowering Currant  
(*Ribes sanguineum*)

[⇒ More ⇒](#)

# Homemade useful stuff, continued

## Thanks to the following:

- How to Make a Perfume From a Plant by Joanne Mendes, eHow Contributor, [www.ehow.com/how\\_4448622\\_make-perfume-from-plant.html](http://www.ehow.com/how_4448622_make-perfume-from-plant.html)
- How to Make Your Own Perfumes and Fragrances by Chelsi Woolz, [www.EzineArticles.com/2931453](http://www.EzineArticles.com/2931453)
- Activity for teachers, [www.fs.fed.us/wildflowers/kids/activities/documents/perfume.pdf](http://www.fs.fed.us/wildflowers/kids/activities/documents/perfume.pdf)
- Make Your Own Dried Herbs, Infusions & Essential Oils by Judith K. Mehl, [www.learn2grow.com/projects/edibles/preservationstorage/MakeYourOwnDriedHerbs.aspx](http://www.learn2grow.com/projects/edibles/preservationstorage/MakeYourOwnDriedHerbs.aspx)
- How to Make Perfume Without Vodka and Oil, [www.wikihow.com/Make-Perfume-Without-Vodka-and-Oil](http://www.wikihow.com/Make-Perfume-Without-Vodka-and-Oil)
- Instructables--Share what you make, [www.instructables.com/](http://www.instructables.com/)
- Recipes to Make Your Own Soap, Lotion and More By Aubrey Vaughn, Mother Earth News, August/September 2007, [www.motherearthnews.com/Natural-Health/2007-08-01/Recipes-to-Make-Your-Own-Soap-Lotion-and-More.aspx#ixzz22PsoAHhK](http://www.motherearthnews.com/Natural-Health/2007-08-01/Recipes-to-Make-Your-Own-Soap-Lotion-and-More.aspx#ixzz22PsoAHhK)



**Real bonafide essential oils are shelf stable, very potent and are made using a still. If you want to go there, the following articles may be helpful.**

How to Make Essential Oils, [www.wikihow.com/Make-Essential-Oils](http://www.wikihow.com/Make-Essential-Oils)

How To Make Essential Oils At Home | Cheap and Interesting, by Flora on February 12, 2012, [www.howtomakeessentialoils.org/how-to-make-essential-oils-at-home/](http://www.howtomakeessentialoils.org/how-to-make-essential-oils-at-home/)

Tips for Making Your Own Essential Oils, [www.healthynewage.com/e1.html](http://www.healthynewage.com/e1.html)





# This & That

## Notes from Jennifer

Here we are in mid-summer and I must say, it has been one of the best summers of my life. I so treasure the days with my mother. We share thoughts and feelings, we enjoy the backyard wildlife (when they are here!). Just passing time with her is such a blessing. It feels like I won the lottery.

Oh, for sure there are darker days when she is not up to par due to physical difficulties. But the scales tilt toward joy when considering the days as a whole.

It's been almost a year since we began sharing our home. The household animals have made their peace for the most part. The two cats, Tizzy and Xiao Hui, have their food stations side by side on the counter in the utility room, and their litter boxes are together below. They are comfortable snoozing next to each other. On occasion they throw wild parties at night. Mom tells them to hush but I rather enjoy it.

Xiao Hui has great tolerance for Maggie Mae's tom foolery--she darts at him when he's hanging out in the den and when he is done he nips her lightly on the neck. Rarely does she yelp so I'm sure he is not actually hurting her. He is likewise unimpressed when Maggie gets what we call 'the zoomies.' They come on unannounced and leave the same way. She suddenly begins racing through the rooms with her ears laid back and pure glee on her face. Sometimes she stops and shakes one of her toys, then throws it down and continues her race. Never let it be said this 12 pound doggie needs more exercise!

So far Mom has not spent much time in the gardens but she views them through the windows with interest. I bring in bouquets and tell her about the flowers and plants she cannot see from inside. I hold on to hope that she will be well enough to venture out soon. Perhaps we can begin by sitting out on the upper deck. It's quite inviting now.



Oregon Geranium (*Geranium oreganum*)

Until next time,  
*Jennifer*

