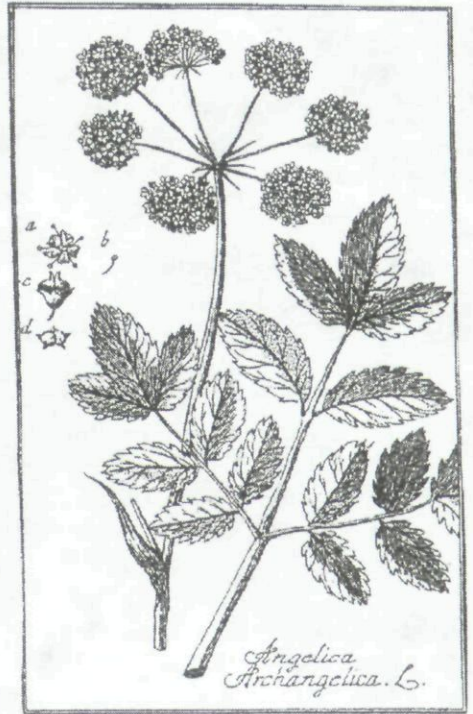


POTPOURRI

HERBAL VIDEO

EDIBLE and MEDICINAL WILD PLANTS and MUSHROOMS of NORTH AMERICA: Foraging with Naturalist "Wildman" Steve Brill. Part 1: Wild Edible Basics. Produced by Chris Allan, Canopy Media, 2004. 56 minutes. \$18 (includes shipping). www.wildmanstevebrill.com

Herbalist Brill leads the viewer on entertaining, fact-filled, foraging tours along the lines of his excellent book *Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not-So-Wild) Places* (William Morrow Publishers, 1994). He became known and received media attention (including the *AHA Quarterly*) after being handcuffed and arrested by undercover park rangers for eating a dandelion in Central Park! As a result, his media appearances have included CBS Evening News, LateNight with David Letterman, All Things Considered public radio program, and the BBC World News. This video follows the seasons as it explains principles of plant identification in the forests, wetlands, seashore, grassy areas, thickets, roadsides, and even lawns of New York. There is an in-depth coverage of the most popular and useful wild plants, such as burdock (*Arctium lappa*), rose hips (*Rosa* species), black walnut (*Juglans nigra*), chicken mushroom (*Laetiporus sulfureus*), and, of course, the infamous dandelion (*Taraxacum officinale*). Brill moves from field to kitchen, showing how to harvest, preserve, and use wild foods safely. He even demonstrates wild plant winemaking. Excerpts are included from his upcoming video series *The Wild Vegetarian Kitchen*, the companion to his book *Wild Vegetarian Cookbook* (Harvard Common Press, 2002).



ANGELICA, from *Herbal Poetry*

GARDEN NOVEL

HANNAH'S GARDEN. By Midori Snyder. Viking Books, 2002. 240 pp. Hardcover \$16.99.

This fantasy, adventure novel is written for young teens. The 17-year-old heroine, Cassiopeia, visits her ill grandfather only to find his elaborate garden vandalized. A mystical spiral garden provides a gateway to another world in which fairies war for control of the garden.

HERBAL POETRY

BOTANICA POETICA: Herbs in Verse. By Sylvia Serooussi Chatoux. Poetica Press, 2004. (poeticapress.com). 50 drawings, 112 pp. Hardcover \$19.95.

Chatoux, a medical doctor and homeopath in Ashland, Oregon, has written verses for over 100 healing herbs. Her art is educational, as each poem describes the character and uses of the herb. This is the third in a series, preceded by *Materia Poetica: Homeopathy in Verse* and *Medica Poetica, Malady in Verse*.

Something's spicy, something's hot
Vibrant red with seed, or not
Here's a fruit that hits the spot
Cayenne Pepper's what we've got!
Excerpt from Cayenne, Botanica Poetica

Here's a tea to warm you up
Stimulation in a cup
A bitter for the appetite
Helps to set digestion right
Excerpt from Angelica, Botanica Poetica

STATS

DIETARY SUPPLEMENT USE INCREASE

1998-1999 = 14.2%

1998-2002 = 18.8%

1998-2002 =

People 65 years or older = use doubled
Ginkgo biloba & *Panax ginseng* declined
Lutein use increased dramatically
responsible for %5 increase
(due to use in multivitamin products)

Lycopene use also greatly increased
Sharp supplement use increase in the 1990s has slowed.

U.S. Stone Epidemiology Center, Boston University School of Public Health, MA: 8470 U.S. subjects 18 years or older from 2-1998-12-2002. Kelly JP, et al. 2005. Recent trends in use of herbal and other natural products. *Arch Intern Med* 165(3):281-6.

HERB/SPECIALTY SUPPLEMENT USE

Higher among:
Older, educated, women who are nonsmokers with normal body weight eat a low fat diet high in fruits & vegetables and exercise

SPECIFIC SUPPLEMENT USE

Cranberry pills for bladder infections
Acidophilus for lactose intolerance
Saw palmetto for enlarged prostate

Fred Hutchinson Cancer Research Center, Seattle: 61,587 participants, aged 50 to 76 years, 2000-2002. Gunther S, et al. 2004 Demographic and health-related correlates of herbal and specialty supplement use. *J Am Diet Assoc.* 104(1):27-34.

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