



The Farmer's Herbal

By Amy Jeanroy

Book One

*Using common herbs to
compliment your farming
practice*

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Introduction

Welcome. My name is Amy Jeanroy, , The Farming Wife. I have been harvesting, growing and using herbs for over 20 years all across the United States.

Our homestead is made up of gardens, fields, forests, and ponds. We are located about 1 mile inland from the Bay of Fundy. It's beautiful, rugged country and very rural. Being able to do basic care for our animals is essential to their health and practical because we have limited supplies available.

Our single large animal vet is a wonderful resource, but he is the only one in Washington County, and although he is responsive, he also may be hours away on another call. It's essential that we are able to do basic care for our animals without having to just wait on his availability.

This book is meant to be a useful resource for anyone who is raising their own animals. You spend resources in the form of money or time, and for me, it's time. Investing time into your land and animals is the biggest tip I can offer anyone who wants to live in this way.

Thank you for purchasing this eBook. It means the world to me that you have. I am available to answer questions and offer friendship if you would like. I look forward to hearing from you.

Warmly,

Amy Jeanroy
The Farming Wife

Herd Management

It's Up to You

You may be wondering why you should use herbs in the care of your livestock. It really is a simple concept and makes good sense for anyone raising their own animals.

Good Management

Managing your herd health while things are minor, saves you time and money. Using simple herbal care can stop infections from growing, soothe nerves, boost immune systems and reduce illnesses.

Taking care of animals is more than food and water; it is Proactive Care. The more “in tune” you are with your animals, the better you can judge their health.

Some of my dairy goats are loud and rambunctious when they are feeling good.

Others are laid back and quiet when they are feeling just fine. My shyest goat likes to stay a few feet away and watch, UNLESS she isn't feeling well. Then she is velcro.

Your animals all have their own personalities as well. Watching them in good health is the best way to ensure you will be able to handle the small issues as they come up.

It's just good stewardship.

Keeping Track of Your Management

A great way to start good management is to keep a notebook or journal of your animals. I have a FREE one you can download and print out called Milk Notes. To this day, I print out my pages and keep a hanging clipboard in the barn to write down my

Herd Management Cont.

daily notes. Things like feed notes, observations, if they are in milk, I weigh morning and night totals and keep that in my notes. I even have a place for you to write down if something unusual happens like a change of feed, or a bought of unusual weather, even if there is some sort of stress like a predator or an animal in the herd or flock becomes sick. These types of things all have an impact on the herd or flock and if noted, help paint an overall picture of herd health.

Where Do I Find Herbs to Use?

Most of the herbs that I use are found growing in my yard and along dirt roads. They are abundant and easy to recognize. Some things are grown in my garden (that is an understatement, my family says I have a plant problem). I like to use herbs that are right outside for the picking. It's always best to keep your local herbs on hand instead of having to order something. In an emergency, you don't have two or more days to wait for them to be mailed to you.

The herbs in this book are all common enough that you probably have them in your yard right now.

Herbal Vs. Vet Care

Using herbs does not mean your vet's knowledge and intervention are not important. No matter where you live, finding a vet who has the knowledge or desire to work on whatever livestock you own is critical.

When you are looking for the right vet, ask these questions:

- Do they work with livestock?
- If not, would they be interested in learning?
 - Will they make a farm call?

Then, when you find a vet you like, have them out to your place. Yes, this will cost money. It's really the only way to get to know a vet and let him/her see how you manage your animals. Talk about what you do to care for your animals and the relationship you would like to have with him/her.

You are, of course, responsible for your own animal care, but if there is something you feel is more serious, you already have a vet that you have established a relationship with.

I like to have my vet out once a year just for this reason.

Tip: A vet who is willing to teach you more specialized care is one of your best tools in the care of your animals.

Types of Things to Treat

Scrapes/Abrasions-These are shallow, usually wide areas, torn skin, hair removed. Usually not much bleeding after it clots.

Treatment: Cleaned well(perfect for hydrotherapy), protected from flies and washed and then covered with salve daily

Cuts/gashes – not more than 1/8 to ¼ inch deep. Usually profuse bleeding that does clot on it's own. May have a ragged flap of skin still attached which could cause infection if left to fester.

Treatment: Call vet to discuss appearance/depth/location of wound. This sets a baseline for observation. Hydrotherapy (containing an antiseptic solution) **DAILY**, is warranted to remove all debris that may be trapped. Cover with salve that does not contain comfrey. Comfrey is a powerful herb for healing, but you want healing from inside out. You do not want a wound to potentially heal over on the surface and still harbor infection underneath. . *If bleeding does not stop or continues to ooze-stitches may be needed-contact vet.

Punctures – punctures often have very little bleeding and it's hard to gauge the depth. These types of wounds are caused by a sharp object such as nail/wire/stick going into the skin and making a tunnel into the flesh. Due to the nature of the wound, it can be difficult to flush and allow to drain properly. Because no air can get in the chance of infection is high and anaerobic bacteria(tetanus) can become a problem. A vet call is recommended.

Types of things to treat cont.

Bites – Bites and stings from insects can be treated if the area has become inflamed or raw. A simple salve will soothe the area and relieve the itch. It can also keep flies from bothering the area.

Bites from a dog or predator – seek your vet's advice every time. These can be deceiving due to infection and shock to animal. Many times, there is greater damage to underlying muscle than you can see. Supportive care includes quiet, isolation and herbal care in the form of hydrotherapy twice a day until healing starts, and immune boosting herbs. Closely observe.

Infections – Hydrotherapy with added salt is best. Flush 3 times a day until wound is no longer red and becomes a healthy pink. Do not cover with oil based product(salves) or airtight coverings. Allow drainage and healing from within.

Herbal Preparations

One nice thing about preparing your own herbals is you can simply make more when you need them. Salves, balms, and tinctures are made ahead of time, but teas and infusions are made as you need them.

To create an herbal cupboard you will use, harvest and dry the herbs you want throughout the growing season. Pick in the morning if possible, and dry the leaves and flowers in a single layer on trays in a dehydrator with just the fan on (no heat) or on newspaper. Keep the drying herbs out of sunlight and check daily for mold.

Once dry, store in airtight jars in a dark area until needed. Replace your supply every year.

I purchase the removable plastic canning jar lids, and have dedicated one cupboard in my kitchen to my herbal stash. Tinctures, dried herbs, salves and balms are all stored here, along with a coffee grinder for powdering herbs as I need them.

Hydrotherapy

Hydrotherapy is simply a fancy name for flushing with water. This idea gets lost in the list of antiseptic sprays and antibiotic ointments that are so common.

Cleaning a wound of debris and germs allows the animal's own immune system to do its job.

Wound healing happens from the bottom up, so cleaning with water keeps the area fresh and infection free. Use a simple spray bottle set on firm spray. Flush 3 times a day with herbal preparation (see recipes) for the first 48 hours or until there is evidence of healing. Look for clean, pink skin starting to show and less pain from the animal. Cleaning in this manner should not cause discomfort.

After there are signs of healing, spray 2 times a day, using the entire quart bottle of herbal wash at a time.

Tip: Make washes for hydrotherapy and store in the refrigerator for up to a week. Salves and balms can be stored at room temperature for months. In warmer weather, store in the refrigerator.

Salves/Balms



The only difference between these two herbal products is the amount of wax in the recipe. Use more wax in warmer months and less in cooler.

Both herbal remedies start with an infused oil. Combine your choice of oil (I suggest olive or lard) with dried herbs of your choice in a crockpot set on low. Heat for 4 hours with lid off. Watch carefully so you do not cook the herbs. Strain herbs and return oil to pot. Add beeswax to warm oil and let melt. Test for thickness until satisfied. Keep in widemouth jar or tin. Use clean finger or better yet, a clean Q-tip or popsicle stick to remove from the container. Use skin soothing herbs such as calendula and chamomile, and a capsule of vitamin E to the mix, both as a skin healer and to help the salve stay fresh longer. (I have never had a salve go bad-ever)

Use as a bandage over appropriate wounds. Wash and reapply daily until clear healing is noticed. Also good to soothe irritation so animal leaves area alone to heal. Excellent on noses and ears when flies bother.

Washes/Teas/Infusions

All the herbal preparations are the same idea, just different steeping times and temperatures.

Washes are teas that are used externally, and diluted in more clean water to literally wash wounds. These are what you would use for hydrotherapy.

Teas are used internally, and can be used to offer tonic support (herbs are not a quick fix!)

Infusions are generally stronger teas, often left to steep overnight. These mixtures are made up of leaves, flowers and stems. You will often see this mentioned as *aerial parts*.

Tinctures/Wraps/Herb Balls



Herbal wraps – Wrapping a cloth soaked in an infusion around a lame area or bruise. Herbs used for an infusion include Comfrey, Dandelion and Calendula.

Tinctures – Herbs in a quart jar, fill with cheap vodka, cover and steep for 2 weeks-shake daily. Strain if desired or simply draw up what you need from the jar and recap. I use tinctures for immune support and gastrointestinal upset. Tinctures can also be diluted into water to use for hydrotherapy.

Herbal balls – Mixing powdered, dried herbs into a more palatable filler, like a mixture of oats and peanut butter or molasses. If you are like one of the lucky farmers with picky animals (as I am) then it's a good idea to give as a practice run. I bring plain balls of oats, herbs and molasses just because. Now, they have no problem taking one that has medicinals included. It's swallowed before they even notice. Use for treats, immune boosters, herbs for worming, stomach upset.

Herbs to Know

All of the herbs in this book are the most commonly available on farms or country fields. They are easily recognizable and easy to grow. If you find you don't have an herb listed, many times you can find them sold in greenhouses or box stores. They won't always be labeled for healing, so bring your list!

These are simple remedies. They are to be used when you first see a problem, and often it will be enough to keep any issues from growing. Your focus is on cleaning minor wounds and watch for signs of healing or infection. Herbal healing is really about supporting the animal's own healing process and that takes time. There are no quick fixes.

These herbs also have a low chance of toxicity. Herbs can be powerful medicine, but this list is specifically chosen for their ease of use, without concern of making an animal sick.

Herbal care is effective healing. How many times have you found an small wound that has started healing all by itself? A healthy animal has a healthy immune system. Your attentiveness to your animal's care can be the difference between a healthy herd and catastrophic illness. Take care of the little things and keep anything larger away by observing and treating at the first sign of a problem.

<u>Calendula</u>	<u>Catnip</u>	<u>Dandelion</u>	<u>Dill</u>	<u>Echinacea</u>
<u>Fennel</u>	<u>Nettle</u>	<u>Plantain</u>	<u>Raspberry</u>	<u>Yarrow</u>

Calendula



Calendula - C. officinalis

Calendula petals are used for their skin soothing properties. Use in any skin salves and washes. Gentle antimicrobial effect on injuries, this is the first go to herb for all forms of skin inflammations. Great for bacterial conjunctivitis, use as a double strained tea; make tea, cool to room temperature. Strain the tea into a clean container and then strain a second time to remove any material. Include Calendula in your salves and balms.

Pick Calendula flowers daily as they bloom and dry the flower heads out of sunlight. Very prolific and very easy to grow. Find a spot in your garden where they can reseed to have the earliest blooms each year.

Calendula tea doesn't sting the eye, but that doesn't mean it won't be difficult to wash the animal's eye with! On our farm, this technique results in a rodeo. I have to place the goats in the stand and have something extra enticing in the feed pail.

Tip: For all of you soapmakers out there; Did you know that Calendula petals are one of the few things that don't discolor in soap?

Catnip



Catnip - Nepeta cataria

Catnip grows wild on most farms. Dry the leaves throughout the summer. Catnip is excellent for calming upset nerves as well as quieting a sick stomach.

Dosage is a small handful to animal's water. I use it when there is a big stressor and my herd is upset. Some examples are:

- New animals added to the herd
- Moving animals to a new pasture
- An animal dies or becomes injured
- During kidding (for the onlookers)
- Any other stressful situations

Dandelion



Common Dandelion - *Taraxacum officinale*

Used as a bitter herb, nutritive, laxative and soothes inflammation.

Try drying leaves and topdressing in winter(1 teaspoon dried leaf per 20 pounds)

To stimulate appetite and increase digestion-Tincture the leaves and give 3-5 drops in mouth. That's it!

Good for skin issues: Dandelion stimulates liver and is a diuretic BUT is also high in potassium, so there is no imbalance due to excessive urination. Skin health=proper elimination habits.

Tip: In the spring, before the dandelions have bloomed and the ground is still wet, grab the leaves and pull them out of the damp soil. Lay them in a single layer on newspaper or a drying rack. Turn them over daily to check for any mold (discard any that start to get moldy). Once the leaves are dried, store them in an empty, woven feed bag for a winter treat.

Dill



Dill moves excess gas and soothes the stomach. Add to grain to increase milk production. Dill can be fed fresh or dried, leaves and seeds are easy to add to an animal's feed as they like the taste. The seeds are the most potent, so if there is time to make a tea, it is much more effective.

For mild bloat, drench with dill seed tea. See recipes for more information.

Dill also increase the strength of other flea repellent herbs.

Echinacea



Echinacea - Echinacea Purpurea

Echinacea is one of the most over publicized herbs on the market today. Don't discount its supportive properties however. Echinacea is an immune stimulator, not necessarily strengthener. Think of it as a boost for your animal's immune system. Top dress for 5 days then two off, repeat. Good for supportive care during respiratory illness and recovery. Dry whole herb in flower and crush. Add $\frac{1}{4}$ - $\frac{1}{2}$ cup (decent handful) of this to goat's feed 2 times a day. Very bitter-good luck with picky eaters! If your animal won't eat it, try adding a dropper of tincture in an herbal ball.

Tip: I like to use the entire plant in my Echinacea tincture. Roots, stems, leaves and flowers all get placed in the jar before filling with alcohol. I believe the whole plant offers a better resulting herbal treatment.

Fennel



Fennel - Foeniculum vulgare

Fennel seed or leaf is good for intestinal gas-for example, the onset of colic from overeating. Provide fresh or dried leaves or a tea drench. Fennel is also excellent for increasing milk production. Topdress seed at rate of 1 tsp per feeding a day. It is very well tolerated.

You will more than likely have to grow your own Fennel but it is easy to grow. Plant in early spring and harvest leaves and flowers throughout the growing season. Allow it to flower and develop seed heads in the fall. Harvest Fennel seeds to use through the winter months.

Tip: Fennel is tasty and can be mixed in with other less appealing herbs to help make the herbal mixture palatable.

Nettle



Stinging Nettle - Urtica dioica

Excellent nutritive herb. Nettle leaves contain protein(30%), they are high in calcium, and many micro nutrients including iron, A, C, B complex, and D. Animals love this herb and usually will graze it to the ground when fresh-no problem with the stinging. Dry to avoid the sting and topdress during times of stress. Nettles are a great blood builder. They are an excellent supplement to feed after an animal has had a heavy worm load, and has become anemic. They are also great after birthing. Add at 1 Tablespoon per day, 1 week on and 1 off.

Tip: Nettle tops should be harvested before the plant starts to flower.

Plantain



Common Plantain - Plantago major L.

Plantain leaves are good for soothing dry raspy coughs, relieving urinary tract pain, and inflammation. Plantain is also great for skin inflammation, and irritation.

Make a Plantain/Calendula salve for skin problems. Be sure to allow the leaves to wilt first before making an infused oil. They are thick and hold a lot of moisture, which can make your oil turn rancid.

Feed fresh leaves when possible, a handful daily is sufficient.

Blend the fresh leaves with a little water and freeze extra cubes for storage over the winter. Use 1 tsp of dried Plantain leaves per 20 lbs 2 X daily..

Tip: Blending Plantain leaves fibers tangled on your blender blades. Just discard them.

Red Raspberry Leaf



Red raspberry - R. idaeus

Red raspberry is prolific all over the country. You more than likely have some growing in your yard-even if you never planted it. Raspberry leaves are used dry, and are nutritious. Use them as a tea as a remedy for diarrhea. They are also good applied directly to wounds to stop bleeding.

Raspberry leaves are tonic and most useful the last few weeks of pregnancy for your animal. Topdress feed with 1 tsp per 20 lbs of animal's weight.

Alternately, a tea can be added to your animal's water by steeping 1 tsp in 8 ounces of boiling water. Add to the bucket until it is mildly colored.

Use the full strength tea, cooled, as a rinse for itchy skin.

Tip: Raspberry leaves are a must have in any farmer's medicine chest, but do not feed wilted leaves. They can cause nausea. Dry them thoroughly before using.

Yarrow



Yarrow - Achillea millefolium

Use this common herb dried or fresh. Powder it and keep on hand to stop wounds from bleeding and provide some antiseptic properties. Use as a skin wash combined with Calendula for hydrotherapy or as a plain rinse for its antibacterial properties.

Yarrow tincture makes an effective repellent for flies and mosquitoes.

It's an important herb to include in your salves and balms, particularly for itchy areas you want to soothe. I have used it with great success on LGDs with fly bites on their ears and noses. I also use it every time I find a tick on one of the dogs or goats. It works quickly to stop the itch and keep flies from attacking broken flesh.

Yarrow is very good for pneumonia. Offer 1 ounce dried a day, topdressed or mixed into an herbal ball.

Tip: Yarrow flowers and leaves are used in any herbal remedies. The goats will readily eat it top dressed unless they are particularly picky. Even my chickens eat the blossoms.

Recipes

<p>Dill Seed Drench 1 tsp. dill seeds 8 ounces hot water</p> <p>Combine and steep until room temperature.</p>	<p>Infused Oil Dried Yarrow Dried Calendula Dried Plantain</p> <p>Combine herbs and cover with oil. Heat on low for 4 hours, strain.</p>
<p>Wound Salve/Balm 1 Cup infused oil 1 ounce beeswax</p> <p>Warm oil on low. Add grated beeswax and stir until beeswax is melted. Pour into clean containers and allow to cool before you cap them.</p>	<p>Immune Support Herbal Tincture Fill a jar halfway with dried Echinacea flower and root cover with alcohol Cap and shake 2X a day for two weeks</p>
<p>Herbal Balls $\frac{3}{4}$ Cup your choice of powdered herbs $\frac{1}{4}$ cup molasses or molasses/peanut butter mix</p> <p>Combine ingredients and roll into a log shape. Divide into 16 pieces.</p>	<p>Herbal Wash for Hydrotherapy $\frac{1}{4}$ cup Plantain $\frac{1}{4}$ cup Calendula petals $\frac{1}{4}$ cup Yarrow 1 quart hot water 1 teaspoon salt</p>