



Trees, animals, birds, plants, forests, mountains, lakes and rivers — everything that exists in Nature are in desperate need of our kindness, of the compassionate care and protection of human beings. If we protect them, they in turn will protect us.

- Amma

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GreenFriends is a global grassroots environmental movement which promotes environmental awareness and local participation in conservation efforts throughout the world.

GreenFriends is one of the projects of [Embracing the World](#), a not-for-profit international collective of charities founded by internationally known spiritual and humanitarian leader, Mata Amritanandamayi (Amma)

To join the Pacific Northwest GreenFriends Litter Project, write Karuna at karunap108@comcast.net

PNW Gardening

Backyard Herbal Medicine - All Loving Agrimony



Hi Herbal Friends. This month, let's take time for the amazing herb Agrimony, whose Latin name is *Agrimonia Eupatoria*. She is also known as the Fairy's Wand, Sticklewort, but her most common nickname is Church Steeples because of her pointy, beautiful, tall yellow flower that resembles a steeple. The glorious yellow blooms take turns blooming one after another so that the bloom time seems to go on and on. It also provides for extended access to the flowers to be used as medicine.

Here in the PNW, it is EASY to grow Agrimony. She loves having lots of sun and almost any kind of well-drained soil will do.

Her Healing parts: Dried leaves and flowers, stalk/stem and essential oil. The best time to harvest for maximum herbal benefit is when she has golden yellow flowers.

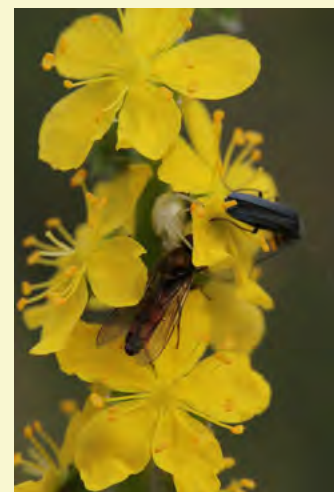
Magical Uses: Agrimony is especially helpful when used to balance emotions. She is also a great herb to use to promote a greater sense of self acceptance. She is a strong component of the Bach Flower Remedies. Agrimony can also bring out hidden worry as well as, promote contentment and peace.

Her Healing Herbal Actions: Anti-rheumatic, circulatory, diuretic, astringent, anti-parasitic, mild bitter.

Herbal Actions Explained: Anti-rheumatic herbs offer great help with arthritis and rheumatism. Circulatory herbs help to get the blood flowing in a steady regular way. Diuretics help to remove excess water from the body by promoting urination. Astringents help to draw the tissues together and promote healing, especially with the skin. Anti-parasitics help to remove parasites from the body. Bitters aid the body in digestion.

Agrimony is such an important herb for herbalists! Her Healing Benefits are:

- Clears skin
- Reduces inflammation
- Calms sore throat and coughs, improves respiratory health
- Acts as an antihistamine
- Calms stomach, lessens cramping
- Reduces mild diarrhea
- Detoxifies
- Treats athlete's foot



PNW Gardening

- Acts as a heart tonic, and TB, IBS, and diabetes treatment, wart remedy, sedative/ sleep aid
- Boosts hair and nail health
- Stops bleeding
- Supports gallbladder (though is contraindicated for gallstones).

Agrimony's Herbal Constituents: Silica, catechins, tannins, quercitrin, thiamin, flavanoids, Vitamins C, B1 and K

Here are **three quick easy ways to start using Agrimony** intentionally and medicinally.

Before you gather the herb, please thank her before taking medicine, and always give something back to the plant. What you give back is up to you; a simple prayer of gratitude will do. Try to return any of the used portion of the herb back to the base of the plant. That is a loving tradition.

1. Agrimony leaves - can be collected and soaked in hot water for 15 minutes and then used as a gargle for sore throats. She is also useful to freshen breath.
2. Agrimony tea - infuse two tablespoons of the dried leaves into 1 cup of hot water; after 15 minutes strain and drink. This tea is great hot or cold!
3. Foot bath - soak feet in Agrimony tea to rid yourself of athlete's foot.

As with many plants, always remember herbs are medicine. Please use with care! Pregnant women should avoid use of Agrimony, as well as children under the age of two, people with anemia, gall stones, those using anti-coagulants, and people who have hypo- or hyper-tension.

If you want to start working with Agrimony I'll be happy to share some Agrimony seeds to start your journey. Email me at vhohlbein@msn.com. She is easy to grow and will return to your garden year after year!

Time to grow Agrimony! Peace and Happy Herbing!



NATURE

Film Review of

Call of the Forest: The Forgotten Wisdom of Trees by Tirtha

The Forgotten Wisdom of Trees

A FILM BY JEFF MCKAY

CALL
of the
FOREST*with Diana Beresford-Kroeger*

TREESPEAK FILMS presents 'CALL OF THE FOREST: THE FORGOTTEN WISDOM OF TREES' Co-Writers DIANA BERESFORD-KROEGER & JEFF MCKAY Director Camera & Editor JEFF MCKAY
 Executive Producer MERIT JENSEN CARR Original Music CESAR REQUENA RAMOS Additional Music composed by HAROLD BUDD Location Sound Recordist NORM DUGAS
 Sound Editor ALAN GELDART Production Manager/Coordinator DOUGIE GRAHAM MCKAY Post-Production Services FRANK DIGITAL Produced by MERIT JENSEN CARR & JEFF MCKAY
 Produced with the participation of Canada Media Fund, Rogers Documentary Fund, Manitoba Film & Music, The Government of Manitoba Film and Video Production Tax Credit,
 The Canadian Film or Video Production Tax Credit, Rogers Telefund and in association with TVOntario and The Knowledge Network - AN EDGE LAND FILMS & MERIT MOTION PICTURES PRODUCTION



NATURE

Film Review of

Call of the Forest: The Forgotten Wisdom of Trees by Tirtha



Call of the Forest is all about the incredible and vital importance of trees. If you want to get motivated to plant trees, this is the film to watch!

“For every breath you take, thank a tree,” says Diana Beresford-Kroeger, the Canadian botanist, author and medical biochemist who co-wrote and hosts this documentary film. “If you’re breathing, the oxygen comes from a tree. There isn’t any other way on this planet to make oxygen.”

Trees all over the world have been producing oxygen, and cleaning and filtering the air, for hundreds of millions of years. Whether we realize it or not, we and the world as we know it depend utterly upon the work of trees.

Among other things, Beresford-Kroeger discusses:

- Why planting trees and replanting forests are our cheapest and best defence against climate change.
- Why Japanese ‘forest-bathing’, or walking in forests, is such a great idea. It has to do with the beneficial effects of aerosol compounds released by trees. “Some of the most complex chemistry that is found on the planet is produced in the furnace of the tree,” Beresford-Kroeger says.
- How both the air and our oceans depend upon the health of the world’s trees and forests.
- Why Professor Akira Miyawaki in Japan is planting ‘tiny forests’ in Tokyo in spaces sometimes only 3 to 6 feet wide. Miyawaki has 50 years of experience in planting and restoring native species, forests and ecosystems all over the world.

NATURE



The Yugi Shinto Shrine in Kyoto, Japan, is a favourite destination for many forest-bathers.

Call of the Forest tell us the Japanese have enjoyed the benefits of forest bathing for at least one thousand years." Photo Credit: [Wikimedia](#)

- Why the Boreal Forest of the northern hemisphere is so integral to the planet's continued health.
- How Germany had the foresight to maintain 30-per-cent-forest cover, despite being a highly industrialized nation. It recently celebrated an enviable 300 years of sustainable forestry practices.

This is a warm, educational film with heart and soul. It is informed by Beresford-Kroeger's respect and reverence for trees and nature. Born and raised in Ireland, Beresford-Kroeger learned ancient Druid wisdom about trees and nature before she began her career in science.

The film takes us to Japan, Germany, Ireland, the United States and Canada, and introduces us to history, scientists and woodland protectors, as well as trees the world over that are both ancient and sacred.

I highly recommend this film. Though I've watched it several times, I learn more each time and will watch it again. Everyone I know that has seen it was enthusiastic.

(This DVD, including a 90-minute DVD of extras, can be purchased online, through the website www.calloftheforest.ca)

Tree Planting and Habitat Restoration

Greenbelt Restoration Work Party: June 22, 2018 by Karuna



The students from the University of Washington's Introduction to Environmental Science class have become a major part of our GreenFriends Greenbelt Restoration project. They are required to have three hours of volunteer work and the course's teaching assistants have been happy to send out the registration links for our work parties.

Their volunteer reports are usually due the sixth week of the quarter so there may be a long gap between the last work party of a quarter and the first one of the following quarter. I really miss working with the students during that time. I find it interesting that early in my work life (when I was 26 y.o.), I taught nursing students from the University of Washington, and here I am at the end of my work life (soon to be 70 y.o.) teaching UW students once again.

One of the reasons I enjoy working with them is that they may not have spent much time in nature and almost none have done this kind of work before. They probably have never seen a blackberry root ball and may not even know what a blackberry vine looks like. I love witnessing their growing enthusiasm as they work together to transform the land.

One of the students sent me an email after our last work party. He said:

Thank you for giving me a chance to actually get out of my college residence hall and gain first hand experience on working at eco-friendly environment. As an international student who is from Seoul, Korea, who has spent all of his life living in city regions, it was amazing to get some eco-friend work done at eco-friendly environment.

I think their participation in this project is as important to them as they are to me.

Tree Planting and Habitat Restoration

The June 22 work party was held during the first week of UW's Summer Quarter. I had never offered one that early in the quarter before, so I didn't know how many students would come. I was delighted when 10 college students, 2 high school students and an adult who has helped with forest restoration work parties in other Seattle parklands showed up.

This work party was devoted to removing the invasive vines and plants that have been emerging throughout our Greenbelt site. One of the invasive plants that abound at this time of year is [bindweed](#) (aka morning glory). Bindweed vines wind around healthy plants and essentially strangle them. I've been told that bindweed roots can go 32 feet into the ground, so it's not a feasible goal to eliminate the plant completely. If we can dig out at least some of the root, though, it will weaken the vine and slow down its growth.

I took these photos of bindweed that covered a thimbleberry plant on our site last year. I'm happy to report that much less bindweed came up near that shrub this year.



Tree Planting and Habitat Restoration



Freed thimbleberry leaves

After listening to an initial orientation, the volunteers divided into three teams. Team One focused on removing bindweed from the northwest part of the property. It is painstaking work to remove the vine in a way that doesn't destroy the leaves on the native plant that is being freed. This group worked diligently and carried many loads of bindweed to the area where we dry out the invasive plants, so they don't re-root. [Note #1 The plant you see above the young man in the first photo below is [knotweed](#). That is also an invasive plant but is one that Seattle Parks Department staff removes.]



Tree Planting and Habitat Restoration



The invasive plant that Team Two focused on removing is known as [creeping buttercup](#). This team worked in a section of the property that hadn't been cleared before. I had thought it might be pulled out easily, but that was not the case; the roots were firmly entrenched. The removal was also hampered by the fact that the ground is much harder in the summer; it can be difficult to even get a shovel into the dirt. I was excited to see the bare ground becoming visible as the work progressed.



Tree Planting and Habitat Restoration



Team Three focused on removing [blackberry vines](#). For the most part, the blackberry plants were small, but there were a lot of them, especially on the paths.



Tree Planting and Habitat Restoration



After a break, all of the team members joined together in working on the western border of the Greenbelt site that is just north of ours. They continued the process of clearing an area that my neighbor John and I had started in early May. After the weeds were removed, work party participants spread burlap bags on the land and then poured wood chip mulch on top of the bags. The burlap and the mulch will reduce weed growth and keep the soil moist.



Tree Planting and Habitat Restoration

Once again, the effort of a small group of volunteers made such a tangible difference. And they accomplished all of this during a work party that lasted only three hours. Together we are restoring land that was covered by invasive blackberry, bindweed and ivy vines for more than 50 years. It is back on the road to once again becoming a healthy forest.

Tree Planting Stats

June 2018 Planting

Netsah and **Michael** are building a new food forest on Whidbey Island. They have already planted 10 trees: pomegranate, 2 types of apple, Asian pear, quince, fig, yellow egg plum, Italian plum, peach, and cherry.

This spring and early summer **Rajeswari** from Vancouver B.C. planted 91 trees, and over 100 bushes, shrubs, and soil improving plants at her Quebec home. Thirty-three of the trees were reported last month so will not be included in this month's totals. Her photos start on the next page of this issue.

During May, **Visala** planted 8 raspberry, 1 service berry, 1 just a berry, 1 sassafras, 1 mulberry, 2 blueberry, 3 Sage, 6 Lavender and 2 sea berry shrubs in Maltby. She will report her June stats in the next GreenFriends newsletter. Photos of some of the trees and shrubs she planted during May and June are in this issue.

Tia from Victoria planted two shrubs- one is an ocean spray and the other is a pieris japonica

Aditi planted a flowering almond and a bee balm shrub in Fairfield, Iowa.

Total: PNW devotees have planted **568** trees (plus **829** shrubs and groundcovers) since our Tree Planting project began the last week of September 2017.

Please send reports of any trees, shrubs and ground covers you plant to karunap108@comcast.net each month so your numbers can be counted. Send pictures and what you planted if possible. Please send reports of any trees, shrubs and ground covers you plant to karunap108@comcast.net each month so your numbers can be counted. Send pictures and what you planted if possible.

Tree Planting and Habitat Restoration

From Rajeswari Good in Quebec

It's been a super busy spring/summer so far - besides setting up a new (for me) house, there was creating more beds for annual crops; and planting 91 trees, and over 100 bushes, shrubs, and soil improving plants.

Fruit trees

2 Apple
2 pear
2 Apple-pear
4 hybrid plums
3 different chums
1 apricot
2 peach

Nut trees

6 butternut
1 black walnut
10 hazelnut
2 stone pine

Other trees

3 Bur oak
1 purple beech
3 sweet sap silver maple
15 sea buckthorn
10 Siberian pea
12 Autumn olive
1 honey locust
1 black locust

Partial list of Bushes, Shrubs and Soil Improving plants

10 blueberry
4 shrub cherry
4 red and black current
2 goji berry
2 elderberry
2 gooseberry
50 asparagus
10 lupins
6 bocking comfrey
4 hyssop
4 summer pastel yarrow
1 Schisandra vine
3 wintergreen
2 rose
2 day lily

Tree Planting and Habitat Restoration



Tree Planting and Habitat Restoration



Tree Planting and Habitat Restoration



Tree Planting and Habitat Restoration

From Visala in Maltby

These photos are of some of the trees and shrubs that Visala planted on her property in Maltby in May and June.



linden tree



almond shrub

Tree Planting and Habitat Restoration



fir tree



ginkgo



rose



sage

Tree Planting and Habitat Restoration



blueberry



mulberry



seaberry



blackberry

PNW Litter Project

PNW Litter Project Stats

In June, 35 Litter Project members and their friends picked up litter for 86 hours. (Average 2.46 hours; Median 1 hour; Range 2 minutes to 18 hours) We have picked up litter for 9835 hours since the project began in July of 2011.

TerraCycle Stats

TerraCycle is an organization that recycles items which are normally considered unrecyclable. They credited us with turning in 5000 cigarette butts in June. We have sent them 341,224 cigarette butts since 2013. GreenFriends has also sent them 394 Drink Pouches, 732 Cereal Bag liners, and 2,997 Energy Bar wrappers.



PNW Litter Project TerraCycle Cigarette Butt Brigade



Brian Hanck recently contacted Visala and Karuna. He said this about his position with TerraCycle:

I am the Strategic Partnership Manager for TerraCycle. My area of responsibility is on litter prevention and I work with municipalities, corporations and nonprofit partners, as well as environmental and conservation organizations, to provide cigarette waste reductions through our recycling program.

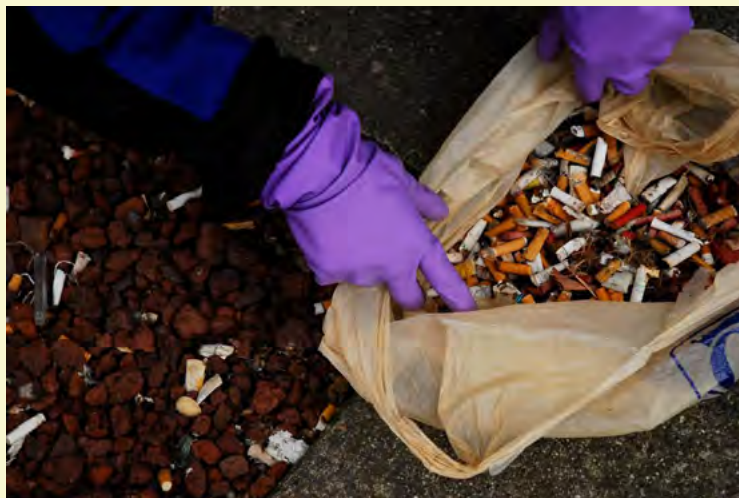
He went on to say:

TerraCycle has collected over 95 million cigarette butts and has city-wide cigarette recycling established throughout North America. Our company has become the global leader in recycling hard-to-recycle waste and uses our innovative business solutions to minimize human impact on the planet.

PNW GreenFriends has been sending cigarette butts to TerraCycle since February of 2013. As of June 20, 2018, we had sent them **336,224** butts. An astonishing fact underscores the importance of removing these toxic items before they get eaten by fish, birds and other wildlife, and/or dumped into landfills: if a single cigarette butt is put into a liter of water along with minnows, half of the minnows will die.

If you are willing to start collecting and sending in cigarette butts to the U.S. branch of TerraCycle as part of GreenFriends, write Karuna at karunap108@comcast.net. If you live in the Seattle area we can send them in for you. If you live outside of Seattle, but in the U.S., Karuna can send you the labels to put on your boxes whenever you are ready to send one in. You will not be charged for postage.

There is also a Canadian TerraCycle program. To investigate that option go to: <https://www.terracycle.ca>



PNW Litter Project

Brian included several flyers in his email. One of them lists the Cigarette Recycling Program instructions. Step two on that flyer mentions receptacles. The PNW GreenFriends newsletter will include information relating to receptacles in next month's issue. The instruction list below is also applicable to the cigarette butts you gather during work parties or on your own.



CIGARETTE RECYCLING PROGRAM INSTRUCTIONS



STEP 1

Sign Up: Go to www.terracycle.com to create a TerraCycle account and sign up for the free Cigarette Waste Recycling Program. From our website, you may also purchase cigarette waste receptacles to facilitate your collections.



STEP 2

Collect: Place receptacles, ashtrays, or other collection apparatuses in areas where regular smoking occurs. Accepted cigarette waste includes: **Extinguished cigarettes, cigarette filters, loose tobacco pouches, outer plastic packaging, inner foil packaging, rolling paper, and ash.** Once collection receptacle is full empty the cigarette waste contents into a durable and sealable plastic bag for collection and storage.



STEP 3

Pack for Shipping: Transfer the bagged cigarette waste into an appropriately sized box for shipping. If you are using your own collection bin please do not put loose cigarette waste directly in box without bagging first. Securely seal your shipping box with packaging tape.



STEP 4

Ship to TerraCycle: Download and Print a free prepaid UPS shipping label from your TerraCycle website account and affix it to your box. Have your shipment picked up or dropped off for UPS servicing.

Processing and Conversion

TerraCycle sterilizes the waste and then shreds and separates it by material type. Tobacco and paper are composted and filters are turned into plastic pellets. These pellets can then be used in a variety of industrial applications including the creation of new plastic products like ashtrays, shipping pallets, or plastic lumber.



Brian Hanck
Strategic Partnerships Manager
litter@terracycle.com

PNW Litter Project

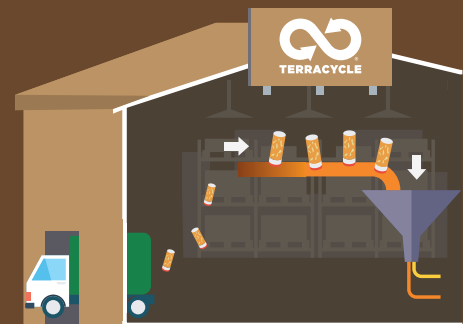
A second flyer answers a question that many of us may have had, i.e. "How are Cigarette Butts Recycled?"

HOW ARE CIGARETTE BUTTS RECYCLED?

If you are a member of the Cigarette Waste Recycling Program, then you've probably asked yourself at one point or another: how in the world do you recycle a cigarette butt? Well, the answer may surprise you! Cigarettes are comprised of multiple components, and require a unique process for recycling.

Collection

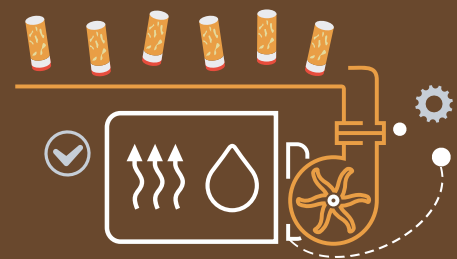
Cigarette butts are collected and shipped to TerraCycle by organizations and individuals like you. The collected butts are aggregated and stored in our local warehouse where they are prepared for processing.



Processing

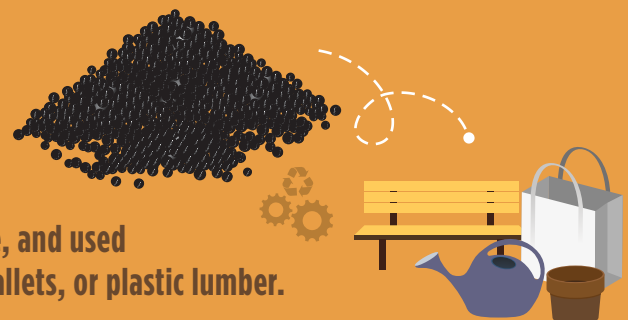
Cigarettes butts are comprised of residual tobacco, paper, and a filter.

- The residual tobacco and paper are separated out and composted.
- The filter, which is made of a white synthetic fiber called cellulose acetate, is thoroughly cleaned, melted, and pelletized using a method called extrusion.



Conversion

The cellulose acetate pellets are then combined with other plastics, such as polyethylene or polypropylene, and used for new plastic products such as ashtrays, shipping pallets, or plastic lumber.



PNW Litter Project

The third flyer shows cigarette waste items that can be send to TerraCycle along with the butts.

CIGARETTE WASTE RECYCLING PROGRAM

ACCEPTED WASTE



See the picture above for what you can send in through this program. Then, every time your ash tray or ash receptacle is full, save your cigarette waste and send it in to TerraCycle.

Cigarette Waste Recycling Program accepted waste:

1. Extinguished cigarettes
2. Cigarette filters
3. Loose tobacco pouches
4. Outer plastic packaging
5. Inner foil packaging
6. Rolling paper
7. Ash

