

Herb of the Month: Clove

Syzygium aromaticum, cloves are derived from the Latin word **clavus** which means "nail" and are an ancient and venerable spice that is much sought after for their versatility and powerful medicinal properties. Its aphrodisiac nature makes clove oil one of the best stress reliever and stimulant for reducing mental exhaustion and fatigue. It is also used to create sweet dishes such as with fruits like apples, pears or rhubarb.



Try this recipe for delicious **Clove/Carrot Soup**. Discover how clove, carrots and the power of color make for an incredible Fall soup. Soup is the best remedy for warming the cockles of your heart, especially in this season of dampness and cold!

Ingredients:
1 tablespoon olive oil
1 pound carrots, peeled, sliced
1/2 large onion, finely chopped
3 garlic sections, peeled
3 whole cloves
2 cups chicken broth or stock
1/2 tablespoon fresh lemon juice
1/8 cup chilled whipping cream
chopped fresh parsley

Directions:
Heat oil in heavy large saucepan over medium heat. Add carrots, onion, garlic and cloves, and saute until onion is translucent, about 8 minutes. Add 1 1/2 cups broth. Cover and simmer until carrots are very soft, stirring occasionally, about 30 minutes.

Mix in lemon juice and sugar. Season to taste with salt and pepper. Thin to desired consistency with more broth. (Can be prepared 1 day ahead. Cover and refrigerate.)
Whisk cream in medium bowl just until slightly thickened, about 10 seconds.
Stir soup over medium heat until heated through. Ladle into bowls. Drizzle cream over. Top with parsley. Serves 3 to 4.



Clove Tea is made by infusing cloves into hot water and cover for 5 minutes, then drink. Cloves are used in Indian Ayurvedic medicine, Chinese medicine, and western herbalism. Cloves are used as a carminative, to increase hydrochloric acid in the stomach and to improve peristalsis. Cloves are also said to be a natural anthelmintic. They can be found in three of our wonderful teas, our seasonal **Thanksgiving Tea** our fun, **Witches' Brew Tea** and our healing **Male Balance Tea.**



Here is a recipe for **Clove Lemon Cookies**. These gluten-free solutions are a wonderful and delicious treats. These melt-in-your-mouth cookies combine refreshing lemon with aromatic cloves, creating a memorable treat. These melt-in-your-mouth gluten-free cookies combine refreshing lemon with aromatic cloves, creating a memorable treat.

Cookie Ingredients
3/4 cup butter, softened
3/4 cup powdered sugar
1 egg
1/2 tsp lemon extract
1 2/3 cup gluten-free flour blend
1/4 tsp ground cloves
1/8 tsp salt coarse grain sugar

Filling
2 1/2 cups powdered sugar
1/4 cup butter, softened
2 tsp lemon juice
1/2 teaspoon lemon extract
1 to 2 teaspoons milk

Directions

Gluten Free Flour Blend: Combine 2 cups rice flour, 2/3 cup potato starch, 1/3 cup tapioca flour and 1 teaspoon xanthan gum. Use appropriate amount for recipe; store remainder in container with tight-fitting lid. Stir before using.

Combine 3/4 cup butter and 3/4 cup powdered sugar in large bowl. Beat at medium speed until creamy. Add egg and 1/2 teaspoon lemon extract. Reduce speed to low. Add gluten-free flour blend, cloves and salt.

Divide dough in half. On surface sprinkled lightly with gluten-free flour blend, shape each half into 8-inch log, flouring hands with gluten-free flour blend, if necessary. Wrap each log in plastic food wrap. Freeze until firm (at least 2 hours).

Heat oven to 350 degrees F. Cut logs into 1/4-inch slices. Place 1 inch apart onto ungreased cookie sheets. Sprinkle half of cookies with coarse grain sugar. Bake for 8 to 10 minutes or until edges are lightly browned. Cool completely.

Combine all filling ingredients in medium bowl, adding enough milk for desired spreading consistency. Beat on low speed until well mixed. Spread about 2 teaspoons filling onto bottom-side of each cookie without sugar. Top with remaining cookies, sugar-side up.



Angel's Mist Clove Essential Oil: The essential oil is used in aromatherapy when stimulation and warming are needed, especially for digestive problems. Topical application over the stomach or abdomen are said to warm the digestive tract. This oil also relieves toothache. The oil that is extracted from cloves are widely used in mouthwashes, toothpaste, acne creams and in health products.

http://www.peacefulmind.com/aromatherapy.htm



Clove:

Botanical name: Eugenia caryophyllata aka Syzygium aromaticum
Use: Analgesic, antiseptic, antispasmodic, anti-neuralgic, carminative, anti-infectious, disinfectant, insecticide, stimulant, stomachic, uterine and tonic. Useful for toothache, arthritis, breath sweetener, warming massage oils, love potions.
Perfume Note: Bottom
Blends well with: Orange, Lemon, Cinnamon
Source: leaves, stem and buds
Production method: water distillation
Aromatherapy benefits: warming, energizing, aphrodisiac
Aroma type: warm, strong, spicy
Warning: Clove oil is a very potent oil and should be used with care. Careful using directly on skin. Can be diluted in a carrier oil in order to avoid skin irritation.
Safety Information: should be avoided during pregnancy.

Natural Household/Medicinal Uses for Cloves

by emohealer
(http://emohealer.hubpages.com/hub/Natural-Household-and-Medicinal-Uses-for-Cloves)

Natural herbal remedies using cloves includes: Relieving toothaches, earaches, nausea, hypertension and pain from burns and wounds. Also helps respiratory problems, great air freshener, mosquito repellent, fly deterrent, and ant killer. It is a natural disinfectant; it prevents and gets rid of infections. Cloves come in 3 different forms:
Cloves (myrtaceae) come in 3 different forms, whole, ground and oil. All three forms have the same properties with differing degrees of potency. Oil has the highest potency and is best used diluted with carrier oil like almond oil. Whole cloves are medium potency the oils are still in them and they can be ground in a mortar and pestle for use. Ground cloves are the least potent; most of the oil already released.

Using Cloves Medicinally

Toothache: All three forms can be used with differing degrees of results and applied in different ways. Clove oil can be applied with a q-tip, a drop will do, remember it is very potent; you may even want to consider diluting it for this purpose. A whole clove can be crushed slightly and placed on the gum where the toothache is located, or place a small amount of ground cloves into a piece of coffee filter, wrap, wet and place between gum and lip. Using any of these applications will alleviate the pain, the higher the potency, the quicker the relief. Using clove oil will not only alleviate the pain it will also draw out any infection from an abscess so you won't need antibiotics before seeing the dentist.

Earaches: Clove oil is best used for an earache, dilute with a carrier oil (never water), place on a cotton ball and place just inside the ear canal. The pain will subside quickly and it will help to reduce infection if any is present.

Nausea: Clove tea has a very unique flavor and aroma. The best part of drinking clove tea is the quick relief from nausea and the fresh breath you have afterwards. In fact chewing on a clove from time to time is the best breath mint ever and keeps nausea and heartburn away. However, too much tea or chewing on cloves can produce heartburn, especially if done on an empty stomach.

: Regularly chewing on cloves for at least six weeks or more can help reduce hypertension. Always be sure to discuss this with your doctor before deciding if it is a right option for you.

Burns and open wounds: Apply clove oil directly and immediately to 1st and 2nd degree burns and minor open wounds and cuts to alleviate pain, reduce possibility of infection and reduce healing time. For minor open wounds and cuts just sprinkling ground cloves will help stop bleeding and reduce pain immediately. I never go anywhere without either a small bottle of ground cloves or clove oil.

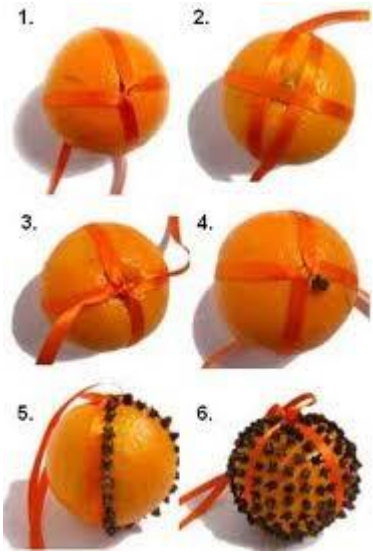
Household uses for cloves

Respiratory aid: Aromatherapy is the best way to use cloves as a respiratory aid. Make clove tea and breathe in the aroma from the hot tea. A pomander as pictured can be hung in various places to have a continual aroma therapy and improve respiratory problems.

Air Freshener: Cloves have a great aroma and can be used in a variety of ways to remove offensive smells rather than using aerosols or other artificial air fresheners. Make an atomizer in a spray bottle mixing clove oil with water, shake well before each use as oil and water; do not stay mixed. A clove pomander is another way, see instructions below for how to make one. After the pomander has lost its effectiveness, the cloves still have more aroma to share, crush slightly and add to a potpourri. Cloves are always a great addition to spicy potpourris or an oil burner.

Mosquito Repellent: Using the same atomizer used to refresh the air with, shake and spray lightly on exposed skin.

Fly deterrent and ant killer: The aroma alone from cloves will deter flies whether it is in a potpourri an air freshener or a pomander. A drop of clove oil will kill ants instantly. Mix clove oil, cinnamon oil and water and shake well before each use to kill ants.



Making a Clove Pomander

Hang to help respiratory issues, air freshener and bug repellant
To make a clove pomander randomly insert whole cloves into an orange penetrating the skin and into the fruit. tie a string, ribbon or bow around it and hang. A clove pomander is an effective respiratory aid, air freshener and fly deterrent for approximately 6 months.