

Herb of the Month: Patchouli

Pogostemom Cablin is a warm, sweet, earthy herb used to attract wealth, love and sexual desire. Long associated with hippies and the counter-culture activists, this rich healing oil has long been utilized in stimulating new cell growth, tightening tissue, speed healing of sores and wounds, reducing body odor, cooling fever and repelling insects.
http://www.peacefulmind.com/aromatherapy.htm



Pumpkin Patchouli and Butternut Soup

This unique and wonderful seasonal favorite will be the talk of your Fall/Halloween party. Enjoy a traditional favorite with a twist!

Ingredients:

1/2 large butternut squash, peeled and diced (about 2 cups)
8 oz. pumpkin puree
3 cups chicken stock
1/2 cup heavy cream
2 tbsp. unsalted butter
2 tbsp. extra virgin olive oil
1 yellow onion, diced
coarse sea salt to taste
12 drops Angel's Mist Patchouli Essential Oil
1 shake of nutmeg

Directions:

Melt butter and olive oil together in a large pot over medium high heat.

Add onions and sauté until soft, 3-5 minutes.

Add squash and stir with spoon until all pieces are coasted with oil.

Next, pour in chicken stock and scoop in pumpkin puree.

Stir well. Bring to a simmer, and cover. Simmer for 20 minutes, until squash is tender.

Puree the soup with an immersion blender, in a food processor, or in a blender, but be careful because the soup gets hot. When pureed, strain the soup into another pot. (Fine mesh strainer works best).

Over medium heat, add the cream, salt, nutmeg. Right before serving, add the patchouli.

Stir until heated through, then serve.

Enjoy this unique seasonal favorite!



Patchouli Body Balm

Balms are used to heal skin issues, such as skin cuts, wounds, sores or abrasions. They are also a great treatment for other dermatitis issues such as eczema, sunburn or psoriasis. Patchouli is well known for its healing properties, a benefit this balm takes advantage of to help soothe skin issues. Patchouli is also considered an aphrodisiac herb. So this can also be created to make a sexy balm butter to use as a perfume, massage balm or body accent.

This recipe makes about 8 ounces of balm. It makes a great gift, so it's a good idea to have one container for yourself and one to give away.

Ingredients:

1.5 ounces beeswax pellets
1.5 ounces cocoa butter (solid)
4 fluid ounces cold-pressed olive oil
12 drops Angel's Mist Patchouli Essential Oil

Directions:

Wash and dry the containers you're intending to use. Allow them to air dry, as this is the most hygienic method for drying. To do so, simply set them on a towel or drying board.

Assemble and weigh the ingredients. Put the cocoa butter and beeswax into a heatproof pouring vessel such as a metallic jug or pitcher. Put the heatproof vessel into a saucepan of boiling water as you would a double boiler.

Melt the ingredients. Do this by keeping the water simmering and allowing the ingredients to gently come together. Take the heatproof vessel out of the saucepan. However, leave the water simmering and add the olive oil and patchouli oil. At this point, you'll notice that the mixture will solidify slightly.

Return the heatproof vessel to the saucepan. This will liquefy the mixture again. Stir the mixture using a spatula to evenly distribute the contents. Once mixed through, quickly and carefully pour the resulting liquid into the containers. Leave the balm to cool fully. You can place it in the fridge. Once the mixture has solidified into a balm, it is ready to use.

Patchouli Insect Repellent

Try this essential oil mist as a cooling, protecting insect repellent with a great scent.

Ingredients:



Angel's Mist Patchouli Essential Oil - 5 drops
Angel's Mist Lemon Eucalyptus Essential Oil - 5 drops
Angel's Mist Lemongrass Essential Oil - 5 drops
Angel's Mist Tea tree Essential Oil - 5 drops
Vodka base:
2 ounce vodka
2 ounce witch hazel

Directions:

In a 4 ounce spray mister, add vodka and witch hazel. Drop in each individual essential oil. Cap and shake. Mist all over the body before going outdoors.

Patchouli:

Botanical name: pogostemom cablin
Use: stimulates new cell growth, tightens tissues, speeds healing of sores, wounds, reducing body odor, cools fever, and repels insects. Calms nerves, lifts depression, reduces inflammation, fights infection, stimulates sexual desire.
Perfume Note: Base
Blends well with: Orange, Basil, Cinnamon, Chamomile, Lavender, Helichrysum, Geranium, Clary Sage
Source: leaves
Production method: steam distillation
Aromatherapy benefits: pervasive, calming, enhancing
Aroma type: sweet, spicy, musty, earthy
Warning: none noted

Plant Profile: Patchouli Herb

By The Mother Earth Living staff
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A plant profile of the patchouli herb, includes a history of the patchouli plant and medicinal, culinary and growing information. Sage, rosemary, and thyme (but not parsley): despite their differences in looks and taste, all of these kitchen favorites are members of the mint family, Lamiaceae (Labiatae), as are dozens of other herbs around the world. One mint relative that's not so well known in temperate North America (though it has been grown here at least since 1900) is patchouli, two species of which (Pogostemon cablin and P. heyneanus) are increasingly seen in the catalogs of herb nurseries these days.

The genus Pogostemon consists of some 30 or 40 species of shrubs, sub-shrubs, and herbaceous plants native to tropical Asia. The name means "bearded thread" in Greek and refers to the hairy middles of the four stamens. Other characteristics of the genus include flowers in whorls in the upper leaf axils; a tubular, five-toothed calyx; a tubular corolla with four nearly equal lobes, and one style with two stigmas. The fruits are four seedlike nutlets. The name patchouli comes from a Tamil word, paccilai, meaning "green leaf". An alternate common name seen in some older references is pucha-pat.

The species of patchouli commonly available in the United States are P. cab-lin and P. heyneanus, also known as P. patchouli or P. patchouly. The latter is sometimes known as smooth or Java patchouli. Both are shrubby plants which may grow 3 feet tall under optimal conditions. The green leaves are roughly egg-shaped, up to 4 inches long, deeply veined, and notched. Flowers of P. cablin are white, while those of P. heyneanus are tinged with purplish pink. They have little fragrance.

Uses of Patchouli

Patchouli is known principally for the fragrance of its essential oil. As one writer has rhapsodized, "Fine patchouli has a winelike, ethereal quality, deep and woody, spicy, almost dry and earthy." Even those who don't care for the fragrance of the oil may find the scent of the fresh leaves quite pleasant.

Patchouli oil is used extensively in the perfume industry. Major producers include China, Indonesia, India, Malaysia, Brazil, and the Seychelles. The oil is steam-distilled from the leaves and stems, which are harvested two to three times a year, and the quality of the oil is better if the dried leaves are aged before distillation.

Other herbal fragrances that are sometimes blended with patchouli include basil, bergamot, geranium, juniper, lavender, myrrh, neroli, pine, sandalwood, and rose. Commercial perfumes that contain patchouli include Tabu, Bill Blass, and Polo.

Patchouli is frequently used in soaps and cosmetics that are said to rejuvenate dry and "mature" skin. It works as a deodorant by masking body odor. Both the oil and the dried leaves are used in potpourri, the leaves adding a distinctive texture as well as fragrance to the mixture. The oil is thought to have fixative properties and is believed to improve with age. Patchouli is not widely used as a medicinal herb; its use may cause loss of appetite or sleep and "nervous attacks". Still, some Eastern cultures esteem it as a prophylactic.

Aromatherapists consider patchouli an aphrodisiac based on the widely held belief that the odor stimulates the pituitary gland to release endorphins, chemicals that kill pain and promote euphoria as well as sexual feelings. They recommend patchouli for external use to treat anxiety, at least in small doses; too much can be sedative.

Patchouli has culinary and industrial uses, too. The fresh leaves of P. cablin are used as a seasoning, and the dried leaves of P. heyneanus (the less fragrant of the two species) flavor an alcoholic beverage. The oil of P. cablin flavors chewing gum, baked goods, and candy, and that of P. heyneanus has been used in India ink.

Cotton balls saturated with pa-tchou-li oil and placed among stored clothing can substitute for the dried leaves as a moth repellent. Mixing equal parts of dried patchouli leaves and finely ground dried pyrethrum flowers (which have no aroma) may increase the repellent's effectiveness. Patchouli oil has also been used to repel silverfish and bookworms from books.

Growing the Patchouli Herb

Although Liberty Hyde Bailey declared (of P. heyneanus) that the plant has no ornamental value, many herb gardeners feel otherwise. Thriving outdoors only in the warmest climates, it is root-hardy only in subtropical Florida and Texas; in most of the United States, patchouli must be treated as a very tender perennial or an annual. It may be propagated by rooting semi-woody cuttings in fall or winter, from seed sown indoors in late winter or spring, or grown from purchased, rooted plants.

Patchouli grows best in full sun or part shade. In northern states, it may be best to grow patchouli as a house plant. It does well in semishade on a windowsill or under fluorescent lights near the ends of the tubes.

Use a commercial soilless mix or prepare your own from equal parts of peat moss, vermiculite, and perlite with a teaspoon or two of lime added to give a pH of about 7. Keep the soil moist. Patchouli plants grow fast; check frequently and transplant to larger pots as needed. Pinch the branch tips to promote further branching.

You may find the fragrance of the plant a little strong in close quarters, especially at night. On the other hand, some growers find that plants grown in shade or cloudy weather have little odor.

Read more: http://www.motherearthliving.com/gardening/plant-profile/patchouli-herb-zmaz91djzgoe.aspx#ixzz2fwFWCYtl