

LILIUM INITIATIVE



Debuting at Eco Farm

Every January, for the past 40 years, farmers have looked forward to The EcoFarm Conference in Pacific Grove, California. This year, Peg Schafer and David Melly of the Liliu Initiative (LI) were chosen to speak about the unique opportunity for farmers to participate in the emerging market for domestically grown Chinese herbs.

They discussed what makes this market different from vegetable production and what skills and processes are required to succeed. The only complaint was that there wasn't enough seating in the packed house. Luckily, LI had a booth for conference attendees to ask more questions over the following days.

Ron Dunham of Algonquine Botanicals and Jonathan Major of Still Moon Farm also tabled with their seeds and tinctures. As current LI farmers they brought much inspiration and fielded endless questions. Special thanks to LI volunteers, Gaby Lee and Deb Dennis, for their invaluable help.

Chinese Herbal Medicine in the Time of Corona

A short disclaimer: The herbs mentioned in this article are not for personal diagnosis and treatment, as is always the case in TCM, each person's illness needs to be treated on a case by case basis. Herbs and medications should only be used under the supervision of a qualified healthcare practitioner.

The world has come to a screeching halt. It was not world-wide climate chaos, as many have predicted, but the entry of a novel virus that has, in a matter of a several weeks, brought the march of modern civilization to a complete stop. The disease which would become a pandemic, emerged in Wuhan, China with the first death reported January 11th. The disease shut down the entire country as they struggled to stop the spread. They were able to almost completely contain it with a combination of Western interventions as well as Chinese Herbal Medicine. Though there have been questions on China's reporting, the most recent reports say, "After reaching a peak in February, the epidemic appears to be controlled for now in China.... China had reported more than 82,000

officially confirmed cases and over 4,500 deaths from the coronavirus. have been generous in sharing information with the global TCM community. There are many skilled herbalists who have shared formulas for prevention and for treating the many stages of CoVid-19. Dr. Huang Huang, a respected classical Chinese herbalist, offered a wonderful formula for prevention. It is called Jing Fang Bai Du San and contains:

Jingjie (*Schizonpeta tenuifolia*)
 Fangfeng (*Saposhnikovia divaricata*)
 Qianghuo (*Artemisia annua*)
 Duhuo (*Angelica pubescens*)
 Chaihu (*Bupleurum chinensis*)
 Qianhu (*Peucedanum praeruptorum*)
 Jiegeng (*Platycodon grandiflorus*)
 Zhi Ke (*Citrus aurantium*)
 Chuanxiong (*Lingusticum chanxiong*)
 Fuling (*Poriae cocos*)
 Gancao (*Glycyrrhiza uralensis*)

It "treats epidemic diseases with headache, aversion to cold, fever, nasal congestion, cough, red eyes, mouth ulcers, and itching skin diseases." The majority of these herbs could also be grown here well and many will need to be, due to current shortages. Two of

<https://www.aljazeera.com/news/2020/01/timeline-china-coronavirus-spread-200124061554884.html>
<https://www.nytimes.com/2020/04/17/world/asia/china-wuhan-coronavirus-death-toll.html>
<https://drive.google.com/file/d/1HwaMCK2VVOvsk9Fj8VEECOWL3Qa2d/view>
<https://docs.google.com/document/d/1OtlckCedEdJfPost8kGjTtEEZ5nerrJBQmPlu55A/edit>

these are Jing Jie and Jie Geng. These are very important herbs to treat these kinds of ARDS diseases. Please see our Herbal Spotlight column to learn more about Jie Geng.

Concerns regarding Chinese herb imports pre-date the current international trade shortages due to CoVid-19. Trade wars, global warming, rising prices and sustainability issues have already made the need for domestically-produced herbs clear, however, it is now undeniable that U.S. farmers must step up the challenge and grow our own TCM herbs. In the US, it has become very difficult to purchase many of the common formulas and herbs to treat this virus and the patterns associated with it, since many have already been consumed or cached. It is hard to predict what will happen to international trade with China in the future. The need for clean, domestic production of Chinese herbs has become starkly clear.

We must grow more of the herbs we need in the US and the Lilium Initiative is ready to take on the challenge.

Let's Make a Match!

Lilium Initiative has been offered an anonymous donation, if we can match it!

If you've considered making a donation now is the time to do it! We need your donations to move our projects forward of educating many more farmers and TCM practitioners.

We can make Lilium Initiative thrive. Let's do it together
<https://liliuminitiative.org/join-us>

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HERBAL SPOTLIGHT

Platycodon grandiflorus
Pin yin Medicinal Name: Jie Geng
Common Name: Balloon Flower

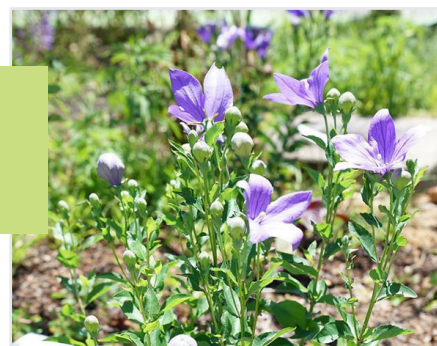
Platycodon grandiflorus attracts butterflies and the human eye alike. It is commonly referred to as balloon flower, as the blue-purple (rarely, but occasionally white) buds are balloon-shaped, then swell and open into bell-shaped blossoms. Native to Japan, northeastern China, Korea, and parts of Siberia, Platycodon grandiflorus exists in USDA hardiness zones 3-10 (Schafer, 239). It grows best in full sun with moist, but well-drained sandy loam soil. In native Asia, Platycodon grandiflorus grows in dry meadows and rocky places among shrubs.



Wanted:

Experienced Growers with land to grow Chinese medicinal plants.
 Lilium Initiative may be able to sell your crops. Contact Dave Melly
info@liliuminitiative.org
 with your ag skills and questions.

It can be grown as a container plant in front of a clinic office, though potted material, generally speaking, doesn't produce market-quality medicine. The flowers bloom between June and August and are suitable for sale as cut flowers. Perennial and herbaceous, the bulbous taproots of dormant plants are at least two years old when harvested in the spring or autumn, peeled, sliced lengthwise, and dried (Schafer, 241). Medicinally Platycodon grandiflorus root is bitter, acrid, and neutral. It is prescribed for a wide variety of conditions, the majority of which disturb the flow of energy in the body associated with the lung meridian and the lung organ. The key characteristics of the medicine include a lifting action that directs



energy to the chest, a soothing quality on the throat, a dispersing action that both breaks down phlegm and expels pus, and guides pathogens out from the body. Platycodon grandiflorus is traditionally processed in three different ways, which alters the medicinal properties slightly for different prescribed uses: including dry-fried, honey-prepared, and charred (Bensky, et al, 431).

The Chinese Medicinal Herb Farm. White River Jct, VT: Chelsea Green Publishing Company, p 239-241.
 Bensky, D., Clayvey, S., Stroger, E. (2004) Chinese Herbal Medicine: Materia Medica, 3rd Edition. Seattle, WA: Eastland Press, p 429-431.



Potted transplants for sale
 Special for Lilium Initiative growers and volunteers. Email The Chinese Medicinal Herb Farm at
pschafer@sonic.net for the current list of selected herbs.
 Will call pick up only.

Volunteer

Help us bring our vision into reality. We are looking for people of diverse skill sets to join our team.

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