

Welcome to the Herbs with Rosalee Podcast, a show exploring how herbs heal as medicine, as food, and through nature connection.

Lady's mantle weaves together medicine, magic, and mysteries in its leaves. In this episode, I'm joined by the wise and luminous herbalist, Robin Rose Bennett, to talk about lady's mantle. Robin Rose shares this plant's long history of association with women, fertility, and the sacred, as well as her own experiences working with it as a gentle, but profound tonic. Along the way, we talk about folklore, place-based herbalism, and the ways plants can guide us back into deeper connection with the living world. Robin Rose has this incredible gift for weaving together story, tradition, and practical experience, and I know you'll come away inspired to see lady's mantle and the plants around you, in a new light.

By the way, if you enjoy this episode, it would mean the world to me if you hit that "thumbs up" button. It really does help other plant lovers find this show too. And be sure to stick around to the very end for your herbal tidbit where I share some more magic about lady's mantle.

**Rosalee de la Forêt:**

Robin, it's always such a delight to see you. Thank you for being on the show again.

**Robin Rose Bennett:**

Thank you for having me. I'm really happy to be here with you.

**Rosalee de la Forêt:**

I don't know who loves having you on the show more – all the listeners or me? I'm going to say me. I love it.

**Robin Rose Bennett:**

You're so sweet.

**Rosalee de la Forêt:**

It's always just such a joy to connect with you, and I am thrilled that I just got to see you at International Herb Symposium, give you an actual hug. That was lovely, so that's been nice. I feel like after reading your *Green Witch's* book, and I just—I get infused with you in so many different ways, and so, to have you in person is a special gift.

**Robin Rose Bennett:**

Thank you and it was for me as well, and being in Cincinnati at the conference with all our green friends, it was just beautiful! It was really, really a warm, wonderful experience of herb people.

**Rosalee de la Forêt:**

Uh hmm, yeah, it really, really was. It feels like we were all just kind of transplanted into this big city of Cincinnati, which I ended up really loving. It was just a really cool city.

**Robin Rose Bennett:**

I was totally surprised at how much I loved Cincinnati.

**Rosalee de la Forêt:**

Was it your first time too?

**Robin Rose Bennett:**

No, but I hadn't been there since college.

**Rosalee de la Forêt:**

Oh, okay.

**Robin Rose Bennett:**

It was a minute. There was a minute since I had been there with my then boyfriend, now, still a friend, and yeah, so that was the last time I was in Cincinnati. I was absolutely kind of awed by

the street art, in particular. I just—I kind of went with no to low expectations, and so it was just marvelous.

**Rosalee de la Forêt:**

Uh hmm, yeah, I felt the same way. I just was kind of open to like, “Okay. What’s this going to be like?” and then you just add in a large sprinkling of plant people into the mix, and it was just lovely.

**Robin Rose Bennett:**

Super fun, and for anyone listening, if you’ve never been to an herb conference, they are usually in a bucolic setting, right? In a, you know, a college campus-

**Rosalee de la Forêt:**

Green space.

**Robin Rose Bennett:**

[crosstalk] and green space. So, this was quite different for all this, but there was a fabulous park directly across from the main gathering place, with beautiful trees. It was a city. It was-

**Rosalee de la Forêt:**

It was a city, which had amenities like places to eat, so, you know, there was things that worked out.

**Robin Rose Bennett:**

Sure enough. Sure enough.

**Rosalee de la Forêt:**

Robin, this is your third time on the show, and so, we thought it would be fun to start in a little bit different way than we normally do, and what we’ve come up with is hearing the story of how you got your name.

**Robin Rose Bennett:**

Okay, so—so I have this name, Robin Rose, bird and plant, and originally, my name was Robin—no. Originally, my name was Laurie Robin, and apparently, my grandmother told my mother—because my elder brother is Larry—“You know you’ve made a mistake because you’ll call Larry and Laurie will come, and you’ll call Laurie and Larry will come running, and it will drive you crazy as you get older and get a little”—so, my mother just switched and she made me Robin Laurie. So, okay, that was Step One, and then I became absolutely fascinated with discovering the story of my dad’s mom because she was a woman who wasn’t talked about. She was a woman who was—my dad was silent about. It turned out—I have learned so much about this—this grandmother of mine, but in a short version of the story, she was a silenced woman. She was a woman who was put into an institution by her husband when she became inconvenient, and her name was Rose. She was known as Rosie. When I finally learned—I learned many things about her incredible courage and that she learned many, many languages, so she was also very ahead of her time. There wasn’t a place for her in that time. She ran away from home. Anyway, so many stories, so one day, I’ll write them down—but one day, I decided to take her name as an honoring and as a way to remember her, so I became Robin Rose. I came and I told my dad and his reaction was so sweet. He was like, “So someone is remembered.” I said, “Yeah, exactly, Dad.” That’s how I became Robin Rose.

**Rosalee de la Forêt:**

Aw. I have questions. Has that been for a long time then? Were you still quite young?

**Robin Rose Bennett:**

Yeah, it’s a very long time. It’s a very long time now. I especially love—I love all animals and I love all nature, but I love animals. But of all the animals, I think I have the deepest connection with birds—plants and birds. It’s funny that that just—kind of perfectly funny that that would happen that I would have a bird and a plant in my name.

**Rosalee de la Forêt:**

Yeah, yeah. Do you feel particularly drawn to robins?

**Robin Rose Bennett:**

Robins have a way of showing up and building nests at the backdoor or the front door of people I love, it's so funny, so, yeah, there's a particular connection. One time, an albino robin came to my land. That was amazing. I didn't know such a thing existed, such a being existed, but, yeah, of course. Of course, I have a little bit of a special place for them, or even for trees like the locust that's named, *Robinia*. I will say, "Ah, that's my tree!" So, that's—that was how I got my name. I was glad that—I was glad for that early switch. I think that was even before it went on to my birth certificate that the switch came from Laurie to Robin.

**Rosalee de la Forêt:**

Oh, wow! Oh, wow! So, this is before you were an herbalist then, I'm assuming?

**Robin Rose Bennett:**

No. Rose I was—I was a budding, young herbalist when I took on Rose. It's funny because my other grandmother is the grandmother who I learned was an herbalist, which I learned ten years after I had started working with herbs. I learned that she was a renowned herbalist in Brooklyn, New York.

**Rosalee de la Forêt:**

Oh, wow!

**Robin Rose Bennett:**

So, it's in a way, I love that I'm honoring both my grandmothers, Esther and Rose, by walking my path.

**Rosalee de la Forêt:**

That's so beautiful. We both have "rose" in our name, and I was also named after a family member, my Aunt Rosemarie. My dad took—it was his sister, so my dad took "rose" from that, and then his middle name is Lee, and so he made that. He thought he made the name up. Actually, Rosalee—he thought it was a made-up name.

**Robin Rose Bennett:**

I love it.

**Rosalee de la Forêt:**

Apparently, my mom wasn't a huge fan. She said it wasn't a very professional name and I might have to change it when I'm older to be more professional. So, she didn't know that I was going to grow up to be an herbalist.

**Robin Rose Bennett:**

She didn't know where you were going yet. She didn't know yet.

**Rosalee de la Forêt:**

Thank you so much for sharing that little tidbit. I'm glad to know that now. I also have an affinity for robins, especially European robins. There's something about European robins that just really draw me in, and they're so—they're so loving of humans, are great companions. I was actually in a hotel room recently during my travels here in the US, and on the wall, there was a big photo of a European robin. It was like—just like stock photo, you know, it's a hotel room. I was like, "I bet whoever bought that had no idea that that was a European bird," because we're in Michigan at the time or whatever.

**Robin Rose Bennett:**

I do have a dish towel with the European robins on it out in my dish—in my kitchen right this minute.

**Rosalee de la Forêt:**

Aw. It sounds lovely.

**Robin Rose Bennett:**

Yeah, yeah, they're a little different. I'm glad you like robins.

**Rosalee de la Forêt:**

Yeah, absolutely. Just one more robin story. Actually, just the other day, I was walking on my walk and I was feeling a little sad on that walk. I turned the bend and suddenly, there's hundreds—I would say even thousands of robins all up in the trees right there, so, obviously, they're in the migratory stage, but there were so many of them. I mean, the sound was so loud, I couldn't believe it, and I could see them just flying all around. I thought, "Are those all robins?" All I could hear were robins. I put on my Merlin app, and it only picked up robin, so just this huge flock of robins. I had never seen one that large before.

**Robin Rose Bennett:**

I've seen that once in the autumn. They were—they were gathered around a certain berry, so I'm wondering if there was bushes or trees with certain berries, and I'm sure they were there to cheer you up.

**Rosalee de la Forêt:**

Thank you, Robin. Yeah, we are heart—we're in the heart of the forest. There wasn't a lot of berries around in that particular area. Yeah, well, thank you again for that little story, and I'm really excited to hear about lady's mantle from you, Robin Rose, because lady's mantle is something that—I think it might be my plant ally next year. I don't know. It keeps coming up for me and I keep being interested in lady's mantle, so, yeah.

**Robin Rose Bennett:**

Just say yes. Say yes!

**Rosalee de la Forêt:**

There you go. Robin Rose says yes. I'll say yes.

**Robin Rose Bennett:**

It's a holy plant or lady's herb. I like to think the lady is Gaia herself; the Earth, herself. It's a plant that is so giving. It's—I mean, are we ready to—are we ready to jump in?

**Rosalee de la Forêt:**

Oh, yeah, yeah, let's jump in.

**Robin Rose Bennett:**

Okay, so, first of all, we have the wonderful name, *Alchemilla*. The alchemist, right? *Alchemilla vulgaris* is the common alchemist, and there's *nobilis*, the noble alchemist. All the lady's mantles are connected with alchemy. We could think about alchemy, alchemical processes, like the magical, historical—you're turning lead into gold—but the alchemy of healing. The alchemy of transformation is what I connect lady's mantle with. You know—I think you probably know, but for everybody, the way that—we have—here. Hang on. So, I picked this just now, a little bouquet of lady's mantle leaves. I mean, they're so beautiful!

**Rosalee de la Forêt:**

They are so beautiful.

**Robin Rose Bennett:**

Right? They're so beautiful. You and I were scheduled to do this talk some weeks earlier and then we couldn't, so I just wanted to show—and I had picked leaves that night. Just for everybody's education, you want to see that your—when you dry the plants yourself, they dry pretty similarly to how the fresh—to how the fresh plant looks. You want it to look close. Here's a dried—beautifully dried—compared to the fresh, but it has really retained its color. In Unani medicine, one of the oldest Arabic forms of herbal medicine, it's actually the dew that collects in these velvety, scallop-shaped leaves that is considered the most healing magical elixir connected with lady's mantle. It is a beautiful, beautiful experience to go out in your garden or if you live high in the mountains, they might be wild—by me, they're a garden plant—and actually, either dip your finger in that—in that—in the morning dew that collects in there, or you can sip it. I like to put my fingers in and put it over my eyes, so that's a beautiful part of the medicine that, you know, we might think of as more, maybe fanciful or metaphoric, but when I was working with an esteemed—a doctor who worked in the Unani tradition when my mother had breast cancer, he urged me to go out and gather this for her



every morning. He said that would be the most healing thing I could do for her. That was fascinating to me because I tend to be more in the—in the physical what-can-we-do understanding that the physical contains the spirit also, but that simplicity of just the dew I didn't—I didn't only do that. I will confess that wasn't enough for me.

So, we have this beautiful alchemical plant that is connected with regeneration—with regeneration, and it restores tone to tissue that is—maybe has gotten—that needs more astringency, that needs more strength, but it's also soothing. It's a very both/and kind of plant. I guess one of my favorite stories—let me just do one more thing—describe the flowers. The flowers are like little, tiny, yellow stars. When they blossom, they're very abundant. They grow up on stalks out of the plant and there's just so many of them. I don't know if everybody uses the—the stars—I started to say “the stars”—as well as the leaves, but I do. I use the flowers, the leaves and the stalks with such gratitude for anything from hard-to-heal-wounds to—I want to share—one of my favorite stories that exemplifies the both/and of this plant, and one of the things that I love and I know you do too about herbal medicine, is plants don't do just one thing. They don't target a symptom the way a pharmaceutical does. They work to bring health, balance, to either build up or calm down a system.

I have a strong connection for this plant with the female sexual reproductive system though there are—it definitely has resonance and healing for skin and wounds and other things we'll talk about in a minute—but in the sexual reproductive system, this plant is probably most famous for helping to stop bleeding. It's even stronger and more effective than a well-known plant that is antihemorrhagic or anti-styptic called “shepherd's purse,” *Capsella bursa-pastoris*. I turn to lady's mantle when shepherd's purse isn't enough, but in my book, *The Gift of Healing Herbs*, I actually tell a story about a woman who came to me unable to heal emotionally from a miscarriage. It came to me in talking with her like a intuitive flash, that somehow or other, she hadn't completed the miscarriage. Nothing indicated this. She had no sign. Normally, if that would happen, a woman would have fever, signs of infection, like that. She didn't have any of that, but she could not get over it, and it had been quite a while. I can't remember off the top of my head exactly, but we're talking months. I said to her,

“I really think lady’s mantle can help you with this, and whether it’s just going to help you finding your hormonal balance, I don’t know, but something.” So, she proceeded to take the lady’s mantle and passed a piece of placenta that had never passed.

**Rosalee de la Forêt:**

Oh, wow.

**Robin Rose Bennett:**

So, it brought on bleeding because that’s what needed to happen, and then she went on to find her healing, and eventually, have another child--all good things. Lady’s mantle is very famous for helping fertility too, but it’s so helpful to realize you don’t want to pigeonhole plants. Plants are complex and they work with what’s needed in us. So, yes, of course, there are physical properties. We can talk about what science shows us that something does, that this is high in tannins and that’s why it can tone tissue, that it’s high in salicylic acid. That’s why it’s soothing, pain-relieving. Not particularly antispasmodic, as far as I know, but more anti-inflammatory, so I turn to this plant for—with so much gratitude. You know what? I started talking about my grandmothers. My grandmother, Esther, who was the herbalist, she, I believe—I don’t know this for an absolute fact, but I really sense that I was told that she was really well-known for helping people heal eye problems. I just have such a strong suspicion that she used this plant for people’s eyes, and especially, the dew. Maybe that’s why I was drawn to put the dew on my eyes.

**Rosalee de la Forêt:**

I love that.

**Robin Rose Bennett:**

But everything from—you know we can apply this herb topically, so, for—for old wounds that won’t heal, infections with pus, things like that, this plant, pounded up and applied is really helpful as antiseptic, pain-relieving, anti-inflammatory. Hard-to-heal wounds respond well to this alchemical one, and it’s very—it’s—it’s—it’s velvety. This to me is so incredibly fascinating

because it's a rose family plant, and all the rose family plants are—so many of them are thorny. They're thorny. This is so not thorny, right? And I realize other ones don't have thorns. There's strawberry that doesn't have thorns, but this is more than it doesn't have thorns. It's covered with velvet, like a deer antler. The stalk is covered with velvet. The top and the bottom of the leaf are covered with this velvety—velvety growth, so very beautiful, very beautiful.

Another famous use—now, we're getting really down to earth here—is for hemorrhoids. This is a wonderful plant for hemorrhoids, or as I call them, “asteroids.” I have used and given people oils of it for that purpose. You can use the fresh leaf or the dry leaf, reconstitute it with a little boiled water. I also wanted to share I looked up—I know Gail Faith Edwards, herbalist from Maine, she swears by a pregnancy recipe that she does, which is lady's mantle, grape leaf-

**Rosalee de la Forêt:**

Oh! I love all the show and tell. You've come prepared.

**Robin Rose Bennett:**

Red clover and raspberry. So, these four together—and I know she makes and sells tinctures of them too if you don't—you want this and you don't have access or know your plants yet. We have lady's mantle, grape leaf, red clover, and raspberry, as a fertility tonic. I've also worked with lady's mantle and only red clover or only raspberry as a fertility tonic, but lady's mantle is probably even better known as an herb to help with the transition of menopause. Honestly, I turn to lady's mantle in all times of transition where women's endocrine system, or I would at least consider it. It could be illnesses, physical challenges like fibroids or heavy menstrual cramps, menstrual bleeding, but it can also be simply to nourish the system. For example, ten drops of the tincture, three times a day, can help to regulate menstrual flooding—heavy, heavy bleeding. When I went into menopause, I was so grateful that I had learned by then that it looked different for any woman going through it naturally, because I bled so much, I would have felt something was horribly wrong. Lady's mantle became a really good ally for me. There's just such a range of what's normal when we're allowed to move into our transitions

naturally, and rather than being drugged through them and being told that it's just something we need to keep at bay. "Just keep it at bay. We need to hold it off. We need to stay on forever." No. We know we want to take on the mantle, if you will, lady's mantle--the mantle of being—coming into our elder years, coming in to more and more confidence. Have you not found, Rosalee, that as you get elder little by little, you become more confident in being who you actually are?

**Rosalee de la Forêt:**

Absolutely. I was just talking about that with my husband today. I just turned 45, and I was like, "I just feel a little something, a little bit more Rosalee coming your way!"

**Robin Rose Bennett:**

Happy birthday. Yeah, you'll speak your mind more and more and more. It really—what I love to tell you, it only gets better.

**Rosalee de la Forêt:**

I love hearing that.

**Robin Rose Bennett:**

It really only gets better and all the messages are so contrary to that. They come at us from our culture and make us really not like ourselves, and think there's something wrong if we have lines or a little more weight or—you name it—or we slow down at all, but let's put the lie to that. Let's put the lie to that and let our gifts shine even more, so that the young people coming up behind us whether they are four-year olds or they're 14-year olds or 24-year olds, know that like, "Wait. Oh! Oh!" It's not like decline. It's becoming more. It's becoming more. The plants also help us to be vibrant. The plants help us to be healthy, and that, of course, is a big consideration in what eldering can mean for some people, as opposed to other people. Just to say, you can do everything right and still get sick, still physical challenges. There's no absolutes here, "If you eat well and you do this and do that, no problem ever." Life is life. It's a great, big mystery. It's a great, big mystery.

So, one of the things that's kind of fun because it's so contrary to this it-stops-bleeding thing, is Maria Treben, Austrian herbalist, now, an ancestor—I love her books, by the way. They were like among my first books, but I still use them. I still use them. I use yours too, by the way. Lady's mantle and yarrow, Maria recommends to bring on menses at menarche. So, if it's time, and there's other symptoms starting and it's not just coming, which would make a young woman feel icky—to use the technical term, irritable, irritable and such—you sip it slowly, the lady's mantle and the yarrow, and it will bring on the menses. Also, in that, I have seen this work, to do yarrow. Take a ritual yarrow bath, and why it's on a Friday, I don't remember, but I just remember this. I did have one friend's daughter do every Friday, and within three Fridays, she had her period. Her first period, so I thought that was pretty great.

The other thing that lady's mantle is especially famous for in Europe is for helping breast tissue. Drinking lady's mantle helps forestall the inevitability of gravity. It helps keep breasts more firm, more toned. It also can be applied as poultice. It could be applied as—the leaves could be applied as, again, like an oil for breast massage that will help keep breast tissue healthy. It's such a wonderful, loving, beautiful plant. Then I read that Father Künzle who is, I think, famous Swiss herbalist—historical herbalist—said if you drink large quantities of lady's mantle in the last ten days of pregnancy, you are guaranteed a healthy delivery.

**Rosalee de la Forêt:**

Wow! Alright.

**Robin Rose Bennett:**

That sounded good to me. It sounds like a wise thing to do too. No guarantees, but it's a wise thing to do to include lady's mantle in any efforts to either nourish the—the dance of the hormones—to have it be—“hormone” means—it comes from a word that means “excitable,” and our hormones, if they get thrown off and they so easily can with all the xenoestrogens in our atmosphere and all the electromagnetics, and all the stresses of just modern life. We need to do more things these days to keep our hormones dancing together happily, so I love lady's mantle for this. Tincture, tea, delicious. Tannins, glycosides, so also a heart medicine.

I don't think I have yet met a womb medicine that wasn't also a heart medicine. Those two strongest organs in the body with the womb being the strongest, are very similar. They work on contract, expand, contract, expand.

**Rosalee de la Forêt:**

This has been so enlightening, just like I'm soaking it all up. One way that you haven't mentioned is for postpartum. I was just curious if you've worked with lady's mantle in that way, simply because I have a friend who is a doula, who is that's kind of like one of her favorite herbs.

**Robin Rose Bennett:**

Absolutely! Absolutely! Again, anytime you're looking to help the hormones to dance in a healthy way, you want to think about lady's mantle, so postpartum for sure, and for perineal tears, beautiful, taking it internally and/or as a sitz bath, absolutely. Again, small amounts taken consistently after birth are going to help the breasts. They're going to help breast milk, not as a galactagogue, not like bringing in milk like fennel, but by helping the breast tissue, and so help postpartum, for sure. I'm glad you brought that in. Really, there is no phase of our lives where this doesn't have alchemical, physical, spiritual, sexual medicine for us. I love—Rosalee, I love the oil. I love-

**Rosalee de la Forêt:**

Oh, my gosh! I was—it was on the tip of my tongue to ask you about the oil. That was my next thing.

**Robin Rose Bennett:**

I started making oil—I love that. I love that little magnet moment. I started making the oil—I was doing a class for a conference, and I was going to bring a—I was going to bring an oil I had made or we were going to make it there of—that I'm a little famous for, "A to Z oil." It's Artemisia to Zingiber, mugwort-ginger. I was bringing it into the class as a womb rub for the women to experience, and then I thought if I could have pregnant women in the class,

I don't want them to be using that because both of those plants stimulate the pelvic area too much and could increase—could be a problem, especially early pregnancy, particularly. So, I made my first lady's mantle oil. This is many, many years ago, and the pregnant women loved the oil on their belly, so I began to make it and then experiment with it as a breast massage oil. I think we really need to get hands on to keep our breasts healthy to know—not breast self-exam, which is looking for cancer, looking for illness, a little scary for most of us. I'm not saying don't do it. I'm just saying this is completely different. This is helping lymph to move. This is self-love, touch. This is getting to know your own body, so you know what's normal for you, what's not.

Here's another example: When I went into my menopausal years, first time in my life I had breast lumps. When that started, I went right into fear. What is this? Is it a tumor? Then I thought maybe it's menopausal. Maybe it's just changes in the tissue in the lymph, and so, before I did anything radical, I went and I began to do massage with violet leaf oil, with lady's mantle oil, and that's when I noticed that these lumpy parts would come and go, and then I knew. Okay, this is not pathology. This is hormonal shifting. So, by getting our own hands on ourselves, not only can we simply have pleasurable—pleasurable touch, but we know our bodies better and we're alerted faster too if something is wrong. I love lady's mantle on breast, on womb, and you could put it anywhere else you want, but those are my favorite things. I do, you know, the simpler method. I take my fresh leaves. I rip them up or chop them up. I sit them in a jar. I cover them with olive oil and I wait—couple of months, a month and a half. If I'm really in a hurry for something, I'll cook it, and I am experimenting and playing with the—tincture them first. Not these, but everybody talking about their oils, “Try this, try this,” so I'm going to try it, making them in different ways that are a little more complex. Complicated, I should say, and see if I think they're better. The reason I haven't really done it is because I love the oils that I get, and the method is simple, and very full of life. Simple appeals to me. I also think the way we gather our plants makes a difference in the medicine. We end up with the love, gratitude, respect, with which I ask for the medicine. Even picking tonight for class, I did this thing that I love to do and love to share with people. Children love to do it which is my gold star review of—okay, this has reality because children love it and they have

the best BS detectors of anybody. So, what I do is when I'm picking, when I'm gathering, I ask the plant to breathe its essence back down into itself, and to give me medicine in the part that I'm taking, which is below my fingers. And then, the more you do this, the more beautiful your sense of connection, communion, becomes because you'll see the plants just—like they give themselves to you. They give themselves, and when I forget, it's as if they're saying, "Aren't you the one who tells people to do that?" and then they just hold on, and then they bring me back to awareness, right back to presence because I forget like everybody else. I just want what I want, and I forget to ask and receive and give thanks, but when you do that, all that goes into your medicine, no matter what you put it in, Rosalee. You know it was Keewaydinoquay, Anishinaabe herbalist, who said of all the creatures of the earth, the plants have remained truest to their original instructions. They've given themselves generously for the health of all beings. They're right there. They're right there ready to do what they're here to do.

The other beautiful thing—and I guess this is an alchemical thing too—is when we take these plants into us or sit with them or put them on our bodies or take a bath with them—or put them up in vinegar and put it on our food, however we interact, inter-be with the plants, they help us come into our true nature. They help us come into being ourselves, and that is the most invaluable gift. Our truest selves, when we're embodying that, then what we're here to do comes naturally. I know, and I'm sure you do too, so many of us have struggled with, "What am I supposed to do? What am I here for? What's my purpose?" I found by putting the emphasis on being, the doing follows, and I don't have—didn't have to struggle as much for that.

**Rosalee de la Forêt:**

Those are some wise words from Robin Rose right there.

**Robin Rose Bennett:**

Yeah.



**Rosalee de la Forêt:**

Oh, yeah. My mind is just reeling with all of this. I'm excited to go harvest lady's mantle in the way you've shared with us. I was thinking—I keep thinking about a lady's mantle rose oil. I'm a big fan of the breast massage. I do that every night, like you said, just as a self-care. I love that I slather my body in all these plants—oil, oil plants, and then I smell really good when I get into bed, just every part about it. I often say infused oils are my most used herbal medicine because I use them without fail every night. Now, I'm thinking lady's mantle-violet rose would be a really lovely combination.

**Robin Rose Bennett:**

Absolutely sensational combination. Personally, what I do is I make them individually and then marry them. This is just different—there's as many ways to do this as there are herbalists. I know some people think the synergy of creating them together, but if you have all three, you might want to just try mixing them in a bottle because then you'll have the wholeness of each one, and then bringing them together as a throuple. But I love-

**Rosalee de la Forêt:**

[crosstalk]

**Robin Rose Bennett:**

I love the idea of those three together would be really, really beautiful. Dandelion blossom might be another one.

**Rosalee de la Forêt:**

It sounds like a lovely springtime endeavor. You've shared so many different ways of working with lady's mantle, and you've also shared a recipe with us, which I'm excited about. It's Lady's Luxury, which, I mean, how can you refuse that? Will you tell us a little about this infusion?

**Robin Rose Bennett:**

I will and I created it for this—for this moment.

**Rosalee de la Forêt:**

Ooh, this is an exclusive Robin Rose.

**Robin Rose Bennett:**

Yes, it is. That's why it's not in my book or anything, so—so I'll describe it first or should I say the ingredients first? Which would you prefer?

**Rosalee de la Forêt:**

Oh, whatever you'd like.

**Robin Rose Bennett:**

Okay, so, this luxurious infusion helps women at any stage. I would say it will help anyone too, but it was created with the menopausal years in mind. The alchemical lady's mantle helps strengthen a woman's body and mind as she moves through this transformational rite of passage. This recipe can help ease symptoms of hormones in flux from temporarily flagging libidos to potentially sagging breasts, as well as cool down hot flashes at times when they may be too disruptive. But again, like you said, postpartum, mothering, teenage "aaah!" hormones, any—any of that it could be good.

So, the recipe I created for Herbs with Rosalee, the ingredients are: half a cup of oat straw—these are all dried—quarter cup of lady's mantle leaves, stalks and flowers, and two tablespoons of rose blossoms. My directions in the card, the beautiful recipe handout that you create, is to gently boil the oat straw in a cup of water for five minutes, then pour the oat straw and that water into a quart jar over the lady's mantle and red roses. If you have pink roses, that's fine. Use pink ones, but I use red. You can—if you have a wide-mouthed funnel, I find that so great for making it easier to pour. You fill the jar all the way to the top with boiling water, cap it. Now, in the card you have, I said to steep it for approximately an hour,

but I wanted to share with you that since we got delayed in doing this conversation, I've played with different steeping times, and I found if I steep it all night, it's even better! So, one hour to overnight—one hour to overnight, it is delicious! I will say I used—I used Healing Spirits roses and [unclear] roses. They're just luscious.

**Rosalee de la Forêt:**

Everything I've had from **Andrea Matthias** are just incredible.

**Robin Rose Bennett:**

Exactly! So, yeah, but any beautiful roses will work. So, oat straw, rose, and lady's mantle—and you just said, lady's mantle and rose. Lady's Luxury, but if you're not a lady, try it, anyway.

**Rosalee de la Forêt:**

Alright. That sounds really, really lovely. I'm definitely making that tonight. I make my infusions every night, so-

**Robin Rose Bennett:**

I love it! I love that you do the oil every night, make your infusion every night. That's really wonderful. That really is.

**Rosalee de la Forêt:**

It's been our mutual friend, Mason Hutchison, of HerbRally. He's been really inspiring me to do the infusions every night. He's actually coming to visit tomorrow, so I'll make up him a jar as well. He'll love that—to hear that it's a exclusive Robin Rose.

**Robin Rose Bennett:**

Wonderful. Love to Mason too.

**Rosalee de la Forêt:**

Thank you so much for sharing that recipe. I'm really excited to hear what folks think about it, so when you try this, everyone, put in the comments, let us know what you think about it. It's going to be delicious and fun, so let me know.

**Robin Rose Bennett:**

If everybody—if anybody tries, including you, Rosalee, if you try that method of gathering and play with it, please let me know what you experience. I'd be so interested to know. Don't think it has to take you forever. It takes a little bit longer at first, but it becomes something that you do that won't make it take so much longer. I mean, if you're harvesting a field's worth because you have a business, this is not going to work for you; but if you're gathering for home, family, then try it.

**Rosalee de la Forêt:**

Thank you for that very much.

Hey, it's Rosalee. You know, creating this podcast has been one of the most rewarding parts of my herbal work, and if you found something meaningful here, whether it's a new perspective, a favorite recipe or just a sense of calm, I want to let you know there's a good way to go even deeper. It's called the "Podcast Circle." Inside you'll get access to live classes taught by some of my favorite herbal teachers, behind-the-scenes updates, and a beautiful library of herbal resources that we've gathered over the years. But more than that, it's a space to connect with fellow plant lovers who care about the same things you do, and truly, your membership helps make this podcast possible. It's how we keep the episodes coming and the herbal goodness flowing. So, if you're ready to be part of something more, something rooted in connection, head over to [HerbalPodcastCircle.com](http://HerbalPodcastCircle.com). I'd love to see you there.

**Rosalee de la Forêt:**

Before we move on, is there anything else that you'd like to share about lady's mantle? I don't want to cut you off of anything.

**Robin Rose Bennett:**

No. I think—I think we’ve talked about it, just a generous, alchemical, healing, beautiful plant that doesn’t grow wild where I live, but I’m told it grows wild in high mountain areas like the Alps, and yeah, I’m grateful for lady’s mantle and I think you will be too.

**Rosalee de la Forêt:**

Yes, thank you so much, Robin Rose. You have so many things going on. First of all, you write just amazing amounts of books, and every single book I’ve had from you has just been a gem. You write classics that are just such high-quality, so if anybody doesn’t have every single one of Robin Rose’s books on their bookshelf, then I would go get them. If they are on your bookshelf, I would be sure to take them off and crack them open, and immerse yourself into the beautiful worlds that she creates. Your last—I don’t know if it was your last, the *Green Witch’s*? Will you run me the full title?

**Robin Rose Bennett:**

*The Green Witch’s*, the kids’ book?

**Rosalee de la Forêt:**

Yeah, yeah. I bought several copies of those. I needed one for myself, and then spread them out to the tweens and teenagers in my life.

**Robin Rose Bennett:**

Fantastic! I’m so happy. That was the second to last. The most recent is the *Pocket Book*.

**Rosalee de la Forêt:**

The *Pocket Book*.

**Robin Rose Bennett:**

The *Pocket Book of Wisdom*. A *Green Witch’s Pocket Book of Wisdom - Big Little Life Tips*, and yesterday, I actually recorded an audio book of this book.

**Rosalee de la Forêt:**

Oh, fun!

**Robin Rose Bennett:**

Which should be available sometime soon. I love to just open and ask for a message, so I just did that this second, “Ask for a message” for you, who are listening, and I opened to the beautiful message, “Joy is medicine. Cultivate joy. Choose to do at least one thing today that brings you joy,” and here’s the picture. The black and white cat is mine.

**Rosalee de la Forêt:**

Aw.

**Robin Rose Bennett:**

Yeah, so I had a wonderful artist illustrate, Gail Stoughton. This is the newest book, and I am-

**Rosalee de la Forêt:**

I have to say I love that book as well. It’s funny that it’s not right here because I had it on my desk for quite a while, and I would do exactly what you suggested – just open up and get a message. That’s fun. The joy one is my favorite. I have to say that’s just like my calling in life, anyway, so I’m glad that that one came up.

**Robin Rose Bennett:**

I am too. I am too. So, I’m working on getting my novel out into the world. It’s completed and I’m just looking for a way-

**Rosalee de la Forêt:**

That’s exciting.

**Robin Rose Bennett:**

The best way to—yeah, to get it into your hands. I have a new course called, Herbal Self-Care as a Radical Act: Healing Self and Culture. I have a free webinar. We'll see if this—it comes out in time for it. The webinar is October 8th and I would love for you to join me there. I'm actually quite excited about the school that's putting it on because they're the Quantum School and it's a woman-run business. They are really creating a new business model in that all of the courses that they offer are donation-based. The webinar is free and the course is actually donation-based, so students decide what to pay for it. We make a suggestion, but it's a beautiful thing. I'm actually really excited about this course. It's going to be herbal and ritual, and as it said, you know, about, well the subtitle is "What's love got to do with it?" so it's going to have a lot of love in it.

**Rosalee de la Forêt:**

That sounds absolutely lovely. Much needed and something I believe in so much. I feel like the more I take care of myself, the better I'm able to show up in the world both for myself and for others too, so it's going to be a powerful offering.

**Robin Rose Bennett:**

Thank you. Thank you and there isn't anything that we do for ourselves now that isn't also for the world. The world is in an enormously dire moment of evolution, of transformation, of breakdown, and breakthrough. How we do what we do, all of us, matters. I mean, we want to bring joy into this work of this healing our wounds, healing our hearts, because that will give us the juice to transform the systems that are breaking down all around us, and to bring more kindness into this world that's so needed.

**Rosalee de la Forêt:**

Thank you so much, Robin Rose. This has been a wonderful sharing. Before I let you go, I have one last question for you, and that is: How do herbs instill hope in you?

**Robin Rose Bennett:**

Well, they instill hope in me on a very practical place because after all these years of exploring them, working with them, studying them, taking them, giving them, I see how well they work. So, that gives me hope for people's health; that there's a good way to go about healing. In addition, this love that they exude, that gives me hope because, again, when—I've seen that when people, including myself, when we take these herbs into us or put them on us, be with them in whatever way, they awaken our love. They awaken our love, and our love can be fierce – like our fierce protection for our children or the animals, or for our world, but put it in more personal terms. Love isn't just like, "ladidadida." It's a fierce power. The herbs bring that out of us, so that is another thing, and then in a super practical, it's like you have a wildfire there, and we know that we can send somebody mullein, and it's going to help their lungs recover from the smoke. So, they give me hope on oh so many—all these different levels. These generous beings, they're allies. They're teachers. They're healers. It does always move me to remember that they've been here far longer than we humans have, and they have knowledge for us that we need. We need them more than they need us.

**Rosalee de la Forêt:**

That was a beautiful sharing, Robin Rose. You know that makes me think is like that's really reflective of who you are as a teacher. You have so many practical things to offer. You just shared how lady's mantle can support us in everything from wounds, to hemorrhoids, to sagging breasts, yet also, offering just deep rooted wisdom alongside that too of plants as teachers and how to be our authentic selves working with the plants. So, how herbs instill hope in you is really—just feels like a beautiful reflection of who you are as well. I'm just so grateful that we get to walk this earth at the same time, and that I get to learn from you, and that you're taking time again to be on the show. I'm just so deeply appreciative.

**Robin Rose Bennett:**

Thank you, Rosalee. I am so deeply grateful as well that you and I are walking the earth at the same time, and all of you who are here with us too. We're all needed. We all matter.



You matter, so be yourself. Become yourself because that's who we need, and the plants will help you.

**Rosalee de la Forêt:**

Thank you so much, Robin Rose.

**Robin Rose Bennett:**

Thanks, Rosalee.

**Rosalee de la Forêt:**

As always, thank you so much for listening. You can download the illustrated tea recipe card from today's episode, just head over to [herbswithrosaleepodcast.com](http://herbswithrosaleepodcast.com) or check out the link in the show notes. And if you're not already subscribed, I'd love to have you as part of this herbal community so I can deliver even more herbal goodies your way.

This podcast is made possible in part by our awesome students.

This week's Student Spotlight is on Jordana Giovannoni in Tuscany, Italy.

Jordana is a student in the Herbal Energetics Course whose reflections are filled with humor, with depth, and absolute delight. In her sour module review, she described rose as a "*gentle giant*," even likening it to the dog of the herb world—faithful, venerated, and always beloved. She also wrote, "If everyone experienced the sensation of being doused with rose petals or given a massage with aromatic rose oil, the world would be a more peaceful place." I agree.

For her salty herbal ally, Jordana chose nettle, which grows abundantly in Tuscany. She makes nettle pesto and ravioli, admires its warrior-like strength, and shared how daily nettle and cleavers infusions once helped dissolve a knee lump her doctor had said would require surgery. As Jordana puts it, "I am always amazed with the power of plants."

To honor her contributions, Mountain Rose Herbs is sending Jordana a \$50 gift certificate to stock up on their incredible selection of organically and sustainably sourced herbal supplies. Thank you so much to Mountain Rose Herbs, for supporting our amazing students!

If you'd like to deepen your own journey with the plants, you can explore my foundational courses at [HerbsWithRosalee.com](https://HerbsWithRosalee.com).

Okay, you have made it to the very end of the show, which means you get your very own gold star and this herbal tidbit:

If you go out early in the morning, you might notice tiny drops of liquid sitting like jewels in the folds of lady mantle's leaves. For a long time, people thought this was dew, but it's actually a process called "guttation," when the plant pushes water out through special openings along its leaf edges, which is driven by pressure from the roots. Lady's mantle isn't the only one with this magical trick. Strawberry leaves do it too. There's even some fungi that create glistening droplets in the same way.

One last note, I've been making Robin Rose's, lady mantle, oats, and roses infusion that she shared in this episode, and it's absolutely lovely! Seriously, it's my new favorite infusion these days, so if you give it a try, let me know what you think.

Alright. I'll see you on the next episode.