

**Lorna Trigg:**

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**Rosalee de la Forêt:**

Hello and welcome to the Herbs with Rosalee Podcast, a show exploring how herbs heal as medicine, as food and through nature connection. I'm your host, Rosalee de la Forêt. I created this YouTube Channel to share trusted herbal wisdom so that you can get the best results when relying on herbs for your health. I love offering up practical knowledge to help you dive deeper into the world of medicinal plants and seasonal living.

Each episode of the Herbs with Rosalee Podcast is shared on YouTube, as well as your favorite podcast app. Transcripts and recipes for each episode can be found at [herbswithrosaleepodcast.com](https://herbswithrosaleepodcast.com) or through the link in the video description. Also, in the video description you'll find other helpful resources. For example, to get my best herbal tips as well as fun bonuses, be sure to sign up for my weekly herbal newsletter. Okay, grab your cup of tea and let's dive in.

This week's Student Spotlight is on Debora Di Donato in Portugal. Debora is a clinical aromatherapist in the Minho Mountains, and a student in our Herbal Energetics Course and Podcast Circle. Her reflections are full of joy, wonder, and deep plant connection, from placing marshmallow root under her pillow to harvesting fresh nettles with her dog, Oatly. She brings a creative, embodied approach to every module, reminding us that herbal learning is both practical and poetic.

Congratulations, Debora! Thank you for being a part of the Herbs with Rosalee Community.

Hey, friends. It's Rosalee. If you've been nourished by this podcast, if it has helped you feel more connected to the plants or more grounded in your own herbal path, then I'd love to invite you to join the Herbs with Rosalee Podcast Circle.

This special membership helps make the podcast possible. It supports everything we do behind the scenes, and it gives you a chance to go even deeper with the content that you love. Inside the circle, you'll get exclusive herbal resources, live classes each season with some of my favorite herbal teachers, and a private space to connect with fellow plant lovers. It's where the heart of our herbal community continues to grow. To learn more and join us, visit [HerbalPodcastCircle.com](http://HerbalPodcastCircle.com). Your support means the world and it helps this podcast continue to bloom.

I'm so excited to share this week's episode with herbalist and artist, Lorna Trigg. I first came across Lorna when my friend, Mason, interviewed her for the HerbRally podcast after visiting her in her home in Eureka Springs, Arkansas. I was really intrigued by her unique path and perspective. When I later had the chance to meet her in person at the Great Lakes Herb Faire in Michigan, it was such a delight. The Faire happened to fall on both of our birthdays, which is how we discovered we're birthday sisters. That was a sweet moment of connection that made the weekend even more special.

In this episode, Lorna shares stories from her childhood in South Africa, and how her life has been shaped by both art and plants. We talk about her love for teaching people how to use food as medicine, and how she brings creativity into her herbal work. She also shares what passionflower has come to mean to her, offering grounded, practical ways to work with it for calming busy minds, and insights into how she prepares medicine with this beautiful, beautiful plant. As you'll hear in the very end, during the herbal tidbit that I share, this information that she shared with us was immediately helpful to me. Whether you're drawn to herbs, art or the intersections of healing and creativity, I think you'll find a lot to love in this conversation.

For those of you who don't already know her, Lorna's formative years were steeped in her grandmother Verster's and her mother Willie's teachings and guidance as a way of life, looking at the natural world of plant allies as the norm for food and healing.

Lorna grew up in the tropical rainforest terrain of South Africa's southern tip, and spent summers inland on the savannas of the family farm. She watched and learned from the children of the tribal people how and what plants to use for food or medicine while out in the fields with the sheep and cattle. The tribal Sangomas, which are the shamans and medicine men and women, held a fascination for her. She peeked into their huts and saw bundles of dried herbs, seeds, furs and horns used for divination and healing. And so, it began, imprinted from an early age, her curiosity was sparked.

Lorna, I've been looking forward to this for weeks. Thank you so much for being on the show.

**Lorna Trigg:**

Thank you for inviting me. It's very exciting. Like I told you, you walk with me almost every day.

**Rosalee de la Forêt:**

I'm really excited to get to know you better after having been able to meet you in person in Michigan. I'm really excited to hear your story because it's an interesting one, so I'd love to hear wherever you'd like to begin as the plants have called you on this path.

**Lorna Trigg:**

I'm going to—interestingly enough, I'm going to jump a little bit ahead. When I came on to this property. I lived in Western New York. I taught ceramic design, I came from Africa to Western New York. The department closed their odd side, the ceramic side for medicine and sports. I said to my husband, "We're out of here. We're out of the city. I need a small town." We found Eureka Springs, which is actually a carbon copy of the town that I worked at in South Africa and lived in. It's a British—it was a British garrison, so the town was in a valley and it's so much—it just felt like home. I was walking on—we had 15 acres. I was walking on the 15 acres. On the end of the property—and I don't know. I had walked it many times. The one—my daughter, my youngest daughter who is now a nurse practitioner, put up a school bus. I kept looking at an arbor that she had and one day I stopped and I thought, "I know that."

I know that plant.” You know how you—like all of a sudden, you know a plant but you don’t know how you know it? I picked a leaf and I came back to the house, and of course, went down the rabbit hole and started looking, and found that it was passionflower. In the United States, it’s called “passionflower.” *Passiflora incarnata* is what we have, but in South Africa, we have *Passiflora edulis*, which is called, “granadilla.” We don’t call it passionflower. I know it looks almost identical, but the fruit goes purple and wrinkles when it’s ripe. It does a similar thing to here. When you pick a passionflower fruit, if you just pick it and eat it, it’s very astringent. It’s really suck-your-mouth-closed. When it’s ready, it drops off the vine. You’ve got to get it before the raccoons get it. I grew up biting into granadillas and sucking the fruit of the grandilla. There was this recognition. It was like, “Oh, my God! It’s granadilla!” Then I kept taking pods from the end of the 15-acre property, bringing it over to my end of the property, and trying to get it to grow. I just tried every year. I open the pod up. I take the flesh out. I would dry seeds. I tried burying it. Nature just drops it and they grow. Nothing happened and nothing happened, and one day, the passionflower arrived here on the property. It arrived. We have very hilly property. I’ve got lots of levels and layers. It arrived on one of the levels where I had just put a stone stairway, and so I built an arbor. Every year, that arbor, it’s supposed to be a short-lived perennial. Every year, I think it’s not coming, it’s not coming, but it comes right at the end of spring. It will show up right at the end of spring. Every year, it becomes more and more vigorous. I just connected so strongly with this plant, so I call it my ally. I don’t use it a whole lot personally, but I do recommend it a lot because I’ve seen it work so well. Many forms for people, not in the fruit so much, but in the flower and the leaf is what I work with.

I do believe—if I think back on my childhood, it was very mellow. I think it’s because I was sucking on passionflower, because it has harmaline in it, which is that—the alkaloid that keeps you—it’s sort of the anti-anxiety that is part of one of the—I think both the fruit and the leaf and flower has the same thing. I really just feel that—I’m like, wow! Some people talk about childhoods. I’m like, “I had a great childhood!” I think it was because I was medicating on passionflower. I don’t know, but it really grows profusely for me. Of course, it sends runners, so I’m constantly not allowing it in certain parts of the garden. I will dig it. I have dug it successfully. I’ve potted it and shared it with others.

That early story of passionflower how it sort of when you walk past something— it's happened numerous times with different plants that I might have been reading about it somewhere, and all of a sudden, you walk past it and it's just in your brain. You just go, "Oh, that's so and so," and then you go, "How did I know that?" or "Did I know that?" But passionflower, I didn't know it, but I knew the leaf, and all of a sudden, it must have imprinted just in my childhood memory. That's the early—that early story of passionflower.

### **Rosalee de la Forêt:**

That's lovely. Lorna, you are my first guest I've ever had on the show from South Africa, so I have to hear stories about South Africa and growing up there. In your bio, you mentioned the Sangoma people. I'd just love to hear anything you'd have to share about that era of your life.

### **Lorna Trigg:**

My upbringing was—when I say my grandmother and mother were herbalists, they really were just plant medicine people. That's what they used. My grandmother was on the farm. I would spend summers on the farms. The African children—I was in the—I grew up kind of Durban east coast, which is Zulu, but on the farm was the (0:11:36.8) people. When I would go there for the summers that was my place to be, with all the other kids. My mother was from a very big family, so the kids would gather, the aunts and uncles. We would be out, us children would be out in the fields and the land with the (0:11:54.9) children. The (0:11:57.2) children—what became very evident to me was that when we were out there, if they got a cut, they knew what to pick and put on it. They would be picking. They would be digging roots. They would be chewing roots. If there was something going on with them, they didn't have to run back to what they call a "kraal," which was the hut, to go and say, "I got a cut," "I got a burn." We had—there were spiders there that would run after you like they were chasing you, but they were looking for the shade because it was really hot. If you got bitten, it wasn't quite like a scorpion, but it was the red spiders of the felt—the high-felt, the very dry savanna areas. That was—I kind of saw that and later on in life, I learned that the kids there, those little African children at about age eight or nine, knew about 200 different herbs already. It was just in their vocabulary. My mother didn't really—it wasn't that she didn't believe in doctors.

She grew up with my grandmother and my grandmother was on a farm, so they just medicated, used whatever the plant—they knew their plants. Those were all the tropicals. I came to North America. I had to learn the North American ones.

My other side of it was with the Sangomas. On the farm, we had the farmhouse with the farmers, and then a little bit away from that, we had the kraal, all the little huts, wattle and daub huts. The workers would live there and there was always the sangoma, the medicine man or the medicine woman. They were both “either or,” were also part of that household. They would work between—if something went on, sometimes you would go to a sangoma if you had a belly ache. What was fascinating to me was if I went over to the areas where the African children were, where the little village was, which was very close to the farmhouse—because everybody kind of lived back and forward—I would peek into that sangoma’s hut or be able to see in the doorways, there was always dried herbs hanging. They also worked with sheeps’ bladders. There was all this amazing—it wasn’t really witchcraft to me, but it was just—there were bones. The sangomas read the bones. They have a little pouch of bones. They’re like the tarot cards and they throw the bones, and then they read the bones. If there’s something wrong with you, they’ll read it. They’re showmen as well, or showwomen. Often, if somebody went with something wrong, they might make a fire, and in the fire, they would throw different things to make colors. They would wear different—not full costumes and not face masks because you get that in West Africa, but things tied in their hair. When I got older, I said, “Why do you do that? What does that do?” They said that it just takes your attention to what they’re doing. That’s setting the intention. I was listening to somebody, probably on one of your podcasts, that said it was really—the medicine is really oftentimes not even the medicine, but it’s the taking of the medicine just sets its precedence in your body. I was always—that always just fascinated me. As a child, I walked around with a little suitcase with a cross painted on it, and inside were plants. I would rub them, if somebody got a bite or a sting. I didn’t know what I was doing, but I knew—it was just part of what I was doing because I was brought up that way. It was just a—it was just a natural pathway for me. I didn’t really get to—I knew some of the tropical plants because I was around people using them,

but I didn't study them. Now, in the winters I go to Mexico. I work with some Mayan shamans there, walk the botanical gardens, and get reintroduced to the tropicals that I grew up with.

**Rosalee de la Forêt:**

Interesting.

**Lorna Trigg:**

Just so that I know who they are. I came to North America, every time I turned around, I looked and I was like, "Who are you? Who are you?" I got fascinated, and then went down that rabbit hole of learning. So cool.

**Rosalee de la Forêt:**

I imagine that the plants in South Africa are just dramatically different from the plants here, but you're saying passionflower is both here and there?

**Lorna Trigg:**

Right. There are some.

**Rosalee de la Forêt:**

Are there some others?

**Lorna Trigg:**

There are aloes. There are various types of aloes. If you think—so you know, years ago—I think it was 2015 it might have been that I went to Herbalismo, to the big gathering just outside of Austin—a big herbal gathering. Rosemary was there. Margi was there. Matt was there. A very scrubby terrain and that was more than northern Transvaal, northern part of Southern Africa, same terrain, the scrubby bushes. Those aloes that you see there which have narrow leaf with red flowers, rather than like we have—the *yuccas*. We have *Yucca filamentosa* here. I don't know what the other, the desert one—not desert. It's kind of scrubby terrain. So, there are similarities. All the lilies are there. I don't really—I use day lily in my foraging classes, but not

Asiatic lilies. There are some that are very similar. There are some plantains there. They look more like Texas plantain, what you call a “hairy plantain.” Here in Arkansas, we’ve got *Plantago major*, and *lanceolata*. Some are similar, and then others are very different. They have a sage, like a desert sage, which is more in the mountains of Lesotho. I have a friend here from Botswana. Her and I get together and we talk food and plants.

**Rosalee de la Forêt:**

Oh, fun.

**Lorna Trigg:**

It’s the same continent. So, yeah, similar but not the same. The tropicals are—the bromeliads are used for women as medicine because they hold water. It’s indicated. It’s like a doctrine of signatures of this holding up the moisture. Most of those here are just houseplants.

**Rosalee de la Forêt:**

That’s funny because when I go—I’ve spent quite a bit of time in Mexico as well, in the Cancún area.

**Lorna Trigg:**

I go to Puerto Morelos, so just south.

**Rosalee de la Forêt:**

Okay. Okay, wonderful! That’s a wonderful place. That’s what I really notice, I go down there and I see all my house plants. “Oh, another houseplant. Houseplant...houseplant.”

**Lorna Trigg:**

They’re huge!

**Rosalee de la Forêt:**

They’re huge. They look much better down there.



**Lorna Trigg:**

It's so interesting because I was down there with a woman, Sara, working with her. We were looking—oh, gosh. What were we looking at? It was the pea flowers! The pea flowers and the wild one there is much bigger and more purple. The vulva is—I looked at it and I said, “Look at that! Look at that. Is that a woman's medicine?” She said, “Yeah.” It's got a very, very prominent vulva. The pea flower that grows—I don't actually know where our very blue one comes from. Maybe it's an Asian one, but it's much smaller. Again, similar but not all the same, but you can recognize. It's so interesting because it was an *Ageratum* flower with a totally different leaf. I said, “Oh, look, *ageratum*!” Of course, we had to Google it and then look at it. There are some similarities.

**Rosalee de la Forêt:**

That's the joy of finding our favorite plants in other places a little bit different. Lorna, you mentioned that you didn't necessarily formally study herbalism in South Africa. Did you later study more formally here in the United States or how did that come about?

**Lorna Trigg:**

There were various teachers—Rosemary Gladstar, and mostly distance learning through Herbal Academy, Matt Wood, Margi. Everything—when I came to the States, I started teaching ceramic design and I had a business. In Africa, I had a group of African women that I used to support with—not support them, but we had a peace work program where they would make their beadwork. I would take them on a ride to Providence, take those and do shows with them, and indicate to people how important this work was. When they make a beaded piece or a basket, it's actually for a use. It's not a, “That's just pretty!” I had this group of women that I was supporting and helping them because most of the men go and work on the mines. My work became more that.

The herbal work became more about friends and family. Somebody would come to me and my studies have all been—nothing has been formal in the States. Partially, I shouldn't say do it, but partially, I do a program with Aviva Romm. I love her work, but I don't get full time to

study. I study in pieces--bits and pieces. Mostly, I teach. What I teach here is Backyard Medicinals. I do that because I want people to know what's around them. Either what they can forage and add for their phytonutrients, their micronutrients, and also—I mean, things that are fascinating to me. I just did a class called, “Do You Know Dandelion?” and people are like, “Yeah, I know dandelion.” I’m like, “Really? Let’s talk about it.” We start from the top and all the way to the root, and they’re like, “I had no idea.” We make a pesto. It’s like, “There’s the anodyne in the flower. There’s the rutin in the root.” We talk about all the bits and pieces. I want people to become familiar with—the way I grew up was when I had bite or a sting, my grandmother went to the yard and picked what was needed, and that’s what I do. I have people that come. On the property, they can come, and the idea is like when motherwort is ready, then I put out my newsletter: “It’s time to harvest motherwort,” and people will come and then we do—and I take it all the way from plant spirit medicine, doctrine of signatures, then to the medicinal. I want people to look. I want them to really look and know the plant and what is that—what does it feel like? What does it look like? What does it taste like? They have—when you’re—I think when you have that medicine or you use it or you make a tincture or something you make a salve out of, then you physically have been able to do that, I think it is so much more powerful and you remember it.

### **Rosalee de la Forêt:**

I love that. I feel like 80% of our health needs are through our backyard medicines. If we think about—sometimes it can be overlooked. You have the booboo, the rash, the cut, the burn, the whatever, but that is really 80%, 90%, if we’re lucky of our healthcare needs. To be empowered to be able to look into our backyards to take care of those things and not have to go get Neosporin, and not have to go to some kind of pharmacy for that. Like you said, you just wander in your backyard and you know it’s there. It’s so empowering.

### **Lorna Trigg:**

I don’t tell people don’t go to a physician and don’t go to a primary care practitioner. Like I said, I got a daughter who’s a nurse practitioner. It’s like—what happens—just a couple of days ago, I got a cut. I just went to my yarrow. My yarrow is up and I took it, and I used that as a

styptic. Now, if I had a deep cut, I would stop the bleeding and maybe I have to go to the Emergency Room, but at least I have the in-between and I know what to do right away. Or I'm out on a hike and that happens, and there's wild yarrow everywhere here. That's what I feel is important. I think that's what we've lost—the ability to know what our ancestors knew, and then forage foods in the spring. Right now I'm doing foraging classes and it's not that that's all you eat. We make a pesto. We've got at least five or six different things right now that are up and ready. It's so empowering to see people are just talking about their liver health. That's what—our ancestors did that, right? They harvested the dandelion greens right in the spring and that was your first cleanse. Instead of fasting and doing—food as your medicine. Not just food, but-

**Rosalee de la Forêt:**

That's lovely. I can imagine there are just so many plants in the green lushness of Arkansas, so that's lovely.

**Lorna Trigg:**

Arkansas is pretty close to the Appalachians as far as abundance in plant life is from what I understand. I follow some Appalachian herbalists and survival—almost the Tom Brown School type. They're very, very—we talk pretty much the same plants.

**Rosalee de la Forêt:**

Let's talk some more about passionflower, this ally that has caught your attention since childhood. It was interesting to hear you describe the fruits because my friend, Leslie Lekos, whenever she comes to visit me, she brings me fun things from the coast in the big city. She—last time, she brought me that kind of passionflower, which I had never seen that kind of fruits before. They were purple and kind of wrinkly. They didn't look good, I will say. They looked dried out and I was like, "Thanks, Leslie! It's so kind of you." You open and they were sweet, sour, luscious passionflower fruit inside there. I love passionflower fruit. It was quite the gift. Thank you, Leslie.

**Lorna Trigg:**

It's so good. It's so good. If you know when to harvest it, you're going to get the astringency in there.

**Rosalee de la Forêt:**

I'd love to hear more about how you work with passionflower. You mention you recommend it often. I've never been able to work with the plant directly. It doesn't really grow here, so I'd love to hear about that.

**Lorna Trigg:**

I wait for—the flowers only flower for one day. It's amazing. Almost like elderflower and elderberry, it puts on and puts on and puts on and puts on, so it's not like all of a sudden, there's a big flush and you're like, "Look, I'm harvesting right now!" I wait for the flowers—the flower buds, and the flowers. Hopefully, we have a class, so there's good timing. We'll harvest vines. I have people come and look at the plant. Because it's so abundant and like I say, my arbor is now almost a tunnel because it gets added on to every year. It comes out and I'm like, "Oh, I'm going to put some more." I have lots of cedar on the property. I make these cedar tunnels and arbors. I have the—we harvest the leaves, the stems and some flowers. I want to leave some flowers so that we get some fruit as well. It's very abundant, and then just basically, bring it back up on to—I've got an outdoor classroom porch—and then cut that up, cut everything up and it goes into a jar. If it's people who are taking it home, then you make little pint jars because in a pint is, there's a lot of tincture. We're tincturing. I tincture with a vodka. I only use an 80%—rather 80 proof—because I feel that if it's not a bark, berry or root, I don't feel like I need to go stronger. We're not going to really fry the plant out. It's the recommendation most time—mostly, what I recommend it for is that when I'm talking to people, and there's a high nervous anxiety, but it also comes from not letting an idea go. It could be an old, past idea. It could be something that's just nagging. They're looping and looping and looping. It could be they've had discourse with somebody and it loops, loops, loops. It could be a political situation where they loop, loop, loop. What I do is first, I take people out to the arbor, and then we look at it.

I'll ask them to look at the tendrils of passionflower. Passionflower does not go like sweet pea. It doesn't just go, "I'm going up and I'm going to hold on here." It wraps. I mean, it is absolutely wrapped. One year, I had a skull, a deer skull on this arbor and it went in between the skull and the eyes, so it wrapped it all up. I say, so that's—if we look at it from the doctrine of signatures, that is holding on. It's not letting go of anything. It's a good indicator. I had a neurosurgeon here. I talked to him about passionflower. He said, "What does it look like?" It was in flower. I said, "Let's go out and look." He bought a bottle of tincture. He said, "I'm going to experiment with this."

So that's one indicator. The first thing I do is—people who wake up at night, I like to recommend passionflower for, not so much for going to sleep, although you can make a synergistic blend with passionflower, scutellaria, valerian for helping people to get into sleep if they have a hard time. Mostly, passionflower is really good for: you wake up, 3:00 in the morning, your brain is going and you cannot turn it off. They talk about passionflower being the soft, smoky, effective herb. Valerian is rooty and deep, and so they're taking you down into that sleep. I was listening to something or reading something, and they talked about this smoky—passionflower being in that smoky—it might even be in a Matt Wood thing. When I was at Herbalismo, Herb Pharm was there. They had a booth. She was giving out—she said, "Can I give you a little cocktail shot?" She had little bottles of tincture. We all went by and looked at the tinctures we were being gifted. I hadn't really ingested or worked with passionflower, but I was like, "Well, I just recognized the plant, so I'd like that tincture." I took that tincture back to my tent. There was a storm that night that woke me up. I thought, "Huh! She said, 'Try using this if you have a hard time going back to sleep.'" I took a—squeezed the dropper, did a .5 ml, had that dropper full, laid back. I was lying there and I couldn't figure out if I was actually seeing something or my eyes were closed and I was imagining, but all of a sudden, there was these smoky swirls. I think I opened my eyes. In my mind, I opened my eyes and watched them, and then I went to sleep. That made—that's, for me, the effect of passionflower. So, when you're holding on to something, an idea, anxiety and it's holding on, it's a gentle—allowing you to release and let go of that circular monkey mind.

The other doctrine of signatures on that is that right around the corolla, we've got all the petals and the sepals, nice and strong at the base of the flower, then you get into the corona filaments. When you look at those, they're like (makes sound) right? They're not like just a pretty—they're all over and there's your "monkey mind." You've really have got a good foundation—the sepals, the petals are showing you already. If you touch them, they're waxy and very strong. Your foundation is good, but here's your mind going. If you look at the center and you get into the anthers, it becomes solid again. It becomes really solid and bringing everything back together. When I look at the plant, it's telling me that. Around the corona, right in close to the sepals—not the sepals, the anthers—is the nectar ring, and ants love it. Here, we've got the ants busy, busy, busy, busy in, busy out. We take it and make a tincture. I really, really like it in tincture form. Some people can't do tinctures and I prefer them to do tea. A tea, again, a long steep. I always tell people, "Get yourself—if you're not going to do an infusion, get yourself a French press, let it steep."

### **Rosalee de la Forêt:**

How long is a long steep for passionflower?

### **Lorna Trigg:**

Twenty minutes, I would say, at least, and then express it. If you've got some leftover, you can warm it or you can have it cooler or sip on it. The tea is nice for sipping and that's good for that high-anxiety, maybe a little bit of depression or somebody who's sort of really hurting from something that they're holding on to and can't let go of. It's so interesting, Rosalee. I do a Farmers Market here, and that's where I see my people. When I say "my people," because we are a tourist town, so that's how I get to know people outside of Eureka because it's a tiny town. We'll be talking and they'll be like, "I have a problem sleeping." I'm like, "I like to recommend this for the monkey mind," and they go, "I need that!" Many people have that busy, busy—I think it might help one direct as well, focus in a little bit. Like right now, we're so—right now, we're overloaded. It's social media. We're like squirrels. You're here or there. I think it just settles without being sleepy time settling. I think if you're already in bed, having it, wake up, have it, it lulls you back down into it.

**Rosalee de la Forêt:**

I feel like I could lean on this a little bit more, passionflower, because I am the person. I wake up at—if I do wake up in the middle of the night, I wake up at 3:21. The problem with me is that I love what I do. I’m always—I have so many projects going on, whether it’s interviewing wonderful people like yourself or working on a new project for students, and then my mind is just excited to think about it. Like I’m just truly excited about what I’m doing. Unfortunately or fortunately, sometimes I get really good ideas at 3:00 a.m., so I kind of lean into it like maybe this is “good idea” time. But then sometimes, I do try to tell myself, “You will be able to have a better day tomorrow if you go back to sleep now and stop thinking.” Sometimes I just can’t stop thinking. I’m just excited.

**Lorna Trigg:**

I tell people just do a tincture squeeze. We talk about dropperfuls, but it’s not really a full dropper. Just do that one, give it a little bit of time. It’s so magical. I have so many good results. When I sell tinctures at market, I don’t do synergistic blends at all. I’ll only do a blend if I have somebody that I’m working with, and I’ve sat down with them and decided these are the things that I think will work together. It’s just a really lovely one for that.

**Rosalee de la Forêt:**

Should I take it before I go to sleep at night? Or should I take it when I wake up at 3:00 a.m.?

**Lorna Trigg:**

No. If you don’t have a problem going to sleep, then I would just have it next to the bed for 3:00 a.m.

**Rosalee de la Forêt:**

Okay. Alright.

**Lorna Trigg:**

Yeah.

**Rosalee de la Forêt:**

Give that a go.

**Lorna Trigg:**

So, that's a really. That's how I work with it. Like I say, because the vine is so prolific, I will take—I will go in and harvest. When I'm harvesting, I talk to people about: "You're grocery shopping." You're looking at the plant and there are tendrils that you don't just go and cut the heck out of your vine or your plants. You really spend time looking because I really think there's an energetic that comes in with that, of really looking deeply. I think it was Thoreau who said when you look deep into nature, you'll find yourself. When you are picking, even if it's long tendrils, you're picking a bunch to hang to dry, you're looking and deciding where you're cutting and what you're taking, whether it's going to be dried and garbled for tea for somebody else or for even yourself. It's superb. I think it's just lots of wonderful, wonderful things. And then, when you get—if you do grow it—you say it doesn't grow, you're too north for it to. I didn't have it in—I used to live in Western New York, so I didn't have it there, but dried, it would be lovely, and then your friend can bring you some wrinkly ones from wherever.

**Rosalee de la Forêt:**

The fruits, yeah.

**Lorna Trigg:**

The properties, I think, back in the fruits, all your As, Cs, Ks, potassium, iron, calcium, just absolutely amazing. That's why I decided on the custard. I was like, "So, what could I do?" I could do a tea recipe. The custard to me—in British custard, when we make custard—and you've been to Europe—it's normally soft. It's not a flan. I think when you're making custard, that's another time to settle yourself. It's nourishing, soothing, and calming. From that high-anxiety, it will help for high blood pressure, but then we're talking about tea. We're going back to tea, so I think the custard I just want to do something that was if you did have the fruit.



**Rosalee de la Forêt:**

This custard looks really amazing, really easy. It's four ingredients, and then you have this amazing passionflower fruit pulp custard. It's really wonderful. For listeners, you can download the recipe by visiting [herbswithrosaleepodcast.com](http://herbswithrosaleepodcast.com) or check out the show notes.

**Lorna Trigg:**

Emilie might add in that—she said, “What if you wanted it to set up?” The lime in there, plus, the acidity or the astringency, the pulp or the strained pulp may set up—may help set up if you want a little bit more set up. Otherwise, if you're already familiar with cooking, then use a bit of cornstarch or arrowroot to set it up if you want to make it more flan-like.

**Rosalee de la Forêt:**

That sounds absolutely lovely, like you said, very calming, soothing and delicious. I'm looking forward to trying that. Was there anything else you'd like to share with passionflower before we move on?

**Lorna Trigg:**

Let me think about it and see. I know that with—it tends to be a little bit astringent to the uterus. For pregnancy, I would say don't drink lots of passionflower tea. I would say be a little bit cautious. Other than that, there really aren't any contraindications of using passionflower. Nervine, antidepressant, anti-anxiety, antispasmodic. It's also used, passionflower tea, especially if you have younger girls, a nice tea during the menses, the cramping, menses cramping. That will also help with that, being the antidepressant that sort of—again, if you think of during menses time, that anxiety almost, we're trying to do the same thing every day. We don't go into Moon Lodge as women did do. As an antidepressant, it can be used for that—that anxiolytic and an anodyne, a little bit of a nice, calming, rather than popping Ibuprofens. At the start of—if you have a tincture at the start of a migraine, real, real early, you can take passionflower to help try and calm that migraine down.

I get migraines every now and again. I can never keep anything down, so I can't attest that it would work, but I have read that that is a suggestion on it.

**Rosalee de la Forêt:**

Thank you for that. I remember the first time I saw passionflower flowers. As I was an herbalist studying it, and then I used to remember thinking, "No, that can't be real. These are so beautiful." [crosstalk] Talk about beautiful, beautiful medicine. And then I remember the first time I saw them in person. It was in Southern France. I was at a botanical garden. I just didn't want to leave. It was just growing up the wall and it wasn't like an exotic plant. They have all these beautiful botanical gardens and the passionflower was growing up this wall, and I couldn't leave it. I just wanted to stay there the whole time because it was just so beautiful, all the flowers and everything. It's just so wonderful, as herbalists, we get such beautiful medicine to play with.

**Lorna Trigg:**

Right. It's always just fascinating to me or surprising to me that—I know Mason had asked me that. He said, "Do you still get surprised when something works?" I'm like, "Yeah, I do." I don't know why because—I mean, you kind of know it does, but then somebody will come back to you and say, "Oh, my God, that was amazing! It was such good stuff."

Passionflower, also—I used or recommended passionflower a lot during COVID, as well. Not so much for COVID symptoms, but for that whole combination of anxiety, depression, because we didn't really understand at the beginning of it, what was going on—but again, that sort of wrapping. I can't stress that enough. That plant and its doctrine of signature shows you what it does. The wrapping, holding on, and then those mad stamens, which is just your mind creating classes at 3:00 o'clock in the morning.

**Rosalee de la Forêt:**

Exactly. Wonderful. I'm looking forward to relying on passionflower a little bit more now. Thank you for the inspiration. Lorna, you're an herbalist, you're an artist, and I would love to

hear what projects you have going on right now because I know you like to combine your artistry and your herbalism together.

**Lorna Trigg:**

These last couple of years, when I went down to Puerto Morelos, I connected with a ritual shaman, a woman Marni, and then with another couple, with Sara and Salvo. Sara and Salvo do a lot of fermentation. I've always made kombucha. There's a friend, now we're making kefir, but we're actually doing herbal blends. It's not just like, "Oh, it's a ginger!" I've just done a heart health one that's got hawthorn in it, a little bit of tulsi in it. What I find, what I see is or comes to me mostly, especially when I'm doing Farmers Market because that's when I'm—people are very attracted to the herbal booth, is inflammation, arthritis and inflammation, and gut health. It's huge, huge. We know that that's sort of just like an epidemic almost in the United States. What I'm working on is trying to bring people something that is a good probiotic, but also, teach them what in their foods, and what in the wild foods has got rutin in it so that the bowel can be healthy. You can get the prebiotic too. Having people understand on the simple level the gut biome health. We're doing that with kombuchas. Kombuchas and kefirs, because it's fermented. We already we have a wonderful sourdough bread maker at the Farmers Market. As soon as somebody comes and says, "Have you got anything for arthritis and inflammation?" I do! I love goldenrod for that. I'll say, "I do, but can we talk about food? What are you ingesting?" Because you have to come from all sides for your health, so working with fermentation and this year in particular, bringing in the classes that I do, bringing in more of the—especially, early spring, focusing on foraging, so that people are getting phytonutrients and micronutrients. That's adding that in. We're coming back to what our ancestors did. For two years now, I'll be working on a book, and that's it for two years. I'm an illustrator. So all my tinctures—when you look on my website, all my tinctures, all those plants in my botanical illustrations. I love watercolor. I feel like if I look at the plant and I paint it, then I take those and I reduce them, and I put them on my bottles as my labels. Taking five of the herbs that I love in my garden—they are yarrow, self-heal, plantain, St. John's wort. I'm trying to think who am I leaving out. I'm leaving somebody out. Anyway, I'm doing, actually, not five, seven. I make a salve called,

“Seven Sisters,” which I jokingly say, “That’s my snake oil.” This salve, I’ve had it help people with psoriasis, but also, joint pain. I’m putting together a book with those seven basic herbs, who they are, why you would have them growing, and how you would use them, how you would take them and make either individual salves, or bring them together. One salve, when you’re traveling, which you will be able to take with you. Hopefully—my first tour in Mexico was two years, three years ago—was I have to go sit on the beach and write a book. I started all the foreword and it’s got a lot of my story in there.

**Rosalee de la Forêt:**

Lovely. I can attest to how wonderful your salves are. You gifted me some when I met you last fall, and I use them on my tattoos. I get new tattoos and then I need the salve for them, so I used them up for that. They’re absolutely wonderful and beautifully illustrated on the labels and everything too. The last question I have for you, Lorna, is what new things or skills are you currently working with with herbs?

**Lorna Trigg:**

I think I kind of talked about it. The new skills were taking them and putting them into a form that instead of a food, it’s drinks. I’m not going to make—I mean, I do make foods with them. I do a sourdough right now. The nettle is up here, and so I’m working with the stinging nettle and doing a rye bread, but that’s for my own and for sharing. It’s a rye-stinging nettle sourdough.

**Rosalee de la Forêt:**

Oh, my gosh. Okay, so the rye sourdough is my favorite bread just going to put that out there. That’s lovely.

**Lorna Trigg:**

My new things are really just to incorporate as much as I can that’s growing around into food as well. I don’t think I want to open a restaurant, making food for people. When I do class, if we’re making a salve, plantain, for instance. Plantain is great. Young plantain is great to add

into a salad for gut health. If we're making, I'd like to introduce it, so it's bringing more in, learning more about the edible side of the herbal world, as well. Edible or tea. Not everything—I mean, motherwort, it would be awful. It's not great. She's lovely medicine but she's got to be dry. It's not great as a fresh herb. I think that bringing that side into the teaching side and introducing the kombucha and the kefir, we will sell at market.

**Rosalee de la Forêt:**

I'm very interested in the kombucha. I would like to start making that. I made it years ago, but haven't recently. I was actually not into kombucha for a while. I think I just had some really not good ones and I thought everybody who thinks they like kombucha is just lying because this is kind of gross. In recent years, I've come to really love it, and I stopped drinking as much alcohol and I found that reaching for a kombucha instead is my fun afternoon, evening drink. That's something. I've been drinking more and more kombucha lately, and to have herbal kombucha, that sounds really lovely.

**Lorna Trigg:**

I brought back beautiful hibiscus from Mexico. I'll buy hibiscus because I don't grow it here. We're not tropical enough. I have two hibiscus that I drag in and out of my studio because they're pretty, but it's not the one that we use. It is red. I brought some back from Mexico. I'll do a hibiscus—make a kombucha with a hibiscus, a little bit of ginger. Lemon balm is showing up now, so then I'll do a tulsi-lemon balm. Again, what you're getting is you're getting is—if we think of it as more homeopathic, if you think of it, it's not strong, strong like an infusion, but you're using the herbals, now, you're drinking these beautiful minerals as well. I think last year, I did a nettle one as well. I'm playing around with that. When I say “playing around with it,” it's not just a—I don't like blueberry kombucha. Why? I go to the farm. I harvest blueberries, have them fresh or have organic ones frozen-ready. I would rather go herbal into those drinks.

**Rosalee de la Forêt:**

It sounds absolutely wonderful.

**Lorna Trigg:**

So, there. That's a new--

**Rosalee de la Forêt:**

A new way to play with your herbs like you said.

**Lorna Trigg:**

And introduce them to people, so you're not always trying to make a medicinal remedy or medicine for somebody, but it is nourishing.

**Rosalee de la Forêt:**

Lorna, this has been so lovely. Thanks for spending the time with us and for sharing about your home in South Africa, your passion for passionflower, and these new ways that you're playing with herbs. I really appreciate you hanging out. It's been great to get to know you better.

**Lorna Trigg:**

Thank you, Rosalee. I appreciate it very much.

**Rosalee de la Forêt:**

Thanks for being here. Don't forget to head over to the show notes at [herbswithrosaleepodcast.com](http://herbswithrosaleepodcast.com) to download your beautifully illustrated recipe card. There you'll also be able to sign up for my newsletter, which is the best way to stay in touch with me. You can find more about Lorna at her website, [skydancerapothecary.com](http://skydancerapothecary.com). If you'd like more herbal episodes to head your way, then one of the best ways to support this podcast is by subscribing on YouTube or your favorite podcast app.

I deeply believe that this world needs more herbalists and plant-centered folks, and I'm so glad that you're here as part of this herbal community. Also, a big round of thanks to the people all over the world who make this podcast happen week to week:

Emilie Thomas-Anderson is the Project Manager who oversees the entire podcast operation from guest outreach, to writing show notes, and on and on. I often tell people I just show up! Emilie does most of the heavy lifting.

Nicole Paull is the operator for the entire Herbs with Rosalee School and Community. She keeps an eagle eye view on everything to ensure it's running smoothly.

Francesca is our fabulous video and audio editor. She not only makes listening more pleasant. She also adds beauty to the YouTube videos with plant images and video overlays. Tatiana Rusakova is the botanical illustrator who creates gorgeous plant and recipe illustrations for us. I love them and I know you love them. Once the illustration is ready, Jenny creates the recipe cards, as well as the thumbnail images for YouTube.

Alex is our behind-the-scenes tech support and Social Media Manager, and Karin and Emilie are our Student Services Coordinators and Community Support. If you've written in with a question, undoubtedly, you got help from them. For those of you who like to read along, Jennifer is who creates the transcripts each week. Xavier, my handsome French husband, is the cameraman and website IT guy.

It takes an herbal village to make it all happen including you. Thank you so much for your support through your comments, reviews and ratings. One of my favorite things about this podcast is hearing from you. I read every comment that comes in and I'm excited to hear your thoughts.

Okay. You have lasted to the very end of the show, which means you get a gold star and this herbal tidbit:

The very night after recording this interview, I found myself wide awake at 3:00 a.m. with my mind throwing a full-on parade of thoughts. After tossing and turning and having a few heartfelt conversations with the ceiling, I realized it was time to make a better choice. So

inspired by my chat with Lorna, I got out of bed. I found my passionflower tincture and I took it with some serious, calming intentions, and sure enough, the parade quieted down. The ceiling stopped its staring contest, and I finally drifted off into some peaceful sleep. So, thank you, passionflower, and thank you, Lorna.

That was actually not the first herbal tidbit I wrote. That one came after that night. The other herbal tidbit—this is your bonus, you get two today—is that I wanted to share that passionflower has this really fascinating relationship with ants. Lorna did briefly mention it, but I thought I would go into it a little bit more. The plant's leaf stalks feature a small nectar gland that attracts ants not for pollination, but they're attracting the plants for protection. The ants feed on the nectar, and in return, they defend the plant from caterpillars that might want to munch on its leaves. It's a really beautiful example of mutual aid in the plant world, and just one more reason to admire this intricate, spiraling vine.

Thank you for joining me on this herbal adventure. I'll see you next time.

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Thank you.