

JOYFUL ACRES

Winter 2018 Catalog — *Plants for the whole earth family.*



With shovels and muddy hands, Joyful Acres broke ground in 2017 as a plant nursery and forest farm in Durham, NC. We offer seedlings, dried herbs, teas, bitters, tinctures, and crafts inspired by nature. Let us bring a little plant joy into your everyday life.

At our core, we believe that all life thrives by having a deep connection to our natural world. Whether that's in the heart of a bustling city or in the quiet of a rural landscape, deep connection to our world is essential. Our gift to you is relationship with plants that connect you to your own wholeness. We work in deep presence and reverence to our natural world and her sacredness in the hopes that every little thing will call you to celebrate.

Joyfully yours,

Katie



Plants— Grown in Durham, NC without the use of chemicals and with as much sustainability and presence as we can muster.

Plant Name	Sizes/Prices <i>Buy 5, get one of equal or lesser value free.</i>	Perennial, Annual, Evergreen, or Deciduous	Growing Preferences	Tidbits <i>Some of the reasons we offer these friends to you.</i>
Anise Hyssop <i>Agastache foeniculum</i>	plant start \$3 quart plant \$7	Perennial	Sun to partial shade	Wonderful anise aroma and great pollinator plant.
Basil, Lettuce Leaf <i>Ocimum basilicum 'Crispum'</i>	plant start \$3 quart plant \$6	Annual	Sun	Great big basil leaves. Ideal for making pesto.
Basil, Purple <i>Ocimum basilicum 'Purpurascens'</i>	starter plant \$3 quart plant \$6	Annual	Sun	Spicy annual. A warming addition to pesto and iced tea.
Basil, Thai <i>Ocimum basilicum thrysifolium</i>	plant start \$3 quart plant \$6	Annual	Sun	Yummy, small basil. Excellent as a base layer to a container garden.
Black Cohosh <i>Actaea racemosa</i>	quart plant \$12	Perennial	Shade or sun	Powerful root medicine and beautiful white flowers.
Bloody Dock <i>Rumex sanguineus</i>	starter plant \$3 quart plant \$6	Perennial	Sun	Yummy sour leaves. Deep magenta veins on spinach green leaves.
Calendula <i>Calendula officinalis</i>	plant start \$3 quart plant \$7	Annual	Sun	Bright yellow-orange flowers can be composed into wonderful tea.
Christmas Fern <i>Polystichum acrostichoides</i>	quart plant \$10	Evergreen	Shade	An old familiar friend that graces us with green fronds all year.
Comfrey <i>Symphytum officinale</i>	bare root \$5 quart plant \$7	Perennial	Sun or shade	Will run around and spread easily. Attractively drooping purple flowers.

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Echinacea <i>Echinacea purpurea</i>	plant start \$3 quart plant \$12	Perennial	Sun	Beautiful pink flowers that pollinators will love. Good medicine.
Elderberry <i>Sambucus nigra</i>	quart plant \$11	Deciduous shrub	Sun to shade. Damp soils	Will run around and spread easily. Bright and pungent medicine.
Foamflower <i>Tiarella wherryi</i>	quart plant \$10	Perennial	Sun to shade	Grows well in shade with beautiful panicles of white flowers
Lemon Balm <i>Melissa officinalis</i>	plant start \$3 quart plant \$6	Perennial	Sun or shade. Room to run	Will run around and spread easily. Smells like the brightest lemons.
Lemongrass <i>Cymbopogon flexuosus</i>	plant start \$3 quart plant \$7 half gallon \$15	Annual. Perennial if protected in winter	Sun	Snip the leaves for delicious tea. Use the bulb and leaves in cooking.
Mayapple <i>Podophyllum peltatum</i>	quart plant \$14	Perennial	Shade	Excellent shade plant. A purported favorite of turtles.
Mint <i>Mentha spp.</i>	plant start \$3 quart plant \$6	Perennial	Sun or Shade	Will run around and spread easily. Wonderful beverage plant.
Mullein <i>Verbascum thapsis</i>	plant start \$3 quart plant \$7	Biennial	Sun or Shade	Flowers in the second year. A wonderfully fuzzy herbal ally.
Partridge Berry <i>Mitchella repens</i>	start \$4 quart plant \$9	Evergreen	Shade	Slow growing, low evergreen native ground cover.
Sage, Broad Leaved <i>Salvia officinalis</i>	starter plant \$3 quart plant \$6	Perennial	Sun	An earthy smelly herb that is excellent for cooking.
Spilanthes <i>Acmella oleracea</i>	plant start \$3 quart plant \$7	Annual	Sun to Shade	Flower heads have extraordinary numbing powers.
Stinging Nettles <i>Urtica dioica</i>	plant start \$3 quart plant \$7	Perennial	Sun or Shade	Yes, they do sting. Spreads easily. You may want to grow in a container. Great for broths, cooking, and beverages.
Tulsi Kapoor, Holy Basil <i>Ocimum tenuiflorum</i>	plant start \$3 quart plant \$7	Annual	Sun	Incredible aroma, especially when tussled or on a warm day. Excellent beverage plant.

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Tulsi Rama, Holy Basil <i>Ocimum tenuiflorum</i>	plant start \$3 quart plant \$7	Annual	Sun	Incredible aroma. Excellent beverage plant.
Yarrow <i>Achillea millefolium</i>	plant start \$3 quart plant \$7	Perennial	Sun to Shade	Beautifully lacy leaves and white flowers.

Ordering Plants— Pre-orders can be placed now and plants will be delivered to your door between April 13 and 15, 2019, a predicted window of last frost for the Durham, NC area. We will deliver within Durham County and surrounding counties. If you are outside this window, please arrange pick up at time of order by emailing joyfulacresllc@gmail.com.

Joyful Acres Crafts—While all of our live plants are grown at Joyful Acres, not all of our ingredients are, for a variety of reasons. All plant ingredients are purchased from organic suppliers, grown at Joyful Acres, or wild harvested by Joyful Acres. Other ingredients, like alcohols and oils, come from a range of companies.

Bitters— Can be used as a digestive aid at meal times, or in your favorite drinks. Most of these are aromatic bitters and not just digestive bitters. I've made some suggestions as to my favorite ways of using them.

Product	Sizes/Prices	Ingredients	Tidbits
Orange Peel Bitters	1 oz/\$6 2 oz/\$11	Orange peels, 80 proof vodka.	Great straight on the tongue for a digestive aid, or in your favorite cocktail. Lovely, bright addition to any day.
Woodland Bitters	1 oz/\$8 2 oz/\$13	Roasted pecans, roasted walnuts, cloves, cinnamon, nutmeg, vanilla bean, cinchona bark, white oak bark, wild cherry bark, dandelion root, sarsparilla root, maple syrup, 86 proof bourbon.	Yummy, warm, earthy, and sweet flavor. Try half a dropper in a cocktail and add more to your taste. Pairs well with whisky or bourbon.
Red Lady Bitters	1 oz/\$6 2 oz/\$11	Red rooibos, cinnamon, orange peel, fennel seed, cardamom, bay leaf, ginger, cloves, black peppercorn, 80 proof white rum.	Add it to iced tea, maybe with a little honey, maybe with a lot!

Product	Sizes/Prices	Ingredients	Tidbits
Mulling Spice Bitters	1 oz/\$6 2 oz/\$11	Cinnamon, clove, nutmeg, ginger, star anise, 80 proof white rum.	Put in a spiced rum cocktail, or a glass of red wine.
Cranberry Orange	2 oz/\$11	Cranberries, orange peels, ever clear, cinnamon stick	Great addition to gin and ice. Great digestive aid and antioxidant boost.
Pumpkin Spice	2 oz/\$10	Black tea, ginger, cinnamon, natural ginger and pumpkin flavors, sweet blackberry leaves, nutmeg, cloves, allspice, and 80 proof everclear	Great in tea or a dark liquor. Wonderfully warming.
Holiday	1 oz/\$6 2 oz/\$11	5 spice powder, cinnamon, star anise, black pepper corn, cardamom, 80 proof rum	Yummy seasonal treat. Warming and earthy. Great with bourbon on ice.
Chocolate Mint	1 oz/\$6 2 oz/\$11	chocolate mint, 80 proof white rum	Great in hot chocolate, or a creamy drink.
Winter Woods	1 oz/\$6 2 oz/\$11	secret batch!	So good in a cup of black tea.
Saffron Rising	1 oz/\$6 2 oz/\$11 4 oz/\$21	cardamom, saffron threads, 80 proof vodka	Wonderfully pungent. A personal favorite addition to a gin and tonic.

Tinctures —Alcohol extracts of rich plant medicine. Some plants grown by us, some foraged by us, and some purchased from organic growers.

Name	Sizes/Prices	Ingredients
Immune Booster	2 oz/\$12	Nettle leaf, peppermint leaf, echinacea root, echinacea flowers, elderberries, eleuthero root, rosehips, 80 proof everclear
Oatstraw	2 oz/\$11	Oatstraw, 80 proof vodka
Dandelion	1 oz/\$6 2 oz/\$11	Dandelion root, dandelion leaves, 80 proof everclear
Blue vervain	1 oz/\$6 2 oz/\$11	Vervain leaves and stems, 80 proof everclear
Calendula	1 oz/\$6 2 oz/\$11	Calendula flowers and 80 proof everclear
Tulsi	1 oz/\$6 2 oz/\$11	Tulsi leaves and 80 proof everclear

Name	Sizes/Prices	Ingredients
Skullcap	1 oz/\$6 2 oz/\$11	Skullcap leaves and flowers, 80 proof everclear
Lavender	1 oz/\$6 2 oz/\$11	Lavender flowers and 80 proof everclear
Usnea	1 oz/\$6 2 oz/\$11	Usnea and 80 proof everclear
Dandelion Root	1 oz/\$6 2 oz/\$11	Dandelion root and 80 proof everclear
Licorice Root	1 oz/\$6 2 oz/\$11	Licorice root and 80 proof everclear
Chamomile	1 oz/\$6 2 oz/\$11	Chamomile flowers and 80 proof everclear
Plantain	1 oz/\$6 2 oz/\$11	Plantain leaves and 80 proof everclear
Cherry Bark	1 oz/\$6 2 oz/\$11	Cherry bark and 80 proof everclear
Burdock Root	1 oz/\$6 2 oz/\$11	Burdock root and 80 proof everclear
Good Morning Blend	1 oz/\$6 2 oz/\$11	Bilberry leaf, gingko leaf, green tea, peppermint leaf, cloves, ginger, 80 proof everclear
Cramp	1 oz/\$6 2 oz/\$11	Cramp bark, white willow bark, chamomile flowers, passionflower herb, valerian root, 80 proof everclear
Kava kava	1 oz/\$6 2 oz/\$11	Kava kava root and 80 proof everclear
Elderberry	1 oz/\$6 2 oz/\$11	Elderberries and 80 proof everclear

Dried Herbs, Oils, and other Crafts

Name	Sizes/Prices <i>Brown wax lined paper bags.</i>	Ingredients	Tidbits
Holy Basil in Sesame Oil	1 oz/\$8 2 oz/\$14	Sesame oil infused with holy basil leaves.	A deliciously aromatic massage oil.
Calendula, dried flowers	1 oz/\$5	Dried calendula flowers.	Bright and bitter tea.

Name	Sizes/Prices <i>Brown wax lined paper bags.</i>	Ingredients	Tidbits
Stinging Nettle, dried leaves	1 oz/\$2.75 2 oz/\$5.50	Dried stinging nettle leaves.	Mineral rich tea and broth additive.
Tulsi, dried leaves	1 oz/\$3 2 oz/\$6	Dried holy basil leaves.	Deliciously aromatic tea.
Popcorn Spice Mix	2 oz/\$4 4 oz/\$8	Nutritional yeast, spirulina powder, spinach powder, nettle leaves.	Tasty on popcorn or baked potatoes.
Gomasio	2 oz/ \$4 4 oz/\$8	Toasted sesame seeds, dried nettle leaves, dried chickweed, pulse flakes.	Dried spice mix, excellent for crusting fish, sprinkling on salads, or on popcorn.
Red Cedar Smudge Sticks	1/\$7 3/\$20	Dried Eastern red cedar branches and needles, hemp and cotton thread.	Light and let the smoke permeate your space. Can also help ward off insects and your own scents.

Ordering Bitters, Tinctures, Dried Herbs, Oils and other Crafts — Orders can be placed by listing items in an email to joyfulacresllc@gmail.com or by phone (336) 953-3119. An invoice will be provided for review prior to completion of order. Payment can be made by check, cash, Paypal, or Venmo. Some offerings are available on our [Etsy shop](#) as well. We offer free delivery in Durham County.

