

# *Sprucedale & District Horticultural Society*

## BOTANICAL SKINCARE, DISTILLATION & PLANT MEDICINE



May's meeting on the 20th, took a side trip to Sprucedale Community Centre and showcased Ashley Love as the guest speaker.

She is the owner of Lovenorth.ca a locally owned skincare and aromatherapy product company. With extensive training in Western Herbal Medicine focusing on North American Plants and living for 2 years in the forest, she has gained practical and hands on knowledge to compliment her formal studies.

In 2012 she started her business, ethically harvesting botanicals and evergreens to create her natural skin care and aromatherapy products. Her goal is to be able to educate the public of the properties of natural plants while producing products made in Canada.

Ashley brought with her a portable copper still where she uses the ancient alchemical process of hydrosol distillation.

On her website she describes her process as "Promotes ethically wild-harvests an array of botanicals & evergreens, and using the ancient alchemical process of distillation, we work hand in hand with Mother Earth to create distillations, which come out in the form hydrosols (water soluble extraction of the plants) and essential oils (oil soluble extraction of the plants). Hydrosol Distillation: The steam (vapour) moves into a condenser - an area cooled by water. The steam condenses, returning to its liquid forms. The liquids are collected. The essential oil rises to the top or sinks to the bottom and is extracted.

These extracted materials are used in the creation of her line of skincare and aromatherapy products.



Her line of products, to name a few, include facial mists, facial serums, face cream, face masks, steams, bath salt, body butters, lip balms and herbal salves. She also has a selection of herbal teas from ethically sourced natural local plants.

In addition to the distillation presentation, Ashley gave us an overview of Chaga Mushrooms, how to harvest them ethically as well as their medicinal uses. She has developed a chaga powder which is created using a different extractor and is now included in her product line. Those attending the presentation were able to sample some of her products too.

Thank you Ashley for a very informative presentation and a great shopping experience.

If you missed attending this meeting, you can still order products from her website: [Lovenorth.ca](http://Lovenorth.ca) or contact her at [ashleylovenorth.ca](mailto:ashleylovenorth.ca).



## Plant Sale Results

What a fantastic turn out to our Annual Plant sale held on May 18th at Hope's Clover Farm in Novar.

Thanks to those who brought their plants to the sale as well as to those who helped out pricing and selling the great selection of annuals and perennials.

Everyone who attended and purchased plants were pleased and I am sure will have lovely gardens with the plants they purchased.

We raised over \$1,000.00. A very successful fund raising event.



## Meeting Location Change

Sprucedale & District Horticultural Society

### JUNE MEETING



**When:** Monday, June 17, 2024  
**Time:** 7:00 pm - doors open at 6:30  
**Place:** Emsdale Anglican Church  
2190 Hwy 592, Emsdale

PROGRAM :

**INTERNET GARDEN SITES**

How to find what you are looking for the easy way.

**SPEAKER:** Jodi Thibeault

Refreshments too  
Save the Environment  
Bring your own Mug

**Membership Dues:**  
**\$10.00/year**

**Please think about volunteering**

MEET...LEARN...SHARE...GROW...SMILE

## District 18 AGM

Sprucedale & District Horticultural Society hosted the District 18 AGM on Saturday, May 4th. This event was a huge success with up to 100 attending from District 18's group of societies.

The presentation from the guest speaker, Chris Gilmour grabbed everyone's attention learning about Forest Gardening.

The food was delicious and the decorations enhanced the forest gardening theme.

Thanks to all who helped to make this event one that all will remember.

