

HERBAL REFLECTIONS

FOR

The LEDGER of the RIDGE

*Gathering thoughts, lessons,
and quiet wisdom from the plants,
the people, and the seasons.*

*Notes
from the
Ridge*

TINCT.
YARROW

PLANTS OF THE MOUNTAINS

HERBAL REMEDIES

SEASONS & SIGNS

A JOURNAL FROM

June Carter
• THE APPALACHIAN ARCHIVES •

Herbal Reflections for The Ledger of the Ridge

From June Carter's Notebooks: The Appalachian Archives

June Carter's herbal reflections were never meant to be formal teachings. They were quiet thoughts gathered while walking the ridge, tending the garden, and sitting with those who came seeking healing.

Each herb became more than medicine. It became **a way of understanding life**.

These reflections were written slowly, like roots growing beneath the soil.

Ginseng: The Work Beneath the Surface

Ginseng teaches patience.

It grows slowly, quietly, hidden beneath the forest canopy.
Years pass before it becomes what it is meant to be.

I have seen people become discouraged when healing takes time.
But ginseng reminds me that the most meaningful growth often happens unseen.

Not all progress shows itself right away. Some of the most important work happens beneath the surface.

Goldenseal: The Gift That Must Be Protected

Goldenseal does not grow everywhere. It chooses shaded places, quiet places, where the land has remained undisturbed.

It reminds me that some things require protection to survive.

Relationships.

Traditions.

Communities.

Knowledge.

These are not things to gather carelessly. They are things to **guard gently**.

Mullein: Gentle Strength

Mullein grows where the land has been disturbed. It stands tall in places that still show signs of hardship.

Its leaves are soft, but its presence is steady.

I've come to believe that strength often looks like this: Quiet. Gentle. Unassuming.

But deeply resilient.

Yarrow: The Healer's Protection

Yarrow grows in open spaces, where wind and weather pass freely. It looks delicate, but it holds strong.

Yarrow reminds me of those who care for others. They often appear quiet. They do not draw

attention. But they hold steady when others need them most.

Yarrow reminds us: Those who heal others also need protection.

The Garden: Living Memory

The garden beside the ridge changes each season.

Some plants return year after year. Others appear unexpectedly.

I have learned that healing works the same way. Some lessons return repeatedly. Others arrive when we are ready.

The garden teaches patience. It teaches trust.

It teaches that growth continues, even when we are not watching.

The Wild Herbs: Unexpected Teachers

Some of the most meaningful plants are the ones that grow wild.

They appear along trails.

Near fallen trees.

At the edge of fields.

These herbs do not wait to be planted. They arrive where they are needed.

I have seen people like this too.

Quiet helpers.

Unexpected teachers.

Gentle healers.

They arrive without announcement, and change everything.

A Reflection Written in the Margin

Not all medicine is gathered. Some medicine is:

Listening

Sitting quietly

Walking slowly

Sharing stories

Being present

These things grow healing just as surely as herbs. Sometimes more.

Closing Reflection

The ridge teaches slowly. Herbs teach gently.

And if we listen long enough, we begin to understand that healing is not something we force.

It is something we grow.

June Carter

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The Appalachian Archives