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ST. JOHN'S MARKET

1000 10th Ave. S. #100
 St. John, MN 55087
 (507) 338-1000
 www.stjohnsmarket.com

St. John's Market is a non-profit organization that provides a variety of services to the community. We are currently seeking volunteers for the following positions:

- Board Member
- Executive Director
- Finance Committee
- Marketing Committee
- Operations Committee
- Programs Committee
- Public Relations Committee
- Special Events Committee
- Volunteer Coordinator
- Website Manager

For more information, please contact us at (507) 338-1000 or visit our website at www.stjohnsmarket.com.

St. John's Wort

Hypericum perforatum

Latin: *Hypericum perforatum*

Family: Hypericaceae

Common Name: St. John's Wort

Parts Used: Whole plant, including leaves, flowers, and stems.

Traditional Uses: St. John's Wort has been used for centuries to treat various ailments, including depression, anxiety, and menstrual pain. It is also used for skin conditions, such as eczema and psoriasis.

Modern Research: Modern research has shown that St. John's Wort may have antidepressant and anxiolytic effects. It is also used in the treatment of certain types of cancer, such as breast and prostate cancer.

Contraindications: St. John's Wort should not be used with certain medications, including birth control pills, blood thinners, and antidepressants. It may also interact with certain herbal supplements.

Precautions: St. John's Wort should be used with caution in pregnant and breastfeeding women. It may also cause photosensitivity, leading to increased sensitivity to sunlight.

Summary: St. John's Wort is a natural remedy with a long history of use. It has been shown to have antidepressant and anxiolytic effects, and is also used in the treatment of certain types of cancer. However, it should be used with caution and under the supervision of a healthcare professional.

STAMPING MYSELF

Checklist:

- ☐ I have a clear vision of my future.
- ☐ I have a plan to achieve my goals.
- ☐ I am committed to my plan.
- ☐ I am taking action to achieve my goals.
- ☐ I am staying motivated.
- ☐ I am staying focused.
- ☐ I am staying positive.
- ☐ I am staying resilient.
- ☐ I am staying healthy.
- ☐ I am staying happy.

[illegible]

The image shows the Sweet Wormwood plant, which has small, yellow, daisy-like flowers and finely divided, feathery leaves. To the left of the plant is its chemical structure, which is a sesquiterpene lactone. The structure features a complex ring system with a lactone group and several side chains, including a branched alkyl group and a carboxylic acid group.

SWIFT WIRETRANSFER

TO: BENEFICIARY
 FROM: ORIGINATOR
 AMOUNT
 CURRENCY
 REFERENCE
 SWIFT CODE

[illegible][illegible]

TELEPHONE BANKING

The success of the telephone banking service depends on the quality of the service and the quality of the information provided. The service must be able to handle a large volume of calls, and the information must be accurate and up-to-date. The service must also be able to handle a variety of requests, from simple inquiries to complex transactions. The service must be able to handle a variety of requests, from simple inquiries to complex transactions.

Service Quality

The service must be able to handle a large volume of calls, and the information must be accurate and up-to-date. The service must also be able to handle a variety of requests, from simple inquiries to complex transactions. The service must be able to handle a variety of requests, from simple inquiries to complex transactions.

Information Quality

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VIOLET

Color: Purple
Flower: 5 petals, 2-lipped
Leaf: Opposite, ovate, serrated
Stem: Erect, leafy
Root: Rhizome, fibrous roots
Seed: 2-lobed, smooth
Plant: Annual, biennial, perennial
Parts Used: Root, leaves, flowers
Properties: Astringent, diuretic, expectorant, emmenagogue
Actions: Stimulant, tonic, antispasmodic, antineoplastic
Constituents: Anthocyanins, flavonoids, tannins, mucilage, essential oil
Preparation: Decoction, infusion, tincture, powder
Uses: Hemorrhoids, urinary tract infections, cough, asthma, menstrual disorders, cancer

VIOLET

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WHITE SAGE

Salvia officinalis

Parts Used: Leaves and flowers

Traditional Uses: The leaves and flowers of white sage are used in traditional medicine for a variety of ailments. They are often used to treat digestive issues, such as indigestion and constipation, and are also used to treat respiratory problems, such as bronchitis and asthma. White sage is also used to treat skin conditions, such as eczema and psoriasis, and is often used in aromatherapy to help with stress and anxiety.

Preparation: The leaves and flowers of white sage can be used in a variety of ways. They can be dried and used as a tea, or they can be infused in oil and used in a massage. They can also be used in cooking, where they are often used to flavor breads and meats.

Contraindications: White sage is generally considered safe for most people, but it may interact with certain medications, such as blood thinners. It may also cause allergic reactions in some people. It is important to consult with a healthcare professional before using white sage, especially if you are taking any medications or have any underlying health conditions.

WILLOW

Salix

Salix alba L. White Willow
 Tree 20-25 ft. Flowers yellowish. Bark smooth, white. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

Salix caprea L. Goat Willow
 Tree 10-15 ft. Flowers yellowish. Bark smooth, grey. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

Salix glauca L. Blue Willow
 Tree 10-15 ft. Flowers yellowish. Bark smooth, grey. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

Salix purpurea L. Purple Willow
 Tree 10-15 ft. Flowers yellowish. Bark smooth, grey. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

Salix viminalis L. Common Willow
 Tree 10-15 ft. Flowers yellowish. Bark smooth, grey. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

Salix pyramidalis (Mill.) B.S.P. Pyramidal Willow
 Tree 10-15 ft. Flowers yellowish. Bark smooth, grey. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

Salix triandra (Mill.) B.S.P. Three-leaved Willow
 Tree 10-15 ft. Flowers yellowish. Bark smooth, grey. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

Salix elaeagnifolia (Mill.) B.S.P. Olive-leaved Willow
 Tree 10-15 ft. Flowers yellowish. Bark smooth, grey. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

Salix amygdaloides (Mill.) B.S.P. Almond-leaved Willow
 Tree 10-15 ft. Flowers yellowish. Bark smooth, grey. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

Salix purpurea L. Purple Willow
 Tree 10-15 ft. Flowers yellowish. Bark smooth, grey. Leaves lanceolate, serrated, glaucous above, tomentose below. Catkins pendulous. Wood white, soft. Used for weaving baskets.

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WILLOW

Engineering the future of construction

Willow Construction is a leading provider of construction management services, offering a wide range of services to its clients. Our experienced team of professionals is dedicated to delivering high-quality, cost-effective solutions for all your construction needs.

Services offered:

- Construction Management
- Project Management
- Design-Build
- General Contracting
- Construction Consulting

Willow Construction is a leading provider of construction management services, offering a wide range of services to its clients. Our experienced team of professionals is dedicated to delivering high-quality, cost-effective solutions for all your construction needs.

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Willow Construction is a leading provider of construction management services, offering a wide range of services to its clients. Our experienced team of professionals is dedicated to delivering high-quality, cost-effective solutions for all your construction needs.

Services offered:

- Construction Management
- Project Management
- Design-Build
- General Contracting
- Construction Consulting

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WOOD-BETONY

 24 

Plant Family: Lamiaceae
Plant Type: Perennial herb
Height: 1-2 m
Fls: Small, tubular, two-lipped
Fl. Color: White
Fl. Time: June-September
Soil: Moist, well-drained
Light: Full sun to partial shade
Water: Moderate
Uses: Culinary herb, medicinal
Notes: Aromatic leaves, used in teas and soups.

[illegible]

Herbalism Levelign Guide

Yi-Tong Ma

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

Herbalism Levelign Guide:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Fuel Your Spirit with **Herbalism Levelign Guide** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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