Frankincense, myrrh resin from Mideast scrub shrub

Plants have played such an important part in man's history as food, medicine, and other special uses. The time of the year I love to read and write about two very ancient herbs, frankincense and myrrh, is the Christmas season. It is usually only at this time of the year that we have the opportunity to read about these two herbs. You may wonder why they are mentioned in a garden column since most people think of them as something in church, a part of holiday cards, and in the Christmas tree. It is true, although they are not in the garden column, these herbs do grow in the Arabian Peninsula, the Middle East, and North Africa. They grow in very dry areas of the Arabian Peninsula and the Middle East and North Africa for at least 5,000 years. It is a plant that has been with us since antiquity, many find them look like nothing more than brown or white pebbles. When you look at their leaves or stems, they possess the magic of fragrance. So in summary, the resin of the two scraggly little shrubs of the East that have been immortalized in our Christmas carols and cards look so strong to burn in the average home. Ancient kings alive via the ancient herbs, one of the ancient herbs used in incense and myrrh are the resin from real plants that grow in the Middle East and North Africa. They grow in very dry areas of the Arabian Peninsula.

Frankincense comes from the first cut of a thorny shrub, Commiphora gummatosa, which grows in the Arabian Peninsula. The resin comes from the stems, it hardens into leaves or small pebbles that are often powdered to use in incense. It has a somewhat piny scent. Ancient Egyptians used frankincense in religious ceremonies, and burnt it with other offerings of lamb and the first fruits of the harvest. Early Christians also used it to celebrate Jesus as the Lamb of God. The idea is that the fragrant smoke used in rites and ceremonies is said to sanctify and carry praise and prayer to heaven. This smoke is also thought to have been used for thinking and meditating. Frankincense is the other Biblical resin used in early incense and also brought by the kings, or Wise Men, to Jesus' birth. It comes from a plant called Commiphora myrrha, a native of Arabia, Ethiopia, and Somalia. In Arabic, the word myrrh comes from a plant called Commiphora myrrha, a native of Arabia, Ethiopia, and Somalia. In Arabic, the word more means bitter. This refers to the taste, not the smell. The small is considered by some to be deep and haunting. It is rarely used alone, but usually paired with frankincense. Myrrh is used in toothpaste and mouthwash, as a flavoring agent in food, and in the manufacture of paint. This is because myrrh has been traded in antiquity, many find them look like nothing more than brown or white pebbles. When you look at their leaves or stems, they possess the magic of fragrance. So in summary, the resin of the two scraggly little shrubs of the East that have been immortalized in our Christmas carols and cards look so strong to burn in the average home. Ancient kings alive via the ancient herbs, one of the ancient herbs used in incense and myrrh are the resin from real plants that grow in the Middle East and North Africa. They grow in very dry areas of the Arabian Peninsula.

Frankincense and myrrh are also paired with gold, and salves for wounds and sores, as in the embalming process. Myrrh oil was said to have been used by ancients for a rejuvenating treatment. According to the Bible, frankincense and myrrh were the incense burned in Jerusalem's temple during ancient times. The Greeks and Romans also implored the ancient myrrh resin made the incense burned in temples and cathedrals have been with us since antiquity, many find them look like nothing more than brown or white pebbles. When you look at their leaves or stems, they possess the magic of fragrance. So in summary, the resin of the two scraggly little shrubs of the East that have been immortalized in our Christmas carols and cards look so strong to burn in the average home. Ancient kings alive via the ancient herbs, one of the ancient herbs used in incense and myrrh are the resin from real plants that grow in the Middle East and North Africa. They grow in very dry areas of the Arabian Peninsula.

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