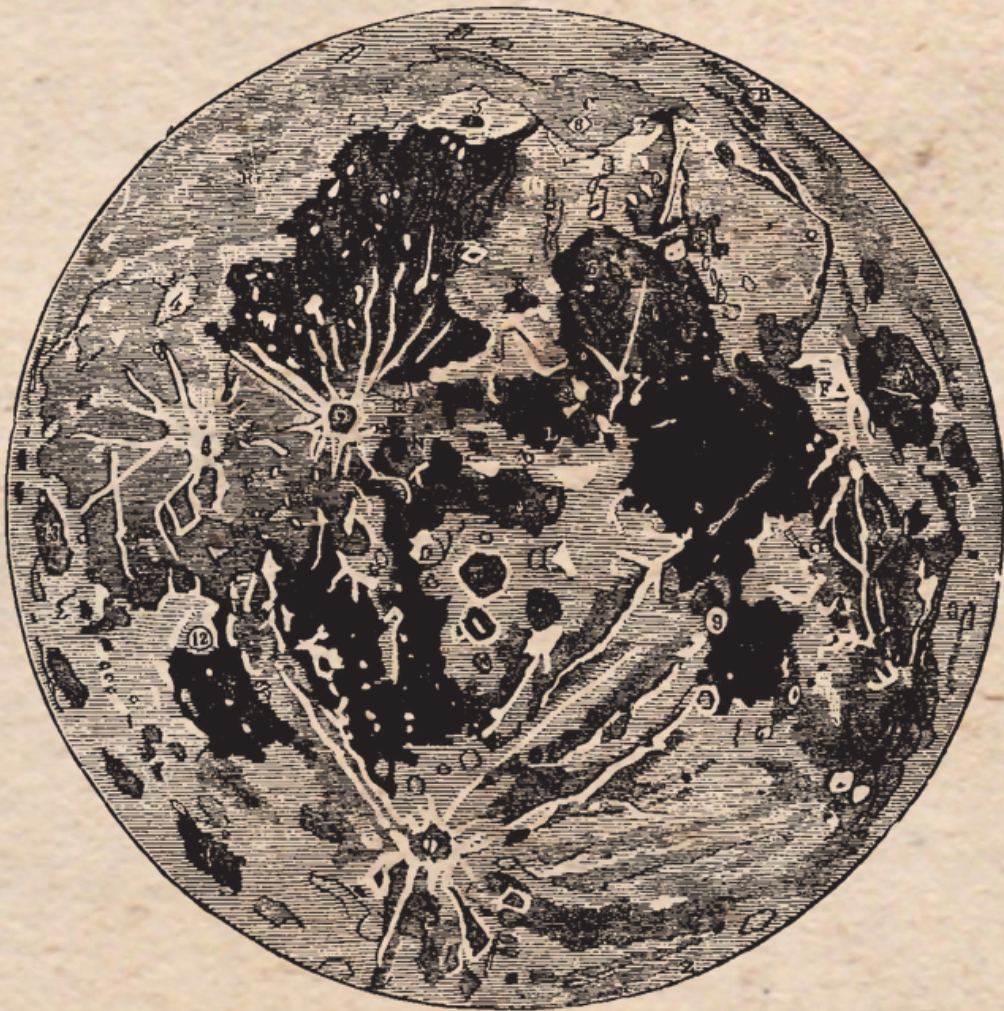


*Naturally Modern Witch*



*The Corn Moon*



*The Season of Water*

**HARVESTING**



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# The Corn Moon

During The Corn Moon cycle, we find ourselves in between a Seasonal Shift and Pause. It comes after the First Harvest celebration as preparations for winter food storage have increased. This Full Corn Moon will be on or around September 2nd.

Most years, the September Full Moon is the Harvest Moon as it falls closest to the autumnal equinox. But, in 2020, the first Full Moon in October is closer to the equinox and therefore will be the Harvest Moon.

Once upon a time, the meaning of the Corn Moon, Fruit Moon, or Barley Moon would have needed no explanation. Many years ago, there wouldn't have been anyone who wasn't aware of what was happening in the fields. While corn was used to describe many grains in Europe, in the United States, the word corn refers to *zea mays* which is native to North and South America. It is one of the most important crops for human societies throughout much of the world.

Many American Indigenous tribes tracked and named the moons by what was happening in the cornfields. There was a Planting Corn Moon, a Green Corn Moon, a Moon When Women Weed Corn, and a Moon When Corn is Silk.

In all parts of the world, community members of all ages would closely watch the crop's progress. When the grain was ripe, the hard work of gathering food for the next year began. It would have been well-known whether the harvest was early or late, abundant, or not. For any society dependent on grain, the Corn Moon meant sustenance, community, and survival.

# The Corn Moon

Cereal grains are the world's single biggest source of food energy. The three most commonly consumed types are wheat, rice and corn. Despite widespread consumption, the health effects of grains have been debated.

Traditional and Indigenous cultures that relied on grains for sustenance recognized that grains are seeds. Seeds can be difficult to digest as they've evolved to protect themselves from digestion to increase the chances of reproduction. All whole grains such as wheat, barley, corn, oats, and rice can germinate given the right conditions.

Sprouted grains are seeds that have been triggered to germinate and are eaten before they develop into full-grown plants. This is similar to what we see squirrels do with acorns, bury them for a few days, then dig them up to eat. When grains, seeds, and legumes are soaked, we're initiating the growing process and awakening the nutrition. The idea is that by soaking and sprouting, it reduces phytates and increases mineral absorption, while unlocking nutritive properties, making it more bioavailable and easier to digest.

In many traditional foods, grains of all kinds are made by sprouting, soaking, souring, or fermenting. While our ancestors ate whole grains, they did not consume them as presented in our modern cookbooks. Our ancestors, and virtually all pre-industrialized peoples, soaked or fermented their grains before making them into porridge, breads, cakes and casseroles. Soaking and sprouting is one of those pieces of ancient wisdom that was almost forgotten.

Read: [How to soak or sprout seeds, nuts, grains, and legumes.](#)

# Celebrate



# Moon Energy

I like working with the Full Moon for exploring, acknowledge, gratitude, celebration, and big magic. On the New Moon though, I'm more about taking stock, setting goals, releasing, and rebirth.

Everyone works with moon energy differently so it's important that you find what works for you. Here are some ideas:

## NEW MOON

- Divination: Reading your cards (or having a reading) or other form of divination that you like can be helpful in deterring a course of action based on the goals you set for this new cycle.
- Visualize what you want and ask your guides to show you how you're going to get it.
- Write down a list of wishes, don't stop writing until you can't think of any more.
- Write down what you are grateful for, what you want to release, and what you want to receive.
- List your desires for the next few days, the next moon cycle, and the next year.
- Create a vision board.
- Write out your dream day in full detail.
- Write down what you want, and then list action steps to getting there.
- Set up/rearrange your altar.
- Create a crystal grid.
- Write down what you want to release and burn it.
- Do some candle magick.
- Choose a Tarot or oracle card that represents what you want to manifest and put it on your altar.
- Make a citrine and clear quartz gem elixir.
- Make a prosperity spray using gem water and essential oils.
- Buy or pick some flowers for your house and/or altar.
- Change your phone screensaver to something relating to your manifestations.

# Moon Energy

## FULL MOON

- Moon gazing. The simplest witchcraft rituals are often the best. Just looking at the moon is a magical act and a divine communication in and of itself.
- Speak to Grandmother Moon. Don't hold back, speak what's in your heart and mind! You can speak out loud (I often use a purposeful whisper) or in your mind.
- Catch the moonlight in water. Moon water is more than just charging water under the moon. It's used for setting intentions and charging those into the water as well.
- Catch the moonlight in a mirror. There are ways outside of water for capturing the energy of the moon. Use a mirror! With your back to the moon hold a small mirror in your hand and focus it on the moon. Then reflect back onto your self or objects. Use that mirror to reflect the moon's energy anytime.
- Moon Bath: Add the moon water you made into your bath tub and just get in and relax and absorb the magical energies.
- Bathe in moonlight. Or, go outside, grab a blanket, find somewhere to lay/sit and allow the moon light to wash over you.
- Harvest magickal plants at the full moon when the sap and vital energy of plants is high.
- Charge magickal tools.
- Drink moon tea. A moon tea ceremony can be a beautiful way to mark the Full Moon.
- Acknowledge the Elements. Try this simple ritual:  
Go outside and take some deep breaths, and say:

"I breathe of the Earth, of the land which Holds Me  
I breathe of the Air, of the breeze which Inspires Me  
I breathe of the Water, of the rivers which free Me  
I breathe of the Fire, of the flame which illuminates Me  
I breathe of the Elements. I breathe of Life."

# Color Magick

Every color has symbolism that corresponds with energy. In many magickal traditions, color magic correspondence is used to enhance the desired results of different magickal workings.

There are many ways to incorporate colors – papers, inks, candles, ribbons, cords, or fabric are just a few examples.

## ON CORRESPONDENCES

There are common correspondences and personal correspondences. Many of us spend time to learn the common correspondences that have been recorded by other practitioners or passed down. But don't overlook the importance of working with a specific color, plant, mineral, or animal energy for as long as you need to, to determine how that energy corresponds to your working and personal energetic flow.

Just like everything else where magick is concerned, your personal preference is going to hold the most meaning and power. Depending upon the culture you grew up in, some of the associations on this list may not have the same correspondence for you. Use correspondence lists and tables as a guide only, take what works for you and leave the rest.

# Color Meanings

- RED: Passion, Fertility, Enthusiasm, Conquering Fear, Bravery, Fast Action, Element of Fire
- MAGENTA: Immediate Action, Enhances other Colors, Adds Speed to Magic
- PINK: Romance, Friendship, Honor, Harmony, Heart Connections, Family
- PEACH: Simple Joy, Strength, Peace, Truth
- ORANGE: Adaptability, Success, Encouragement, Uplifting, Thoughtful
- YELLOW: Success, Intelligence, Will, Intent, Element of Air
- GREEN: Prosperity, Fast Money, Healing Past Lives, Element of Earth
- BLUE: Spiritual and Physical Healing, Wisdom, Balance, Trust, Tranquility, Element of Water
- PURPLE: Intuition, The Divine, Guidance, Power, Ambition, Prophetic Dreams
- BLACK: Banishing, Hex Breaking, Ending Bad Habits, Protection
- WHITE: Spirituality, Purity, Serenity, All-Purpose
- BROWN: Stability, Wealth, Decision Making, Emotional Balance, Grounding
- GRAY: Neutrality, Shielding, Self-Defense, Neutralizes Harmful Energies
- GOLD: The God, Fast Luck, Success, Intelligence, Solar Influence
- SILVER: The Goddess, Resolve Inner Conflict, Persistence, Lunar Influence

# Candle Magick

Candles are a staple item in many magickal tool kits. They are used to amplify and release energy. They can be left unlit to promote positive energy or burned and used in rituals and spells as fire magick and/or color magick.

The element of Fire represents transformation and accelerates change. Fire changes everything it interacts with. We channel this energy when we work with fire and candles.

## HOW TO USE CANDLE MAGICK

### What is your goal?

Think of what you want to bring into your life. Be specific, realistic, positive, and kind. Clarify your intention in a single sentence, like, "I need to find a job that pays more and makes me feel excited."

### Craft your spell

The most basic candle magick spell is to simply visualize your goal, say a sentence, and light the candle to release the energy.

### Choose the candle's color

Use white or one that corresponds with the nature of your goal. You can also place relevant crystals, herbs, or flowers around your candle to amplify that corresponding energy.

Bonus: Check on astrology placements to align your ritual with the right energy from the cosmos. If it's about love, wait till Venus is in Libra. Or use the energy from the current moon phase. Avoid Mercury retrograde.

# Candle Magick

## Dress the candle

Anoint the candle with oil. You can use an infused oil that corresponds or simple olive or coconut oil. Add essential oil if you like, or leave it plain. You can also carve runes, sigils, or other symbols of your intention into the candle with a thorn or needle.

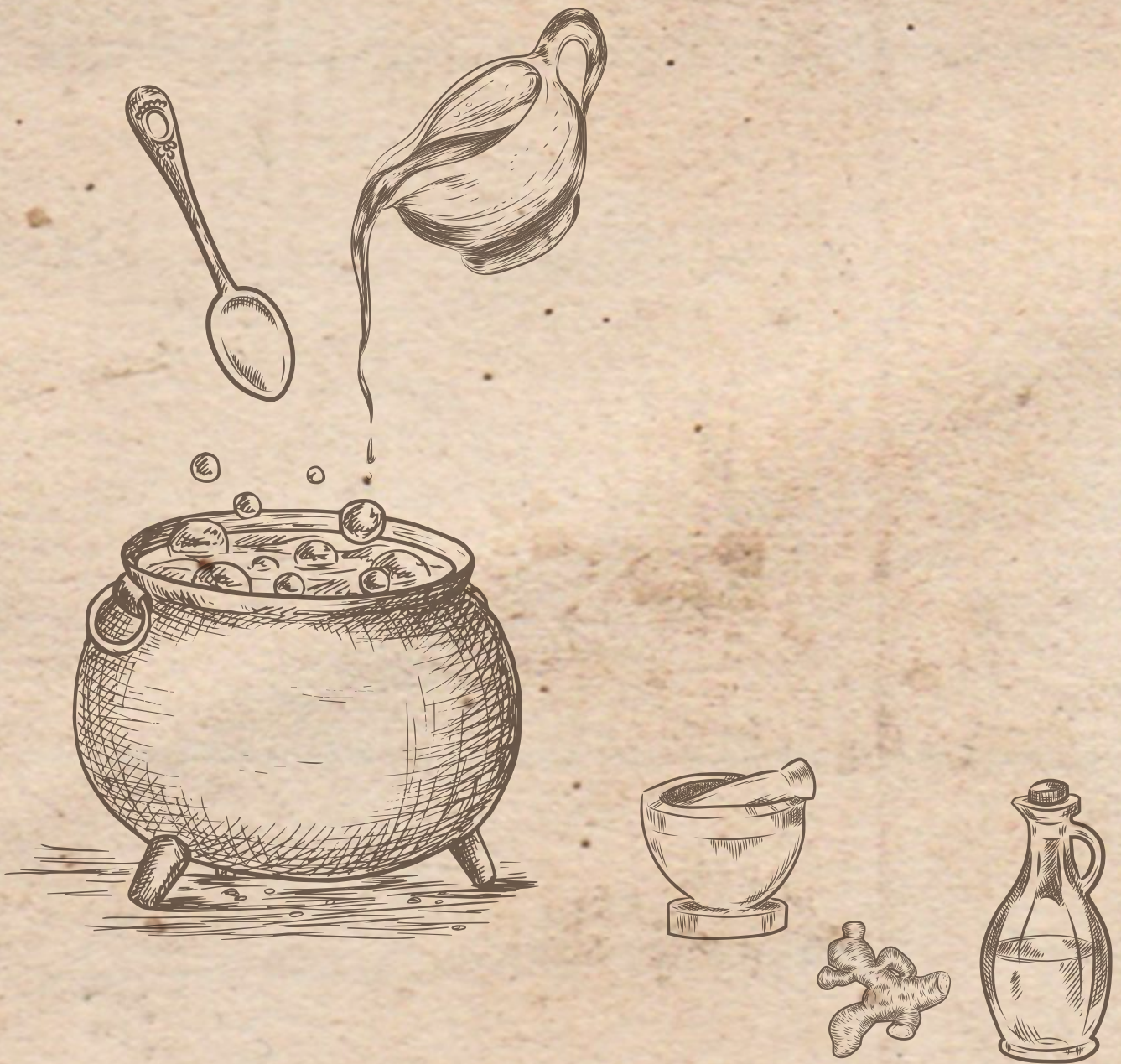
You can also handcraft your own spell candle and incorporate herbs, crystals, oils, etc. when making it.

To anoint, rub the candle from top to bottom to draw things to you or from bottom to top to send things away. As you rub the candle with oil (cover the whole surface but skip the wick), focus on your goal and pour that vision into the candle. Chanting is wonderful while anointing.

## Working

- Take a few deep breaths, release tension, and visualize your worries or thoughts drifting away from you. Clear your mind and do a grounding meditation if you desire.
- Then start to visualize your goal as if it has already happened.
- When you have a clear mental picture, repeat your chant/song/poem/incantation or say your intention out loud.
- Focus on the candle's aura (the light right outside the flame) and visualize it getting bigger and bigger until it fills the room. Then imagine it expanding beyond the room into the universe, beaming out and sending a signal to bring your intention to you. Hold this vision in your mind as long as you can.
- When you feel your energy waning or you start getting distracted, blow out the candle and you're done. Finish with "blessed be", "so mote it be", or "so it is".

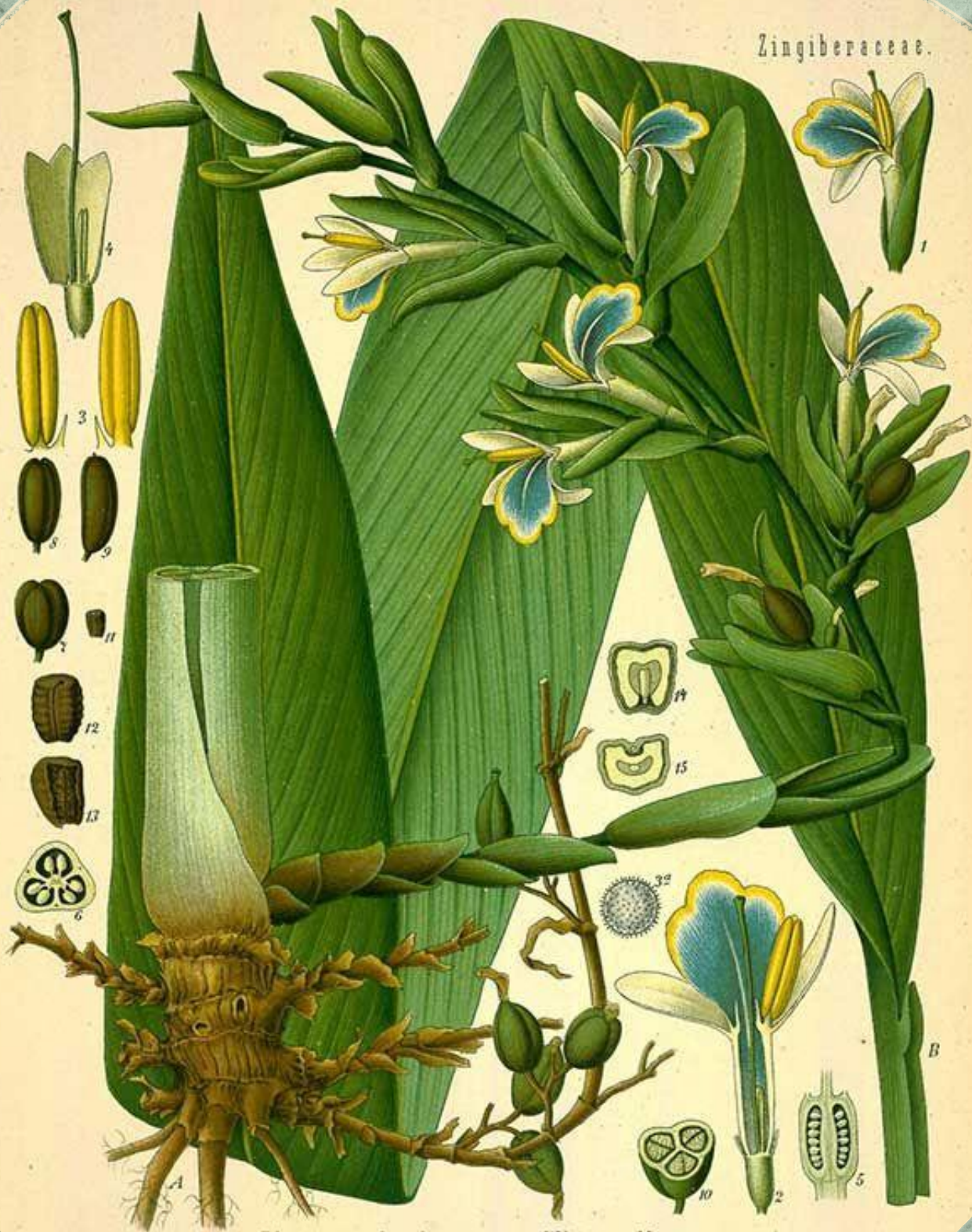
# Edible Energy



# Cardamom

ELETTARIA CARDAMOMUM

Zingiberaceae.



*Eletharia Cardamomum* White et Maton

# Cardamom

ELETTARIA CARDAMOMUM

## Identification

Cardamom is a spice made from one of the seeds of two different species of Elettaria and Amomu. Both, herbaceous perennial plants of the ginger family (Zingiberaceae). The seeds have a warm, slightly pungent, and highly aromatic flavor somewhat reminiscent of camphor. Their small seed pods are triangular in cross-section and spindle-shaped, with a thin, papery outer shell and small, black seeds; Elettaria pods are light green and smaller, while Amomum pods are larger and dark brown.

Leafy shoots of the cardamom plant arise 5 to 20 feet from the branching rootstock. Flowering shoots are 3 feet long, may be upright or sprawling; each bears numerous flowers about 2 inches in diameter with greenish petals and a purple-veined white lip. The whole fruit is a green three-sided oval capsule containing 15 to 20 dark, reddish brown to brownish black, hard, angular seeds. The essential oil occurs in cells underlying the epidermis of the seed coat. The essential oil content varies from 2 to 10%.

## Edible Uses

- Green cardamom is used to flavor coffee and teas, most notably Masala chai.
- Add to peaches for a unique flavor.
- Use it with other warming spices such as ginger, turmeric, and curry for a savory dish.
- Mix it with cinnamon and add it to apples, pears, or plums.
- Mix 1 cup of honey or sugar, 1/2 cup of water, and 1 tbsp of ground cardamom in a saucepan. Simmer until reduced to a syrup. Great for pancakes, ice cream, coffee, etc.
- Add cardamom to sweet bread recipes.
- Blend 1/2 tsp of cardamom when making plant based milk.
- Mix cardamom and pistachios with your oatmeal.

# Cardamom

ELETTARIA CARDAMOMUM

Inspiration may be a spark but it's up to you to kindle the flame. Cardamom is a spicy but sweet herb with an intense flavor hidden inside a shell. Governed by Venus, ruler of love, cardamom warms the body and fires up energy. She reminds us that change happens quickly and fast action may be needed.

## *In the Garden*

Place the seeds into a bowl and cover with lukewarm water; allow to sit overnight. Sow seeds in autumn or propagate by division in spring or summer. Prefers rich, moist soil in part shade. This plant should be grown in a pot and brought in when temperatures drop below 65 degrees. They do not like soil that dries out; water regularly if rain is not plentiful.

## *Harvest*

Expect flowers after about three years; the rhizomes may live for 10-15 years. At the base of the stalks, the plant forms long bracts of flowers that then develop into seed pods. These seed pods may be harvested by hand in the fall, 30-40 days after flowering. The fruits are picked or clipped from the stems, cleaned, and dried in the sun or in a heated curing chamber. After curing and drying, the small stems of the capsules are removed. You'll want to begin the drying process soon after harvesting to retain flavor. Dry the pods in a dehydrator at a temperature no higher than 120°F or in full sun.



# Cardamom

ELETTARIA CARDAMOMUM

Native to the mountainous forests of southwest India, this spice became a staple ingredient in that country's cuisine, with its use dating back at least 4,000 years. Ancient Greeks, Romans and Egyptians were fond of the spice. Vikings discovered the spice and brought it back to Scandinavia, where it became a popular ingredient in mulled wine, pastries, and bread. Today, Saudi Arabia and Kuwait are the biggest importers of the spice. Guatemala is the largest commercial producer, followed by India and Sri Lanka. It is grown commercially in Cambodia and Vietnam too.

## Medicinal Uses

- Cardamom has antioxidant and diuretic properties.
- The skin of the seed pods can be used in herbal infusions.
- Has anti-inflammatory effects.
- Aids in digestion
- Chew to prevent bad breath. Use in toothpaste and mouthwash recipes for oral health.
- Antibacterial, use with honey to dress a wound.
- Can help "open up" breathing like eucalyptus with it's slight effervescent effect.
- Has been used as a tea to calm anxiety.
- Cardamom is said to be an expectorant and may be helpful to sooth a cough.
- Use it to craft warming and stimulating tonics.
- It's used as an aphrodisiac.
- Said to have anti fungal properties.
- Helpful as a tea for nausea.

# Cardamom

ELETTARIA CARDAMOMUM

Cardamom is one of the oldest spices in the world. It is the world's second most expensive spice, saffron being the most expensive. In the Canterbury Tales, cardamom is "the spice of paradise." White cardamom is really the green ones bleached, it's devoid of most of the flavor and aroma. When picking your cardamom, pick the green ones – they are the most aromatic.

## Magical Uses

- Great for love potions - spicy energy!
- Use it in a bag for good luck and carry it with you.
- Burn for mental clarity, concentration, confidence, courage, enthusiasm and motivation.
- This herb is an ingredient in some versions of kyphi, the ancient Egyptian incense
- Pliny mentions it as an ingredient in the Egyptian perfume called Metopium, and the Romans incorporated it into perfumes as well, often combined with saffron and myrrh. Perfume is another way to use a potion.
- Use in a money bowl to attract good fortune.
- Throw with other herbs as a couple is blessed, married, or handfasted.
- Use it to work with fire energy.
- Use it as an offering to Venus, Goddess and planet of love.
- Use it inside a dream pillow with lavender to dream of your lover.
- Mix it into your coffee to give your day that extra spark.
- Break open a pod and sprinkle the seeds. Each seeds can have a different meaning or action step to work towards your final goal.
- Cardamom and apple are extra magickal together. Both correspond to love and fertility.

# Nature Journal



# How to nature journal



Like a personal journal or diary, a nature journal is a place to record our observations and to reflect on them, but unlike a diary, a nature journal is used specifically to record our observations of, and thoughts on, nature.

## Without

First, make observations about what you see outside of yourself (without). What calls to you in nature? That will become your subject. It can be particular sacred element like Water or Air (the rain or wind), a plant, animal, insect, mineral, or simply observing your surroundings as they change throughout the seasons.

Next, draw the subject. Try learning and labeling it's anatomy or other details. Track the seasonal changes in your subject by recording them on a phenology wheel. Include a specimen of the subject if possible.

## Within

Then, explore the deeper meaning behind why you were called to this subject. Does it have any synchronicity or corresponding meanings in your life? Record what you find within.

# My Natural World

Without



CYCLE/MONTH:

SEASON:

TIME OF DAY:

## OBSERVATION

What do I see? (subject)

What color is it?

What was it's size?

Did it make sound?

Where does it live?

How does it move?

How does it get energy?

Does it prefer the night or day?

What does it feel like?

Does it move? How?

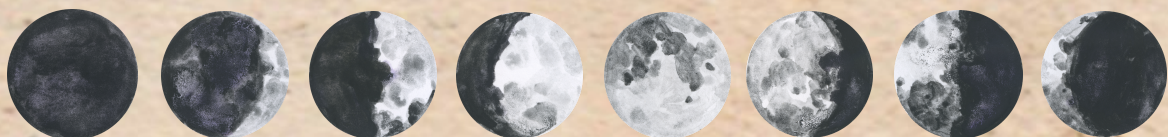
Does it have a scent?

What is the weather like?

What other observations can you note?

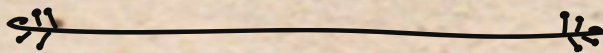


## MOON PHASE

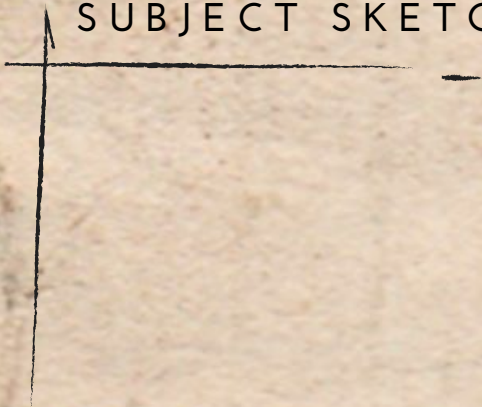


# My Natural World

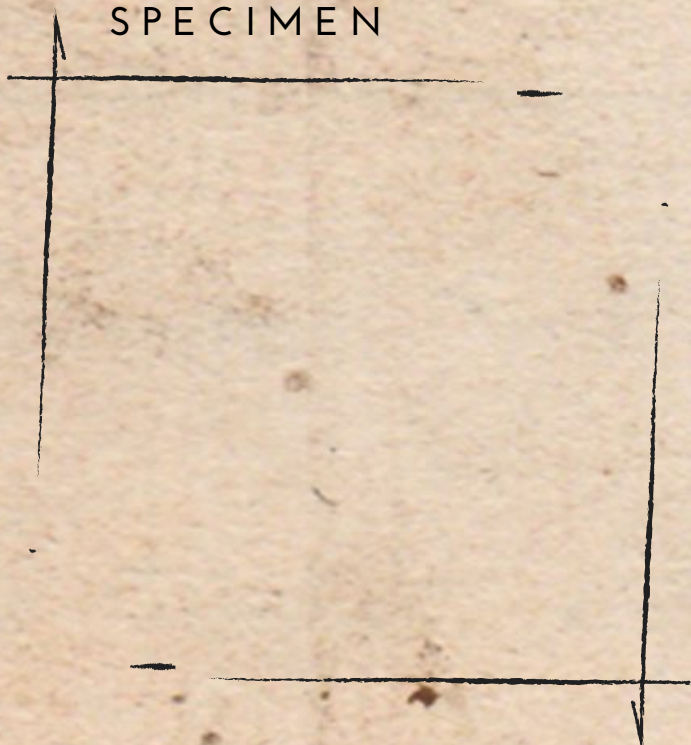
Without



SUBJECT SKETCH



SPECIMEN



# My Natural World

Within



## CONSCIOUSNESS

How is nature speaking to me today?

When have I felt one with the world recently?

What colors in nature call to me?

What fears do I have that are mirrored in nature?

How can I explore how I feel connected to or separate from nature this month?

## A W A K E N I N G

What aspect would I like to release as the year wanes? What would I like to increase as the next year waxes?



# Animal Energy



# Animal Mother

Many cultures thought of animals as important and protective spirits, guardians, and messengers. Egyptian, Hindu, Buddhist, European, and Indigenous traditions all took omens and signs from the animal kingdom.

A Spirit Animal is a sacred Native American practice and part of the cultures sacred medicine. A totem is a spirit being, sacred object, or symbol of a tribe, clan, family or individual. It's important not to appropriate indigenous cultural practices.

The Animal Energy that we work with is unique to each individual and is a passing experience, not a lifelong assigned animal soulmate. We'll refer to animal energy and animal guides as Animal Mother.

The Animal Mother can also be called Power Animals or Familiars and can show up at different points in our life. As we shift through different chapters, an Animal Mother might come through as a guide stronger during a certain times, then shift, just like our life experiences. They carry important messages to use when we need them.

# Squirrel

SCIURIDAE



# Squirrel

SCIURIDAE



Squirrels are members of the family Sciuridae, a family that includes small or medium-size rodents. The squirrel family includes tree squirrels, ground squirrels, chipmunks, marmots, flying squirrels, and prairie dogs amongst other rodents.

# Squirrel

SCIURIDAE

The Squirrel Animal Mother encourages us to take life a little less seriously. The squirrel symbolism asks us to inject more fun and laughter, and just enjoy the wonders of the world. This animal reminds us to be adaptable, and to be ready for any changes that we need to make at the last minute.

The squirrel meaning is about surrendering and letting things happen. Though, you may want to pay attention as squirrel has a habit of wondering off into the woods. She highlights the importance of communication and showing respect to the people around us through our words, actions, and behaviors. It encourages us to respect your differences and find a way to work harmoniously together.

## Squirrel Meaning

- Focus on the changes that are taking place in your life.
- Tackle any issues or problems head on instead of ignoring them or pushing them aside.
- Be honest about your thoughts and emotions, and don't bottle them up inside you.
- Saving up is another important squirrel symbolism. Be mindful of how much you consume when it comes to your resources and how much you spend when it comes to your finances.

## OTHER ANIMAL ENERGIES

These animals align with the Season of Water. See if any present themselves to you or keep an eye out for a gift from your Animal Mother like a bird feather, fur, or footprint.

- Antelope: Always on guard with the ability to move, adapt, and survive in even the toughest conditions. The antelope symbolism opens you up to expanded awareness and psychic energies, as well as teach you lessons when it comes to the adaptability of mind and being speedy in your actions.
- Deer: Gentle, compassionate, and loving. The deer symbolism can help you address any challenging situation or problem you may have in your life. Be prepared for new adventures and opportunities.
- Goose: The universe is asking you to protect what is important to you. But you should also make sure that what you're trying to protect is even worth protecting.
- Lynx: Known to be a very excellent hunter, and is considered the master seer because of its gift of second sight. This is the gift of 'hearing' other people's thoughts and seeing into their souls, as well as their intentions and thoughts.
- Moose: Signifies strength, pride, and life. It points to self-esteem and how it helps you conquer fears and give you the confidence to achieve your goals.
- Porcupine: Teaches you to face your weaknesses and vulnerabilities head-on and to do what you must to protect yourself from anything or anyone that wishes you harm. Reminder not to get caught up in the noise and the chaos.

# Celebration Feast



**Zesty Grilled Corn**  
**Southwest Caesar Salad**  
**Corn Cob Jelly**  
**Corn Silk Spice**  
**Coconut-Creamed Corn with Grain**  
**Fruits of the Vine Dip**  
**Stir Fry Squash and Sunflower Seeds**  
**Cardamom Patties**  
**Tomato and Basil Soup**  
**Hot Cacao with Cardamom**  
**Spiced Blueberry Muffins**  
**Hearth Witch's Elixir**

# ZESTY GRILLED CORN

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## INGREDIENTS

- 4 ears corn, shucked
- 3 Tbsp butter (vegan or refrigerated olive oil is fine)
- 1/2 tsp salt
- 1 tsp cajun seasoning
- 1 tsp paprika
- 1 1/2 tbsp mayo (Vegan is fine)
- 1 1/2 tbsp lime juice

## MAKE

- In a mixing bowl, combine butter, salt, cajun seasoning, paprika, mayo, and lime juice.
- Apply this mix to the corn generously. Keep the leftover aside to apply later.
- Place each of the ears of corn on a heated grill or grill pan for some time till cooked well.
- Alternatively you can bring a large pot of water to a boil, and boil the corn until bright yellow. About 7 minutes.
- Apply remaining butter cajun mix to the corn ears and serve immediately.
- Use leftovers in a salad or bowl recipe.

# SOUTHWEST CAESAR SALAD

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## INGREDIENTS

- 1 small sweet potato, cubed
- 1 Tbsp olive or avocado oil
- 2 whole corn cobs
- 5 cups chopped fresh kale, lettuce, or favorite salad greens
- 1/2 medium red bell pepper, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup chopped cilantro
- 1/2 cup diced red onion
- 1 avocado, cubed
- Jalapeño, diced

## MAKE

- Preheat oven to 400 degrees F. Place sweet potatoes in a baking dish, drizzle with olive oil, salt and pepper. Roast in oven until fork tender.
- Meanwhile, combine dressing ingredients and set aside.
- Chop kale into bit sized pieces and toss with dressing. Top with remaining ingredients. Optional: Add crushed tortilla chips on top. A great way to use up broken chips.

## DRESSING

- 1/2 cup Greek yogurt or sour cream (vegan is fine)
- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp Worcestershire sauce
- 1 clove of garlic
- 1/4 tsp chipotle seasoning
- 1 tsp dijon mustard
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 Tbsp water or milk

# CORN COB JELLY

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## INGREDIENTS

- 12 large corn cobs
- 4 cups water
- 1 package (1-3/4 ounces) powdered fruit pectin or low sugar pectin if using honey
- 4 cups sugar or honey
- Pinch of turmeric for color

## MAKE

- In a stockpot, place corn cobs and water and bring to a boil. Cook, uncovered, 10 minutes.
- Compost cobs; strain liquid through cheesecloth. Liquid should measure 3 cups. Add additional water if necessary.
- Return to stockpot and stir in pectin. Bring to a full rolling boil. Add sugar and bring back to a boil.
- Skim foam and add a pinch of turmeric.
- Transfer to covered jars; refrigerate up to 2 weeks or process for 10 minutes for longer pantry storage.

# CORN SILK SPICE

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## INGREDIENTS

- 2-3 cups of corn silks



## MAKE

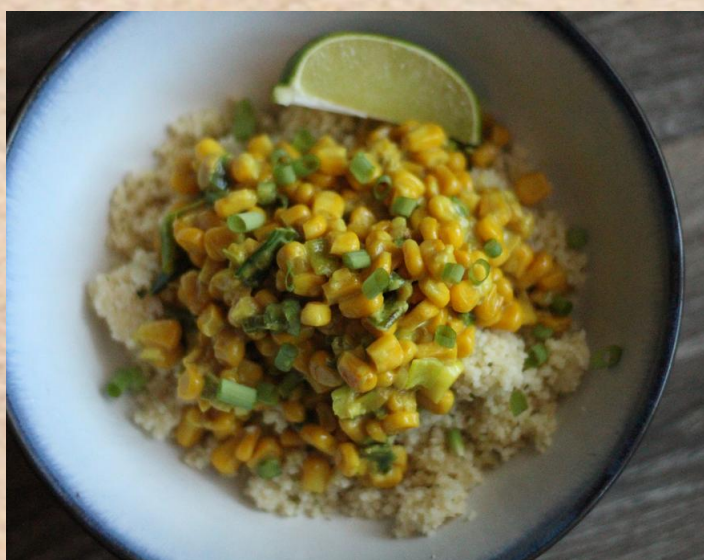
- Start by cutting off the brown sticky tops from each of your bundle or cornsilk
- Lay each of them gently in your dehydrator trays, spreading them out so they get dehydrated evenly. Or, in the sun on a cookie sheet
- When dry, transfer your dried bundles to the bucket of your food processor or electric coffee grinder and process down as fine as possible.
- Pour into a glass jar, label the lid, and seal. Your spice should last indefinitely.
- Sprinkle it on top any dish to add a slight nutty flavor, drink it as a tea to aid the kidneys, or use it in a bath to soothe the skin.

# COCONUT CREAMED CORN WITH GRAIN

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## INGREDIENTS

- 4 ears of corn, husked
- 1 tbsp olive oil
- 1/2 a jalapeño, diced
- 1 tbsp grated fresh ginger
- 2 garlic cloves, minced
- 1 scallion, thinly sliced, plus more for serving
- 1/4 tsp ground turmeric
- 1/4 tsp ground cardamom
- 1 cup cooked grains, such as couscous, freekeh, farro, or quinoa
- 1/2 cup unsweetened coconut milk, or other milk
- Salt
- 1 green onion, sliced
- Lime wedges (for serving)



## MAKE

- Heat oil in a large skillet over medium until shimmering. Cook chile, ginger, garlic, and 1 sliced scallion, until softened and fragrant, 1–2 minutes.
- Add turmeric and cardamom and cook, stirring frequently about 30 seconds.
- Add corn and increase heat to medium-high. Cook, tossing occasionally, until corn is beginning to lightly brown.
- Add grains and cook about 2 minutes more.
- Add coconut milk and season with salt.
- Bring to a simmer and cook about 3 minutes, adding a splash of water if needed.

# FRUITS OF THE VINE DIP

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## INGREDIENTS

- 2 large eggplants (or 6 small asain eggplants, or zucchini/summer squash)
  - Olive oil
  - Salt + pepper
  - 2 Tbsp lemon juice
  - 1/2 tsp salt
  - 1/2 tsp black pepper
  - 2 Tbsp olive oil
- 
- 1/3 cup tahini or 1 tbsp nut/seed butter
  - 2 tbsp greek yogurt, sour cream, vegan yogurt (or use homemade yogurt that didn't set)
  - 2 cloves garlic, minced
  - 1 tbsp fresh parsley to garnish

## MAKE

- Preheat oven to 425 degrees F.
- Slice each eggplant in half horizontally along the y-axis. Use a sharp knife to slice shallow slits in the flesh and generously sprinkle with salt. Allow the eggplant to rest for approximately 10-15 minutes. Transfer eggplant halves to the prepared baking sheet, flesh-side-down. Drizzle with olive oil and sprinkle with salt and pepper.
- Transfer baking sheet to the oven and roast for 30-40 minutes or until softened and the skin of the eggplant is shriveled. Remove baking sheet from the oven. Let cool 15 minutes.
- Carefully peel away the skin from the eggplant flesh and transfer the flesh to the bowl of a large food processor. Add the lemon juice, salt, pepper, olive oil, tahini, and garlic. Process until smooth and creamy. Season with additional salt, pepper, and tahini, to taste.

# STIR FRY SQUASH AND SUNFLOWER SEEDS

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## INGREDIENTS

- 2 cups corn
- 3 small zucchini
- 3 small summer squash
- 1 red bell pepper
- 1 jalapeno or anaheim pepper, finely chopped
- 2 tbsp oil for cooking
- 2 clove garlic, minced
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 cup sunflower seeds, shelled and un-salted



## MAKE

- In a saute pan heat oil over medium high and add chili and garlic. Cook until fragrant.
- Add corn, zucchini, squash, red bell pepper, salt and pepper.
- Decrease heat to medium low and let cook, stirring occasionally until squash is fork tender.
- Add sunflower seeds and let simmer another 2 minutes.
- Serve hot topped with cornsilk spice

# CARDAMOM PATTIES

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## INGREDIENTS

- 2 cups cooked brown rice
- 2 1/2 cups TVP crumbles
- 2 cups water hot
- 4-5 tbsp flour
- 2 tbsp olive oil
- 2 tbsp minced red onion
- 1/2 tablespoons chopped fresh parsley
- 1/2 tsp chili powder or to taste
- 1 1/2 tablespoons chopped fresh cilantro
- zest of one lemon
- 1/4 teaspoon cinnamon
- 3/4 tsp ground cardamom
- 3 cloves garlic grated
- 1 tsp liquid smoke
- 2 tbsp beets, grated
- 1 1/2 tsp salt
- pepper to taste
- 1/3 cup bread crumbs

## Sauce

1/2 cup tahini

- 1 clove garlic, minced
- juice of one lemon
- 1/4 tsp salt
- about 1/4 cup warm water

# CARDAMOM PATTIES

## MAKE

- Preheat oven to 350 degrees F.
- Combine the TVP (soy crumbles) and hot water and allow to soak for 20 minutes or until most of the liquid is absorbed.
- Place all ingredients in a large bowl. Mix everything together using your fingertips until it's evenly distributed.
- Form 5 patties or 10 meat balls.
- Add some oil to a skillet and brown the meatballs on all sides for about 4 minutes. Add more oil as necessary.
- Place the patties/meatballs on a baking sheet and bake for about 12-15 minutes, or until cooked through.
- Meanwhile make the sauce by mixing the tahini garlic, lemon juice and salt, then adding enough water to make a thin sauce. Salt it to taste.
- Serve the meatballs hot from the oven, nestled in the sauce. Garnish with more pine nuts, herbs, atop rice, quinoa, or even orzo pasta.

Alternatively you can use the Beat Ball recipe from March (the Worm Moon) and substitute the spices and seasonings if you want to avoid soy in the TVP (textured vegetable protein). For real meat balls or patties, you can omit the brown rice, TVP, and hot water and replace with 2 pounds ground meat.

# TOMATO AND BASIL SOUP

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## INGREDIENTS

- 3 tbsp olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2 (28 oz) cans whole tomatoes with juices or 4 lbs fresh tomatoes peeled.
- 1 1/2 cups broth
- 12 leaves fresh basil, torn
- Salt & pepper to taste
- 4 tsp sugar to taste
- 1 tbsp flour
- 1 tbsp olive oil

## MAKE

- Add 3 tbsp oi, and onion to a soup pot over medium-high heat.
- Sauté the onion for 5-7 minutes or until it's lightly browned. Stir in the garlic, followed by the tomatoes and chicken broth.
- Increase the heat to high and bring the soup to a boil. Reduce the heat and simmer, covered, with the lid slightly ajar. Cook about 8 minutes for canned tomatoes, or until soft enough to smoosh with a spoon for fresh tomatoes.
- Blend the soup (I like to use an immersion blender) until it's smooth.
- Stir in the basil and season with salt & pepper as needed.
- Add sugar to taste to balance the acid/bitter taste,
- Heat 1 tbsp olive oil in a skillet, add flour, mix and let bubble. Add a ladle of soup to the skillet, whisk then add back into the pot.
- Tear basil and use the immersion blender one more time to mix it all together.

# HOT CACAO WITH CARDAMOM + TAHINI

## INGREDIENTS

- 2 cups milk, any type
- 5 tbs fair trade cacao powder
- 3 tbs maple syrup
- 1 tbs tahini or almond butter
- 1 tsp vanilla extract
- 1 green cardamom pod contents freshly ground (or 1/4 tsp ground cardamom)



## MAKE

- In a sauce pan over medium heat combine all of the above ingredients.
- Whisk continuously until all is smooth and well combined, beginning to bubble and appears frothy.
- Carefully pour into mugs, and sprinkle with a little cardamom or cinnamon.

# 6 SPICE BLUEBERRY MUFFINS



## INGREDIENTS

- 1 3/4 cup all-purpose flour
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 1/2 tsp ground cardamom
- 1/4 tsp ground allspice
- 1/4 tsp ground nutmeg
- 1/8 teaspoon ground cloves
- 1/4 teaspoons ground ginger
- 1/2 tsp salt
- 1/2 cup melted butter or coconut oil
- 1/2 cup sugar or honey
- 1/2 cup packed dark brown sugar
- 1 cup milk or water
- 2 large eggs or flax eggs

Crumble topping:

- 3/4 cup all-purpose flour
- 1/4 cup granulated sugar
- 1/4 cup packed dark brown sugar
- 1 tsp cinnamon
- 6 tbsp unsalted butter or olive oil

## MAKE

- Preheat oven to 425 degrees F.
- Line cupcake tin with liners.
- In a large bowl, whisk the flour, baking soda, spices, and salt together until combined. Set aside.
- In a medium bowl, whisk the oil, sugar, brown sugar, milk, eggs together until combined.
- Pour the wet ingredients into the dry ingredients, then fold everything together gently just until combined and no flour pockets remain.
- Spoon the batter into liners, filling them almost full.
- Make the crumb topping: Whisk the flour, granulated sugar, brown sugar, and spice together until combined.
- Stir in the melted butter until crumbs form. Spoon crumbs evenly on top of the batter and gently press them down into the batter so they're snug.
- Bake for 5 minutes at 425 then, keeping the muffins in the oven, reduce the oven temperature to 350 degrees F. Bake until a toothpick inserted in the center comes out clean.

# HEARTH WITCH'S ELIXIR



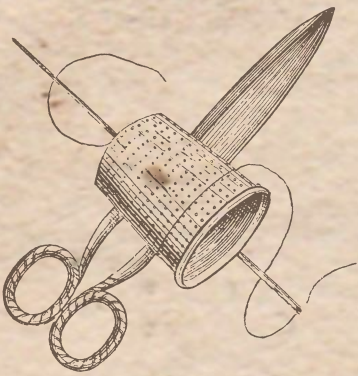
## INGREDIENTS

- 1/2 cup raw cacao nibs
- 5 dates, chopped
- 2 tbsp orange zest
- 1 vanilla bean pod, chopped
- 1/2 tsp cinnamon, ground
- 1/2 tsp. cardamom, ground
- 2 cups alcohol (vodka, bourbon, whiskey, or port)
- 1/2 cup honey

## MAKE

- Combine all the ingredients, except honey, in a large jar.
- Pour the alcohol over, leaving an inch to the top.
- Store in a cool, dark cupboard for at 4-6 weeks to allow mixture to infuse.
- When ready, strain the solid bits out.
- Pour your honey into the jar with the elixir and shake to combine fully.
- I like to drink a couple ounces after dinner to settle the stomach, or as a flavor for coffee.
- Keep in a cool, dark place. Shelf life is 1-2 years.

# Herbcraft



# CITRUS SPICED DIGESTION BITTERS

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## INGREDIENTS

- 1 cup white rum
- 4 tsp of fresh orange peel
- 2 tbs dried dandelion root and leaf (or 6 tbs fresh, chopped finely)
- 2 tsp fresh ginger
- 1/2 tsp cinnamon
- 6 cardamom pods



## MAKE

- Place all herbs into a sterilized mason jar, pour in the alcohol and fill to the top of the jar.
- Label your jar with the name, plants used, alcohol used and alcohol strength. Include the date on the label.
- Shake daily for two weeks, and then strain out the herbs. Be sure to squeeze out any remaining liquid from the herbs.
- You should have enough extract to fill about six (or more) one ounce dropper bottles.
- Make sure to sterilize the dropper bottle before filling.

# HEARTH WITCH BODY BUTTER



## INGREDIENTS

- 1/4 cup shea butter
- 1/2 cup mango butter
- 1/2 cup cocoa butter
- 1/2 cup coconut oil
- dried corn silk (about 1/4 cup)
- dried calendula (about 1/4 cup)
- 1/4 cup sweet almond oil or olive oil
- 1/4 cup avocado oil or apricot kernel oil
- 10-20 drops ginger essential oil
- 10-20 drops nutmeg essential oil
- 10-20 drops cardamom essential oil
- 10-20 drops vanilla extract
- 10 drops bergamot
- 10 drops wild orange
- optional 5-10 drops cinnamon, test mixed in oil for skin sensitivity first.

I like the essential oils from [Mountain Rose Herbs](#) and [Plant Therapy](#) for their sustainable and ethical standards. Please use essential oils with care and sparingly.

## MAKE

- Add dried corn silk and calendula to an 8 oz jar and cover with almond/olive oil and avocado oil. Let infuse in a dark spot for several weeks. Strain.
- In double boiler melt the shea, mango, and cocoa butter on low heat. Remove from heat and add coconut oil and 1/2 cup of infused oil mixture. Stir in essential oils. Set in fridge until solid.
- Once solid (butter consistency) scoop out and whip with a hand or standing mixture. Store in an airtight container.

# Hearthcraft



# SPELL CANDLE

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## YOU'LL NEED

- Ethical/sustainable beeswax sheets ([find kit here](#))
- Braided cotton wicks
- Herbs that correspond to your intention
- Oils that correspond to your intention



## MAKE

- Lay out a beeswax sheet and cut it to your desired candle size. For a small spell candle I used a 2x4 rectangle.
- Cut the wick about 3/4 inch longer than the wax sheet.
- Anoint the inside of the wax sheet with your desired oil and sprinkle with your herbs.
- Lay the wick along the long edge of the sheet and start rolling the candle by bending over about 1/8 inch of the wax.
- Use this small channel to enclose the wick. Working from one end to the other all along the length of the wick, press down firmly to make sure the wax is tight around the wick. This is the only time you press hard with the beeswax sheets.
- After the wick is pressed firmly into the wax, it's time to be gentle with the wax. You don't want to compress or warp its honeycomb pattern. Roll the candle slowly and straight, making sure that you keep the ends even.
- Keep rolling until you reach the end of the sheet.
- Gently press the final edge down onto the side of the candle.

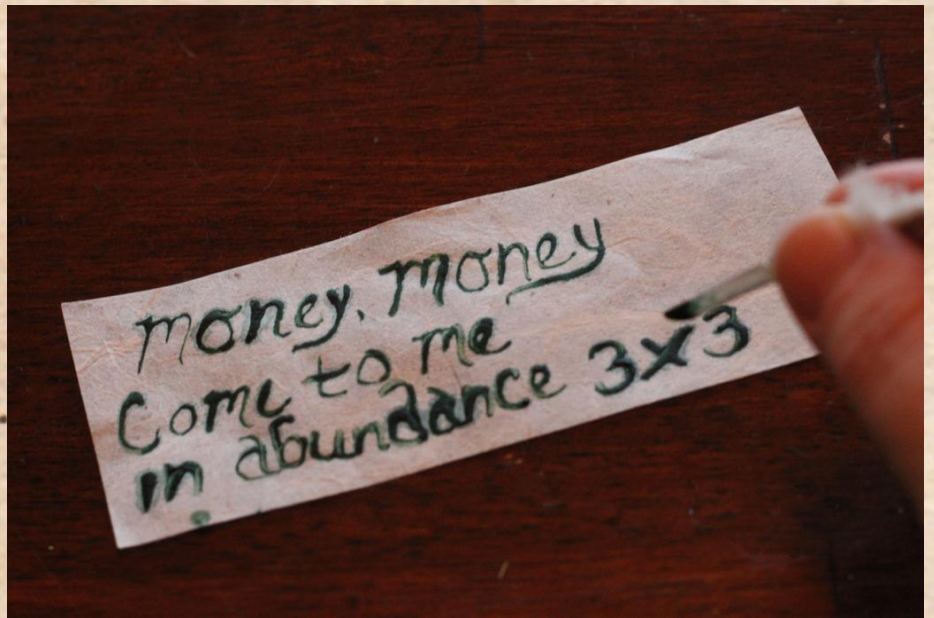
# HERBAL INKS

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## RED

- 1 1/2 cups fresh beetroots
- 4 cups water
- 2 tsp vinegar or vodka

Grate beets, add water and boil until the liquid is reduced by half. Strain twice. Add vinegar or vodka. Store in a bottle away from sunlight.



## YELLOW

- 1 tbsp turmeric
- 1/8 cup water
- 2 tsp vinegar or vodka

Add turmeric and water to a pot and boil until the liquid is reduced by half. Strain twice. Add vinegar or vodka. Store in a bottle away from sunlight.

## PURPLE

- 1 1/2 cup fresh or frozen and thawed blackberries
- 4 cups water
- 2 tsp vinegar or vodka

Mash berries add with water to a pot and boil until the liquid is reduced by half. Strain twice. Add vinegar or vodka. Store in a bottle away from sunlight.

## GREEN

- 1 tbsp spirulina
- 1/8 cup water
- 2 tsp vinegar or vodka

Mix together until smooth.

# MAGICAL PEN

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You'll need:

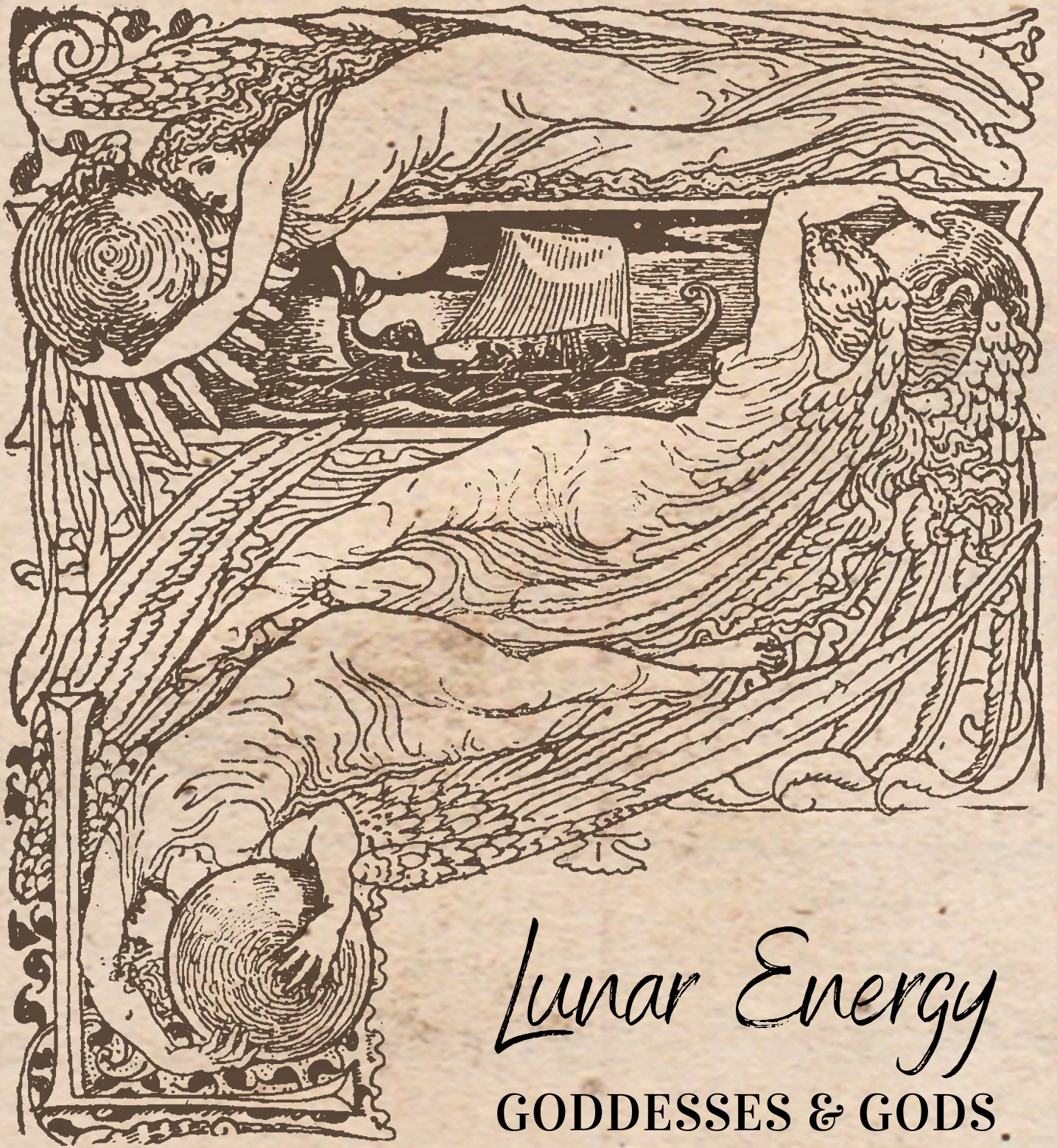
- a medium to large feather
- Small sharp scissors or craft knife

Cut the tip of the feather at an angle.

Cut a slit up the now open end of the feather about 1/8th of an inch.

Alternatively you can bless any pen that you already have or like.

"May the elements bless this pen with  
The mystery and power of Earth  
The knowledge and wisdom of Air  
The strength and protection of Fire  
And the love and beauty of Water."



# *Lunar Energy*

**GODDESSES & GODS**

# Season of Water

## GODDESSES & GODS

### Artemis

Greek Olympian goddess of the hunt, the moon, chastity, childbirth and nature. Artemis was very protective of her and her priestesses' innocence.

### Khonsu

Is the ancient Egyptian god of the Moon. His name means "traveller". Along with Thoth he marked the passage of time. Formed part of a family triad (the "Theban Triad") with Mut as his mother and Amun his father.

### Diana

Like her Greek counterpart, Artemis, Diana (Roman) was the goddess of the hunt. Although primarily associated with hunting, Diana was also revered as the goddess of the woods, children and childbirth, fertility, chastity, the moon, and wild animals. Her worshipers believed she had the power to talk to woodland animals and even control their movements and behavior.

### Cerridwen

Is the Celtic keeper of the cauldron of knowledge. She is the giver of wisdom and inspiration, and as such is often associated with the moon and the intuitive process. As a goddess of the Underworld, Cerridwen is often symbolized by a white sow, which represents both her fecundity and fertility and her strength as a mother. She is both Mother and Crone.

### Chang Xi

Chinese Mother of twelve moons corresponding to the twelve months of the year. She drove the carriage for moons every night and was known for bathing the moons.

# Season of Water

## GODDESSES & GODS

### Hecate

Originally a Greek mother goddess, during the Ptolemaic period in Alexandria she was elevated to her position as goddess of ghosts and the spirit world. The event of Hecate's birth was tied to the reappearance of Phoebe, a lunar goddess, who appeared during the darkest phase of the moon.

### Selene

Tribute was paid to her on the days of the full moon. Like many Greek goddesses, she had a number of different aspects. At one point she was worshiped as Phoebe and later was identified with Artemis.

### Sina

One of the best-known Polynesian deities, she resides within the moon itself, and is the protector of those who might travel at night. Originally, she lived on earth, but got tired of the way her husband and family treated her. So, she packed up her belongings and left to go live in the moon, according to Hawaiian legend.

### Máni

He is the Norse god of the moon, and brother of goddess of the sun, Sól. It is from him we get our famous Man-in-the-Moon in English folklore. Máni is said to be attended by two child-spirits, a girl Bil, and a boy, Hjuki. They are depicted as carrying pails of water and perhaps inspired the nursery rhyme "Jack and Jill went up a hill". Bil's name means to decrease or lessen, pouring out water, and Hjuki: increase, filling up his pails with water: the two symbolize the waning and waxing of the moon.

# Suggested Reading

The Sioux Chef's Indigenous Kitchen by Sean Sherman

Six Seasons: A New Way with Vegetables by Joshua  
McFadden

Nourishing Traditions: The Cookbook that Challenges  
Politically Correct Nutrition and Diet Dictocrats by Sally  
Fallon

Moon Magic: A Handbook of Lunar Cycles, Lore, and  
Mystical Energies by Aurora Kane

Practical Candleburning Rituals: Spells and Rituals for Every  
Purpose by Raymond Buckland

## Sources

Sophia Center for Goddess Study Priestess Training Class handouts by Dr. Candace Kant, Professor of History

Llewellyn's Complete Book of Correspondences by Sandra Kynes

Full Moon Feast: Food and the Hunger for Connection by Jessica Prentice

The Herbcrafters' Tarot by Latisha Guthrie and Joanna Powell Colbert

Stepping Into Ourselves: An anthology of Writings on Priestesses by Anne Key & Candace Kant

Rosemary Gladstar's Herbal Recipes for Vibrant Health

The Center of Excellence: Master Herbalist

The Center of Excellence: Advanced Herbalist

The Center of Excellence: Crystal Healing

Hibiscus Moon Crystal Academy

Maud Grieve's A Modern Herbal

Encyclopedia of Magical Herbs

The Lost Book of Herbal Remedies

The Sioux Chef's Indigenous Kitchen Hardcover by Sean Sherman

Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and Diet Dictocrats by Sally Fallon

Moon Magic: A Handbook of Lunar Cycles, Lore, and Mystical Energies by Aurora Kane

...and various other sources collect over nearly 20 years. Some are printed, some are handwritten, while others are scribbled on a napkin. I've had many teachers over the years and many of my biggest inspirations came from simple conversations and gatherings rather than a formal lesson or rituals. Because of this, I may not always have every source of information but if you recognize something, I would be happy to add it to the list.