

Simple, Seasonal, & Magical Recipes

The Naturally Modern Witch's Kitchen

Spring & Summer



KITCHEN WITCH



WRITTEN BY
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Kitchen Magic

NOURISHING



Kitchen Magic

Cooking becomes a sacred art for witches, not only a wizard in the kitchen but they craft their personal space with great intention and care. They are able to find Spirit in the dishwater and gratitude in the millionth load of laundry. Sweeping the floor free of dust can be a sacred act of cleansing unwanted energy. In the kitchen, a witch may not often dedicate a specific time and resources to ceremony, instead, they work intuitively to find the ritual and magic in everyday life.

Cooking can be regarded as a sacred art when all of life is performed as a ceremony. Don't get disconnected from your craft by losing kinship to the ingredients that are most special to you. If you feel the longing of juicy, ripe peaches in the middle of winter, and pray for warm comfort food in the summer then you may be unbalanced. Living in tune with what foods are in season during each time of year can help the witch restore sacred balance in life and home.

Practical Kitchen Magic

Food is an integral component of the human connection to nature. Our ancestors worked with nature's rhythms and cycles to plant and harvest crops and to gather wild food from forests or bodies of water. This dependence on seasonal eating and nature's clock kept a primordial connection with the elements alive. They knew the seasons well. They knew whether to farm early or late when it would rain depending on the smell in the air, or change in wind direction.

In each season, nature is producing plants like vegetables, fruits, nuts, and seeds as antidotes for what's happening in that environment. When it's hot in summer, nature makes sure we have plenty of cooling foods like watermelon and cucumbers. Likewise, we find nourishing and rich foods like pumpkins, nuts, and seeds as autumn arrives. When we eat with the seasons, our body gets the chance to balance and thrive in each season.

Nature knows how to balance herself. Our bodies too, know how to balance themselves. Unfortunately, the more we get disconnected from our wild selves, the harder it is for the body to synchronize. Eating in season within our local climate balances us and the planet by preventing foods from being transported from long distances.

if the body is not used to flowing with the seasons, it will take a bit of effort at first. But after tuning into nature we rewilded ourselves, our relationship to food, and the sacred elements.

Seasonal Food Correspondences

Spring - The Season of Air - Planting

The natural cleansing season in preparation for growing new life. Enjoy more leafy greens, bitter vegetables, astringent legumes, sprouts, dried fruit and pungent spices and herbs in your meals

Summer - The Season of Fire - Growing

This is the season in which nature provides carbohydrates for the energy needed to tend to our crops. Enjoy cooling foods like cucumber, tomato, and zucchini as a refreshing break from the long hot days. Sweet tasting fruits offer a satisfying treat.

Autumn - The Season of Water - Harvesting

The storing season when we're working hard to harvest and store food for the dark half of the year. Rich and filling starch-filled vegetables and grains are available which will hold us through winter. This helps our stamina during the harvest season; providing sustenance well into the cold months.

Winter - The Season of Earth - Resting

This is the season to go inward. Root vegetables and vine fruit like pumpkins can last deep in the earth or deep within a root cellar. These foods supply us with enough energy to plan for future crops. Other winter vegetables may not be as big and lush as their summer counterparts but are no less vital to our survival.

Elemental Food Correspondences

Get to know food on an elemental level.

Earth Foods

Perseverance, abundance, stability, strength.

- Herbs: Sage, Oregano, Cumin
- Flowers: Chamomile, Dandelion, Goldenrod
- Foods: Apples, Grains, Root Vegetables

Air Foods

Good judgement, communication, justice, and joy.

- Herbs: Anise, Peppermint, Wormwood
- Flowers: Lavender, Hibiscus, Pansy
- Foods: Sprouts, Poultry, Vine Vegetables

Fire Foods

Passion, transformation, creativity

- Herbs: Ginger, Cinnamon, Rosemary
- Flowers: Damiana, Agave, Marigold
- Foods: Peppers, Red Meats, Figs

Water Foods

Emotional connection, intuition, love

- Herbs: Poppies, Echinacea, Valerian
- Flowers: Hyacinth, Rose, Lotus
- Foods: Watery fruits, Jicama, Fish

Charge your ingredients

Select a recipe with ingredients that match your intention (p.78). Then it's time to direct that energy. Simply hold them in your hand, or hold your hand over the ingredients and concentrate on the energy that you want. Ask the ingredients to aid your intention. Here are a few other tips:

- Set up a kitchen altar and make a daily offering.
- Eat with intention. Visualize the energy of the food transforming within you into your magical purpose.
- Make sure you're in a positive mood when working your culinary, magic.
- Use a dutch oven, crockpot, or big soup pot as a cauldron.

Seasonal Produce

Here's a glimpse of what foods might be available based on the season. This is by no means an extensive list as it will greatly depend on your region.

SPRING

Apples
Apricots
Asparagus
Avocados
Bananas
Broccoli
Cabbage
Carrots
Celery
Collard Greens
Garlic
Kale
Kiwifruit
Lemons
Lettuce
Limes
Mushrooms
Onions
Peas
Pineapples
Radishes
Rhubarb
Spinach
Strawberries
Swiss Chard
Turnips

SUMMER

Apples Tomatoes
Apricots Watermelon
Avocados Zucchini
Bananas
Beets
Bell Peppers
Blackberries
Blueberries
Cantaloupe
Carrots
Celery
Cherries
Corn
Cucumbers
Eggplant
Garlic
Green Beans
Honeydew Melon
Lemons
Lima Beans
Limes
Mangos
Okra
Peaches
Plums
Raspberries
Strawberries
Summer Squash
Tomatillos

Seasonal Produce

AUTUMN

WINTER

Apples
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cranberries
Garlic
Ginger
Grapes
Green Beans
Kale
Kiwifruit
Lemons
Lettuce
Limes
Mangos
Mushrooms
Onions
Parsnips
Pears
Peas
Potatoes
Pumpkin
Radishes
Raspberries
Rutabagas

Spinach
Sweet Potatoes & Yams
Swiss Chard
Turnips
Winter Squash

Apples
Avocados
Beets
Brussels Sprouts
Cabbage
Carrots
Celery
Collard Greens
Grapefruit
Kale
Kiwifruit
Leeks
Lemons
Limes
Onions
Oranges
Parsnips
Pears
Potatoes
Pumpkin
Rutabagas
Sweet Potatoes
Swiss Chard
Turnips
Winter Squash
Yams

The Kitchen Garden



The Promise of the garden is "change." The earth's rhythm is marked by the revolving cycles in nature. Keeping even a small kitchen garden with just a few herbs can help you nurture your connection with your wild roots.

Here are a few simple herbs, each provides a remedy for the corresponding season.

Winter-Resting: Onion
Mid-Winter: Bay
Spring-Planting: Parsley
Mid-Spring: Violet
Summer-Growing: Chives
Mid-Summer: Lemon Verbena
Autumn-Harvest: Basil
Mid-Harvest: Sage

Inspired by The Herbcrafters Tarot.com

Kitchen Blessing

You'll need:

- Broom
- Salt
- Candle
- Mop and bucket or whatever you use to mop floors. Even a spray bottle and reusable swiffer rag will work.

Light the candle and hold your hands above just enough to feel the warmth but not as to burn yourself. This can also be done while the oven is on by placing your hands close enough to the outside of the oven to feel the warmth. Imagine you are drawing the fire energy from the candle or oven into your hands. Say: "With the power of fire, I use my will to inspire".

Next, sprinkle the salt on your floors. A little goes a long way, just a pinch here and there. As you do this, imagine the earth energy grounding your actions and intentions within this room. Say: "With the power of earth, I ground this hearth".

Grab the broom and begin to sweep up the salt east to west and say: "with the power of air, I curate this space with care".

Put the dustpan contents outside.

Begin to mop and say: "With the power of water clean and pure, I cleanse this space from ceiling to floor".

Just before leaving the room say one more blessing:

"I am a worker of magic, riding my broom.

I am a kitchen witch sending love to this room.

I exercise all bad.

Pots boiling over, bread hard as tack.

Unsavory dinners, coffee that's muddy and black.

On this day, I hereby decree

This is my will

Blessed be!

Spring

THE SEASON OF PLANTING

Air



SPRING GREEN SAVORY PIE

MAKE



INGREDIENTS

- 4-5 handfuls of Spring greens (I used arugula, spinach, and nettle)
 - 1 cup of tofu, crumbled with 2 tbsp nutritional yeast (or 1 cup feta cheese)
 - 1/4 tsp ground black pepper
 - 1/2 tsp salt
 - 2 tbsp lemon juice
 - 1/2 cup of milk (plant based works)
 - 4 cloves garlic, minced
 - 1 tbsp fresh dill, chopped
 - 4 large Egg, beaten. Or 1/2 cup chickpea flour and a splash of water
 - Perfect Pie Crust (p. 10)
- Wilt greens in oil over medium heat.
 - Roll out half of the crust on a lightly flowered surface until 1/4 inch thick.
 - Transfer to a greased pie dish, prick the bottom a few times and flash bake for 15 minutes at 350 degrees F. Careful not to let it brown.
 - Meanwhile, stir together all the filling ingredients, adding the eggs (or chickpea flour) last.
 - Pour mixture into pie crust and roll out the top portion.
 - Place over top using a fork to crimp edges.
 - Cut slits in the top of pie crust to vent.
 - Optional. Brush top of crust with olive oil or egg wash (cold water and egg).
 - Bake at 350 degrees F for 45-60 minutes. Until golden brown and a fork inserted in the middle comes out clean.

PERFECT PIE CRUST

INGREDIENTS

- 2 1/2 cups AP flour (or gf flour mix)
- 1 teaspoon salt
- 1 cup cold coconut oil, or butter cut into small pieces
- 2-4 tablespoons ice water

MAKE

- Pulse flour, salt, and sugar in a food processor (or by hand in a bowl). Add coconut oil/butter and pulse (or use your fingertips) until mixture resembles coarse meal. Drizzle 2 tablespoons water over mixture. Pulse until mixture just begins to hold together.
- Gather dough into a ball, wrap in wax wrap, and chill for 30 minutes.

FLATBREAD PIZZA



INGREDIENTS FOR FLATBREAD:

- 1 1/2 - 2 cups AP Flour
- 1/2 cup milk or water
- 2 tbsp oil
- 1/2 tsp salt
- 3 tbsp nutritional yeast
- 1 tsp dried rosemary, divided

MAKE

- Add dry ingredients into a large mixing bowl.
- Create a well in the flour and pour wet ingredients into the bowl.
- Using your hands mix everything until a dough forms. It should stick together without cracking but not so sticky that it sticks to your hands. Adjust water or flour as needed.
- Roll out on a floured surface, then transfer to a baking stone or cast iron.
- Bake at 450 degrees F for 5-7 minutes.
- Add a layer of green top sauce (p.29) and any toppings that you like.
- Bake for another 2-5 minutes.
- Sprinkle with fresh arugula for an easy and colorful seasonal pizza.



EGG SALAD WITH PICKLED RADISH



INGREDIENTS

- 8 hard-boiled eggs (or 2 cans of chickpeas, save liquid)
- 2 Tbsp celery finely, chopped
- 3 Tbsp red onion finely, chopped
- 3 Tbsp dill, chopped
- 3 Tbsp chives, chopped
- 1/2 tsp paprika 1/2 tsp salt
- 1/4 tsp ground pepper
- 1 garlic clove, minced
- 1/4 cup pickled radish or beets (p.16)
- 1/3 cup mayo
- 2 tsp lemon juice
- 2 tsp Dijon mustard

MAKE

- Hard Boil eggs. Once eggs have cooled, peel, chop and place into a salad bowl.
- Add all other ingredients.
- Gently stir until coated and serve on crusty bread.

MAYO

INGREDIENTS

- 1 egg (or 1/4 cup aquafaba from a can of cooked chickpeas)
- 1/4 tsp Dijon or ground mustard
- 1/4 tsp sea salt
- 1/2 tsp lemon juice or ACV
- 1/4 tsp sugar, honey, agave, etc.
- 1 cup avocado oil

MAKE

MAYONNAISE

- Add egg or aquafaba to a tall glass jar.
- Add all other ingredients.
- Stick immersion blender in jar and emulsify. You can use a blender too.

BLOOMING CABBAGE CUPS



INGREDIENTS

- 1 1/2 cups barley, couscous or rice, sprouted if you like
- 1 1/2 cups broth
- 1 1/2 cups water
- 1 tsp salt
- 1 can chickpeas or 1 cup raw chickpeas soaked, drained and cooked
- 1/4 cup nuts like pistachios, pine nuts, or pumpkin seeds
- 3 green onions, chopped
- 1 cup chopped parsley
- zest and juice of a lemon
- 1 tsp black pepper
- 1 tsp cardamom
- 1/4 tsp cayenne
- 1/4 tsp ginger
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon
- 1/2 tsp turmeric
- Cabbage or lettuce for cups
- Toppings like olives, carrots, radish
- Spicy Tahini Sauce (p.27)

MAKE

- Heat a little oil in a skillet and saute barley over medium heat until it smells nutty. About 4 minutes.
- Add the broth, water, and salt. Cover, bring to a boil and then lower heat, simmering until barley is tender, anywhere from 30 minutes to an hour.
- Toss barley with a tbsp of olive oil.
- Add the chickpeas, nuts, green onion, and parsley and mix well.
- Add the juice and zest of a lemon and mix well.
- Sprinkle spices over the barley and mix well.
- Peel cabbage leaves apart from head and stuff with barley mixture.
- Top with veggies, olives, seeds, and spicy tahini sauce.

ROASTED SPRING VEGGIES



INGREDIENTS

- Spring veggies like carrots, beets, radishes, fennel, and asparagus, etc.
- Olive oil
- Balsamic
- Salt & Pepper
- Honey *optional can use vegan.

MAKE

- Trim tough ends of veggies and save for making stock or broth later. Remove the greens and set aside in a glass of water just like fresh flowers. Chop veggies to your desired size.
- Toss veggies in olive oil, salt & pepper until well coated.
- Drizzle with balsamic vinegar.
- Drizzle with honey if desired. I like to drizzle honey on the carrots with a sprinkle of grated ginger. Bake at 400 degrees F until fork tender. Between 15-25 minutes depending on the veggies you choose.

SWEET & SPICY MINT CARROTS



INGREDIENTS

- 5 cups peeled and chopped carrots, reserve a handful of greens
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 2 tablespoons ground cumin
- Pinch red pepper
- 2 tablespoons fresh mint, chopped
- 1/2 cup chopped fresh parsley

MAKE

- Bring a large pot of heavily salted water to a boil. Add carrots and cook until almost tender, 3 to 5 minutes. Drain.
- Add garlic into a large mixing bowl. Whisk in vinegar, oil, salt and spices
- Stir hot carrots into the dressing.
- Add parsley, carrot greens, and mint and stir to coat.
- Serve room temperature or chilled.

PICKLED RADISH & BEETS

INGREDIENTS

- About 1.5 lbs radishes, beets, or other veggie
- 1 cup vinegar
- 2 Tbsp salt
- 2 Tbsp sugar
- 1/8 tsp red pepper flakes
- 1 cup loosely packed, chopped cilantro
- 1/2 seeded jalapeno (optional)



MAKE

- Bring vinegar, sugar and salt to a boil to dissolve. Add red pepper flakes and set aside to cool.
- Trim radishes and slice thin.
- Fill jar with radishes, cilantro and jalapeno, layering to evenly distribute.
- Pour over cooled pickling liquid. Top off with more vinegar if needed. Seal and refrigerate. Wait at least 24 hours.

STINING GREENS SOUP



I N G R E D I E N T S

- 4 cups spring greens like spinach, arugula, nettles, dandelion, radish, beet, carrot, turnip tops, etc.
- 1 large potato, chopped
- 1 large onion, diced
- 4 cups broth
- 1/2 cup coconut milk or cream
- Garlic clove
- Fresh radish to garnish
- Salt & pepper to taste

M A K E

- Saute onion and garlic with a little oil in a large pot.
- Add broth, and potatoes and cook until fork tender.
- Toss in greens to cook for about 10-15 minutes.
- Use an immersion blender to puree the soup. Or. let cool and transfer to a blender.
- Add coconut milk/cream and salt and pepper to taste.
- Serve hot with cold, fresh radishes on top.

ROASTED RADISH & HERB TAHINI



INGREDIENTS

- 4 cups watermelon radishes (any radish or root veggie will do)
- 2 tablespoons olive oil
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon black pepper
- Herb tahini (p.27)
- Micro greens

MAKE

- Preheat the oven to 400 degrees F.
- Wash and dry radishes and slice them with mandoline or sharp knife into 1/8-inch. Then cut the into half moons.
- In a mixing bowl toss the radishes with the olive oil, salt and pepper.
- Spread them onto the pan and roast for 10 minutes. Remove from the oven, flip the radishes and roast for 10 minutes more.
- Serve warm with cool herb tahini sauce. Top with micro greens

BLUEBERRY & GOLDEN BEET SALAD



INGREDIENTS

- 3 cups beets, peeled and cut into cubes (about 2 large beets)
- 1 1/2 cup blueberries or other berry
- 1/4 cup chopped green onions
- 1 cup chopped baby greens like kale, spinach, dandelion, or arugula
- 1 tsp cinnamon
- 1 Tbsp honey or vegan honey
- 1/2 lemon juice
- Edible flowers for garnish like dianthas, pea flower, dandelion, arugala flower, pansy, etc.

MAKE

- Steam beets on the stove on the stove until fork tender.
- Toss them in a large bowl with the berries, green onions and chopped baby greens
- Drizzle with honey, squeeze with lemon, and stir well.
- Sprinkle with cinnamon and stir again.

YOGURT

INGREDIENTS



- 3 1/2 - 4 cups Milk, coconut milk, or almond Milk
- 2 tsp. pectin powder
- optional: 2 tsp. calcium water, prepared according to package directions
- 1/4 cup cultured yogurt or 1 package Yogurt Starter

MAKE

- Measure 1 cup of milk and add pectin powder. Blend in blender until well combined. Set aside.
- In a saucepan, slowly heat the remaining milk, with the calcium water added, to 140 degrees F .
- Add reserved milk/pectin mixture. Return to 140 degrees F. Remove from heat.
- Cool to 110 degrees F. Add yogurt starter over the milk and stir well.
- Pour into a clean 1-quart glass jar and cover with a coffee filter, secured with a rubber band, or pour into yogurt maker container/Instant Pot and follow manufacturer's instructions.
- Incubate for 6-8 hours at 105 degrees-112 degrees F in a yogurt maker, similar appliance, or warm spot on the counter. The longer the yogurt incubates, the tangier it will be.
- Shake or stir and refrigerate. Yogurt will not thicken until after refrigeration time. Thickening may take up to 24 hours.
- RECIPE NOTES:
- To make 2 quarts non-dairy yogurt, use 3-4 teaspoons pectin powder, and 3-4 teaspoons calcium water with 1 packet of Vegan Yogurt Starter.

LITTLE CARROT CAKES



INGREDIENTS

- 1 1/2 cup oat flour (or AP flour)
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 3/4 cup grated carrots (we used juice pulp)
- 1/4 cup raisins
- 1/4 cup chopped walnuts
- 1/2 cup melted coconut oil
- 1/3 cup honey or maple syrup
- 1 tsp vanilla
- 1 egg or flax egg
- 1 cup applesauce

MAKE

- Preheat oven to 350 degrees F and line a muffin pan with liners or grease well.
- Mix the dry ingredients until well combined. Mix in the carrots, raisins, and nuts into the dry ingredients to coat with flour (this prevents the goodies from sinking to the bottom of the muffin.)
- Mix together the oil, vanilla, egg, honey and applesauce and add to dry ingredients. Mix until just combined—the batter will be thick!
- Scoop with an ice cream scoop into the muffin tin. Bake for 20-25 minutes.
- Whisk equal parts coconut yogurt (or cream cheese) and powdered sugar for frosting.

BLOSSOM BUTTER



Blossom butter can be made with any edible flowers or herbs for flavor. Chive blossoms are a favorite. Here is a recipe for Lavender Honey Butter, but you may substitute any ingredients, sweet or savory to suit your taste.

INGREDIENTS

- 2 cups heavy cream
- 1/4 teaspoon salt
- 1/2 teaspoon honey
- 1/4 teaspoon dried lavender flowers

Alternatively you can use 1 cup of vegan butter softened and mix in your desired herbs and edible flowers.

MAKE

- Whip the heavy cream in a mixer for 5-10 minutes, or shake vigorously in a jar with a lid until the butter separates from the buttermilk.
- Drain the buttermilk (save for baking). Stir in the honey and salt.
- Crush the lavender with your hands, then gently stir it into the mixture.
- Refrigerate the lavender butter for 10 minutes then serve with bread. Or, save for buttercream frosting.

LAVENDER LADY'S CAKE



This cake is adapted from a recipe found in an 1877 copy of *Buckeye Cookery and Practical Housekeeping*.

The frosting is adapted from my Great Aunt's recipe who owned a bakery and tea room.

CAKE INGREDIENTS

- 1/2 cup of butter (vegan butter or cold coconut oil)
- 1 cup of sugar (or honey but reduce the liquid to 1/2 cup)
- 2 cups flour
- 1 cup of milk or water
- 1/2 teaspoon baking soda
- 1 teaspoon cream of tartar
- 4 egg whites (or 1/4 cup aquafaba)
- 1 teaspoon of almond extract

FROSTING INGREDIENTS

- 1/2 cup Lavender Honey Butter (p. 22), softened to room temperature
- 1/2 cup of unflavored butter (regular, vegan, or cold coconut oil)
- 3 cups powdered sugar
- 2-3 tablespoons milk of any kind
- 1 teaspoon almond extract
- pinch of salt

Didn't make the Lavender Honey Butter? Alternatively, you can use 1 full cup of unflavored butter and add 1 teaspoon of dried lavender and 1/2 teaspoon of honey for flavor.

LAVENDER LADY'S CAKE



MAKE THE CAKE

- Preheat oven to 350 degrees F.
- Grease cake pans
- Mix wet ingredients first (omitting the egg whites) then sift in the dry ingredients.
- Mix well to combine.
- Beat egg whites until fluffy and almost forming soft peaks. Add a pinch of tartar to speed up the process.
- Fold egg whites into the batter, careful not to over mix.
- Pour cake batter into cake pans.
- Bake until a fork inserted in the center comes out clean. About 25 minutes.
- Cool completely before frosting.

MAKE THE FROSTING

- Beat the butter until smooth, by hand or mixer on medium.
- Add in the powdered sugar and mix on low speed at first, then increase to medium for 1-2 minutes.
- Add in the milk 2 tablespoons at a time, almond extract, and salt. Continue mixing on medium-high speed until everything is well combined, scraping down the sides of the bowl as needed.

LAVENDER SORBET WITH CAVIAR LIME

INGREDIENTS

- 4 tbsp dried lavender
- 2 tbsp cornstarch
- 3 cups any milk
- 1 cup granulated sugar
- 1 Tbsp vanilla extract
- 1/4 Teaspoon salt
- 1 Caviar lime for garnish or
lemon zest for similar taste



You can omit the lavender in this recipe and you will have vanilla ice cream. You can also add 2 tbsp of cocoa for chocolate ice cream. You can also substitute lavender with chamomile.

MAKE

- Bring milk to a simmer. Turn off heat and add lavender. Let steep for 5-10 minutes. Strain.
- Combine the sugar and cornstarch in a saucepan. Add lavender milk and place over medium heat.
- Cook and gently whisk the mixture until it thickens and boils.
- When it starts to boil, whisk slowly and boil for 2 more minutes.
- Remove the pan from the heat
- Once cooled, pour into a dish and freeze overnight. Serve with caviar lime and dried lavender.

SPRING GREEN ARTICHOKE DIP



INGREDIENTS

- 1/2 cup Mayo (p.12)
- 1/2 cup Yogurt (p.20)
- 1 cup Vegan Parmesan (combine 1/2 cup raw cashews or walnuts with 2 Tbsp nutritional yeast and 1/2 tsp salt in a food processor for vegan)
- 15 oz . Can of Artichoke Hearts drained, patted dry and quartered
- 1 cup cooked greens of any kind, chopped
- Minced Garlic
- 1/4 tsp paprika
- 1 tbsp chopped parsley

MAKE

- Preheat the oven to 350 degrees F.
- Combine the yogurt, mayo and parm in a large bowl.
- Add the chopped greens, artichokes, minced garlic, and parsley. Mix well.
- Spoon into prepared baking dish. Top with additional parmesan, paprika and parsley. Bake until golden and bubbly.
- Serve with tortilla chips, flat bread or pitta bread.

SPICY TAHINI SAUCE

INGREDIENTS

- 1/2 cup tahini
- 1 clove of garlic, minced
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1/2 teaspoon crushed red pepper or cayenne
- 1/4 teaspoon California chili powder or regular chili powder
- 1 teaspoon honey or maple

MAKE

Blend everything in a food processor or mix well by hand.



HERB TAHINI SAUCE

INGREDIENTS

- 1/4 cup tahini
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 2 tbsp chives
- 2-3 tbsp fresh mint
- 3 tbsp cup fresh dill
- 3 tbsp cup fresh parsley
- 1/2 cup water
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon black pepper



Make:

Combine tahini ingredients in a food processor until smooth

BEET ROOT HUMMUS



MAKE

Blend ingredients in a food processor or blender until smooth.

INGREDIENTS

- 1 can or 15 oz chickpeas
- 1/2 tsp baking soda
- 1/4 cup lemon juice
- 1 garlic clove, chopped
- 1/2 tsp salt
- 1/2 cup tahini or nut butter
- 2 to 4 tsp aquafaba (chickpea water)
- 1/2 tsp ground cumin
- 1 tsp olive oil
- 1 small beet, chopped

GREEN TOP SAUCE



MAKE

Blend ingredients in a food processor or blender until smooth. Store up to two weeks in the fridge.

INGREDIENTS

- 1 cup carrot, radish, or beet tops.
- 1 cup sweet greens like spinach or arugula
- Olive oil
- Clove of garlic
- Salt & Pepper
- 2 tbsp freshly-squeezed lemon juice (about 1/2 of a lemon)
- 1 tsp fresh lemon zest (about 1/2 of a lemon)
- 1/4 cup fresh mint leaves
- 4 green onions fresh green parts only
- 1/2 cup raw nuts
- 3 tbsp olive oil

DANDELION GINGER SODA



INGREDIENTS

- 2-4 cups dandelion petals, green removed
- 4 cups water
- 3/4 cup sugar
- 1 teaspoon chopped ginger
- 1 teaspoon lemon zest
- 1/2 cup ginger bug starter (p. 31)
- 2 cups room temperature water

MAKE

- Collect the blossoms when they are fully open on a sunny day. Remove any green parts.
- Place the petals in a wide mouth jar. Bring 4 cups of water to a boil and pour over your dandelion flower petals. Cover and allow the dandelion tea to steep overnight.

- The next day, strain out the petals and gently re-heat the tea, taking care not to boil.
- Add the sugar, chopped ginger, and lemon zest. Then, stir until the sugar is fully dissolved.
- Allow the syrup to cool completely.
- Pour your dandelion syrup into flip-top bottles and add ginger bug starter and room temperature water.
- Gently swirl to combine, then cap the bottle and place it in a room temperature location to ferment.
- Carbonation can take anywhere from one day to one week.
- Check it daily to avoid accidental explosions.

GINGER BUG

INGREDIENTS

- 3 tablespoons grated ginger root
- 1/2 cup white sugar
- 2 cups filtered water

MAKE

- Place the ginger, sugar, and water in a quart-size wide-mouth mason jar and shake gently to dissolve the sugar.
- Cover the jar with cheesecloth and place in a warm spot.
- Every day for the next week, add one tablespoon each of finely chopped (or grated) ginger and sugar to feed the ginger bug.
- Toward the end of the week you should notice some bubbly action in the jar and you may notice a faint yeast smell. These are all signs that fermentation is happening as it should!
- If you do not notice any bubbly action after a week, or if mold forms on the surface, you may need to start again.
- Once bubbles have formed at the top of the ginger bug, it is ready for use.
- Pour off the amount that you need and replenish the ginger bug for future use.
- Feed the bug daily or store it in a refrigerator and feed it once a week. When you are ready to use your ginger bug again, place it in a room temperature location and resume feeding it daily.



OH, MY GODDESS JUICE

GODDESS OF THE GREEN

INGREDIENTS

- 1/2 a Pineapple
- 1 Apple
- Handful of mint
- Handful of kale or other greens

Juice each ingredient separately so you can store scraps in a container in the freezer to use in cooking elsewhere.



These scraps make great popsicles when you pour coconut water over them in a popsicle mold.

GODDESS OF LOVE

INGREDIENTS

- Beets
- Carrots
- Orange
- Apple

Juice each ingredient separately, and store scraps in a container in the freezer so you can reuse the scraps in another dish. These scraps are delicious in meatballs.



FLOWER MOON MILK



INGREDIENTS

- 16 ounces milk (any kind)
- 1 tablespoon dried chamomile buds or two chamomile tea bags
- 2 heaping teaspoons dried lavender buds
- 1-2 teaspoons honey or maple
- 1/4 teaspoon pure vanilla extract

MAKE

- Heat milk in a small pan until it's about to simmer, being careful not to let it boil. Turn off heat.
- Add the chamomile and lavender to the hot milk. Let steep for 5-10 minutes, then strain the mixture into a mug.
- Sweeten and add vanilla extract.
- Use a frother if desired.



Summer

THE SEASON OF GROWING

Five



ROASTED GARLIC HUMMUS & TOMATO TOAST



INGREDIENTS

- 1 head of garlic
- 1 15.5-oz can chickpeas, liquid reserved
- 1/2 cup tahini
- 1 bsp reserved chickpea liquid (aqua faba)
- 6 tbsp olive oil
- 1 tbsp lemon juice,
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1/2 tsp cumin
- 1 tomato or handful of cherry tomatoes
- Balsamic Glaze (p.65)
- Optional use Beetroot Hummus recipe from p.28 and add roasted garlic to that recipe



MAKE

- Roast the garlic by preheating oven to 400 degrees F. Cut the top inch off the head of garlic and peel outer skin.
- Place inside a small cast iron cauldron or wrap in foil and smother in olive oil. Roast for 60 minutes.
- Meanwhile, slice tomatoes into 1/2" slices (or half for cherry tomatoes), drizzle with oil and sprinkle with salt and pepper.
- Roast for 20 minutes.
- Let the garlic cool. Squeeze the garlic from the root end into the food processor, it should create a garlic paste.
- In the food processor add, chickpeas, liquid, olive oil, lemon juice, tahini, salt, pepper, & cumin to make hummus. Process until smooth.
- Spread hummus over toast, top with tomatoes, drizzle of balsamic glaze and fresh thyme. Avocado is a great addition too.

ROASTED PEPPER TOMATO & ONION BAKE

MAKE



INGREDIENTS

- 3 onions roughly chopped
 - 2 tbsp olive oil
 - 2 heads garlic, tops cut off + 1 tbsp olive oil
 - 2 red peppers sliced
 - 2 handfuls of cherry tomatoes
 - Pinch sea salt
 - 1 can chickpeas drained
 - 1 can cannelloni (or other white bean) beans drained
 - 1/2 can coconut milk
 - 1 tsp sea salt
 - 2 tbsp nutritional yeast
 - 1 tsp smoked paprika
 - Pinch chilli flakes
 - 2 tbsp fresh thyme
- Roast the garlic by preheating oven to 400 degrees F. Cut the top inch off the head of garlic and peel outer skin.
 - Place inside a small cast iron cauldron or wrap in foil and smoother in olive oil. Roast for 60 minutes.
 - Meanwhile, add the peppers, cherry tomatoes and sliced garlic to a large baking tray. Drizzle with olive oil and sprinkle with sea salt. Roast for approx 30 minutes until soft and a little charred. Set aside.
 - In a pan fry the onions on a low heat with olive oil for 15-20 minutes until very soft and caramelized.
 - In a large roasting pan, mix the onions, coconut milk, veg and onions, nutritional yeast, salt, chilli and fresh thyme.
 - Now gently stir into the roast tomatoes & peppers. Transfer back to the oven for bake for 15 minutes.
 - To serve; Squeeze out the roast garlic and scoop everything up with warm sourdough bread.

GRILLED ZUCCHINI & SQUASH BOWLS



INGREDIENTS

- 1 sweet onion, halved and thinly sliced
- 3 garlic cloves, minced
- 4 medium squash or zucchini
- 1 red bell pepper, cored and thinly sliced
- Salt
- Black pepper
- Pickled peaches (P.47) or olives
- Handful chopped fresh parsley, celery greens, or fresh carrot greens
- Optional sauteing greens
- Serve with rice or couscous
- Tzatziki (p.68) Shirazi Salad (p.51), & Hummus (p.28 or p.34)

MAKE

- Preheat oven to 400 degrees F. Lay red pepper and onions on a baking dish and drizzle with olive oil. Roast in the oven about 30 minutes or until slightly browned on the edges.
- Meanwhile, heat grill (or grill pan) and cut zucchini/squash in half the short way. Then stand each half up and slice into thirds the long way. So you end up with 2-inch long and 1/8 inch thick pieces.
- Drizzle with olive oil and season with salt and pepper. Grill for about 7 minutes each side.
- Begin to prepare your couscous or rice.
- If you have any greens to use up, saute them in a pan with a little oil.
- Assemble everything together in a bowl starting with couscous or rice, then grilled zucchini, roasted peppers and onion, greens, and top with tzatziki, shirazi salad, hummus and fresh parsley.

BLACK BEAN & MANGO TACOS



INGREDIENTS

Instant Pot Spicy Black Beans

- 2 cups dried black beans
- 1 - 2 jalapeños , chopped
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1/2 tsp cayenne pepper
- 1/2 teaspoon salt & pepper
- 2 cups vegetable broth
- 2 cups water

Tacos

- Corn tortillas
- Lime wedges
- Avocado
- Mango
- Spicy Fire Kraut (P.48), sriracha aioli (P.70), herb garden chimichurri (P.69)

MAKE

- Add the beans to a fine mesh strainer and give them a quick rinse. Soak if you prefer. Transfer the beans to the Instant Pot.
- Add the remaining ingredients into the Instant Pot and cover with the lid. Set the pressure to High and cook for 30 minutes. Allow pressure to naturally release for 20 minutes.
- Remove the lid and give the beans a stir. There should still be some liquid. Drain liquid if desired.
- Warm tortillas and assemble with chimichurri first, followed by black beans, mango, kraut, avocado, sriracha aioli.

TOMATO BASIL RISOTTO



INGREDIENTS

- 7 cups broth
- 2 Tablespoons extra virgin olive oil
- 1/2 cup minced onion
- 4 garlic cloves, minced
- 1 15- ounce can petite diced tomatoes, undrained
- 1 1/2 cups Arborio rice (brown or short grain white rice works)
- 3/4 cup dry white wine, tsp of vinegar, or juice of 1 lemon
- 1 cup cherry tomatoes, halved
- 1/3 cup torn fresh basil
- Mozzarella
- Balsamic glaze (p.65)

MAKE

- Bring broth to a simmer over low heat. Meanwhile heat olive oil in a large pot. Add onion and a large pinch of salt. Cook until softened, about 5 minutes.
- Add rice and garlic, cook 5 minutes. Stir in can of tomatoes. Add the white wine and stir until it evaporates.
- Begin adding the simmering stock, a ladleful at a time. Cook, stirring often, until it is absorbed. Add another ladleful or two of stock and repeat this process until the rice is tender, about 20-25 minutes.
- Remove from heat and stir in cherry tomatoes, basil, and mozzarella. Season with salt and pepper, to taste. Drizzle with balsamic glaze.

SOUTHWEST POTATO AND CORN BAKE



INGREDIENTS

- 2 lbs baby red potatoes, halved
 - 1 corn on the cob, husk on
 - 1 red bell pepper, diced
 - 1 orange bell pepper, diced
 - 1 green bell pepper, diced
 - 1/2 tsp cumin
 - 1/4 tsp chili pepper powder
 - 1 tsp coarse salt
 - 1 tsp pepper
 - 1 tbsp fresh dill, minced
 - Green onion, thinly sliced to garnish
 - 3 tsp olive oil
- ## MAKE
- Preheat oven to 400 degrees F.
 - Toss potatoes, bell peppers, cumin, chili pepper, salt, pepper, minced dill, and olive oil until coated on a roasting pan.
 - Spread the vegetables out into a single layer, leaving an empty space for the corn on the cob. Place the corn on the cob, husk still on, in the empty space.
 - Put the pan on a middle rack in the oven and bake for 30 minutes.
 - Remove the corn on the cob and set aside. Put the pan back in the oven and cook for another 30 minutes, or until potatoes are tender.
 - While vegetables continue to cook, remove the husk from the corn and slice off the kernels. When the potatoes are fork tender, remove the pan from the oven.
 - Stir in the corn kernels and add the remaining fresh dill and green onion to garnish.

SOUTHERN FRIED GREEN TOMATOES

INGREDIENTS

- 1 cup pickling juice (from dill pickles or pickled peppers)
- 3/4 cup all purpose flour
- 1 cup buttermilk (mix 1 tbsp vinegar per 1 cup of milk, dairy or non-dairy)
- 1/2 cup cornmeal
- 1/2 cup bread crumbs
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 teaspoon cayenne
- 4 green tomatoes, sliced into 3/8 inch slices
- 2-3 cups grape seed oil for frying

MAKE

- Put tomato slices in a bowl and cover with pickling juice and marinade for at least 30 minutes.
- Scoop the flour onto a plate or in large bowl. Pour the buttermilk into another bowl.



- In a third bowl, mix the cornmeal, bread crumbs, salt, black pepper, garlic powder, onion powder, and cayenne.
- Dip one tomato slice into the flour, tossing so both sides and all of the edges are coated. Dip in the buttermilk then dredge in the cornmeal bread crumb mixture, gently patting both sides so the coating adheres.
- Heat 1 inch of oil over medium and fry the tomatoes in batches, about 4 to 6 at a time, flipping once so both sides are lightly browned.
- Eat dipped in Sriracha Aioli (p.70) or your favorite sauce. Or, try it with the cake biscuits (p.41)

COUNTRY CAKE BISCUITS



STANDARD BISCUIT INGREDIENTS

- 1/2 cup butter, vegan butter or olive oil
- 2 1/2 cups all-purpose flour
- 1 1/2 tbsp granulated sugar or honey
- 1 1/2 tbsp baking powder
- 1 1/2 tsp salt
- 1 3/4 cup buttermilk

SOURDOUGH BISCUIT INGREDIENTS

- 1/2 cup butter, vegan butter or olive oil
- 2 1/2 cups all-purpose flour
- 1 1/2 tbsp granulated sugar or honey
- 1 tbsp baking powder
- 1 1/2 tsp salt
- 1/2 cup starter
- Water or milk as needed

M A K E

- Preheat oven to 400 degrees F
- Heat baking dish or skillet in oven with butter to melt.
- Meanwhile mix flour, baking powder and salt. Add in starter, milk, honey until sticky and pulls apart from sides of bowl. In between a batter and dough. Add more water/milk or flour as needed.
- Carefully remove dish from oven, brush butter/oil around and up sides.
- Pour batter/dough into the dish. Use a knife to pre-cut the dough into squares. It might not stay but it helps with baking
- Bake until golden on top and a fork inserted in the middle comes out clean. About 20 minutes.
- Brush top with oil/butter that runs over and sprinkle with salt.
- Top with infused honey (p.72) or pepper jelly (p.62)

ZUCCHINI & PARMESAN LOAF



INGREDIENTS

- 2 medium zucchini, shredded with a few sliced for topping
- 3/4 cup parmesan cheese (vegan parm on p.26)
- 1/2 cup nutritional yeast or shredded cheddar cheese
- 1 tsp garlic powder
- 1 tbsp dried onion
- 1/2 cup butter, vegan butter or olive oil
- 1 tsp salt
- 1 tsp pepper
- 2 cups all purpose flour
- 1 tbsp baking powder
- 1/2 cup milk (any kind)
- 3 eggs or flax eggs
- 1/4 cup bread crumb
- 1 tbsp olive oil

MAKE

- Preheat oven to 400 degrees F
- Add flour to a medium sized mixing bowl, melt butter in a heatproof jug, pour in milk, eggs, then lightly whisk to combine.
- Add yeast to your flour mix and stir to combine
- Add garlic powder and dried onion, mix dry into wet ingredients.
- Coat baking dish or loaf pan with oil, and pour the batter into baking dish.
- Mix olive oil and bread crumbs together in a small bowl and toss to coat. Top the loaf with bread crumbs and parmesan.
- Bake covered for 30 minutes. then uncovered for 15 minutes

SLICED WATERMELON & INFUSED HONEY



INGREDIENTS

- 1/2 a large watermelon (save seeds to roast or make nut butter)
- Infused honey (P.72)
- Mint
- Lime wedges

Slice up watermelon and place in a serving dish. Drizzle with infused honey, sprinkle with mint and a squeeze of lime juice.

STRAWBERRY SALSA

INGREDIENTS

- 2 cups strawberries sliced and cut into small pieces
- 1/2 cup red onion diced small
- 2 Tbsp jalapeno pepper seeded and diced small
- 1 Tbsp cilantro chopped
- 1 tsp lime zest
- 2 Tbsp lime juice
- 2 Tbsp balsamic vinegar
- 1/2 tsp salt
- 1/4 tsp pepper

MAKE

- Place all ingredients into a bowl and stir to combine.
- Refrigerate until ready to serve.
- Great with tortilla chips, even better in a salad with dark leafy greens.



FRESH GARDEN LETTUCE



INGREDIENTS

- 1 full head of lettuce
- Vinegar
- Sugar or honey

MAKE

- Wash lettuce by dipping in cold water.
- Pat dry and arrange in a large bowl.
- Take bowl of lettuce, small bowl of sugar or honey (with a spoon), and a cruet of vinegar to the table.

To eat:

Take a leaf of lettuce and sprinkle with vinegar and a drizzle of honey or sprinkle of sugar. Add a drizzle of vinegar, roll and enjoy.

Nothing is better than a fresh crisp snack after long hours tending to the garden in the summertime.

WORT (HERB) OAT FOCACCIA



INGREDIENTS

For the quick bread mix:
(This is just like homemade Bisquick)

- 6 cups all-purpose flour
- 3 tbsp baking powder
- 1 tablespoon salt

For the bread:

- 2 cups quick bread mix
- 1/4 cup oat flour (or any flour, can use more quick bread mix)
- 1/4 tsp dried basil leaves
- 1/2 tsp dried rosemary
- 1/4 tsp dried oregano
- 1 tsp garlic powder
- 2/3 cup milk (any type)
- 1-2 tbsp olive oil

MAKE

- Preheat oven to 450 degrees F.
- Combine quick bread mix, and herbs in small bowl.
- Stir in milk to form soft dough.
- Drop onto cookie sheet or cast iron skillet. (makes great drop biscuits too)
- Bake 7-10 minutes, or until golden brown.

Before the 1700's plants were grouped differently, and this is how the word "wort" came into common use. Wort is a derivation of the word "wyrte," an old English word meaning plant, root, or herb. The suffix wort was given to plants which were long considered beneficial such as Saint John's Wort or Motherwort.

The opposite of a wort was a weed, such as ragweed, knotweed, or milkweed.

GARLIC PICKLED BABY PEACHES OR PEPPERS



INGREDIENTS

- 2 cups unripe peaches (or any pepper)
- 2 tsp salt
- 2 tsp sugar
- ½ cup white vinegar
- 4 cloves garlic
- 2 cups hot water

MAKE

- Prick the peaches a few times with a fork or needle so they soak up more liquid.
- If you are using peppers, slice them up.
- Put them all in a jar.
- Cut garlic cloves into half and toss them into jar too.
- Mix sugar, salt and vinegar and pour it into jar.
- Pour hot water on peaches until the top of jar.
- Cover it with the lid and turn the jar upside down.
- When it's cold enough, turn it back and keep it in a dry and dark place.
- Wait at least for 15 days and it's ready!

SPICY FIRE KRAUT



INGREDIENTS

- 1 head of cabbage
- 1 tbsp salt
- 2-4 jalapenos
- 1 bunch of cilantro
- 1/2 tsp chipotle chili pepper
- 2 quart sized jars with breathable cover like cloth
- Fermentation weight or smaller jar that fits inside the quart jar.

MAKE

- Shred cabbage and place into a large mixing bowl.
- Add 1 tbsp salt and massage cabbage until it breaks down and liquid has developed.

- You are done when you can grab a handful of cabbage and squeeze liquid out. About 10 minutes.
- Chop jalapenos including seeds and chop cilantro including stems.
- Add jalapenos, cilantro and chipotle pepper.
- Massage for another 2-3 minutes to incorporate flavors. You may want to use gloves or wash your hands really, really well after handling the peppers.
- Once incorporated, stuff into two jars pressing down as much as possible so the liquid fully covers the cabbage. Top with fermentation weight.
- Cover with a breathable cloth or paper coffee filter and jar ring or rubber band.
- Place in a warm place away from direct sunlight.
- Taste daily until it reaches your desired level of tartness. Then store in fridge. Discard any kraut that was not under the liquid the entire time.

BEAN, COCONUT, & ROASTED PEPPER SOUP



INGREDIENTS

- 2 organic red peppers chopped roughly
- 2 handfuls cherry tomatoes
- 3 tbsp olive oil
- 2 onions chopped roughly
- 4 clove garlic sliced
- 5 large organic tomatoes or 20 cherry tomatoes sliced
- 1 cup water
- 1 squash or zucchini, chopped
- 1 can cannolini beans
- 1 can butter beans drained
- 1 can kidney beans drained (any beans will work)
- 1 tsp sea salt
- Black pepper
- 1-2 tbsp of coconut yogurt or coconut cream
- Handful Fresh thyme
- Pinch chilli flakes

MAKE

- Add the peppers & cherry tomatoes to a large baking tray and toss them in 1 tbsp of olive oil.
- Bake on a medium heat for 30 minutes or until soft and browning a little.
- Meanwhile, add the olive oil to a large pan and add in the onion, fry on a low to medium heat until soft and slightly browning – approx 10 minutes. Add in the garlic and cook for a further few minutes.
- Next add the fresh tomatoes and zucchini, stir, turn to low, cover and cook for about 5 minutes.
- Add in the roast peppers, water, beans and a little fresh thyme. Cover and simmer for 20 minutes.
- Finally season with salt, pepper, more fresh thyme. Stir in the coconut yogurt and sprinkle with chilli flakes.
- Top with the roasted tomatoes.

CRUNCHY CABBAGE & ORANGE SALAD



DRESSING INGREDIENTS

- 3 Tbsp. soy sauce or coconut aminos
- 2 Tbsp. avocado or olive oil
- 3 Tbsp. toasted sesame oil
- 4 Tbsp. unseasoned rice vinegar
- ½ tsp. fresh grated ginger
- ¼ tsp. garlic powder

SALAD INGREDIENTS

- 3 cups thinly sliced cabbage or other green
- 1 cup shredded carrots
- 1 cup peas
- 1 cup fresh cilantro, roughly chopped
- 3 green onions, white and green parts, thinly sliced
- 1 cup oranges (peeled and cut into chunks)
- ½ cup sliced almonds or other nuts/seeds
- Sesame seeds for garnish

MAKE

- Combine cabbage, carrots, peas, and onions in a large bowl.
- Toss well to combine.
- In a small bowl (or jar) combine dressing ingredients.
- Whisk or shake well to combine.
- Pour over salad just before serving.
- Gently stir in oranges, cilantro, and almond.
- Sprinkle with sesame seeds and enjoy.

SHIRAZI SALAD

INGREDIENTS

- 1 medium spring onion, thinly sliced
- 1/4 cup red wine vinegar
- 2 large cucumbers, cut into bite-size pieces or substitute watermelon rind without the dark green part.
- 1 garlic clove, finely grated
- 2 pints cherry tomatoes, halved
- 1/2 cup fresh lime juice
- 4 tbsp olive oil
- salt & pepper
- 1/4 bunch dill with tender stems and blossoms
- 1 cup fresh flat-leaf parsley leaves with tender stems
- 1/4 cup fresh tarragon leaves
- 2 tbsp minced fresh peppermint or spearmint



MAKE

- Mix everything together and gently toss with hands to coat.

WATERMELON RIND SLAW



INGREDIENTS

- 1 head of green cabbage, shredded
- 1 head of purple cabbage, shredded
- 2 large carrots, shredded
- 2 green onions chopped
- 1 cup of watermelon rind. Dark green part removed so only the white and pink parts remain
- Sriracha Aioli (p.70) or any dressing you like for slaw such as mayo (p.12)
- 1-3 tbsp apple cider vinegar
- Optional: poppy seeds

MAKE

Slice watermelon rind into thin strips. Toss with 1/2 tsp of salt and set in a strainer with a bowl under to drain excess liquid.

Meanwhile toss all over veggies together in a large bowl. After about 30 minutes-1 hour, pat the rinds with a towel to remove more liquid. Add to slaw mix.

Add aioli table spoon at a time and mix until it almost reaches desired creaminess. Add apple cider vinegar tablespoon at a time until it reaches your desired taste.

RADISH & ORANGE SALAD WITH ROSE VINAIGRETTE



INGREDIENTS

- Half of a small red onion, sliced thin
- 3 tbsp rose vinegar (p.67)
- Maple or honey
- 6 tbsp olive oil
- salt and pepper
- 3 large watermelon radishes, sliced thin
- 2 to 3 oranges, clementines, grapefruit, etc.
- handful of micro greens
- Feta cheese or firm tofu pulsed in a food processor with 1 tbsp lemon juice and 1 tbsp nutritional yeast

MAKE

- Place onion in a small bowl and cover with 2 to 3 tbsp of rose vinegar. Set aside.
- Arrange radishes on plate. Season all over with salt.
- Remove the skin from the orange. Squeeze each orange end over the radishes. Remove each slice. Scatter oranges and cheese over plate.
- Remove onion from vinegar and scatter over salad.
- Mix rose vinegar, maple/honey, olive oil, salt and pepper. Drizzle over salad.

CHERRY PEACH OAT BARS



INGREDIENTS

- 1 1/4 cups flour
- 1 1/2 cups quick oats
- 1/2 cup rolled oats
- 1 cup brown sugar
- 1 tsp baking powder
- 1/2 teaspoon salt
- 3/4 cup room temperature butter, vegan butter, or coconut oil
- Peach and cherry pulp from soda recipe (p.77), purred or jam (p.64)
- Add butter, using a pastry blender or your hands work the mixture into crumbs/pea-sized pieces. It will become a soft and crumbly mixture
- Add 2/3 of the crumb mixture to the prepared pan and firmly pat down.
- Then top with peach & cherry puree.
- Add evenly the remaining crumb mixture on top.
- Place in oven and bake for 30-35 minutes or until a light golden brown.
- Let bars completely cool. Cut bars into 9-12 serving and serve.
- Store at room temperature or my favorite in the fridge.

MAKE

- Preheat the oven to 350 degrees F and spray 9x9 inch square pan then line with parchment paper.
- Add all of the dry ingredients into a large mixing bowl and mix together using your hands.

LEMON BALM HONEY-SOAKED CAKE

INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1 1/4 tsp baking soda
- 1/4 tsp salt
- 1/2 cup butter at room temperature or olive oil
- 1/4 cup finely chopped fresh lemon balm leaves
- 1 cup granulated sugar or honey
- 2 large eggs or 2 flax eggs, or 1/2 cup of apple sauce
- 1/2 tsp vanilla extract
- 1/2 cup buttermilk
- 1 cup of honey (vegan honey works)
- 1/2 cup lemon juice
- Optional: 2 handfuls of berries

MAKE

- Heat oven to 350 degrees F.
- Lightly grease and flour cake pan.
- Whisk together flour, baking soda, and salt in a medium bowl.
- Cream butter, lemon balm, and sugar in a large bowl until light and fluffy
- Add eggs and vanilla, one at a time, beating well after each addition.
- Add flour mixture in three additions, alternate with buttermilk. Fold in berries
- Pour batter into prepared pan(s).
- Bake until a fork inserted in the center comes out clean, about 30-45 minutes. tent with foil if needed.



- While the cake cools, combine 1 cup honey with 1/2 cup lemon juice in a saucepan over medium low heat. Let simmer until reduces slightly, about 15 minutes.
- Prick the cake with a long skewer and set in a bowl.
- Pour honey mixture over cake and let sit at least an hour, the longer the better.
- Serve either in the bowl or put on a serving dish and spoon more honey mixture over.

APRICOT AND ALMOND ICE CREAM



INGREDIENTS

Classic Dairy Churn recipe

- 1 lb fresh apricots plus 3 or 4 more for chopping for chunks
- 1/2 cups heavy cream
- 1/2 cup whole milk
- 1/2 cup sugar
- 1 tbsp almond extract optional
- hand full of slivered almonds optional

For vegan sorbet use recipe from p. 20 and add chopped apricots and almond extract before freezing.

MAKE

- Roughly chop apricots.
- Add to food processor and process until you have a smooth puree. Pulse the machine and scrape down the sides as necessary.
- Give the extra 3 or 4 apricots a rough chop and set aside.
- Add the sugar to the cream and milk, and stir until the sugar is completely dissolved. This will take a couple of minutes.
- Combine the apricot puree, almond extract, and the cream mixture. Whisk until it is completely mixed. Refrigerate until very cold, at least 2 hours.
- Pour the mixture into your ice cream maker and run according to your machine's directions. When the ice cream is thick and almost done, add in the reserved chopped apricot chunks, and let the machine run until they are well incorporated.
- Scoop out ice cream and top with almonds. Drizzle with chamomile caramel if you like.

LEMON BALM & CHAMOMILE POPSICLES



INGREDIENTS

- 3 tbsp chamomile (dried)
- 1 tbsp dried lemon balm
- 1/2 tbsp dried oat straw
- 1/2 tbsp dried alfalfa
- 1/4 cup honey or maple syrup
- 2 cups boiling water

MAKE

- Steep herbs in hot water for 15 minutes.
- Strain and add honey stirring well.
- Let cool, then pour into popsicle molds and freeze for at least 4 hours.
- This is a great way to enjoy your favorite tea or tea blend.
- This blend is calming and relaxing while also nourishing the body. It's a very soothing recipe if someone has a cold or sore throat, but is also great for relaxing.

STRAWBERRY BASIL SHORTCAKES



STRAWBERRY INGREDIENTS

- 1 pound fresh strawberries, hulled and sliced
- 1/3 cup honey or sugar
- optional addition: 1/4 cup sliced basil

SHORTCAKE INGREDIENTS

- 3 cups flour
- 2 teaspoons lemon zest
- 3 tablespoons honey or sugar
- 1 1/2 tablespoons baking powder
- 1 teaspoon salt
- 3/4 cup cold, butter, vegan butter, or cold coconut oil, cut into small pieces
- 1 1/2 cups milk (any kind)
- 1 1/2 teaspoons vanilla extract

WHIPPED CREAM INGREDIENTS

- 1/2 cup aquafaba or 1 cup heavy whipping cream
- 2/3 cup powdered sugar
- Seeds of 1 vanilla bean
- 1 tsp vanilla extract
- 1/8 tsp cream of tartar

MAKE STRAWBERRIES

- Combine the strawberries and honey or sugar in a large bowl and toss to coat.
- Refrigerate for at least 2 hours, or overnight.
- Just before serving, stir in the basil.



MAKE SHORTCAKES

- In a food processor, combine the flour, lemon zest, sugar/honey, baking powder, and salt. Pulse for 30 seconds, or until the ingredients are evenly combined.
- Add the butter/coconut oil and pulse for 20 to 30 seconds.
- Add the milk and vanilla to the food processor and process for 30 seconds, or until you have a dough.
- Remove the dough from the food processor and divide it into 9 equal portions about 3 ounces each. Form each portion of dough into a biscuit about 3/4 inch thick. Transfer the biscuits to a baking sheet lined with parchment paper and chill for 20 minutes in the fridge.
- While the biscuits chill, preheat the oven to 400 degrees F.
- Place the baking sheet in the oven and bake until the biscuits are medium golden brown, about 25 minutes.
- Remove from the oven and transfer to a cooling rack to cool.

WHIPPED CREAM

- Combine aquafaba (or whipping cream), powdered sugar, vanilla bean seeds, vanilla, and cream of tartar in a large bowl. Whip by hand, stand mixer, or whisk attachment of stick blender until stiff peaks form. Store in stainless steel container in fridge. If peaks fall, whip before serving.

GRILLED PEACHES

INGREDIENTS

- 3 large peaches halved and pitted
- 2 tbsp butter (or vegan butter) melted
- 2 tbsp brown sugar
- 1/2 tsp cinnamon or to taste
- Mascarpone cheese, cashew cream, or ice cream for serving optional
- Chamomile caramel sauce (p.66)



MAKE

- Preheat grill or grill pan to medium-high.
- Brush cut side of peaches with butter and sprinkle with brown sugar.
- Press the brown sugar into the butter so it sticks.
- Sprinkle with cinnamon.
- Place peaches cut side up and grill 3 minutes.
- Flip over and grill 3-5 minutes or until browned and tender.
- Serve warm with mascarpone cheese, cashew cream, or ice cream and a drizzle of chamomile caramel sauce.

HERB SALT/SUGAR



I N G R E D I E N T S

- 1 cup of salt or sugar
- Handfull of fresh herbs
- Mortar and pestle or food processor

M A K E

Blend everything together while infusing with your intention. Spread salt mixture out on a parchment paper-lined baking sheet. Leave the salt to dry for at least 2 hours or overnight. Herb salts make a great addition to many dishes, sugars are especially great for making gourmet jams. Use either one to make a body scrub. Break clumped salt as needed.

NANA'S PEPPER JELLY



I N G R E D I E N T S

- 1.5 cups peppers, finely diced. Use sweet or hot peppers depending on what you like.
- 3 cups sugar
- 3/4 cups apple cider vinegar
- 1 liquid pectin
- Sterilized jars and lids

M A K E

- In a large pot, combine diced peppers, sugar and vinegar
- Over high heat, bring to a boil, stirring constantly, and boil for one full minute
- Stir in liquid pectin, bring back to a boil, and boil hard for one full minute.
- Remove from heat and ladle into hot, sterilized jars.
- Put on lids and twist screw bands just finger tight
- Process in boiling water bath 10 minutes
- Allow to cool, in which time you should hear the pop of the sealing jars, and your jelly will thicken

How to use:

- On crackers with cream cheese
- Glaze for grilling
- Glaze for baked foods or biscuits
- Topping for baked brie
- Sauce for wings or meatballs
- Spread on a sandwich
- Dip for egg rolls or spring rolls
- Spread on toast or biscuits
- Topping for pancakes or waffles
- Shake with a little vinegar for a delicious, tangy salad dressing

STONE FRUIT JELLY



I N G R E D I E N T S

- 1 cup cherry and peach pits (do not crush them!!)
- enough water to cover pits
- 3/4 cup sugar
- 1 pkg powdered pectin

M A K E

- Throw peach pits from cooking, eating or canning into a large pot, cover with fresh water (a couple inches over the pits) and just set aside on the counter overnight.
- The next day put the pot on the stove and bring to a boil, cooking for about 30 to 45 minutes at a nice, rolling boil, but not too hard. Stir occasionally. Add a little more water if needed.
- Throw peach pits from cooking, eating or canning into a large pot, cover with fresh water (a couple inches over the pits) and just set aside on the counter overnight.
- The next day put the pot on the stove and bring to a boil, cooking for about 30 to 45 minutes at a nice, rolling boil, but not too hard. Stir occasionally. Add a little more water if needed.
- Remove from heat and let sit long enough to handle. Then strain.
- Stir in the sugar until it's dissolved, and put back on medium-high heat to return to a boil. When it boils, stir in the pectin, and return to a rapid boil, stirring constantly, for 1 minute.
- Test with your cold metal spoon for doneness by dipping the spoon in the liquid and removing. When jelly no longer drips from the spoon.
- Remove the pot from the heat, skim off any foam, and ladle hot mixture into hot, sterilized jars, leaving about 1/4 to 1/2 inch headspace in jar.
- Apply the lids and process in hot water canner for 10 to 15 minutes (adjusting for altitude.)

STRAWBERRY BASIL RHUBARB JAM

INGREDIENTS

- 2 pounds of strawberries, some super ripe, some under ripe, some strawberry tops
- 5 cups rhubarb (about 3 large stalks, cut into 1/2" cubes)
- 1/2 cup water
- 2 tablespoons lemon juice (about 1 lemon)
- 2 1/4 cups sugar or honey
- 1/4 cup roughly chopped basil leaves



MAKE

- Combine all ingredients (except basil) in a medium to large saucepan over medium heat. Once mixture starts to bubble, reduce heat to medium low. You'll want the heat set to the point where it continues to bubble but not violently when stirred.
- Continue to cook, stirring occasionally, until the jam has thickened. Plan on cooking jam for about an hour.
- Stir in torn basil. Transfer to jars and let cool. Feel free to can this batch, or keep in the fridge for 1 week. Can be frozen for up to one month.

BALSAMIC GLAZE



MAKE

Heat 2 cups balsamic vinegar and 1/2 cup honey or brown sugar in a small saucepan over medium heat. Bring to a gentle boil, then reduce to medium-low heat and let simmer, stirring occasionally, until the vinegar thickens and is reduced to about 1/2 cup (about 20 minutes). It should be thick enough to coat the back of a spoon.

CHAMOMILE CARAMEL SAUCE

INGREDIENTS

- 2 cups water
- 1 tbsp dried chamomile flowers
- 1/2 cup sugar
- 2 tbsp lemon juice



MAKE

- Bring water to a boil and pour over chamomile flowers; cover. Allow to steep for 5 minutes. Strain
- Pour infused liquid into small saucepan; keep covered.
- In another saucepan, caramelize sugar over medium heat to light brown, stirring constantly.
- .Meanwhile, bring infusion back to a boil. Remove caramelized sugar from heat.
- Carefully add small amount of hot chamomile infusion to the browned sugar, stirring constantly.
- Put back over low heat. Gradually add remaining infusion while stirring. \Remove from heat. Stir in lemon juice.
- Store at room temperature.

ROSE VINEGAR

INGREDIENTS

- Vinegar, I like raw ACV
- Rose petals (fresh or dried)
- Large glass jar with lid
- Dark glass container for long term storage



USES

Astringent - Roses are said to have a toning effect on the skin.

Anti-inflammatory - Use on rashes.

Analgesic - In Ayurveda, roses are renowned for their cooling and soothing properties. Helpful for itching, irritation, sunburn, bug bites, hives and allergic reactions.

Antimicrobial - Can help control the growth of bacteria on the skin. This is helpful for acne.

Antioxidant - These antioxidants scavenge free radicals on the skin, helping to protect it from oxidation and skin aging.

Salad Dressing - You can use this to make a vinaigrette or eat the pickled rose petals.

MAKE

- First, make sure that your jar is clean.
- Next, fill your jar with rose petals. There is no correct amount to use.
- Pour in enough vinegar to cover the petals.
- Pack your petals down with your wooden spoon until the vinegar covers them.
- Place your jar in a dark area and let your vinegar infuse at least 2 weeks. Shake gently every couple of days.
- Strain and store in a dark glass container.

TZATZIKI



INGREDIENTS

- 1/2 large cucumber, finely grated
- 1 1/2 cups yogurt (dairy-free works) store bought is fine but this is a great use for extra homemade yogurt that may be too sour.
- 3 cloves garlic, minced
- 1/4 cup finely chopped fresh dill or 2 Tbsp dried dill
- 1 pinch each sea salt and black pepper
- 1 1/2 Tbsp lemon juice
- 1-2 Tbsp extra virgin olive oil

MAKE

- Add yogurt and all ingredients to a mixing bowl and stir to combine.
- Taste and adjust flavor as needed, adding more salt for overall flavor, garlic for zing, lemon for acidity, or dill for herbiness.
- Serve immediately, or store in the refrigerator (where it will thicken) up to 5 days, sometimes longer.
- Great for grain bowls, as a veggie dip or salad dressing.

HERB GARDEN CHIMICHURRI SAUCE



INGREDIENTS

- 1/2 cup firmly packed fresh flat-leaf parsley, trim off thick stems
- 1/4 cup carrot tops, chopped
- 3/4 cup lemon balm leaves firmly packed
- 3-4 garlic cloves
- 2 Tbsps fresh oregano leaves
- 1/3 cup olive oil
- 2 tbsp vinegar
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/4 tsp red pepper flakes
- 1 serrano chili
- TB lemon or lime juice
- 1 tsp fresh chives

MAKE

- Pulse everything in the food processor until well blended. Store in a jar in the fridge for 2 weeks.

SRIRACHA AIOLI

INGREDIENTS

- 1 cup mayonnaise (p.12)
- 1-3 tablespoons Sriracha chili sauce
- 3/4 teaspoon ground cayenne pepper
- 2-3 cloves garlic, minced
- Black pepper to taste



MAKE AIOLI

- In a small bowl, mix the mayonnaise, sriracha chili sauce, garlic, and ground cayenne pepper together until everything is well combined



WATERMELON BBQ SAUCE

INGREDIENTS

- 2 Cups watermelon, cut off the rind, seeded, and cubed
- 1 cup onion, chopped
- 2 Cloves garlic, minced
- 6 oz tomato paste
- 1/2 cup brown sugar (or 1/8 tsp molasses and 2 tbsp honey)
- 1/2 Cup apple cider vinegar
- 1 Tablespoon chili powder
- 2 Tablespoons soy sauce
- 1 tsp worcestershire
- 1/4 tsp Sriracha
- 18 tsp cinnamon

MAKE

- Heat the oil in a pot over medium heat and add the onions and garlic, saute until tender.
- While the onion cooks, add watermelon to a food processor or blender and puree. When the onions are done cooking, add the pureed melon and all remaining ingredients and stir to combine.
- Simmer for 30 minutes, then allow to cool slightly before transferring to a jar for serving or storage.
- Use anywhere you would BBQ sauce, my favorite is to marinate tempeh.

JALAPENO INFUSED HONEY



Infused honey is a great addition to your summer charcuterie board, late night tea or home-baked dessert. And aside from a wonderful, delicate flavor it also comes packed with medicinal benefits too (depending on what herbs you use).

I N G R E D I E N T S

- 1 cup honey
- 1-2 jalapenos, sliced

Other ideas: Chamomile lavender, mint, ginger, rose petals, cinnamon, rosemary, peach and lemongrass. Use 2-4 tbsp of chopped herb for a mild flavor, and 3-5 tbsp for a stronger infusion.

M A K E

Fill a jar with infusion ingredients then top off with raw local honey. Allow to steep 1-3 weeks.

ELDER FLOWER CORDIAL

INGREDIENTS

- 1 quart water
- 4 cups sugar or honey
- Juice of 2 lemons
- Zest of 2 lemons
- 1 tsp citric acid
- 25 elder flower heads, about 2 cups fresh or dried flowers, stems removed. Try jasmine, honeysuckle, lilac or any berry if you do not have elder flowers.



MAKE

- If using fresh flowers remove as much of the stems as you can.
- Zest the lemons and add it to a large bowl, then the citric acid and lemon juice. Next add flowers.
- Bring the sugar and water to a boil, stirring occasionally to dissolve.
- Let the syrup cool to room temperature.
- Pour the syrup over the flowers and lemons then stir to combine. Cover the bowl with a towel and leave it for 2 or 3 days.
- Strain it through a fine-meshed sieve lined with cheesecloth into a clean jar.
- Seal the jar and store in the fridge.
- To serve, pour 1 to 3 tablespoons of the syrup into a pint glass and add water or seltzer. Or you can add a tablespoon to a glass of sparkling wine, or to a couple shots of vodka or gin.

MAGICKAL MERMAID ICED TEA LEMONADE

INGREDIENTS

- 6 cups water, divided
- 2-3 cups lemon juice
- 1 cup granulated sugar/honey, or to taste
- 1/2 cup dried butterfly pea flowers

MAKE

- Bring 2 cups of water to a boil. Set pea flowers in a jar and pour 1 cup of hot water over. Let steep 10-15 minutes.
- Strain and let cool.
- Meanwhile, combine the other cup of hot water and sugar/honey in a pitcher.
- Add in the lemon juice and additional cold water. Stir to make lemonade.
- To serve, add ice first, then fill your glass about 1/4 -1/2 of the way with pea flower tea, and top off with lemonade. Watch as the acid in lemonade turns the pea flower tea from blue to purple, then to pink.



LEMON BALM & RASPBERRY SHRUB



INGREDIENTS

- 2 cups raspberries
- 1 cup sugar
- 1/2 cup lemon balm, chopped
- 1 cup apple cider vinegar

MAKE

- In a large bowl, mix together the raspberries, sugar, and lemon balm.
- Mash the berries with a potato masher. Put the bowl in the refrigerator and let stand at least 12 hours or up to 2 days.
- Give it a stir from time to time.
- Put a double layer of cheesecloth over a fine mesh sieve. Strain the berries through the cheesecloth.
- After the most of the liquid has seeped through, pick up the edges of the cloth and squeeze to get as much of the liquid from the berry mixture as is possible.
- The liquid should measure about 1 Cup. Add an equal amount of vinegar to the berry liquid and mix well.
- Pour the finished shrub into a clean glass bottle with a tight fitting lid. Refrigerate for at least an hour for the flavors to meld and mellow before serving.

BERRY & BASIL SUN TEA



INGREDIENTS

- 1 cup fresh strawberries, sliced (or any berries)
- 1 cup fresh basil
- 1/4 cup green or black tea or 12 small tea bags
- 1/3 cup honey or sugar
- 5 cups of water

Green Tea: energy, immunity, and cleansing.

Black Tea: strength, repels negativity.

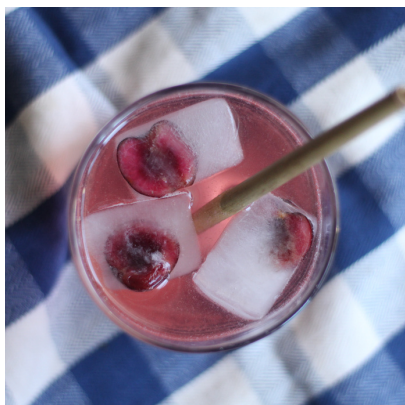
MAKE

- In a large jar with a lid (cloth and string will work) add 5 cups of water, tea, and basil.
- Sit out in a sunny spot side in a spot with direct sunlight for at least 4 hours.
- Bring inside, mash berries, strain, and mix in honey/sugar.
- Top off with 2 cups of cold water if desired.
- Serve iced with basil and berries as garnish.

CHERRY PEACH SODA

INGREDIENTS

- 1 cup of fresh or frozen cherries, pitted and cut in chunks (reserve the pits)
- 2-4 peaches (reserve the pits)
- 2-4 tbsp of granulated sugar (you can use your preferred sweetener)
- 1 tsp vanilla
- 1/2 cup of water
- Club soda or ginger bug



MAKE

- Place the cut up peaches and cherries, sugar, vanilla and water in a saucepan.
- Heat stirring until the sugar melts and cook 10 minutes on a gentle simmer
- .Remove from the heat and strain the liquid into a bowl or jar and set it aside to cool. (Reserve fruit pulp for later)
- Once cooled, add 3-4 tbsp of syrup to a glass and top with club soda or ginger bug. Add cherry ice (or any ice) to garnish.

Common Kitchen Herbs

MAGICAL CORRESPONDENCES

Bay: Also known as bay laurel. Manifestation, prosperity, protection, cleansing, and psychic development. Some people apply sweet bay to the scalp for dandruff. It is also put on the skin for pain, especially muscle and joint pain (rheumatism)

Chervil: Courage, anxiety, comfort the spirits. High in calcium. Digestion, dietetic, antiinflammatory.

Chives: Protection, knowledge, divine insight. They contain vitamin K, folate, aid in sleep, reduce inflammation and strengthen the eyes.

Cilantro or Culantro: Healing, love, passion, union and marriage blessings. Antioxidant and detoxifying.

Cinnamon: Clairvoyance, concentration, divination, good luck, love, money, prosperity, passion, peace, protection, development, success, communication, harmony, personal developments, healing, knowledge.

Dill: Dispel bad dreams, enhance romance, emotional balance, good luck. Stimulates appetite, promotes digestion, gas relief, detoxing, fever reducer.

Fennel: Protection, healing, purification. The seed is one of the most effective digestive aids, muscle antispasmodic. Highly beneficial to reduce digestive cramping, gas, and bloating.

Lavender: Love, Protection, Sleep, Longevity, Purification, Happiness, Peace. Antiseptic and anti-inflammatory properties, which can help to heal minor burns and bug bites. Useful for treating anxiety, insomnia, depression, restlessness, and headaches

Lemon Balm: Activation, awakening, anxiety, business, calm, clarity, comfort, focus, fertility, money, rebirth, heartbreak, relationships, restores the senses, success.

Lemongrass: Enhances mood, focus, skill, perspective, clears obstacles. Prevents the growth of some bacteria and yeast, relieve pain and swelling, reduce fever, stimulate the uterus and menstrual flow, antioxidant properties.

Mint: Cleansing, purifying, recharge energy, focus, stamina. Digestive tonic, upset stomach, respiratory, sleep, anxiety.

Marjoram: Emotional healing, aid grieving, restore optimism, joy, happiness. Diuretic, stomach cramps and digestive depression, migraines, nervous headaches.

Sage: Immortality, Longevity, Wisdom, Protection, Wishes, cleansing. Loaded with antioxidants, supports oral health, supports menopause symptoms, aids in breathing.

Oregano: Courage, happiness, forget bad memories, luck, protection, tranquility, cleansing. Stops the growth of several different types of bacteria, antifungal, immune system support, antioxidant.

Parsley: Protection, strength, healing, good luck, prosperity.
Reduces colic, eases digestion, helps with flatulence, regulates menstrual cycle, expectorant, antimicrobial, diuretic, laxative, promotes hair growth.

Rosemary: Cleansing, purifying, love, self-love, self-care, substitute for frankincense. Iron, calcium, vitamin B-6, alleviates muscle pain, improves memory, boost the immune and circulatory system, hepatoprotective, antifungal, insecticide, antioxidant and antibacterial, promotes hair growth

Tarragon: Ease the mind, welcomed, compassion, protection, love, peace, nurturing, and good luck. Digestion problems, poor appetite, water retention, and toothache; to start menstruation; and to promote sleep.

Thyme: Promotes success in all things, protection, cleansing.
Diarrhea, stomach ache, arthritis, sore throat, strong antimicrobial properties



Lacey Naturally Modern Witch

She was in her teens when Lacey realized her passion for nurturing and nourishing.

After her first son was born, she began to work from home as a ghostwriter for holistic healers while continuing her studies in herbology and crystal healing. Her early Spiritual Development began in 2000 and her now 20-year studies accumulated to her ordination as a Priestess at the Temple of Goddess Spirituality. She has also taken courses on meditation, mindfulness, and taught yoga for many years. She furthers her love of the earth by being active in environmental communities and movements. She is a wife, practitioner of magical homemaking, a hereditary folk healer, and mother of three. She shares her love and teachings of sacred sustainability with her family and followers.

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