

# Kitchen Magic

NOURISHING SPELLS, CHARMS, POTIONS, & ALL  
THINGS MAGICAL



# 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

# Minerals for the Kitchen Witch

The kitchen witch often sets up and tends to a magical kitchen altar. The altar can be on top the kitchen counter, a kitchen shelf, or anywhere. Candles, offerings, and figurines can be placed on the kitchen witch's altar. A kitchen altar is a space a daily reminder of your unique practice.

Historically, home altars were often placed in or near the kitchen because the kitchen was the heart center of the home, and where all the heat came from.

- Set up minerals that correspond with fire, like citrine and tiger's eye by the stove to encourage a warm hearth and a warm heart.
- Place obsidian in the bottom of your pots and pans when they are in storage and not in use to preserve creative energy.
- Add crystal points to the ends of kitchen utensils that you use for magical purposes, such as wooden spoons, to turn them into wands.
- Place green calcite around the kitchen; next to the toaster to help prevent burnt toast, by the sink to prevent broken dishes or clogs, etc.
- When drying herbs, tie minerals with similar correspondences to the bundles to help preserve and bolster the herb's traits during the drying process.
- Place minerals on top of or around soap bars and bottles to charge with corresponding intentions. Try citrine for joy and rose quartz for love.
- Hold an amethyst or bloodstone in your hand while stirring healing soup clockwise.
- Use a quartz point to mark symbols into the bottom of pie dough/crust.
- Keep calcite by your fridge to ward off power outages.
- String crystals to make a suncatcher and hang in your kitchen window. The energy will be amplified and expand when the sun passes through.

# *Kitchen Elemental Magic*

Gather a recipe for soup. Charge or charm each ingredient in your hands but also understand the elemental associations of your actions while cooking.

Here are some common correspondences:

## **Salt**

The element of Earth or sea salt is the element of water. Bless this common ingredient before adding it to dishes. Salt is for cleansing and purity but you can also call upon the element of earth (for grounding) or water (for cleansing).

## **Liquid**

The element of Water can be used to make tea or any dish that asks for liquid. Call upon the energy of water when cooking for healing, emotions, or grace. Milk is a great ingredient for fertility or abundance.

## **Fragrance**

Aeromatic herbs and delicious cooking smells are the element of Air. Use them while cooking to call upon clarity, creativity, intuition, or awakening.

## **Heat**

There is no hotter place than the kitchen. The element of Fire is ever-present every time we cook our food, but even more so with spices and warming foods. Use the element of Fire to call upon transformation, passion, and love.

# Kitchen Magic

Get to know food on an elemental level.

## Earth Foods

Perseverance, abundance, stability, strength.

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

## Fire Foods

Passion, transformation, creativity

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

## Air Foods

Good judgement, communication, justice, and joy.

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

## 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. it's time to supercharge them with energy. Simply hold them in your hand (or hold your hand over the ingredients) and concentrate on the energy that you want to aid you. Here are a few other tips:

- Set up a kitchen altar.
- 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.

# How to Cook a Magickal Meal

Set Intention/Plan - Let your intention inspire the meal you make so that the ingredients align. For example, a meal for financial abundance should include leafy greens (greens = money). Look up magickal properties and correspondences for the ingredients in your meals.

Gather Magical Ingredients - The best magical ingredients come from your own garden. Unfortunately, we won't always have that option so try to choose ingredients that are fresh, organic, locally & sustainably grown. Write down each ingredient and how it supports your intention for this magical meal. Not every ingredient will align, and that's okay! As long as some of the ingredients back up your intention, it will be a magical meal. Be sure to add some herbs/aromatics to the recipe.

Cook the Magickal Meal - Be sure to ground and center your energy. However, you're feeling at the time of cooking will determine the energy that goes into the food. During the preparation of your magical meal, focus on your intention. As you add ingredients, hold them in your hands and charge them with your intention. Light a candle in the and give thanks. Remember the stove, oven, or hearth fire represents the same flame that cooked your ancestors' meals over thousands of years. Stir clockwise to draw something to you, stir counter-clockwise to banish something. Draw symbols into your food. For example, if you're baking a pie, carve a protective rune into the crust.

Blessing - You can bless the food in the kitchen before serving the food or bless the food at the table. The table can also act as an altar by setting it with decor that represents your intention. Use flowers, colors, and herbs that support your goals. A simple blessing:

"Thank you for this food, may it nourish our bodies and intentions."

# 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!

# Kitchen Altar Dedication & Blessing

The kitchen witch often sets up and tends to a magical kitchen altar. The altar can be on top the kitchen counter, a kitchen shelf, or anywhere. Candles, offerings, and figurines can be placed on the kitchen witch's altar. A kitchen altar is a space a daily reminder of your unique practice.

Historically, home altars were often placed in or near the kitchen because the kitchen was the heart center of the home, and where all the heat came from.



- Physically clean your altar and the surrounding space. Try using magickal cleansing spray or a homemade cleaner infused with herbs or oils that are purifying.
- Use the cleansing method of your choice to cleanse the altar, surrounding space, and all objects you plan to include.
- Ceremoniously place your items on the altar in the way that you like. When you are ready, you may concentrate the altar by saying:

"Blessed be this kitchen altar of Air, Fire, Water, and Earth  
May all energy here be warmed by my sacred hearth  
May all that is created here by means of magickal or mundane  
Bring nourishment, healing, and love to sustain  
To cause harm to none  
in joy and love, peace and magick  
we are all one."

# Modern Kitchen Witch Tools

Altar - Preparation space, countertop, table, or cutting board. As a Kitchen Witch, you will have a working altar more than a ceremonial one. A cutting board is the perfect modern altar as you can set it to the side when not in use and easily pull it out for your magical kitchen work. It's nice to select one that has a special meaning such as a particular wood, carvings, or craftsmanship.

Athame - An athame is a ceremonial blade. The modern Kitchen Witch's athame is any knife that you like to use. A butter knife will work just fine.

Bell - A knife sharpener can mimic the sound of a bell. Anything that you find in the kitchen that can make a sound such as tapping a fork on glass can be used as a bell.

Besom or Broom - Any items that are used for cleaning within the kitchen can be used to symbolically cleanse energy. A kitchen sponge or rag with a natural-based cleaner, particularly if it's charged with herbal energy can be used to cleanse your space.

Cauldron - A dutch oven, tea kettle, or pot will make the perfect cauldron for use in any of your Kitchen Witch rituals or spells. A mortar and pestle is a beautiful addition too but a food processor or coffee grinder can substitute just as well.

Chalice - Drinking cups or even measuring cups can act as your chalice.

Offering Bowl - Classic serving bowls work wonderfully as offering bowls.

Wand - A trusty wooden spoon makes the perfect Kitchen Witch Wand.

# Magical Spoon Blessing

The spoon will be a primary tool in your Kitchen magick. Its purpose is to bind and transfer energy and act as an extension of your finger or hand just like a wand. It connects your energy to the food that you create. It's best to hold the spoon in your dominant hand and stir clockwise for invoking and counterclockwise for banishing.

This ritual can be done anytime but on a new moon is ideal.

## You will need:

- 1 tbsp salt, lavender, rosemary, or sage
- 2 tbsp fresh lemon juice
- 1 tsp olive oil
- a heatproof dish that fully fits your dish (your cauldron will work nicely)
- Hot water
- plate

## Working

- Cleanse yourself, objects, and space with magickal cleaning ingredients or incense.
- Set your intention by saying, "This spoon I shall bless to bring in (love and light for example)."
- Anoint the spoon with olive oil and imagine all energy contained within the spoon moving away.
- Then pour the hot water into the dish with the lemon juice and cleansing the spoon. Again visualize the energy being cleansed away.
- Dry the spoon and place it on the plate with the salt and/or herbs to let it set for a few days to bless with energy. From the New Moon to Full Moon is ideal.
- When you are done, place the spoon under the Full Moon to charge. Sprinkle the salt/herbs into the wind or on the ground outside your home.

# Kitchen Spell Bottle

The kitchen is the heart of our home, branching out into all of the other rooms and directing energy to and from. Spell bottles in your kitchen can be for protection from burns and cuts, blessings for anything cooked there, amplification of the spell work you do, promoting a sense of well-being that spreads through your home, and more.

The best locations to place a spell bottle in the kitchen are:

- Above or near the oven
- Above or near the sink
- Hidden in a cabinet that you use the most often (such as plates or cups)
- Tucked away in the pantry where you store your herbs and spices
- Above or near a doorway that leads to the rest of the house

You'll need:

- A container
- A white candle
- Form of cleansing such as smoke, water, or sound.
- Bay leaves for increased intuition, protection, and wishes.
- Chive for healing and to rid one's home and environment of negativity.
- Oregano for happiness and good luck.
- Salt for purification
- Sugar or honey for sweetness

Cleanse all objects inside and out. Set an intention and send that energy to all of your objects. Anoint the candle with oil of your choice or honey. Ritually place all objects inside the container. Place the container in a location that appeals to you but be sure to keep the energy flowing by adding more objects, shaking, or holding the container regularly. It may be a good idea to start this on or around the new moon and revisit it on the following full and new moons as long as you wish to keep it going.

# Apple Magick

Apples are magickal. They hold insides a five-point star when sliced across the middle. Or, it can be seen as the apple blossom stored inside the mother apple waiting to be reborn. They also resonant the energies of love, health, and intuition.

## CLARITY KITCHEN MAGIC SPELL

This can be made out of any baked apple desert. A dash of cinnamon and nutmeg to boost your psychic awareness, sugar for enrichment, lemon for purity, and salt for protection. Just before you bake it say:

"Fruit of the earth  
gift of sight  
Intuition strengthens  
with every bite."

## LOVER'S NAME DIVINATION

I'll never forget the first spell that I did was with an apple. It came from one of the first spellbooks I ever owned, The Good Spellbook. It went something like this....

Take an apple and peel it whole. Take the peel in your right hand, stand in the middle of the room, and say:

"Saint Simon and Jude, on you I intrude,  
By this peeling I hold, to discover  
Without any delay, tell me this day,  
The first letter of my own true lover."

Then turn around three times and cast the peel over your left shoulder. It will form the first letter of your future husband's surname.

As a teen girl, I did this spell so many times that I've gotten every letter in the alphabet.

# Apple Magick

## APPLE TAROT SPELL

Surround a card from a tarot with apple slices (dried or fresh) and leave them on your altar. Include other corresponding herbs. Tend to it daily to help your intention grow.

Protection = King of Swords  
Prosperity/Abundance = 10 of Pentacles  
Fertility = Empress  
Love = 2 of Cups  
Passion = The Lovers  
Creativity = The Fool  
Dream Magick = The Moon  
Psychic Awareness = The High Priestess  
Confidence = The Chariot  
Healing = Temperance  
Job Spells = The World  
Court Case Spells = Justice  
Luck = Wheel of Fortune  
Overcome Addiction = The Devil  
Wishing Spell = The Star

## BAD HABIT APPLE SPELL

During the waning moon, bury an apple with a symbol of your vice, example: tobacco for smoking, coins for unnecessary spending, etc. Then light a candle every night until the new moon to support efforts at breaking negative habits.

## APPLE SEED PROTECTION BAG

Include apple seeds in a protection bag, bottle, jar or bowl in the home, to carry with you, or have close by. Say: 'With the seeds of resurrection, I ask this apple for protection.'

# Wassailing Ceremony

You'll need:

- Wassail from the recipe section
- A large vessel to carry it in (an earthen pot is beautiful but feel free to use whatever pot you make the drink in)
- Cups to drink from
- A ladle or extra cup for serving

Brew your Wassail on the stove, hearth, or over an open fire if you have access. Choose a tree that you wish to honor on this night. This can be done on Winter Solstice or any cold winter's night.

Use the ladle or extra cup to scoop up some wassail and wet the roots of the tree as an offering. Pass the rest of the brew around to anyone who may be joining you. Drink while singing a Wassailing song or any other seasonal songs that you like. Once everyone is thoroughly warmed, lift your glass to the tree and shout "Huzzah!" three times as loudly as you can and finish with this blessing:

"Here's to the old apple tree  
Whence thou may'st bud and  
whence thou may'st blow  
and whence thou may'st  
bear apples enow  
Hats full, caps full, bushel, bushel sacks full,  
and my pockets full too!

The luck of the year  
It is the bird-quiet hour  
The mid-day contemplation of the sun  
On this bleak day, when no sun shines  
what wraps the birds in silence,  
what power blankets their song?"

Anthropologists hypothesize that the word Huzzah spread throughout the world during the Mongol Empire of the 13th century. The word is a praise, much like amen or hallelujah, shouted at the end of speeches or prayers.

## Sources

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Hibiscus Moon Crystal Academy

Maud Grieve's A Modern Herbal

Encyclopedia of Magical Herbs

Some adaptations from:

The Hearth Witch's Compendium

The Kitchen Witch's Cookbook

...and various other sources collect over 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 formal lessons 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.