

Materia Medica



Melissa officinalis L. citrata. Fisch.

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If you would like to be a contributor to The Hearth Witch's Journal please send inquires to info@laceyburbage.com

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Dandelion

TARAXACUM OFFICINALE

501.



Taraxacum.

1-6. Blume
7. Frucht
8-10. Saame
11. 12. Wurzel

Luft-Rohrlein.

Dandelion

TARAXACUM OFFICINALE

Identification

A perennial herb plant found all over the world. It grows from a tap-root that reaches deep into the soil. The plant grows up to a foot in height and flowers from April to June. It produces yellow flower heads consisting of florets. Leaves grow from base of the plant in an elongated shape with highly jagged edges resembling a lions tooth.

Edible Uses

- The entire plant is edible and nutritious.
- The young leaves are best for greens, since they grow bitter with age. They can be eaten raw or sauteed.
- Dandelion root is sometimes ground into a coffee like brew.
- The roots can be cooked and eaten like turnips.
- Dandelion flowers make a nice salad garnish or can be battered and fried.
- Unopened flower buds can be pickled, as well as the stems.
- Flowers can be boiled and served with butter.
- The flowers can be fermented to make wine or ginger soda.

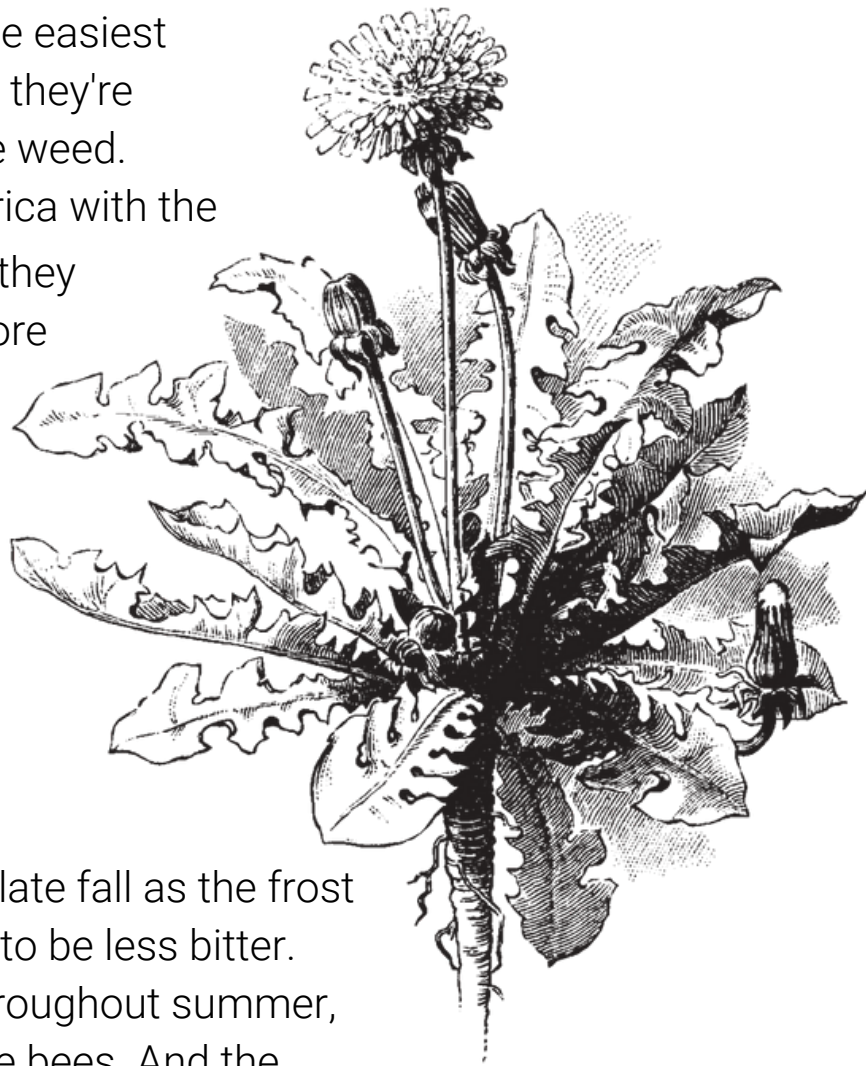
Dandelion

TARAXACUM OFFICINALE,

Like the seeds of the dandelion that flies freely in all directions, trust the ever changing wind when you embark on a new journey. Dandelion reminds us that the world is full of adventures at every turn. Be open to something new or unexpected. The dandelion makes it's home wherever the sun shines, be as spirited in your exploration. Be willing to experience life as a beginner and learn the cycle of sowing the seed. Dandelion asks us to get comfortable being a pioneer, even when the trail is unknown.

In the Garden

Dandelions are among one of the easiest plants to grow. So much so that they're typically regarded as an invasive weed. Dandelions came to North America with the first European settlers because they attracted bees and where therefore good for crops. Their name is a French phrase "dent de lion", meaning "lion's tooth," after the plant's broad, toothy leaves. To grow, simply let them be.



Harvest

Harvest leaves in early spring or late fall as the frost and cooler weather allows them to be less bitter. The flowers can be harvested throughout summer, so long as you leave a few for the bees. And the roots should be harvested in autumn when the ground is wet.

Dandelion

TARAXACUM OFFICINALE,

Dandelion greens are a rich source of vitamins and minerals, including vitamins A, C, and K, calcium, potassium, iron, and manganese. In fact, dandelion greens are a good prebiotic, meaning they may help increase the friendly bacteria in the gut which can support the immune system.

Medicinal Uses

- Use the sap from the stems to cure warts.
- The leaves can be dried and made into a tea to aid in digestion.
- A tincture brewed from the bright yellow flowers is believed to help with complaints related to the liver.
- The root can be dried and brewed into a tea for digestion and energy.
- The leaves are high in minerals and make a good nourishing tonic or infusion for the whole body.
- Aids in function of the gallbladder and liver.
- Detoxifying qualities both internally and externally.
- Ant-inflammatory
- Contains a carbohydrate to help maintain healthy gut flora.
- The fresh juice has antimicrobial properties.
- Can help boost milk production in mothers and prevent mastitis.
- A diuretic, its been used in hypertension.
- Immune supporting herb

Dandelion

TARAXACUM OFFICINALE,

The dandelion is the only flower that represents the 3 celestial bodies of the sun, moon and stars. The yellow flower resembles the sun, the puff ball resembles the moon and the dispersing seeds resemble the stars.

Magical Uses

The dandelion has hardy yellow flowers that will grow almost anywhere and adapts to a variety of soil conditions. Take advantage of their resilience and use dandelions to represent strength and your ability to overcome adversity. In some traditions, dandelions are associated with the goddess Aphrodite because of her connection to bees. In others, this plant is connected to the goddess Hecate.

- Use dandelions to honor the sun or to call on solar/fire energy.
- Use when in need of creativity and inspiration.
- Include dandelions in workings to jump start projects or break a creative block.
- The name comes from Tooth of the Lion which is symbolic of bravery and courage.
- The seeds can be used in wishing and manifestation.
- Add them to tiny bouquets for woodland spirits like fairies and gnomes.

Lemon Balm

MELISSA OFFICINALIS



Melissa officinalis L. citrata. Biseh.

Lemon Balm

MELISSA OFFICINALIS

Identification

A perennial member of the mint family with valuable healing properties. It has hardy and slightly fuzzy green leaves that give off a lemon scent when rubbed. It can grow up to 3 feet tall with leaves that are small and heart shaped with scalloped edges and slightly crinkled surface. Small flowers are usually white or yellow but can sometimes be pink or purple. The flowers are small and bloom where the leaves join the stem. Other names are common balm and mint balm.

Edible Uses

- Make a calming tea by combining 3/4 cup lemon balm leaves with enough boiling water to cover. Steep for 5 minutes.
- Chop fresh leaves and sprinkle on salads or baked goods. See the Honeycake recipe below.
- Make a lemon balm vinegar. Fill a jar about 3/4 full with fresh leaves. Cover with apple cider vinegar and let steep in a cool dark place for a few weeks.
- Make candied lemon balm leaves: Beat an egg white with a tiny bit of water. Dip lemon balm leaves in the mixture, then dip in sugar. Lay the coated leaves on a parchment lined baking sheet. Place the baking sheet in a 200 degree F oven until the leaves look dry, but not browned. Check after 20 minutes and every 5 to 10 after that.
- Make lemon balm & honey butter using the Blossom Butter recipe from the Flower Moon.
- Make an herbal infused water.

Lemon Balm

MELISSA OFFICINALIS

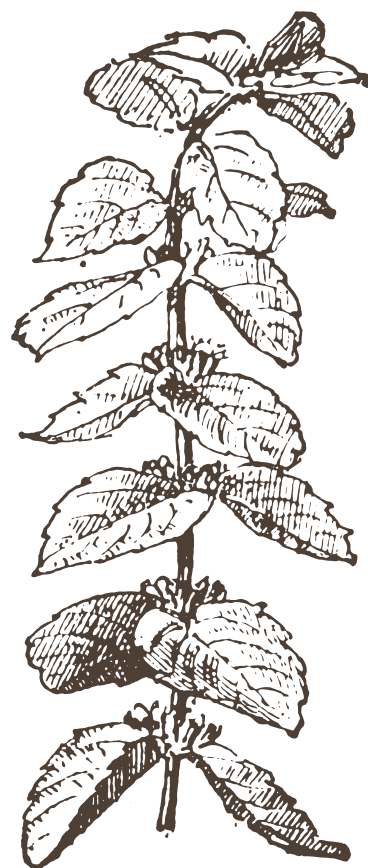
Lemon balm brings joy and happiness to anyone who brushes against it. With its fresh citrus aroma, this favorite of bees celebrates life and merry making! Once established in a garden, it takes off and spreads easily, making it the perfect companion to honor relationships old and new. When it produces in abundance, it reminds us that once we've done the hard work, it's time to enjoy the rewards. It supports the nervous system, calms anxiety, balances emotional stress, and heals physical and personal trauma.

In the Garden

Lemon balm grows into a bush about 18 inches around. It is a durable perennial that should last in your garden indefinitely. A sunny spot in moist, but well-drained soil works best, but it can also tolerate drought really well. The flowers attract pollinators of all kinds. If you keep it trimmed it may not bloom, but will instead grow bushier.

Harvest

Lemon balm can be harvested 2 or 3 inches from the base of the plant, and each time it is cut it comes back with vigor! I like to use my lemon balm fresh, but you can dry cuttings and keep your extra harvest. Simply gather cuttings into groups of five to six stems, tie them together and hang the bunches in a warm, airy location. When dry, strip off the leaves and store them in a covered container. Use as needed.



Lemon Balm

MELISSA OFFICINALIS

Lemon balm is considered a calming herb. It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion including gas and bloating, as well as colic. Even before the Middle Ages, lemon balm was steeped in wine to lift the spirits, help heal wounds, and treat venomous insect bites and stings.

Medicinal Uses

- Use to make a balm to treat cold sores.
- Drink a tea to ease anxiety and insomnia
- Clears the mind, use in aromatherapy when you need to focus.
- Anti-viral effect for skin. Such as cold sores, shingles, and warts.
- Reduces PMS symptoms. A tea or tinctures can be made.
- Lowers tryglycerides to strengthen the heart.
- Contains antioxidants that supports the liver.
- Anti-fungal against candida.
- Lemon tincture or extract have been effective at helping to manage diabetes.
- Anti-inflammatory, reduces inflammation in the body and can help with skin inflammation.
- Can help regulate thyroid if it is overactive. Should be avoided by those with under active thyroid or taking thyroid medication.
- Lemon balm extract has been shown to reduce damage from plaque forming proteins in Alzheimer's disease.
- Aids in digestions and has been used in the treatment of ulcers.
- Heals skin and reduces signs of ageing.
- It is a natural deodorant and also repels insects.

Lemon Balm

MELISSA OFFICINALIS

Lemon Balm has a long history, dating back to ancient Turkey where it was planted near bee hives to encourage the bees to return home to the hive rather than swarm away. It's name, *Melissa officinalis*, is derived from the Greek word *Melissa*, meaning honeybee, and it was planted and used by the beekeepers of the Temple of Artemis to help keep the sacred honeybees content.

Magical Uses

- Protects, cleanses, and clarifies.
- It reinforces the desire to live, stimulates creativity, and artistic expression.
- It brings clarity to the mind and internal vision of people.
- It is good to attract prosperity.
- It activates the throat chakra and is good for communication.
- Use in healing spells & rituals for those suffering from mental or nervous disorders.
- Lemon Balm is used for those who give out too much love, to encourage more of a balance, as well as for those who are unable to receive love.
- Works on the emotional heart, bringing balance and an overall lightness.
- Give to those who worry, who regularly feel overwhelmed by life and all of its challenges.
- Give to women who have been through any kind of sexual trauma,
- Encourages self belief and self love, but not in an arrogant way.
- Use it to stuff dream pillows or as part of an incense to invoke the element of water.
- Add the herb to sachets, libations, drinks and incense used in healing magic to strengthen the working.
- Carmelite water, an old traditional remedy for nervous palpitations and anxiety, is composed of Lemon Balm, Lemon peel, Angelica root and Nutmeg.

Rose

ROSA ROSACEAE

Healing the heart heals the world. The rose is vulnerable yet strong, channel that power. Like the delicate petals of the rose protected by thorns, you are safe. Roses uplift the spirit and inspire love. Let creativity and abundance flourish around and within you. Wild roses are abounding. They create food, medicine, and shelter for all. All parts of the rose contain medicine, all stages of your life finds passionate expression. Create, make, love, play. It is a fertile time.

In the Garden

Roses like full sun and do not like to be crowded. They should be planted in well-drained, well-balanced soil. Water every day that it doesn't rain for the first two weeks after planting and then twice a week thereafter. They should be pruned in the early spring before blooms appear, down to about one third. Neem oil spray can help reduce problems with pests and fungus. Compost around the base of the plant in the fall.

Harvest

Cut roses as they bloom to keep the plant producing. They are great in bouquets and last awhile in a vase. You can hang the whole flower upside down to dry. The petals and leaves can be dried or pressed. Allow several roses to mature into rose hips.



Rose

ROSA ROSACEAE

Roses were first hybridized and cultivated over 5,000 years ago in China. There are 150 natural named species worldwide and thousands more cultivars.

Magical Uses

Roses are associated with the goddesses Aphrodite, Demeter, Flora, Frey, Hathor, Holle, Isis, and Venus. Intentions and energies identified with rose are affection, afterlife, attraction, beginnings, blessings, calm, compassion, courage, creativity, fertility, healing, nurture the wild, inner peace and power, sensuality, strength, trust, and wisdom.

- Use it to enhance female intuition.
- Use it in a bath, vinegar, oil or tea.
- Wear rosewater or sprinkle around the house for protection.
- Use roses for love and self-love
- It is great in incense and potpourri.
- Thorns can be used to carve wax.
- Rosehips can be carried for general good luck or strung like beads for self-love.
- Use rose petals and thorns together to manifest vulnerability and strength.
- Remedies for each season of the rose: Buds for childhood, blooms for midlife, hips for elders.



Rose

ROSA ROSACEAE

The rose hip of some rose species are known to be full of vitamin C. This is why it's used to create jam, jelly & marmalade. The hip also has medicinal uses in food supplements and can be made into rose hip syrup.

Medicinal Uses

- Anti-inflammatory
- Cooling effect on the body, relieves heat and redness like rashes, itching, sunburns, bug bites, etc.
- Pain relief of sore throats, burns, and general pain. Rose-infused honey, rose glycerite, rose tincture, and rose salve, can provide effective pain relief.
- Relaxes and soothes the liver.
- Encourage a sense of peace. Rose-infused honey, rose elixir, and rose tincture can all be used after a traumatic event.
- Use topically to relieve muscle spasms.
- Tincture to calm intestinal spasms.
- Rose elixir or syrup to calm bronchial spasms.
- Apply rose tincture or rose elixir to a cut or wound to stop bleeding.
- Rose hips are high in Vitamin C, but also contain Vitamins A, E, B-6, calcium, magnesium, and potassium. Most of the nutrition is in the skin of the hip.



Oats

AVENA FATUA (WILD) | AVENA SATIVA (COMMON)



Avena fatua

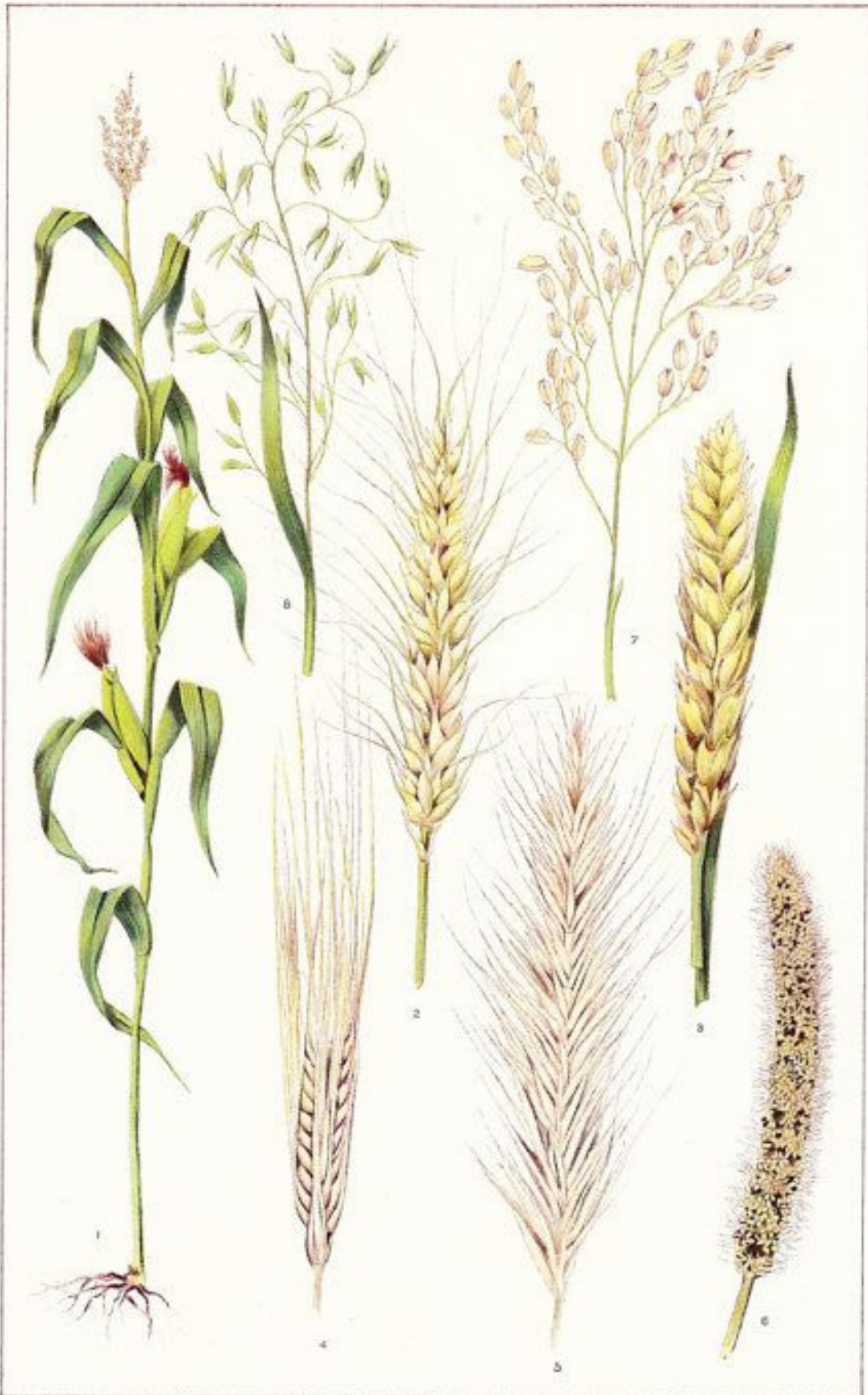
Avena sativa

2a

2b

Common Grains

CEREALS



COPYRIGHT, 1902, BY GOOD, MEAD & COMPANY

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- 1 CORN - ZEA MAYS
- 2 BEARDED WHEAT - TRITICUM VULGARE
- 3 BEARDLESS WHEAT - TRITICUM VULGARE
- 4 BARLEY - HORDEUM VULGARE

- 5 RYE - SECALE CEREALE
- 6 MILLET - PANICUM MILIACEUM
- 7 RICE - ORYZA SATIVA
- 8 OATS - AVENA SATIVA

Oats

AVENA FATUA (WILD) | AVENA SATIVA (COMMON)

Identification

A. sativa (common oat) is a grass with erect stems and long blade-like leaves. Its flowers consist of inconspicuous spikelets, each floret containing 3 stamens, and a feathery stigma. This floret matures into the oat that is edible, and at the immature stage, exudes a white milky substance (referred to as 'milky oats') and harvested for its nutritive value. The whole plant is referred to as oatstraw.

Wild oat, *A. fatua*, significant is an erect grass with seed heads form a loose panicle atop a hollow stem with leaves forming a loosely formed rosette at the soil line. Depending on variety, seed sheaths may be overlapping with a split at the end of the seed, or more rounded. It can be hard to distinguished from cultivated oats during vegetative growth. Wild oat grain is usually darker, may retain its hairy base of the husk, while cultivated oat is hairless at the base. An easy way to identify all oats from other cereals is to observe the twist of their leaves. When viewed from above, the oat leaf has an anti-clockwise curl. The leaves of other cereals curl clockwise.

Edible Uses

- Make your favorite oatmeal or porridge recipe
- Use wild oats in place of orzo
- Make oat bars with fresh jam
- Make a protein rich salad by combining: 2 C cooked & cooled steel-cut oats, 1/2 C diced red onion, 1 C corn, 1 C cooked black beans, drained and lightly rinsed, 1 diced tomato, 1/4 C chopped parsley. Use lemon, salt, pepper, and olive oil as dressing.
- Make oatmeal cookies
- Grid into flour for a high protein, gluten free option.
- Make oat pancakes or muffins
- Make a savory risotto-like dish by cooking oats in stock or broth. Serve topped with eggs, avocado, and tomato. Perfect with balsamic glaze.

Oats

AVENA FATUA (WILD) | AVENA SATIVA (COMMON)

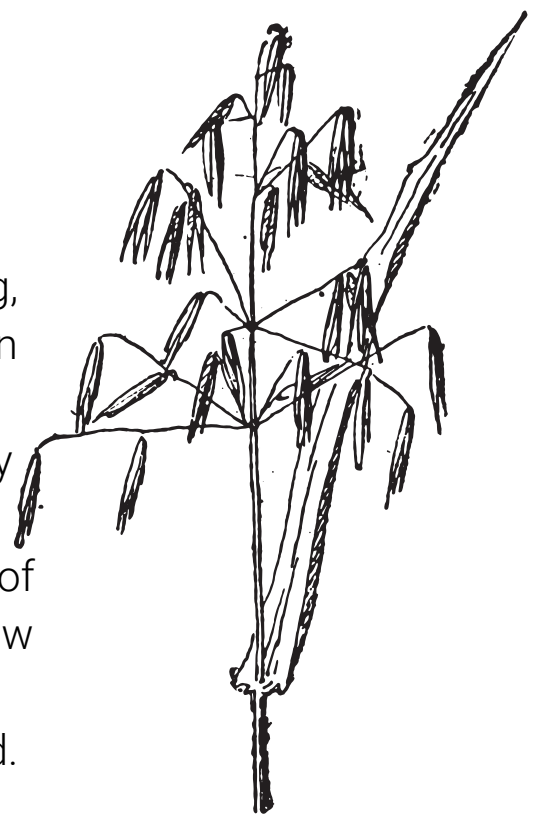
Oat energy reminds us to be the masters of our own selfcare. We can only be kind and gracious to others when we are kind and gracious with ourselves. Growing oatstraw can replenish the land and nourish the soil. So too can it replenish and nourish our body and soul. Listen to your body and take time to rest. Healing takes time and understanding our emotions expands our capacity for compassion. The tall oat plant sways and dances gracefully with the changing winds, remains firmly rooted in the Earth.

In the Garden

Oats are an annual crop excellent choice for the permaculture garden. They prevent soil erosion making it an excellent cover crop. Oats are a bio-accumulator of calcium which increases soil pH during the decomposition process. This crop is also very easy to grow. Sow oats in spring in a freshly raked, prepared bed, with full sun and well drained soils. Dress seeds with compost to increase vitality. Keep soil evenly moist during germination and water frequently during the growing stage.

Harvest

Seeds are fully mature in 45-60 days after sowing, with the milky stage being a narrow window when the seeds tops are still green and fleshy. Harvest when they exude a milky sap when pressed firmly between the fingers. The milky seeds can be harvesting by running your fingers up both sides of the stem, pulling off the seeds as you go. Oatstraw can be harvested after immature oat tops are collected, by cutting the stem close to the ground. Mature oats have dry golden stalk and seed that should be harvested by threshing where a handful of oat stalks are beaten back and forth into a large container,



Oats

AVENA FATUA (WILD) | AVENA SATIVA (COMMON)

Oats were the last of the major cereal grains to be domesticated, around 3,000 years ago in Europe. They originated as weeds that grew within cultivated fields of various other crops. Oat was a common horse food in ancient Greece and Rome, but a dietary staple in Germanic regions. Before it was a food, it was used for medicinal purposes with physicians prescribing a drink made from Oats at the end of the seventeenth century

Medicinal Uses

- The entire plant is rich in minerals and trace nutrients such as silica, magnesium, phosphorus, chromium, iron, calcium, alkaloids, protein, the vitamin B complex, and vitamins A and C.
- Regular consumption of an infusion of dried oatstraw and dried milky oats can help you to incorporate vitamins and bioavailable minerals into your diet.
- Helps to soothe and strengthen nerves.
- Can help reduce stress and exhaustion.
- "Sowing your wild oats" hints, oats are also a love potion, supporting sexual health and increasing libido by nourishing the endocrine system and regulating hormones.
- By strengthening and soothing nerves, balancing endocrine function, and nourishing the immune system, oatstraw fosters physical, mental, and emotional strength and resilience.
- A welcome relief for soothing itchy skin, poison ivy, chicken pox, or other stress-related skin conditions. Tie a muslin bag (or a clean sock) full of oats in the running stream of bathwater to add milky emollients to the water, and then squeeze the oat milk from the bag directly onto skin,

Oats

AVENA FATUA (WILD) | AVENA SATIVA (COMMON)

Modern oats likely originated from the Asian wild red oat which grew as a weed in other grain crops. Archaeological studies show that oats have been found dating from about 2,000 BC. These grains were not the cultivated variety we see today, they were gathered weed seeds.

Magical Uses

- Using Oat straw as a main ingredient in magical workings is best performed on the day of Venus, Friday, which is the day of love.
- All grain crops represent fertility and abundance.
- Add oat or any grain to a money spell or bowl.
- Use cut and dried wild oats bundled as an altar decoration.
- Set out a bowl of oats as an offering.
- Use oats to represent Earth or female.
- Make your morning porridge magical by blessing the water or milk you plan to use. Stir clockwise while thinking of your goal, invoking your intention.
- Create a spell jar with dried oats for abundance and good harvest.
- Place an oat grain inside a sculpture or doll to increase fertility.
- Grind oats into a powder and sprinkle around your house for good luck
- Bake a quick bread with oats like muffins and bless or charm for speedy results in your working.

Basil

OCIMUM BASILICUM

Tab. 201.



Ocimum basilicum L.

Basil



Basil

OCIMUM BASILICUM

Identification

Grows erect in shrub form 1-2 feet. Ovate leaves range from green to purple, petioled, and up to 2 inches long and can be toothed. The leaves are strongly aromatic, ranging from sweet to spicy scented. They have a strong and sometimes slightly bitter flavor. Tiny white or purple flowers grow elongated above the leaves. Flower stems are usually hairy.

Edible Uses

- The flavor ranges from herby and sweet to slightly bitter, and sometimes spicy. Examples are sweet basil (*Ocimum basilicum*), Holy Basil/Tulsi (*Ocimum tenuiflorum*), Cinnamon Basil (*Ocimum basilicum* 'Cinnamon').
- The most common use of basil is for cooking, such as in tomato sauce, pesto, or vinegar. But it also can be sprinkled over salads and sliced tomatoes, either whole or chopped.
- Tear leaves for the most flavor.
- To make oil for salads, pound the fresh leaves and mix with a good oil.
- If freezing the leaves, coat them with olive oil first. Leaves also can be dried and stored in salt.
- When sprinkled over a salad, basil flowers impart a mild basil flavor and add a decorative touch. They also make a great garnish for anything that pairs well with basil, such as pasta, cheese or fresh fruit, or plates of meat or vegetables.
- You can make basil flower vinegar or oil (see recipes from the Pink Egg Moon and the Flower Moon)
- Brew fresh basil or basil flowers in a tea.

Basil

OCIMUM BASILICUM

Basil grows just happily in the wild as it does in a manicured window planter. If you find your bliss, you can be happy anywhere. Sacred service is the divine telling you to honor your talents. Basil has been highly regarded for over 3,000 years. As a remedy, it enhances memory, restore energy, and helps to clear toxins. Commit to daily rituals that have special meaning to you to connect to spirit and bring you to your higher self. Free your life of of anything that keeps you from your higher purpose and deepen your connection to the things that you find enchanting. Be devoted to your holy work, whatever that may be.

In the Garden

In ancient times, pots of basil on the windowsill were used to deter flies. Remove flower spikes to promote increased growth and branching. Pruning the plants every two to three weeks also will promote growth. If you want to overwinter plants, take stem cuttings late in the season to root, or dig whole plants in early fall and pot to overwinter indoors. Chewed leaves possibly indicating Japanese beetles, and holes with slimy trails indicating slugs.

Harvest

- **Harvesting Small Amounts:** Pick a few leaves off each plant. While you're picking, periodically pinch off the branch tips, to encourage the plant to fill out. Also, remove any flower buds.
- **Harvesting Larger Amounts:** Harvest the leaves from the top down, cutting back up to a third of the total plant height. Be sure to cut or pinch right above a leaf pair rather than leaving a stub. In a few weeks, your basil plants will be ready to harvest again.
- **Final Harvest:** At the end of the season (before the first frost), cut the stems to the ground and pick off all the leaves.

Basil

OCIMUM BASILICUM

Basil is a flavorful, leafy green herb that originated in Asia and Africa. It's a member of the mint family, and many different varieties exist. It is a good source of vitamin C, calcium, magnesium, potassium, and iron.

Medicinal Uses

- Basil supplies beneficial plant compounds that have antioxidant, anti-inflammatory and other health properties.
- One-half teaspoon of dried or fresh basil leaf in water can often help soothe indigestion and alleviate feelings of fullness.
- A facial steam with dried basil leaf can help alleviate a headache. Add a tablespoon of dried basil leaf to 2 cups of boiling water in a large pot.
- Chewing up a basil leaf and applying to the bite will help relieve the pain.
- 2 cups of strong basil leaf tea to a warm bath to help reduce stress and facilitate relaxation.
- Add a little honey to the juice of 10 basil leaves and lick slowly. A spoonful is sufficient to restore the voice if lost.
- Create a vinegar basil hair rinse to promote thickness and growth. Mash 12 large basil leaves and mix with 4 tablespoons of vinegar and 8 ounces of water.
- Steep a few leaves in wine to aid sleep.
- Or steep in water as a tea to aid digestion.
- A drop of basil oil on shirtsleeves will help counteract mental fatigue.



Basil

O C I M U M B A S I L I C U M

In India, Holy Basil is also known as “The Incomparable One,” and is one of the most sacred plants. Tulsi (Holy Basil) is associated with the goddess Lakshmi and the Goddess Tulasi. The herb has been valued for centuries because of its benefits for the mind, body, and spirit. It is a legendary part of Hindu culture over the last five thousand or so years, adorning houses and temples throughout the country and earning it revered names such as “The Elixir of Life” and “Mother Medicine of Nature.”

Magical Uses

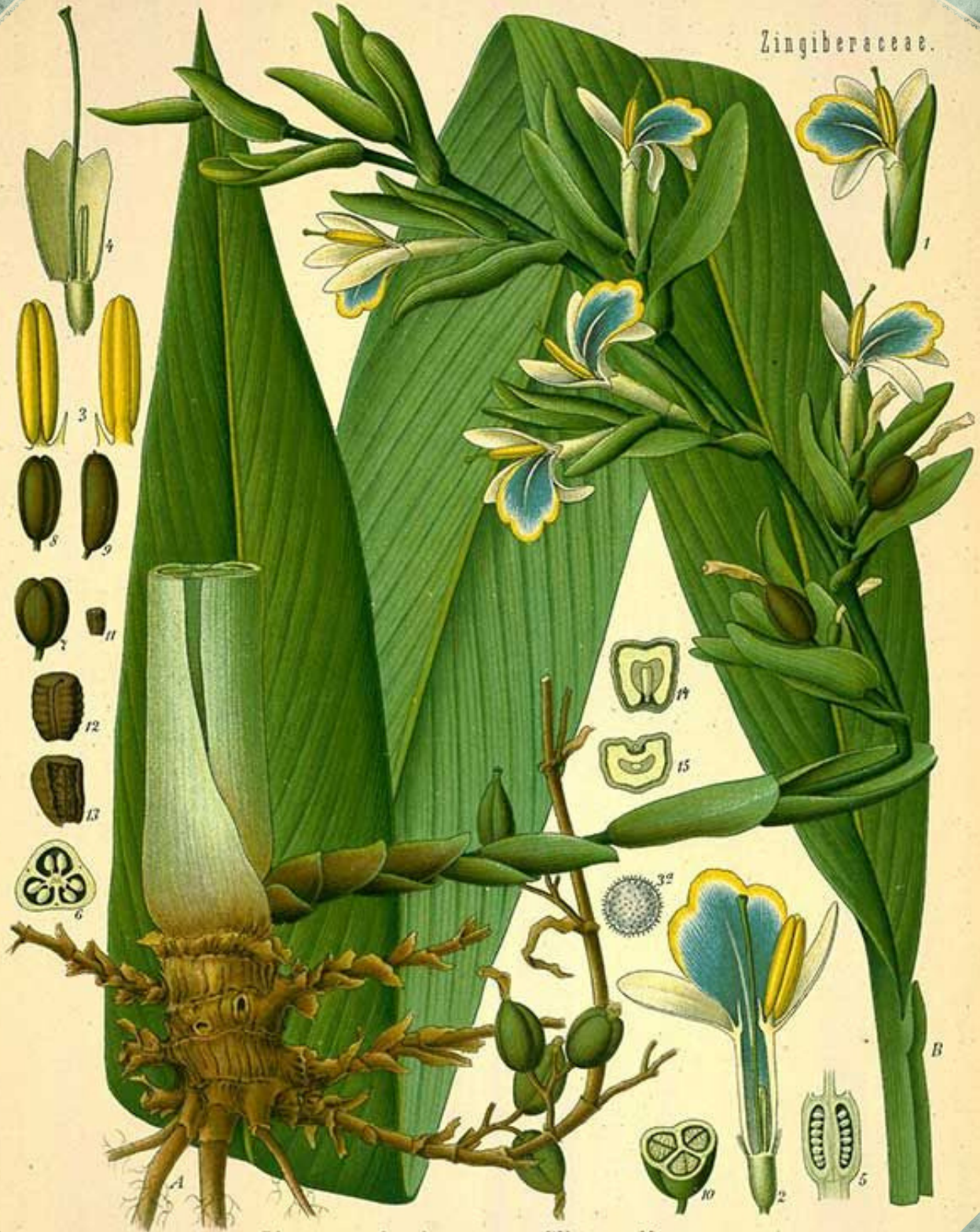
Basil asks us to honor the call of the wild things that help us do our holy work daily.

- Steep basil in flying ointments for “clarity in flight” and to keep your meditation or “flying” session focused and purposeful. Melt equal parts bees or candelilla wax and coconut oil on low. Steep finely chopped (fresh) basil and dry lavender buds. Add peppermint oil. Let cool. Apply to temples or inside of the wrists during meditation or astral projection.
- Place dried basil near your desk with some pennies to draw luck to your money and business matters.
- Plant basil near the threshold of your home for protection.
- Throw fresh basil in an ice tray, then fill the remaining space with spring water. Make a wish, then throw it a creek or river.
- Ruled by fire and in full season at Midsummer, basil makes any Summer altar magical. Cut it fresh from the garden and put it in vases. Situate your altar in a sunny space. It grows roots in 5-7 days, you can plant it right back in the garden!
- To ease tension: Soak basil in a spray bottle with 2 parts water and 1 part vinegar. Use the mixture as a natural cleaning solution throughout the home until tensions subside.

Cardamom

ELETTARIA CARDAMOMUM

Zingiberaceae.



Eletharia Cardamomum White et Maton

Cardamom

ELETTARIA CARDAMOMUM

Identification

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

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

Edible Uses

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

Cardamom

ELETTARIA CARDAMOMUM

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

In the Garden

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

Harvest

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



Cardamom

ELETTARIA CARDAMOMUM

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

Medicinal Uses

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

Cardamom

ELETTARIA CARDAMOMUM

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

Magical Uses

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

Apple

MALUS DOMESTICA

Apple



Malus Domestica Braeburn'



Malus Domestica Braeburn'

Apple

MALUS DOMESTICA

Identification

A member of the Rosaceae – Rose family, apple is a small tree that can reach 25 feet in height with a crown spread of 25 feet. The leaves are simple, oval in shape, have small serrations along the margin, and are arranged alternately along the branches. A typical leaf is 2 – 5 inches long, 1.5 – 2.5 inches wide, and has an acuminate tip. The twigs, buds, and undersides of the leaves usually have white pubescence. The bark is brown and scaly and mature trees can have a trunk diameter of up to 24 inches. Showy, white, five petaled blossoms, often tinged with pink, are found on the tree in late spring. The flowers are pollinated by bees and other insects. The pomaceous fruits mature through the summer and become ripe and ready to eat in the fall. Ripe apples range in color from green to yellow to red or a mixture of these colors.

Edible Uses

- Delicious eaten as a snack or cooked. Try slicing apples and sprinkle with honey, or dipping in caramel/date caramel as a treat.
- Use in savory dishes paired with herbs like thyme, sage, and rosemary.
- Poach in red wine.
- Core apple, fill with butter, honey, & cinnamon and bake until soft.
- Try apple, onion, mushrooms, garlic, and greek yogurt wrapped in a pastry crust and baked.
- Use in a salad with walnuts.
- Cover with lemon juice to keep from turning brown.
- Chop two apples, add to a pot. Cover with water, 1/2 tsp cinnamon, 1/2 cup sugar or honey. Simmer until tender and gooey. Top a baked sweet potato for dessert.
- Use the peels to add to tea blends. Or, use in a simmer pot with spices to scent your home.
- Make apple sauce and share with friends.

Apple

M A L U S D O M E S T I C A

Apple is an ancient tree that bears the fruit of paradise, peace, and plenty. It contributes to the well-being of both land, people, animals, and insects. Reciprocity is the key to sustainability. Apple asks us to measure our wealth by how much we have to share. Reminding us that self control with our harvest leads to community abundance. Once properly stored, apples can last from autumn through the spring. When we care for our resources, we will feed much more than just ourselves. Living well into 100 years, apple trees provide building material, invite pollinators, bear pounds upon pounds of fruit, and provide natural medicine.

In the Garden

Place apple seeds in a moist towel, then put that paper towel inside a bag or container slightly ajar for air. Store in a cold place like the refrigerator. Check often to avoid drying out. By 6 weeks look to see if seeds have sprouted. Sow directly outdoors if it's after last spring frost and the soil can be worked. Since germination rates are low, and predation from squirrels, mice, and voles can be an issue early on, it is generally recommended to sprout them in pots. You should see sprouting from the soil in 2 weeks.

Harvest

Apples are ready when the skin color deepens. Fruits at the sides and top of the tree usually ripen first because they receive more sunlight. Ripe fruits should easily come away from the tree, while the presence of windfalls is a sure sign you can start harvesting. If in doubt, a simple taste test should confirm whether your apples are fit to pick. Cup the fruit in the palm of your hand, lift it up then give it a gentle twist until it comes away. Each apple should detach complete with its stalk. Always handle apples carefully to avoid bruising the delicate flesh and never tug an apple from the tree or you could damage the fruiting spurs or cause apples nearby to drop.

Apple

MALUS DOMESTICA

Apples are low in calories and free of fat, sodium and cholesterol. They are rich in fiber, disease-fighting anti-oxidants and a variety of vitamins and minerals including potassium, folic acid, niacin and vitamins A, B, C, E and K. In early America, remote areas such as the western frontier couldn't afford a teacher's wages. Students would haul bushels of fruits and vegetables to classrooms in order to pay for their lessons. The most popular produce given to teachers was apples as they grow commonly in a variety of climates. Thus began the association with teachers and apples. It's also said to have been the fruit of knowledge.

Medicinal Uses

- Adding apple to your daily diet is a very easy way to fight against oxidative stress.
- Apple also contains a number of vitamins such as potassium, calcium, iron, magnesium, phosphorus and zinc.
- Apple contains 10-15% pectin, which is a soluble dietary fiber.
- It is recommended to eat a whole apple without peeling the skin off and without converting it into a juice to maximize the benefits of apple.
- The content of the phenolic compounds is higher in the peels and is thought to balance thyroid levels.
- Both apples and apple peels are completely packed with the goodness and richness of antioxidants. Two important antioxidants present in apple are vitamin C and beta-carotene.
- Apple leaves have cooling and astringent properties. I read that it is therapeutically used for stomach acid balance.
- A literature review of the benefits of apples published in the Nutrition Journal found that regular consumption of apples helps to reduce risk of chronic diseases such as cancer, heart disease, type 2 diabetes, and asthma as well as helping to increase weight loss and lung function. An apple a day.... as the saying goes.
- Apples are antibacterial and antiviral, astringent, and anti-inflammatory

Apple

M A L U S D O M E S T I C A

The tree originated in Central Asia, where its wild ancestor, *Malus sieversii*, is still found today. Apples have been grown for thousands of years in Asia and Europe and were brought to North America by European colonists. North American apple harvesting began with the settlers at Jamestown in 1607. They brought with them seeds and cuttings from Europe to make cider.

Magical Uses

- For fertility, the seeds can be planted and tended to with love.
- Dried apple seeds can be ground into a powder with a mortar and pestle and used as incense.
- Apples may be eaten, the juice shared in a chalice ritual cup, or offered as a libation when seeking knowledge.
- The Granny Smith apple is known as the witches apple.
- The Granny Smith apple is often used in abundance and money spells because of its green color of prosperity.
- A symbol of security, the apple is believed to elevate one's spirits, bring good fortune, abundance and happiness.
- Use an apple pentacle to represent earth on the altar.
- The apple is a symbol of abundance and bounty in many cultures—a plentiful apple crop means the rest of your harvest will be prosperous.
- Leave an offering of gratitude to the tree after apple picking.
- String dried apple chips in a garland to bring good energy and abundance into the home.
- Cover the 5 pointed star with a bay leaf for a simple wishing spell.
- Use a melon baller to scoop out the star inside the apple. Let it dry and use it as a reminder to believe in the magic of the earth.
- Use an apple (seeds within) as a fertility symbol.
- Bake with apples for kitchen witchery.
- Decorate with apples to evoke corresponding intentions.
- Give an apple as a gift of knowledge.
- Cast an apple into placid water and count the ripples. Even number=yes, odd number=no.

Mushroom

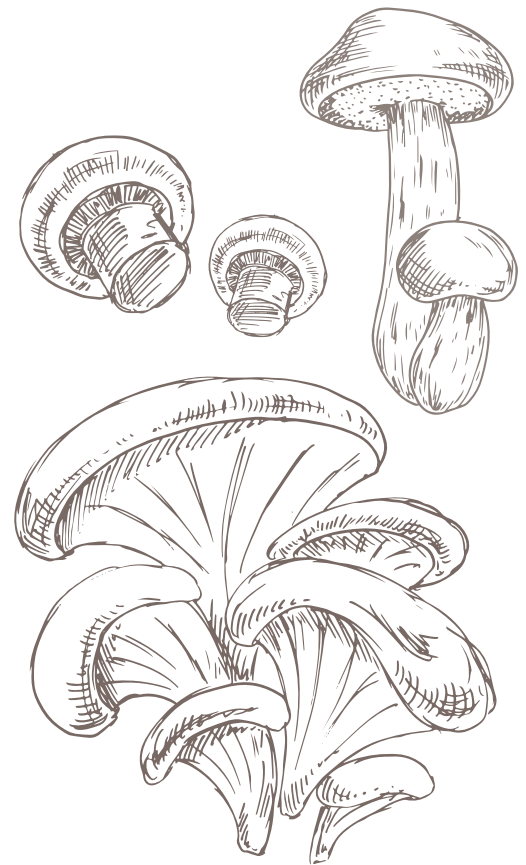
FUNGI/EUKARYOTE

Identification

Currently there are over 10,000 known types of mushrooms. Mycologists suspect that this is only a fraction of what's out there. These various species have 4 categories: saprotrophic, mycorrhizal, parasitic, and endophytic. Some good rules apply for avoiding poisonous mushrooms in the wild:

This is for educational purposes only.

- Avoid mushrooms with white gills, a skirt or ring on the stem and a bulbous or sack like base called a volva. This is to avoid the deadly members of the Amanita family.
- Avoid mushrooms with red on the cap or stem.
- Don't consume any mushrooms unless you are 100% sure of what they are. Please consult a knowledgeable source before foraging for mushrooms. Many safe to eat variety of mushrooms are cultivated and available.



Edible Uses

- Saute' for an easy side dish.
- Use mushrooms to make broth, especially if they are about to go bad or dry out.
- Mix them with parsley in almost any savory dish.
- Substitute for meat in pastas and hearty meals.
- Stuff them with rice, breadcrumbs, veggies, or meat.
- Use large mushroom caps as a base for marinara sauce and cheese.
- Try a different variety than you are used to. Some have great flavor and others offer texture.
- Add to soups for earthy flavor.

Mushroom

FUNGI/EUKARYOTE

Amazing Mushroom Facts:

- A single Portabella mushroom can contain more potassium than a banana.
- Mushrooms are made up of around 90% water.
- The mushroom is used in many cuisines throughout the world and it is known as the "meat" of the vegetable world.
- Mushrooms are genetically closer to humans than plants, having went their own genetic way 1300 million years ago.
- Fungi breath oxygen and exhale co2.
- More than 80% of the earth under your feet is mycelium.
- The mushroom is the tip of the iceberg, and is the fruiting body of the mycelium. The fruiting body makes up less than 5% of the organism.

In the Garden

Mushrooms grow from spores or spawn. The spores are dropped by the mature mushroom while a spawn is any substance that already has mycelium growing on it. Both spawn and spores will need a mushroom substrate to grow. Different species of mushrooms grow on different substrates. Some aggressive species like oyster mushrooms will grow on coffee grounds, while others require wood to digest for energy. After introduction of spores or spawn to substrate, there will be an incubation phase in a warm dark place for anywhere from a few weeks to a few months. This allows the mycelium to colonize the substrate and end up with a solid white mat of mycelium. The substrate is allowed to fruit after the incubation period is complete by exposing them to fresh air. Mist throughout the day to retain moisture. After a few days, pinheads (primordia) will form and will eventually grow into full-sized mushrooms.

Harvest

The timing of your harvest your mushrooms will depend on the species that you're growing. Usually is simply involves gently pulling or twisting the mature mushroom caps away from the substrate that they're growing on. Some species of mushroom can be harvested and will grow back several time. Each wave of new mushrooms is referred to as a flush.

Mushroom

F U N G I / E U K A R Y O T E

Low in calories and fat and cholesterol-free, mushrooms contain a modest amount of fiber and over a dozen minerals and vitamins, including copper, potassium, magnesium, zinc and a number of B vitamins such as folate. Among the antioxidant agents in mushrooms are; selenium, vitamin C, and choline. They contain vitamin D and are studied for their cancer fighting properties.

Medicinal Uses

- Maitake (*Grifola frondosa*): Modulating immune function. Beta-glucan polysaccharides found in maitake, known as “D-fraction” have been extensively researched for use in a range of immune conditions. Maitake may have hypoglycemic and hypotensive activity.
- Lion’s Mane (*Hericium erinaceus*): Best known as a nervous system tonic or trophorestorative. It shares the immunomodulant and anti-inflammatory activity of other mushrooms used in herbalism. Considered to strengthen the Stomach and Spleen, it is used for digestive support in Chinese medicine.
- Turkey tail (*Trametes versicolor*): Best known for its immunomodulant polysaccharides, which are used to increase the activity of innate immune function. In Chinese medicine, turkey tail is sometimes used when infections and inflammation are present in the digestive, urinary, and respiratory systems. Used to promote gut health through prebiotic properties.
- Reishi (*Ganoderma lucidum*): The common name “reishi” refers specifically to red reishi (*Ganoderma lucidum*), a single mushroom species that grows only in Northern Europe and parts of China. In addition to supporting the innate immune response, red reishi is traditionally used as a longevity tonic in Chinese medicine; among other properties, it is used to uplift the spirit and strengthen the heart.
- Cordyceps (*Cordyceps militaris*): In Chinese medicine, cordyceps have a sweet taste and neutral energetics. It is used to replenish the kidney, soothe the lung, stop bleeding, and eliminate phlegm. In addition to its use as an immunomodulant, cordyceps is also used in many instances of persistent fatigue, recovery after illness, and for support of respiratory, kidney, and sexual health.

Mushroom

F U N G I / E U K A R Y O T E

The consumption of mushrooms predates history. Mushrooms could not be cultivated early and were foraged for most of their history. Relatively few species of mushrooms can be cultivated compared to the number of edible species. Forty six hundred years ago, the Egyptians believed mushrooms to be plants of immortality; the Pharaohs decreed that only they could eat mushrooms. The Romans thought mushrooms were the food of the gods.

Magical Uses

- Mushrooms are associated with health, healing cleansing, longevity and great strength.
- Witches have long used fungi in their potions in Europe. Sorcerers and magicians in other cultures have also employed fungi. Species include the hallucinogenic and toxic varieties like *Panaeolus papilionaceus*, Witch's Hat (*Hygrocybe conica*), and Fly Agaric known as Witches' Mushroom.
- When soil is healthy, you might see a fairy ring (circle of mushrooms) pop up over night. In France, fairy rings were called Sorcerers' Rings and in Austria, Witches' Rings. In England, as the name suggests, they were places where fairies come to dance. The mushrooms around the perimeter were seats where the sprites could rest after their exertions. People in rural England claimed to have seen fairies dancing at fairy rings as recently as the start of the twentieth century.
- "When the moon is at the full, mushrooms you may freely pull. But when the moon is on the wane, wait till you think to pluck again."
- "The meadow mushrooms are in kind the best. 'Tis ill to trust in any of the rest."
- Dry mushrooms and use them in spell bottles or pouches.
- Make a tincture or healing potion with mushrooms.
- String mushrooms and hang them in your home for strength.
- Drink mushroom tea for a simple cleansing and grounding ritual.
- Grow mushrooms for longevity and health.

Sage

SALVIA OFFICINALIS

Identification

An edible herbaceous perennial herb in the mint family, common sage is a perennial plant, about two feet high with branching, shrubby stem. The leaves are oval and wrinkled of a grayish-green color that are sometimes tinged with red or purple. The 2-lipped flowers are blue with white and purple that peak in summertime.

Correspondences

Planet: Jupiter, Mercury, and sometimes the moon.

Element: Air, Earth

Zodiac: Aquarius, Pisces, Sagittarius, Taurus

Day: Thursday

Rune: Tyr

Tarot: Emperor



Intentions

Balance, Business, clairvoyance, comfort, concentration/focus, bless/consecrate, consciousness, divination, energy, fear, fertility, gratitude, grounding, guidance, harmony, healing, insight, knowledge, mental clarity, money, rid negativity, power, peace, purification, spirits, psychic ability, wisdom, wishes.

Sage

SALVIA OFFICINALIS

Edible Uses

- Fry in a pan with a little oil and use to top savory dishes.
- Use to infuse flavor into vinegar and oil.
- Sage is the key ingredient (alongside fennel) in sausage. Use the two to add a savory sausage flavor to foods.
- Chop and add to ice cube trays and top with olive oil then freeze to preserve and use later in cooking.
- Create a bundle or sachet to use in cooking. Tie with the green part of a leek.
- Rosemary, thyme, and sage are the perfect trio.
- Add to tomato sauce for extra flavor.
- Store dried sage in the same place as you store your potatoes to help them keep longer.

In the Garden

Enjoys sun and well-drained soil. Most varieties are winter hardy. Sow seeds up to two weeks before the last danger of frost. Plants grown from cuttings do better than those grown from seed. Russian sage adds an airy cloud of purple to the garden. Common sage (garden sage, culinary sage) gets woody and bushy and is really neat-looking. Give it its own corner of the garden because it will take over. White sage grows only in warm, arid regions. It requires low humidity and a great deal of sun and will not survive a winter frost so it must be grown indoors in northern regions, though it is not fond of pots. This herb has been over-harvested in the wild, so if you use it and you can grow it; do.

Harvest

Harvest sage lightly for the first year to allow the plant to get established. Then large bunches can be harvested and hung to dry. Prune garden sage after it flowers and then don't harvest anymore until spring so the plant has a month or two to recover and survive the frost.

Sage

SALVIA OFFICINALIS

Sage was used medicinally in Egyptian, Roman, and Greek medicine. It is now best-known as a culinary herb for the dishes of Autumn, from roast turkey to sausage stuffing to pumpkin soup. An Old World herb, Sage was brought to the Americas by colonists for use in their gardens and kitchens.

Medicinal Uses

- Sage tea has antiseptic qualities and makes a good gargle for sore throats.
- The botanical name coming from the Latin word "salvus," meaning "saved" or "healed".
- Contains large amounts of vitamin K and B vitamins, and is also rich in vitamin A, iron, calcium, magnesium, manganese, vitamin C, vitamin E, and riboflavin.
- Sage is also packed with antioxidants.
- It can be used topically to improve the health and appearance of skin, hair, and nails.
- Sage oil can be applied to hair or skin in order to cleanse the area and regulate oil production.
- Sage aids in the digestion of fatty foods and is therefore good for seasoning meats, especially pork.

Magical Uses

- An Italian proverb states, "Why should a man die when he has Sage in his garden?"
- Sage is used to promote wisdom and bring in good luck.
- It builds emotional strength and may help to heal grief. Magickally, Sage is associated with protection and the granting of wishes.
- It appears in countless spells of kitchen witchery, especially those stemming from European traditions.
- When crushed, the dried herb is added to purification incenses.
- To make a wish, write your wish on a sage leaf and sleep with it under your pillow for three days and then bury it.
- Add sage to spell bags to promote wisdom and to overcome grief.



Identification

- *Cinnamomum cassia*, aka cassia or Chinese cinnamon: The most popular variety in East Asia and the US, cassia cinnamon has dark, thick, and coarse quills in a double-spiral shape, and a bittersweet, burning-spicy flavor due to high levels of cinnamaldehyde. Its high essential-oil content makes cassia one of the more pungent varieties of cinnamon.
- *Cinnamomum loureiroi*, aka Vietnamese or Saigon cinnamon: Vietnamese cinnamon often gets lumped in with cassia cinnamon since they're more closely related to each other than to other varieties of cinnamon, but they're still different species. Vietnamese cinnamon may have the highest levels of cinnamaldehyde and coumarin (a flavor compound also found in tonka beans) of all the cinnamon varieties. *Cinnamomum loureiroi* flavors the broth for pho and other Vietnamese soups.
- *Cinnamomum burmannii*, aka Indonesian cinnamon: Native to Southeast Asia, Indonesian cinnamon is less spicy than cassia and Vietnamese cinnamon, but lacks the eugenol found in Ceylon cinnamon. Its thick quills are red-brown on the outside and gray-brown on the inside. Indonesian cinnamon is used in beef rendang.
- *Cinnamomum verum*, aka *Cinnamomum zeylanicum*, Ceylon, or true cinnamon: Native to Sri Lanka and popular throughout South Asia and Mexico, Ceylon cinnamon quills are thin, brittle, and smooth, with a single spiral that's tan on the outside and dark red-brown on the inside. In terms of flavor, it's more delicate than cassia cinnamon, with less cinnamaldehyde and more floral and clove-like notes (from linalool and eugenol, respectively). Try Ceylon cinnamon in Mexican dishes such as arroz con leche and carnitas.

Cinnamon

Correspondences Intentions

Planet: Sun & Mars

Element: Fire

Zodiac: Aries

Day: Sunday

Rune: Fehu

Tarot: Seven of Wands

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

Magical Uses

- Use it in a money sachet. Check out this mojo bag for inspiration.
- Hang it over the entryway. A bundle of cinnamon sticks over your front door protects your home from negative energy and the bad intentions of outsiders.
- One of the most versatile magickal spices, it can be added to energize any working.
- Burn it for purification. In powder or stick form, cinnamon is a powerful aid in purifying negative energy from a home or other space.
- Steep it into an infusion. Have a cup of cinnamon tea before divination for heightened psychic awareness and clairvoyance.
- Use it in food magic for a love spell. Bake it into a dessert, bless it for lasting love, and serve it during a romantic meal.
- Include it with your tarot cards or runes. Throw a stick into the bag that you keep your runes in, or fold in your tarot cloth to charge your divination tools with clairvoyant energy.

Cinnamon

Cinnamon has been in use by humans for thousands of years—as early as 2,000 B.C. Egyptians employed it as a perfuming agent during the embalming process, and it was even mentioned in the Old Testament as an ingredient in anointing oil. Evidence suggests it was used throughout the ancient world, and that Arab traders brought it to Europe, where it proved equally popular. Legend holds that the Roman emperor Nero burned as much as he could find of the precious spice on the funeral pyre of his second wife Poppaea Sabina in A.D. 65 to atone for his role in her death.

Edible + Medicinal Uses

- Cinnamon is a popular spice. It's high in cinnamaldehyde, which is thought to be responsible for most of cinnamon's health benefits.
- Cinnamon is loaded with powerful antioxidants, such as polyphenols.
- Cinnamon has anti-inflammatory properties
- Cinnamon helps fight bacterial and fungal infections
- It is better to use ceylon. All cinnamon should have health benefits, but Cassia may cause problems in large doses due to the coumarin content.
- Cinnamon is being studied for its antibacterial and antioxidant properties. Some of the most promising research is on blood sugar regulation.
- Brew cinnamon tea and drink it to aid in digestion, reduce inflammation, and add antioxidants.
- Try maple cinnamon almond butter, spiced almond butter or apple cinnamon peanut butter for a nut spread lightened up with applesauce.
- Cinnamon plays an important role in these curry powder, Jamaican Jerk seasoning, pumpkin pie spice, and Asian Five Spice seasoning blend recipes, and cinnamon is also an ingredient, along with its spicy friend allspice, in this pickling spice.
- Harness the antibacterial action of cinnamon in this homemade tooth powder or try a mouthwash of cinnamon tea.
- Cinnamon has long been used as aromatic potpourri in the home. Use it in a simmer pot on the stove or mixed with dried florals.

Rosemary

SALVIA ROSMARINUS | ROSMARINUS OFFICINALIS

Identification

Rosemary is a woody, perennial herb with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers in the spring and summer. Some are native to Asia and the Middle East, while others are native to the United States. This herb can survive both floods and drought.

Correspondences

Planet: Mercury, Moon, Sun

Element: Fire, Air

Zodiac: Aquarius, Aries, Leo, Sagittarius, Virgo

Day: Friday

Tarot: The Magician, The Devil



Intentions

Attraction, cleansing/banishing, comfort, communication, clarity, courage, creativity, empowerment, emotions, healing, love, luck, honesty, wisdom, increases psychic ability, banishes nightmares, protection, willpower, strengthens marriage, aids in sleep.

Rosemary

SALVIA ROSMARINUS | ROSMARINUS OFFICINALIS

Edible Uses

- Rosemary roasted vegetables or chicken is a favorite of everyone.
- Mix rosemary and lemon to roast with potatoes.
- Make garlic and rosemary baked artichokes.
- Pairs well with fish and poultry.
- The perfect companion for herb bread.
- Old friends: rosemary, thyme, and sage
- Chop up and add to a salad for a refreshing flavor.
- Whip with softened butter to make herb butter.
- Make rosemary salt for delicious and magickal seasonings.
- Use to infuse olive oil and vinegar

In the Garden

Rosemary may be propagated by cuttings taken in early summer from a non-flowering branch. Alternatively, rosemary can be cultivated from seed. Choose a sheltered spot with full sun and well-drained soil. Rosemary tolerates clipping well and can be easily pruned into a pleasing shape. If there is ever a danger of freezing, the plant should be brought indoors until the danger has passed, but make sure it gets plenty of sun while indoors and take care not to overwater. Sometimes rosemary will appear to die after it has been brought indoors but will perk up when it is taken out again. The leaves can be plucked, or the branches cut at any time. Rosemary likes regular pruning. Rosemary is a good companion plant for cabbage, beans, sage, and carrots. It helps to keep away moths, bean beetles and carrot flies.

Harvest

Use fresh or hang to dry in bunches still on the branch. Dried rosemary should be added early in the cooking so the flavors can infuse the dish.

Rosemary

SALVIA ROSMARINUS | ROSMARINUS OFFICINALIS

Medicinal Uses

- An infusion of rosemary makes an excellent hair rinse, gradually covering gray hair, and adding strength and shine to any color hair. It also helps reduce dandruff and stimulate hair growth.
- Rosemary oil rubbed into the ends of the hair will also help reduce split ends.
- Rosemary oil massaged into the scalp is believed to prevent baldness and stimulate hair growth.
- Massaging the body with rosemary oil will increase circulation, relieve aches and pains and warm the limbs.
- Used as a toner, rosemary will help bring blood to the surface of the skin and acts as an antiseptic and astringent.
- Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation.
- Rosemary is considered a cognitive stimulant and can help improve memory performance and quality.

Magical Uses

- Rosemary is useful for ritual baths, and for making sacred herbal water for ritual cleansing, blessing, and purification. Bathing in rosemary will enhance your memory and will make you more memorable to those you meet throughout the day.
- Use rosemary in spells to enhance memory, including those spells for success in school. Also, use for spells to retain youth and burn as incense when you are meditating or doing dream work to remember your past lives.
- Place rosemary under your pillow to help you to remember your dreams and to keep away nightmares and other unwanted nighttime visitations.
- Rosemary may be used in handfasting ceremonies in a variety of ways. It can be carried or worn by the bride and/or groom to symbolize love and loyalty and it may also be gifted to guests for the same purpose. If a bride and groom plant a rosemary plant together on their wedding day, they can watch it as it grows to divine the family's fortune.

Bay Laurel

L A U R U S N O B I L I S

Identification

Bay is an evergreen shrub (often referred to as a small tree) native to Asia Minor and areas around the Mediterranean. It has shiny oval leaves, pointed with dark green on top with a lighter underside. Flowers, which appear in clusters in the spring are yellow and are followed in female plants by small black or purple berries. In the wild it can grow up to 60 feet tall, but cultivated outside its native habitat it only reaches 3-10 feet in height.

Correspondences

Planet: Sun

Element: Fire

Zodiac: Leo

Day: Sunday

Tarot: The World, Wands



Intentions

Manifestation, prosperity, wishes, banishing, healing, protection, love, success, cleansing, dreams, psychic development, cord-cutting, releasing, or letting go of.

Bay Laurel

LAURUS NOBILIS

Edible Uses

- Bay leaf is a popular culinary herb. It is slightly bitter and strongly aromatic. It shouldn't be eaten whole.
- Add it to soups, stews, roasts, sauces, and other dishes that simmer for a while and remove it just before serving or add to a bouquet garni. This allows the flavor to infuse into the dish. For a stronger flavor, the leaf can be crushed and added to dishes.
- It also makes a good pickling spice as it contains tannins that help to keep pickles or other fermented foods crispy.
- Laurel berries have a robust flavor all their own and can be used to flavor meats and sauces.
- While most herbs should be added at the end of cooking for the best effect, bay imparts the best flavor when simmered for a long time. The leaf should be removed before serving.

In the Garden

Bay laurel requires mild climates and will only grow well outside year-round in zones 8-10. It does make an attractive container plant, however, and doesn't get too big. Folklore says that growing bay laurel as a houseplant will protect your home from lightning strikes and disease. It must have 4 hours of direct sunlight a day and be kept relatively cool. The soil should be rich and well-drained and allowed to dry out between watering but should receive a little extra water in the springtime. Bugs don't seem to bother this plant too much. It makes an excellent hedge and responds well to pruning. The plant can be propagated easily from cuttings.

Harvest

Harvest the leaves as needed once the tree is established. This is one herb that's better dried than fresh, as the fresh leaves are much more bitter. They may be pressed to dry as you would press flowers. Properly dried leaves are bright olive green. Store them in darkness in an airtight container. Throw them out after two years, or when they turn brown, whichever comes first.

Bay Laurel

L A U R U S N O B I L I S

Medicinal Uses

- Bay laurel has verified bactericidal and fungicidal properties.
- The essential oil can be added to massage oils for arthritis and muscle aches and pains. It can also be added to salves for bruises, itching and other mild skin irritations.
- A poultice of the leaves and berries simmered till soft, can be placed on the chest to relieve head and chest colds.
- A tea made of the leaves and/or berries aids in digestion helps to rid the body of impurities and makes a good general health tonic. It is particularly helpful to women who are having trouble urinating after childbirth.
- Pregnant women, however, should not use bay laurel beyond the little bit we might use in cooking.
- Tea can also be used to calm the nerves.
- Adding bay laurel to your bath tea aids with vaginal infections, perineal healing after childbirth and urinary tract infections.

Magical Uses

- Bay leaves may be added to any spell or potion designed to enhance psychic ability and is a great addition to a psychic dream pillow.
- Laurel wreaths may be worn by healers during healing ceremonies and while treating the sick
- Bay leaf can also be burned in the sick room after the illness has passed to purify it and drive out any residual sickness vibes.
- Bay laurel may be carried to protect against any number of misfortunes and to bring luck.
- It is said that if you write a wish on a dried bay leaf and then burn it and your wish will come true.
- Place a bay leaf on your tarot deck to enhance readings.

Maple

ACER CAMPESTRE

Identification

Most maples are trees that grow anywhere from 10 to 40 feet tall. They have characteristic lobed, palmate leaves and “winged” fruits called samaras in the Spring. The leaf arrangement is opposite. Maples flower in early Spring or late Winter and are valuable early food sources for pollinating insects. They have four or five very small petals and sepals, four to ten stamens and two long pistils, or one pistil with two styles.

Correspondences

Planet: The Moon and Jupiter

Element: Water

Zodiac: Cancer, Libra, Virgo

Celebrations: Mabon, Ostara

Day: Thursday

Tarot: Wands



Intentions

Abundance, balance, communication, connections, creativity, divination, freedom, longevity, love, money, prosperity, self-work, support, transformation, warmth, wisdom.

Maple

ACER CAMPESTRE

Edible Uses

- Maple wood is useful for smoking and curing meat.
- The sap of the sugar maple can be boiled down to make maple syrup, maple sugar, and maple candy.
- It's often used in place of refined sugar.
- Upgrade popcorn with sweet maple syrup and smoky bacon.
- Use in place of molasses in baking.
- Drizzle over root veggies before roasting.
- It's the perfect secret ingredient in pumpkin soup and chili.
- Use it to sweeten granola when making it at home.

In the Garden

Maple seeds carried in fun, helicopter-like fruits called samaras, which have wings designed to carry them some distance away from the mother tree. These can be gathered and planted and will often grow quite well. Most need to be stratified first, either through cold stratification or by using a file to wear down the hard outer shell. Maples can take up to six months to germinate and can be troubled by root rot when young. Keep young maple trees in a sheltered, semi-shaded area.

Harvest

Knowing when to tap the tree is key to collecting enough sap to make syrup. While most people think of maple as a fall flavor, maple sap is actually a late Winter or early Spring harvest. Sap collection begins when overnight temperatures are below freezing and above 40°F during the day. Around here that can be as early as mid-February, with the most sap collected when temperatures are in the 20s overnight. Typically, the season for sap collection is 4 to 6 weeks. Making syrup is quite easy once you've collected enough sap (at least 10 gallons of sap to make 1 quart of syrup).

Maple

ACER CAMPESTRE

Medicinal Uses

- The inner bark has been used as an expectorant and cough remedy.
- The bark and leaves have antioxidant properties.
- Maple sap (also called maple water) comes from the sugar Maple (*Acer saccharum*) and contains many trace minerals including Potassium, Magnesium, Iron, Copper, Zinc, Manganese and Calcium, antioxidants, polyphenols, electrolytes, over 50 different micronutrients, and some sources even say prebiotics.
- Early American colonists used maple sap for rheumatism, arthritis, inflammatory conditions, and as a treasured spring tonic.
- It is also said to have mild anti-bacterial properties.
- Maple sap is used as a strengthening health tonic for cleansing and to strengthen the bones.

Magical Uses

- Use maple syrup or sap in a spell to sweeten the working.
- Pick up branches after a storm to make wands and staves.
- Maple is useful in moon magic and in spells related to travel, learning and decision-making, especially in matters related to bringing about or dealing with change.
- Maple is also useful for spiritual healing.
- Maple syrup may be used in Kitchen Witchery for love spells and spiritual healing or soothing the psyche.
- Add to a healing tea for longevity.
- Add to money workings for abundance.
- Use the green leaves to decorate in the Spring and Summer and the red leaves in the Fall to honor the seasons.
- Use the seeds to represent Earth and Air on your altar or in a working.
- Plant one of the seeds along with your manifestation on the New Moon.