

Nov - Dec 2021

THE ESSENTIAL HERBAL
Celebrate!



Free,
Shareable
Sampler

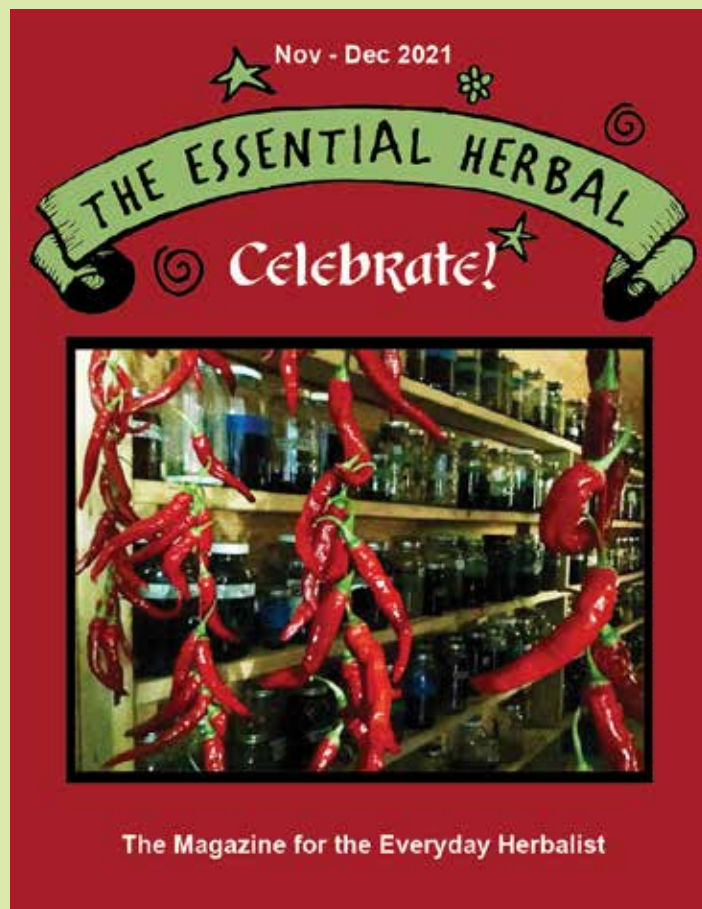
The Magazine for the Everyday Herbalist

Hello,

We've created this shareable sample so that you can see what kinds of things we do around here. Each of these little excerpts come from full articles. The ashwagandha chai is from a fabulously informative article from Kristine. Alicia sent a number of delicious options for breakfasts to make holiday morning memories just a little more special. We had a group article (from the Essential Herbal facebook group) with how-tos for DIY gift making that included the magical tea, and Kathy clarified a bunch of easily confused horticultural terms. That's just scratching the surface! There was an article on chaga, one explaining how elderberry works, how to make firestarters, herbs for cats, straw bale gardening, glorious ginger carrot soap, and more. The Essential Herbal is always full of wonderful ideas, recipes, crafts, and information, but more than that, we are a friendly place to learn. We hope you enjoy this taste of our magazine!

Tina & Maryanne

To subscribe, www.essentialherbal.com



ASHWAGANDHA CHAI

Kristine Brown RH (AHG)

If you'd like to mix it up a bit, a cup of this chai is a perfect change from a basic cup of Ashwagandha. This is a really good blend to help with digestive issues as well.

2 C Ashwagandha roots
6 T Fennel or Anise seed
1 T green Cardamom pods
1 T Cloves
1 T dried Orange peel
6 Cinnamon sticks crushed
2 T dried Ginger root
1 1/2 t black Peppercorns
12 Bay leaves broken into pieces
Cream
Honey



Mix the ingredients together in a quart jar, shaking and stirring until well mixed.

To make the chai:

Add 1/4 C mixture to 2 1/2 C of water, bring to a boil then simmer for 20 - 30 minutes.

Add cream and honey to taste

FAMILY THYME COFFEE CAKE WITH LAVENDER

Alicia Allen



1-1/2 sticks of butter (melted)
1-1/4 C of sugar
2 eggs
1-1/2 C of self rising flour
Pinch of salt
1T fresh thyme, stripped from stems and chopped fine
1 T dried lavender flowers
1 t Almond Flavoring
1/4 C sliced almonds
2 T sugar

Preheat oven to 350°F.

Line a 10" iron skillet with foil, large enough to use sides for handles to lift out when done.

Add lavender to butter sticks in glass bowl.

Melt butter for 2 minutes. Set aside for 5 to 10 minutes.

By hand, stir melted lavender butter and sugar together until smooth.

Beat eggs, one a time. Add each egg, after beating.

Stir in flour, salt, thyme and almond flavoring.

Pour batter into foiled lined skillet.

Sprinkle sliced/slivered almonds on top and sprinkle w/sugar.

Bake 30 minutes.

Be careful not to overbake for it will become dry.

Remove immediately from skillet and cool on rack. When cool, remove foil.

MAGICAL WINTER TEA

Maryanne Schwartz, www.LancasterSoaps.com

A nice gift especially for friends with kids.

1 part white tea

1 part blue butterfly pea tea

1 part peppermint

Package in a sparkly bag with instructions:

1 t of tea blend per cup of hot water

Steep 3 to 5 minutes

Squeeze lemon juice into the tea and watch it turn from bright blue to deep purple!

I think I might blend some of that up for us right now!



HERB VS. ORNAMENTAL

Kathy Musser, CloverleafHerbs.Blogspot.com

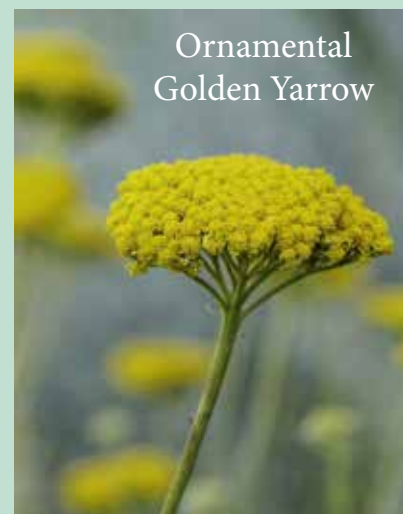
In this case, the differences between terms is accompanied by some overlap and subjectivity. Herbs are often referred to as the useful plants because one widely accepted definition calls them plants with a culinary, fragrance or medicinal use. Ornamental plants are grown strictly for the ornamental value of their flowers, foliage, bark or even seedheads. But there are

many herbal plants with ornamental foliage, like sage, rosemary, scented geraniums among many, or flowers - pineapple sage, lavender, nasturtium, St.

John's wort, etc. Also, some plants generally considered as ornamental garden plants, like roses, yarrow and sweet woodruff, have herbal uses. This overlap in garden usage means that herbs and ornamental plants work well as garden companions, as long as they are culturally compatible.



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Herbal Roots
zine

Each issue is packed with songs, stories, poems, crafts, puzzles and games to make learning fun.

Traditionally, knowledge was passed down from the elders through story and song. Herbal Roots zine honors this tradition to bring herbal learning alive and memorable.

The real magic is in the play!

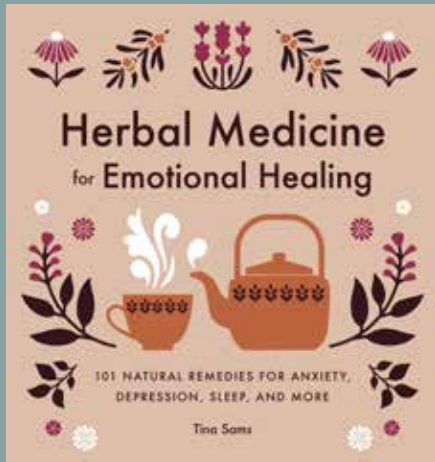
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