

### **Dandelion Mocha (by Kami McBride)**

Simmer 3tbsp roasted dandelion root and 1 tbsp raw cocoa nibs or chocolate in 3 cups of water for 30 minutes.

Strain and add,

1/2 cup milk or almond milk,

1tbsp maple syrup or honey

1/2 teaspoon cinnamon powder

1/2 teaspoon vanilla extract

A dash of nutmeg or clove powder.

Reheat if necessary.

Add a little coffee if desired.

### **Vinegar compress for Swollen Joints.**

3-4 tbsp sage leaves

3-4 tbsp yarrow leaves

3-4 tbsp plantain leaves

500ml malt vinegar

Roughly chop leaves and cover with vinegar.

Leave for about 2 weeks, strain and bottle.

To use,

Heat a piece of cloth, muslin, cotton, squeeze out excess water, splash on the vinegar brew and apply to sprains, bruises etc. refresh compress a few times as it gets cold.

Can also be used as a cold compress for swollen joints or tension headaches, keep brew in the fridge.

### **Herb Butter for Migraine Prevention** (James Wong recipe)

Finely chop,

3teaspoon fresh feverfew leaves (20leaves approx)

2 teaspoon fresh tarragon

2 teaspoon flat parsley

1 teaspoon lemon zest

2 teaspoon powdered ginger

Mix into 100g of butter at room temperature, add salt and pepper to taste.

Put mixture on grease proof paper and roll into sausage shape.

Make into 7 equal sized pieces for a week's supply.

Seal ends and refrigerate. Keeps for a week in fridge, 6 months in freezer.

### **Violet Ointment**

Shippard p345

Bring to boil 1/2 cup violets and 1/4 cup water.

Steep for 10 minutes.

Gently melt 2 tbsp wax, remove from heat and add 1/2 tbsp almond oil (or other) and the squeezed juice from the steeped violets. Pour into small jar.

Shipard page 267

### **Pigweed/ Purslane Soup.**

Simmer for 5 minutes in large saucepan,

2 large handfuls pigweed coarsely chopped

1 large potato finely diced

1 large chopped onion

6 cups chicken stock

Salt and pepper

Blend till smooth.

Reheat and add 1 cup of milk.

Serve with a swirl of cream (optional).

### **Sugar Moisturizing Body Scrub.**

100g brown sugar

5ml oil of your choice

18ml infused oil, chickweed for dry skin.

5ml castor oil (optional, makes scrub more spreadable and draws out impurities).

20-25ml essential oil of your choice.

Use on dry skin in circular motion, rinse off well. **Stand on a towel in bath as it get slippery.**

Mix in a jar. Makes a lovely gift in a special jar.

**Note.** Other oils for skin type are rose for mature skin, calendula for normal skin and chamomile for sensitive skin.