

The Hedgerow Handbook Recipes Remedies And Rituals

The charismatic Seed Sistas distill over 20 years of clinical and teaching experience into an easy-to-use comprehensive system of herbal medicine. This book empowers readers to take charge of their own wellbeing by reconnecting them with their local plants, and with the land, the elements and the seasons. "A unique mix of knowledge and wisdom, respect and irreverence" - Bruce Parry This book has been written for anyone who has heard the whispers of the wild and has been stirred to know more, for those with a political conscience and for lovers of the outdoors. Whether you are new to the ways of herbs or already a practising herbalist, it explains how you can take your physical and mental health into your own hands using the plants that grow around you. Sensory Herbalism is a unique system of health devised by the Seed Sistas over 20 years of practice. It combines traditional herbal knowledge with an understanding of how the elements (water, fire, air, earth and spirit) and the ever-changing seasons interact with the human body. Their approach blends science, medicine, creativity, ritual, magic and fun into practical, easy-to-use tools that guide readers in developing their own relationship with plants. Illustrated with 140 artworks, photographs and diagrams, the book offers a revolutionary understanding of how to get to know and use your local medicinal plants. Understand plants better than ever before using the five tools of Sensory Herbalism: observation through the senses, intuition, interpretation,

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

characterization and the poetic creation of plant dreams. Embark on a guided journey through the year, deepening your knowledge of each season's featured plants and enhancing your wellbeing with herbal medicines, nutritious recipes and healing rituals. "The foodie book of the year" The Spectator "An inspiring book for city dwellers who pine for the bounty of a countryside hedgerow' Sunday Times 'The forager's magic trick; To conjure a meal out of seemingly nothing and ensure you never look the same way at a neglected green space again' Daily Telegraph 'I love the idea that I could pick up dinner from a local park rather than from a shop on the way home. A book about urban forging could so easily have been worthy, but it's an entertaining read with recipes: get ready for nettle tempura...' Delicious magazine 'A man after my own heart.' Mark Hix 'That is the final act of the forager's magic trick. To conjure a meal out of seemingly nothing, and ensure you never look the same way at a neglected green space again' The Telegraph Once you start foraging, you'll never look at the city around you in the same way again. As we walk through the city with our headphones in or our eyes glued to screens, it's easy to forget that we are surrounded by wonderful things to eat. Our parks, pathways, gardens and wild spaces are crammed full of delicious, nutrient-rich plants; all we need to know is how to find them. From dandelions to winter cress, wild garlic to chickweed and ground ivy to water mint, this book takes us through a year of delicious, foraged food. Each entry is illustrated in colour to help you identify the plant and followed by a recipe using these remarkable ingredients. In The Edible City, urban

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

forager John Rensten gives us the tools to identify, source and cook delicious food from the year-long bounty around us, whether that's nettle and three-cornered leek gnocchi, winter purslane pesto, or stinging nettle tempura. This account of a year of urban foraging is perfect for any nature lover or home cook looking for exciting new ingredients to experiment with.

The hedgerow in summer is a fascinating place, laden with an abundance of herbs and wildflowers, many of which are loaded with medicinal value or can be eaten, or both. This book will take you on a journey around the verges, hedgerows, and forest edges in the summer, introducing you to a range of some of the more commonly found, easy-to-identify plants that are available around most of the UK, Europe, and parts of North America, as well as providing a selection of useful medicinal and edible recipes, most of which are easy to follow, simple to use and, in the case of the food recipes, delicious. This book aims to encourage and engender a love of our native plants and their many uses and hopes to encourage you to gather your favorites, make your own medicine, and perhaps even turn over a small part of your garden to growing some of these wild, native plants, so beloved by butterflies and bees.

Learn to forage in the hedgerows like the herbalists of the past. Discover how to make delicious preserves, healing balms, soothing toddies and cures for colds with nature's jewels such as rose hips, elderberries and mugwort. This sustainable and ethical art is also laced with fascinating folklore and steeped in history. With photographs to help you

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

safely identify edible plants, advice on what is available each season and how best to prepare and preserve your finds, this is the essential guide to enjoying the bountiful delights of the hedgerows.

The Guilt-free Gourmet is for anyone who's trying to eat more fruit and vegetables and reduce their intake of sugar and saturated animal fats but isn't willing to compromise on the flavour and enjoyment of their food. This cookbook is not about denial; it's approach to cooking and eating simply swaps the 'bad for you' ingredients for natural and healthy alternatives that achieve the same decadent results without the negative impact on our waistlines, energy levels, health and wellbeing. Recipes range from simple sharing plates to Foods from Afar such as Thai curry and fiery Korean noodles to Japanese tempura and Moroccan tagines. There are Light & Fresh dishes such as Globe Artichoke, Fennel & Rocket as well as Comfort Food recipes including Beetroot Burgers with Mustard Mayo and a velvety Aubergine & Tomato Gratin. With ideas for Home Baking and Sweet Treats, Jordan and Jessica Bourke combine their expertise as a chef and nutritional therapist to prove that you can have your cake and eat it.

Recipes, Spells, and Wisdom from the Hedgerow Once upon a time the witch held a place of esteem in the village; her knowledge of local plants and wayside herbs were used to heal; her wisdom and empathy made her the village matchmaker and marriage counselor; and her ability to commune with nature and animals gave her a place of revelry and wisdom. She was the Hedgewitch. Aimed at the busy witch, who is both

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

breadmaker and breadwinner, this book revives the spirit of the Hedgewitch and teaches you how to make every day one full of wisdom, healing, and magic. For the practicing or would-be witch whose life is more jeans, chaos, and the never-ending question of what's for dinner than it is black robes, cauldrons, and incantations, Mandy Mitchell has a recipe for you! "I want to demonstrate how daily chores can become magical rituals with the potential to enrich and transform your life—everything from the way we form relationships with our families and friends to cooking, cleaning, and healing."—from the introduction Journey through the wheel of the year with one eye on the kettle and the other on the magical!

'He writes so engagingly that it's hard to imagine that actual foraging can be more attractive than reading his accounts of it. ...[This book] is a treasure. It is beautifully produced, designed and illustrated.' - John Carey, The Sunday Times Look out of your window, walk down a country path or go to the beach in Great Britain, and you are sure to see many wild species that you can take home and eat. From dandelions in spring to sloe berries in autumn, via wild garlic, samphire, chanterelles and even grasshoppers, our countryside is full of edible delights in any season. John Wright is the country's foremost expert in foraging and brings decades of experience, including as forager at the River Cottage, to this seasonal guide. Month by month, he shows us what species can be found and where, how to identify them, and how to store, use and cook them. You'll learn the stories behind the Latin names, the best way to tap a Birch tree, and

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

how to fry an ant, make rosehip syrup and cook a hop omelette. Fully illustrated throughout, with tips on kit, conservation advice and what to avoid, this is an indispensable guide for everyone interested in wild food, whether you want to explore the great outdoors, or are happiest foraging from your armchair.

From the Sunday Times bestselling authors, The Happy Pear 'My go-to for incredible vegan recipes' Joe Wicks 'Awesome plans that show how plant-based food can transform your health' BOSH! _____

_____ Want to improve your health, lose weight or gain more energy? A plant-based diet might be the answer you're looking for. The Happy Health Plan brings you 90 brand new, mouth-watering recipes and four bespoke meals straight from the Happy Pear kitchen. The recipes have been specially designed with medical experts to look after your heart, give you glowing skin, calm your gut and help you lose weight, without counting a single calorie. Cooking with more plants means that every meal is full of fibre, high in vitamins and low in saturated fat, which means they boost your energy, reduce cholesterol and keep you fuller for longer. Including lots of classic dishes, from a creamy carbonara to a katsu curry, a fluffy pancake stack and even a berry crumble, this book will help you to look after your whole body health, inside and out, with tastier food than ever before.

"The exciting thing about this book is the number of unusual flavours and species it highlights" (Andrew Fairlie, Gleneagles) This inspirational guide is bursting with

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

invaluable know-how on Scotland's wild harvest, covering what, where, when and how you can use your bounty in sustainable ways - from the most useful and widespread of species to the less well-known, and from leaves and berries to saps, seeds, seaweeds, mosses and wood. Recipes from Scottish kitchens include nettle brose, blaeberry muffins and creative dishes from a surprisingly wide range of species. Learn how to begin or extend a repertoire of wild foods and materials that can be used as dyes, remedies and around the home.

Learn how to make the most of your common garden plants like the herbalists of the past. Unlock the sustainable and ethical art of the apothecarist, and explore its rich folklore and history. Discover the hidden delights in your own garden and how to use them to make delicious edible treats, herbal cures and restorative beauty products. With photographs to help you safely identify edible plants and tips on how best to prepare and preserve your finds, this is the essential guide to enjoying the home-grown riches of your garden.

In Kitchen Medicine the authors describe the wealth of healing and emergency remedies that sit unused and idle in the kitchen. Superb illustrations adorn a lively text. The ingredients are all easily found in the kitchen although in some cases they are exotic in origin (just think of tea, coffee and chocolate).

By using local wild plants and herbs, this book aims to improve health the natural way. The authors provide clear instructions about which plants to harvest, when, and over

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

120 recipes showing how to make them into teas, vinegars, oils, creams, pillows, poultices or alcohol-based tinctures.

The Witch's Garden describes over 50 of the world's most powerful, harmful, legendary and storied plants – from the screaming mandrake to calming St John's Wort, to predicting the weather with seaweed, the creation of salves for broken hearts, sore heads, protection from evil spirits and to even induce immortality. Wise women, apothecaries, witches, herbalists: whatever you like to call them, those who cultivate plants for their apparent mystical properties have existed for thousands of years. The Witch's Garden tells the story of our folkloric fascination with these magical specimens, documenting the beliefs and rituals surrounding the natural world. Illustrated with pages from herbals held within the archives of the Royal Botanic Gardens, Kew, along with botanical illustrations and archival images depicting magic and mayhem, The Witch's Garden beautifully evokes the bewitching nature of mysterious plants.

A time when butchers and executioners knew more about anatomy than university-trained physicians – travel back to a time of such unlikely remedies as leeches, roasted cat and red bed-curtains

Discover the flavors and uses of common wild plants with this herbalist guide featuring recipes and tips on foraging right outside your door. When we think of wild plants with medicinal or culinary benefits, we typically think of something exotic and obscure. But many of the plants growing in our own neighborhoods can be just as useful and tasty as

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

anything sold in a health food store. In *Herbal Adventures*, herbalist Rachel Wolf reveals the properties and uses of ten common plants—including chickweeds, dandelions, catnip and others. With the tips and recipes in this book, you can enjoy delicious homemade soda, flower petal pancakes, chickweed pesto, or your own herbal tea. Plus you'll be able to make a soothing balm for cuts and scrapes, syrup to quiet your cough, a rejuvenating herbal hair rinse, and much more! "A real gem . . . a perfect beginners' book no matter your age." —Rosemary Gladstar

This detailed guide to medicinal herbs for horses shows how they can help in the treatment of a wide range of common ailments, written for the new generation of horse owners seeking a more natural approach to their horse's health. Providing an A-Z of common ailments and conditions, from allergies to wounds, as well as depicting how one can safely and effectively treat these ailments with herbal medicine. In doing so, it draws on the latest research in herbal medicine as well as traditional plant-based remedies; it is full of tried and tested advice. Throughout, the author underlines the importance of veterinary consultation, and explains how certain herbs can be used to complement and support conventional treatments.

A wonderful guide to finding and using these natural ingredients—for teas, cooking, and more. Exquisitely illustrated with full-color paintings of all the plants and herbs in the book, *Edible Wild Plants & Herbs* is both a cookbook and a field guide to the identification and use of foodstuffs from the wild. There are almost

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

four hundred recipes covering nearly one hundred different plant varieties, and the illustrations—drawn from life by a leading botanical artist—show the edible parts of the plants at their peak time for picking. In addition, there is a calendar indicating what plants to look for at each season of the year, and information on where the plants are found and how to identify them. Covering plants from dandelion and sorrel to sea beet and samphire, this is both a cookbook and a field guide to the identification and use of foodstuffs from the wild. In the past, the home kitchen provided a family with all its medicines and cosmetics as well as its food, wine, pickles, and preserves. Our ancestors were resourceful and imaginative and very much in tune with nature; this book recaptures their harmonious, sustainable way of life by setting down for the modern reader all that knowledge and lore, plus recipes for soups, sauces, main dishes, salads, pickles, jams, and sorbets, as well as teas, syrups and lotions. Note to the reader: This is a fully revised and updated edition of the book previously published as *All Good Things Around Us*, and includes new recipes and information.

Since the beginning of human history, our roots and those of the hedgerows have been intimately entangled. Often forgotten amongst the hedgerows, the 'wild weeds' still offer amazing medicines, delicious food and fascinating legends of our past. In this unique book, Jo Dunbar shows us which plants to pick (or avoid!)

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

and how to use them.

Discover the therapeutic properties of more than 140 medicinal herbs such as turmeric, elderflower, and ginger root with Herbal Remedies Handbook. Take charge of your health and wellness naturally with tried-and-tested plant-based home remedies. Reliable, authoritative, and accessible, it's packed with expert advice and know-how on essential herbal remedies, including crucial safety and dosage information you can trust. If you've ever wondered how to treat a cold with Echinacea tea or boost your brainpower with ginkgo biloba, then let Herbal Remedies Handbook be your guide. Learn how to prepare effective remedies at home with step-by-step instructions for making herbal teas, decoctions, and tinctures. Identify how to treat more than 50 common conditions including headaches, hay fever, and the symptoms of menopause with at-a-glance charts on remedies for home use. Compact and easy to understand, it's the guide every home herbalist needs - let it be your trusted companion on your journey to natural health and wellness.

Stinging nettles are, for many of us, nothing more than persistent weeds with a painful sting. But apart from having an important role in the web of life, nettles are an incredibly useful plant to mankind. They have been put to myriad uses by our ancestors, and many of these are still valid today. Already stinging nettle

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

products are growing in popularity in the field of alternative medicine, as their wide range of health benefits becomes better known. This unique book explores the diverse uses of this fascinating plant - in the garden and the kitchen, for their medical and fibrous properties and so on. It is packed with practical suggestions, as well as a guide to the botany of stinging nettles, and how to collect and store them. For example, you will discover how to use nettles to: make a liquid plant fertiliser brew an unusual beer make a dandruff treatment protect beehives flavour an omelette make friendship bracelets repel flies naturally make green or yellow fabric dyes keep yourself warm in the winter and much more ... The many health benefits of taking nettles in various forms include relief from: hay fever and other allergies; acne and other skin conditions; arthritis and rheumatism; asthma; stress; high blood pressure; depression; enlarged prostate gland. The book also features Digital Nettle Art!

Discover the wonders of wild food, from berries to fresh salad leaves to nuts and hips ; all of which are wonderful foods free on our doorstep. The authors behind the Wild at Heart company show you how to identify and cook a range of wild foods. How to use wild foods creatively in 100 easy recipes: from jams, jellies and chutneys to starters, main courses, cakes, puds, cocktails and cordials Learn to forage in the hedgerows like the herbalists of the past. Discover how to

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

make delicious preserves, healing balms, soothing toddies and cures for colds with nature's jewels such as rose hips, elderberries and mugwort. This sustainable and ethical art is also laced with fascinating folklore and steeped in history. With photographs to help you safely identify edible plants, advice on what is available each season and how best to prepare and preserve your finds, this is the essential guide to enjoying the bountiful delights of the hedgerows.

Step back in time to medieval London to find out about the lives of those working and living there.

Unlock the lost and hidden meanings of the world's ancient and modern signs and symbols with the latest in the hugely popular series of 'Element Encyclopedias'. This is the biggest A-Z reference book on symbolic objects you'll ever find.

In the seventh of the River Cottage Handbook series, John Wright explores the culinary delights of the British hedgerow. Hedgerows, moors, meadows and woods - these hold a veritable feast for the forager. In this hugely informative and witty handbook, John Wright reveals how to spot the free and delicious pickings to be found in the British countryside, and how to prepare and cook them. First John touches on the basics for the hedgerow forager, with an introduction to conservation, safety, the law, and all the equipment that you may need. Next he guides you through the tasty edible species to be found. Each one is accompanied by photographs for identification, along with their conservation status, habitat, distribution, season,

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

taste, texture and cooking methods - not forgetting, of course, some fascinating asides and diversions about their taxonomy and history. Fifty species are covered, including bilberries, blackberries, raspberries, common mallow, dandelions, hedge garlic, horseradish, pignuts, nettles, sloes, sweet chestnuts, water mint, bulrushes and wild cherries. After this there is a section describing the poisonous species to steer clear of, with identifying photographs as well as warnings about nasty 'lookalikes'. Finally, there are thirty delicious recipes to show how you can make the most of your (edible) findings. Introduced by Hugh Fearnley-Whittingstall, Hedgerow is an indispensable household reference, and an essential book to have by your side for every trip into the countryside.

We may all know that dandelions make us wet the bed, and that stewed prunes are a cure for constipation, but how many of us were aware that a poultice of chicken manure is a remedy for baldness? Or that eel liver will aid a difficult labour? The woman healer is as old as history. For millennia she has been doctor, nurse and midwife, and even in the age of modern medicine her wisdom is handed down in the form of old wives' tales. Using extensive research into archives and original texts, and numerous conversations with women in city and countryside, Mary Chamberlain presents a stimulating challenge to the history of orthodox medicine and an illuminating survey of female wisdom which goes back to the earliest times. What are old wives' tales? Where do they come from? Do they really work? These questions, and many more, are answered in this fascinating compendium of remedies and cures handed down from mother to daughter from the beginning of time.

A fun, informative and practical introduction to safely foraging with kids, from the UK's bestselling foraging author. In today's world of increasingly sedentary lifestyles and a growing

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

detachment from the food that we eat, it has never been more important to encourage children to put down their screens, get outside and engage with the natural world around them. Foraging with Kids is a fun, practical book for parents to work through with their children that encourages families to interact with their environment and gain knowledge and practical understanding of the natural world through exploration and play. The projects are based around 50 easy-to-identify plants that are abundant in parks, forests and hedgerows worldwide, making the challenge of discovering functional flora just as achievable to those who live in the city as in the countryside. Once they have foraged their plants, children will be amazed by the diverse practical uses that they can set them to; from making soap from conkers or setting a delicious egg-free custard with plantain, to stopping minor cuts from bleeding with hedge woundwort. Children will take great pride in seeing their gatherings forming part of the family meal and parents will be amazed at how even the most vegetable-averse child will develop an enthusiastic appetite for a meal that they have contributed to. Illustrated throughout with beautiful hand drawings and with essential information on plant facts and identification, as well as a diverse range of engaging, practical projects that the whole family will want to get involved with, this is the perfect book for anyone who wants the children under their care to get outside, connect with nature and have a lot of fun in the process. In high-end restaurants and in the home, more and more cooks have discovered the joy of using natural, foraged ingredients. But, what few realise is that you don't necessarily have to go rootling in hedgerows or woodlands to find them. Many of our own gardens contain an abundance of edible and medicinal plants, grown mainly for their ornamental appearance. Most gardeners are completely unaware that what they have actually planted is a rather exotic

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

kitchen garden. The Garden Forager explores over 40 of the most popular garden plants that have edible, medicinal or even cosmetic potential, accompanied by recipes, remedies, and interesting facts, and illustrated throughout in exquisite watercolours by Lizzie Harper. This beautifully illustrated book redefines how we look at our gardens and unleashes the unknown potential of everyday plants – making it a must-have for anyone interested in gardening, cooking, or foraging.

Backyard Medicine is a beautiful book, packed with nearly 300 color photographs and over 120 herbal remedies that you can make yourself. It gives a fascinating insight into the literary, historic, and world-wide application of the fifty common plants that it covers. It is the sort of book you can enjoy as an armchair reader or use to harvest and make your own herbal remedies from wild plants. Anyone who wants to improve his or her health in the same way that human-kind has done for centuries around the world, by using local wild plants and herbs, will find this book fascinating and useful.

An apothecary is a skilled craftsman who compounds herbal mixtures that enhance health and beauty. Put aside the modern world of tricky marketing and harmful chemicals and create your own apothecary solutions. They're fresh, safe, effective, and can save you money—and many are made from the wholesome ingredients already in your kitchen and garden. Inside you'll find: Skin Care 101, including how to make cleansers, scrubs, creams and lotions, tonics, and toners for oily, dry, sensitive, or combination skin—along with acne treatments, natural sunscreen, lip balm, and more Body care recipes for homemade body scrubs, massage oil, body powder, and toothpaste Remedies for what ails you, including healing cough syrups, compresses, teas, and tinctures Hair care recipes for dry, normal, or oily hair—add shine, clear

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

up dandruff, and control thinning and volume Recipes for the home, including Kitchen Sink Scrub, Drawer Refresher, and Fly Deterrent Plus, get inspired at your farmers' market and explore seasonal recipes for a Pumpkin Mask, Cucumber Toner, and more! Nature has given us all we need for both inner and outer health. With The Home Apothecary, learn to make your own products with ingredients you choose, scent to your preferences, and customize to your body's needs.

Herbs are quite literally everywhere; it is only our ability to recognise their value that has been lost. Vicky and Kim explore the traditional uses of herbs combined with a modern and scientific understanding of a truly holistic approach so that you can use herbs to treat ailments and improve your general wellbeing. The book contains fascinating information about herbs and with suggestions of what each herb can be used for. Did you know that daisies infused in oil can be used to reduce bruises? That roses can help grieving and anxiety? Or that elderflower cordial can bring down a temperature? There is also an introduction to each of the body's systems (nervous, respiratory etc.) and which herbs are best for treatments. And of course, the book is peppered with vinegars, balms, oils, tinctures, creams, lotions and syrups to create your own little herbal health kit. Vicky and Kim also encourage people to reconnect with their local environment in addition to growing herbs in their gardens or windowsills. An all-encompassing guide for the beginner, The Handmade Apothecary is filled with guidance, useful tips and tried-and-tested recipes that will inspire people to make their own remedies. The Most Thorough Compilation of Home Cures and Remedies Yet! Years ago, every household practiced natural healing by using what they had. Plants grow abundantly all over our roadsides, cities, and in your own backyard, and though once valued and widely used,

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

they've fallen out of fashion over time as people forget the numerous medicinal uses at our fingertips. This book brings alternative medicine back to the forefront. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, *The Big Book of Backyard Medicine* is the basis for a veritable natural pharmacy that anyone can create. Featuring one hundred specific plants and their associated remedies, and fully illustrated with hundreds of color photographs, this book offers fascinating insights into the literary, historic, botanical, and global applications of common wild plants and herbs that can be used in medicines, including: Ash Chicory Dandelion Forget-me-not Gypsywort Horseradish Mint Red Poppy Thistle Wild carrot Willow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

'Root to Stem is a seasonal and holistic approach to health that puts plants, herbs and nature at the heart of how we live and eat. It is a new kind of guide that links individual health to our communities and the planet's health to sustain us all.' This perfect companion to the seasons, this book will show you how to take greater control over your own health and well-being, treat everyday ailments, and ensure the sustainability of the planet through discovering how to forage, grow, or shop for plant- and herb-based foods and products. Including: Detox in the spring with sorrel, cleavers and nettles. Harvest summer lime leaf shoots to soothe digestive upsets and feed gut microbes. Bake a Lammas loaf to celebrate the autumnal equinox. Boost your winter immunity with red berries, purple potatoes and rosehips. Root-to-stem eating encourages you to use every edible part of plant, including the leaves, skin, seeds and stalks. Travelling through the four seasons, expert medical herbalist Alex Laird shares the natural

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

ingredients that are available on your doorstep, simple delicious recipes and easy-to-make herbal remedies.

Your go-to guide for everything from cultivation to wine-making with one of humanity's oldest plant friends Once a staple in homes across the world, and found along every highland, highway, and hedgerow, the forgotten elderberry is making a comeback. Its popularity as medicine is surging, its choice as an edible landscaping plant is growing, and its use for wine-making and crafts is being rediscovered. Spanning history and geography, The Elderberry Book takes you on an adventure, deepening your appreciation of a plant that has played a crucial role across the world for thousands of years. Through this fun, inspirational, and educational resource, discover: Elderberry's amazing history Cultivating and foraging, from the balcony to the backyard Various traditional food and medicine preparations Simple wine-making techniques Traditional crafts and tools. This is the definitive guide to the many uses of elderberry; no matter where you are, one of humankind's oldest plant friends can provide you with anything from syrup to wine to dyes, and more.

Great British Sweets is a gloriously indulgent celebration of our Great British love affair with sweet-making and good old-fashioned confectionery. From pear drops to humbugs, honeycomb confections to liquorice, coconut ice to sugar mice, Nozedar gives us the rich history of these classic sweets along with over 50 easy-to-follow recipes for how to make them at home. Make your own Macaroon Bars. Have a go at homemade Humbugs. Create a giant Curly Wurlly bar. Or rustle up some lovely Liquorice.

For millennia, the passing seasons and their rhythms have marked our progress through the year. But what do they mean to us now that we lead increasingly atomized and urban lives and

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

our weather becomes ever more unpredictable or extreme? Will it matter if we no longer hear, even notice, the first cuckoo call of spring or rejoice in the mellow fruits of harvest festival? How much will we lose if we can no longer find either refuge or reassurance in the greater natural—and meteorological—scheme of things? Nick Groom's splendidly rich and encyclopedic book is an unabashed celebration of the English seasons and the trove of strange folklore and often stranger fact they have accumulated over the centuries. Each season and its particular history are given their full due, and these chapters are interwoven with others on the calendar and how the year and months have come to be measured, on important dates and festivals such as Easter, May Day and, of course, Christmas, on that defining first cuckoo call, on national attitudes to weather, our seasonal relationship with the land and horticulture and much more. The author expresses the hope that his book will not prove an elegy: only time will tell. Hedgerow plants have been used since time immemorial to make meals, remedies, wines, even soaps and cleaning materials. The Pocket Book of Hedgerow Recipes is perfectly positioned in the midst of the wonderful resurgence in organics, the awakened interest in allotments, and the trend for locally-grown produce. I don't even want to mention the credit crunch, but all the recipes and remedies in the book can be made for nothing, or very close to it! 'Pocket' is designed for practical use, can be slipped into a backpack or thrown in with a lovely Cath Kidston festival tent.

Discover Hundreds of Holistic Remedies and Wellness Tips Llewellyn's Book of Natural Remedies shares a powerful integrative approach to healing and living a more natural life. Author Vannoy Gentles Fite shares effective remedies for more than a hundred ailments, exploring contemporary and traditional techniques using common, everyday ingredients.

Bookmark File PDF The Hedgerow Handbook Recipes Remedies And Rituals

Integrative medicine combines natural, holistic approaches with mainstream medicine. In this book, each ailment includes treatments using essential oils, herbs, Ayurveda, and home remedies. The recipes are easy to locate based on your specific needs, and they include materials you can typically find in your home. From balms and baths to tinctures and wraps, these outstanding remedies will support your healing process as you live your best possible life.

Aimed at tree lovers of all ages, this beautifully illustrated handbook is the first guide to foraging specifically from trees, looking at all the incredible things we can get and make from them, from food and remedies to toys, whistles and ink. Foraging is one of the fastest-growing nature-related pastimes in the UK and US. There are many books about foraging but this is the only one that focuses on what is arguably everyone's favourite plant - trees! It profiles 40 incredible trees from the UK and US - from apple, ash and bay to walnut, willow and yew, gorgeously illustrated with watercolour, pen and ink botanical illustrations. In her humorous, inspiring and warm text, Adele explains how we can forage from our trees, not only for food, but also for home remedies, for ingredients to use in cocktails and ferments, and for materials to make toys, musical instruments and other useful things. Did you know that you can grind acorns into flour to make pancakes, for example, or use oak galls for ink? Or that Willow can be used for weaving; ash, hazel and oak are all good for making charcoal. Packed full of recipes and things to do, there is also a sprinkling of folklore and superstition, as well as helpful recognition tips. Overall it traces the fascinating story of the intimate relationship between humankind and our trees.

[Copyright: f77d28cef9c7df5c452d2bf7cfdc89b4](#)