

Hallowed Herbs Traveling Tea Show

hallowedherbs@msn.com

Lisa Tavakoli, tea and herbal enthusiast, environmental steward

Herbalism, Herbalist and Herbs

simpler's method, unit of measurement

spirulina, seaweed; kelp, dulse, nutritional yeast, sesame seeds

Ras El Hanout - coriander, turmeric, cardamom, cloves, black pepper, cinnamon, nutmeg

Garam Masala - cardamom, cinnamon, cloves, cumin, black pepper

Five Spice Blend - fennel, cloves, star anise, Szechuan or black peppercorns

Herbs de Provence - savory, thyme, rosemary, basil, marjoram, fennel, lavender flowers

Herbal Brainpower Candy

Grind ½ c up each of raisins, dates, apricots and walnuts in a food processor, don't over mix. Add powdered herbs, mix well. Add ½ cup almond butter or other nut butter and 1 cup honey to the food processor and combine. Stir in ¼ cup each of shredded unsweetened coconut and carob powder; stir all together in separate bowl. Roll into balls and in carob powder. You can also roll in coconut and/or ground nuts. Store in refrigerator in a tightly sealed container, good for 3 weeks. Eat one ball a day.

You can figure out dosage easily by knowing amounts of herbs and number of balls made for each batch:

Formula; 3 Tbsps rosemary, 3 Tbsps parsley, 2 Tbsps mint, 1 ½ Tbsp sage

Brainpower Sprinkle

3 parts sesame seeds

4 parts nutritional yeast

2 parts powdered kelp

1 part powdered rosemary

1 part spirulina

Optional – dried kitchen herbs of choice; thyme, garlic, mint, etc.

Directions: Toast sesame seeds in a skillet, and then grind them. Combine the sesame seeds with the remaining ingredients adding kitchen herbs of choice to taste.

Herbs in the Lamiaceae Family

Oregano *Origanum vulgare* (wild marjoram)

Culinary Use: bouquet garni (oregano, thyme, rosemary, bay leaf, parsley), pizza, tomato dishes, meats, omelets, deviled eggs, vegetables, pairs well with basil, preservative

Medicinal Uses: urinary tract disorders, respiratory tract ailments, cough, painful menstruation, arthritis, GI disorders, dyspepsia and bloating, expectorant, sedative, diaphoretic, appetite stimulant,

Energy and Flavors: aromatic, musty, warming, bitter, numbing

Constituents: essential oils; **carvacrol** (40 to 70 percent), myrcene, thymol, Vitamin A, niacin, calcium, minerals; phosphorus, potassium, iron, magnesium and traces of zinc, rosmarinic acid

Properties/Actions: antifungal, antibacterial, anthelmintic, antispasmodic, diuretic, bile stimulant, expectorant effects, carminative, diaphoretic, nervine, antiparastic,

Rosemary *Rosmarinus officinalis*

Culinary Use: meats – meats, roasts, casseroles, stuffings, tomato sauce, baked fish, rice, salads, egg dishes, cordials, vinegars, oils

Medicinal Uses: memory tonic, massage oils, mouthwash, insect repellent, air disinfectant

Energy and Flavors: warming, dry, pungent, bitter

Constituents: volatile oil, bitters, tannins, carnosic acid, rosmarinic acid, iron, calcium and vitamin B6

Properties/Actions: tonic, astringent, digestive remedy, nervine, carminative, antiseptic, antibacterial, antifungal, diuretic, promotes sweating, promotes bile flow, antidepressant, circulatory stimulant, antispasmodic, restorative tonic for the nervous system, cardiac tonic, anti-inflammatory

Sage *Salvia officinalis*

Culinary Use: aids in digestion of fatty foods, has preservative qualities, meats, oils, vinegars, Pairs well with fruits

Medicinal Uses: colds, sore throats, laryngitis, tonsillitis, infected gums and mouth ulcers

Indigestion, flatulence, supportive for the liver and boosts functionality of the liver.

Energy and Flavors: pungent, bitter, cool, drying, savory, slightly peppery

Constituents: volatile oil, diterpene bitters, tannins, triterpenoids, resin, flavonoids, estrogenic substances, saponins, thujone, rosmarinic acid (antioxidant)

Properties/Actions: carminative, antispasmodic, astringent, antiseptic, relaxes peripheral blood vessels, reduces perspiration, salivation and lactation, uterine stimulant, antibiotic, reduces blood sugar levels, promotes bile flow, anti-inflammatory, antidepressant

Thyme *Thymus vulgaris*

Culinary Use: common herb in 'bouquet garni' (thyme, rosemary, marjoram, parsley, bay leaf) and 'herbes de Provence' (basil, fennel seed, lavender, marjoram, rosemary, summer savory, and thyme). Tasty with cheese and meat dishes. Goes especially well with eggs. Pairs well with lemon, garlic and basil.

Medicinal Uses: coughs, sore throat, respiratory infections, wound infections

Energy and Flavors: savory, pungent, warming, spicy

Constituents: volatile oils (thymol, carvacrol, cineole, borneol, geraniol linalool, bornyl and linalyl acetate, thymol methyl ether and apinene), flavonoids, tannins

Properties/Actions: antiseptic, astringent, anti-bacterial, antimicrobial

Mints *Mentha spicata*, *Mentha X piperita*, *Mentha suaveolens* 'Variegata'

Culinary Use: salads; pairs well with carrots or parsnips, fish, meat, fruit, vinegars, jellies, teas, syrups, toppings

Medicinal Uses: insomnia, nervous tension, coughs, colds and flu, inflammation, cramps, liver and gallbladder complaints, Crohn's disease and other conditions of the bowel, loss of appetite, dyspepsia, flatulence and gastritis. Externally used for myalgia, neuralgia, itching, and skin irritation, relieves tension and migraine headaches

Energy and Flavors: pungent, dry, cooling

Constituents: menthol (29 to 48 percent), methyl acetate, menthone, caffeic acid, aszulene, flavonoids, calcium, vitamin A, C, riboflavin, phosphorus, potassium and niacin.

Properties/Actions: antibacterial, antiviral, spasmolytic effects on smooth muscle of the intestine, antispasmodic, bile stimulating effects, anti-inflammatory, antiulcerative, carminative, stomachic, stimulant and tonic, antifungal, decongestant

The Village Herbalist by Nancy and Michael Phillips

Life is Your Best Medicine by Tieranoa Low Dog, MD

Family Herbal by Rosemary Gladstar