

Recipes

Here are some helpful and easy recipes for using your hedgerow ingredients. Some of them are more fun than others, but a wonderful way of introducing your loved ones and children to sustainable self-care.

Smudge Stick

A beautiful way of ceremoniously saying goodbye to negative energy and welcoming the new. A ritual that anoints and protects. Since the purpose of smudging is to cleanse and freshen a space, choose herbs that you love the smell of and that feel right to you.

You can make smudge sticks using bundles of both dried and fresh herbs and flowers. It's a little easier to work with fresh because the stems are less brittle, so you can really work it into any shape you like,—but dried has benefits too!



Ingredients:

- 4-5 rosebuds or lavender sprigs
- Roughly 15 sprigs of fresh herbs, including Rosemary, Sage and Thyme
- Side note, it is thought that Rosemary provides protection, St John's Wort improves mood & Calendula for purification.
- Scissors
- Twine

Instructions:

- Start by trimming your flowers and herbs to size. Secure a long piece of twine around the base of your herb bundle and continue wrapping it until you reach the top. You want to make sure to wrap the twine as tightly as you can so that it stays bound when the flowers dry and shrink.
- When you reach the top, tie your twine securely and trim the excess. Trim off any herbs that happen to be sticking out of the bundle.
- Set your smudge stick aside and allow it to dry for at least 1 week.
- To use, light your dried smudging stick with a lighter or match.
- Starting at the Eastern most point of your room of your home, circle around the room clockwise, wafting the smoke as you go.
- Continue moving in a clockwise direction through the rest of your home, purifying each room similarly.
- Finally, extinguish the smoke under either running water and set it aside to dry. You can reuse the same smudge stick until there is nothing left to burn.

Herbal Infusions

Effectively another word for tea, an infusion uses dried herbs, or in some instances fresh, which are steeped in boiled water. Infusions are most suitable for plants from which the leaves and flowers are used, since their properties are more easily extracted by gentle boiling.

Make sure you always have a lemon in the fridge – a cup of warm water with lemon in the morning really sets the tone for the day. It will help with your pH levels and has helped the team keep colds and flu bugs at bay. At this time of year, we often add some thyme from the garden – see below for special winter infusion (please note that during pregnancy consumption of thyme should be restricted).



Instructions:

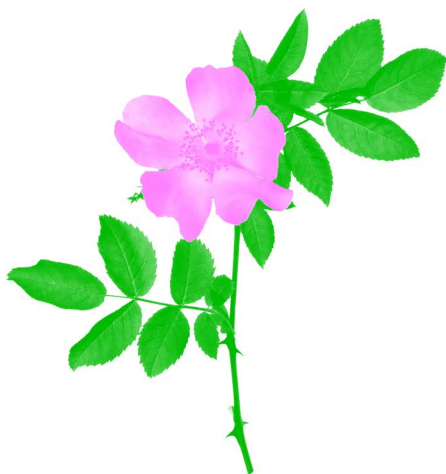
- If you are using china/pottery warm it up first.
- Place 1-2 teaspoon dried herb in the pot and add 250ml or one cup of boiling water.
- For fresh herbs just pick a couple of sprigs. Leave to infuse for about 10-15 minutes. Strain and Drink.
- Tea Cosies are great for keeping the pot warm to enhance absorption. Three cups are usually drunk for medicinal effect.

Herbal infusions work on many levels. Allowing yourself some time to 'sit with' the infusion and relax will bring about a sense of wellbeing. Focus on the infusion while you make it. Smell the herbs as you pour it out, note the colour. Be aware of the taste as you drink. Some are bitter and you may wish to not linger over them. Some are fragrant and floral, some tighten on the tongue and others leave the mouth feeling soft and velvety. These are all important sensations and should help you to understand the actions the herbs will have upon the body.

Most herbal infusions are drunk warm/hot whilst some maybe best cold (e.g. sage tea for hot flushes). To make life easier, you can make up enough of the herb tea to last the whole day first thing in the morning.

Rosehip Syrup

An old Wartime remedy very high in vitamin C and useful as a precaution against colds in the autumn months. It tastes delicious too. Wear long sleeves and gloves to protect yourself from sharp thorns while collecting ripe rosehips from the Hedgerows.



Instructions:

- Cover the washed hips in 3cm of water. Boil them until they are all, or nearly all, soft.
- Mash them with a potato masher to make a pulp.
- It is essential to remove all the pip and critically, the irritating hairs that are attached to them – a blender will just make the hairs impossible to sieve out.
- Allow the paste to cool to a temperature you can handle, and pour it into a single

later of fairly course straining mesh draped into a large bowl.

- Squeeze away until you can get no more sieved puree out. Now repeat the process, this time pouring the liquid into a double layer of muslin draped over a saucepan, heat and stir until the sugar has dissolved.
- Pour while still very hot into sealable bottles or jars, the syrup will last a few weeks in your fridge.

A spoonful taken nearly every day throughout winter will help to ward off coughs and colds. This can also be poured over porridge, pancakes and ice cream.

Birch Leaf Oil

Collect the leaves in Spring and Early Summer, and turn them into a soothing massage oil to ease aching muscles and calm skin affected by psoriasis and eczema.



Ingredients:

- Fresh young birch leaves
- 1 Litre Jar
- Carrier Oil – Rapeseed
- Cotton muslin cloth

Instructions:

- Put the Birch leaves into the jar and cover them with your chosen carrier oil. Cover with a piece of cotton cloth, secured with a band or string.
 - Place on a sunny windowsill, shaking occasionally to ensure that the leaves stay submerged in the oil.
 - After 1 month, the healing properties will have leached into the oil. Strain the mixture through a fine sieve into a jug.
 - Any water will settle to the bottom of the jug. Carefully pour the oil into sterilised glass bottles while trying to avoid adding any of the water.
 - Store away from direct sunlight and use within 1 year.
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Dandelion Muscle Oil

A naturally soothing oil to massage into stiff necks and sore muscles. Pick your dandelion flowers on a dry day, away from busy roads and dog walkers.



Ingredients:

- Enough dandelion flower heads to fill a clean, dry jam jar
- Rape seed oil
- Dry Jam Jar or equivalent

Instructions:

- Fill your jar with the flower heads
 - Slowly pour in your oil making sure that it fills all the gaps between the flowers and there are no bubbles of air.
 - Cover with a piece of cotton cloth secured with string and place on a sunny windowsill for two weeks or until the oil has turned golden yellow.
 - Strain, making sure that you squeeze every last drop of oil out of the flowers.
 - Pour into a clean, dry bottle and use as often as needed.
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Peaceful Sleep Pillow

Dream pillows can be personalised to create an herbal mix that is perfect for individual sleep problems. These make lovely gifts for your friends and family and can be made using scraps of cotton cloth or ready-made pouches.



Ingredients:

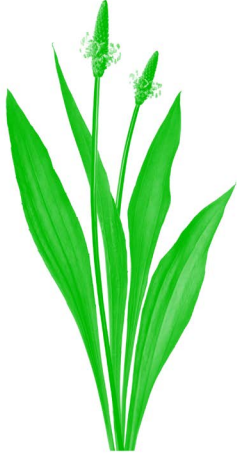
- Natural fabric or small cotton pouch
- Needle and thread
- Choice of Herb. Recommendations:
- Chamomile: For calm, peaceful sleep. Helps to ease anxiety and fears
- Lemon Balm: Calming and uplifting. Helps with stress, depression and anxiety.
- Rosemary: Helps you remember dreams and things that have been lost or forgotten.
- Rose: Brings a feeling of love and warmth to your dreams.

Instructions:

- Make your pillow by folding your fabric in half and sewing up two or three open sides. Fill the bag loosely with your chosen herbal mix and sew the remaining edge shut.
- Place under your pillow and enjoy the pleasant herbal aromas as you sleep.

Plantain First Aid Ointment

The healing properties of this plant make it the perfect remedy to have on hand when out and about. Use for Nettle stings, mosquito bites, bee and wasp stings, sunburn, and eczema. Plantain leaves contain some water, which could cause your ointment to go rancid. To limit this risk, use only leaves picked on a dry day and make sure that your jar is completely moisture free too.



Ingredients:

- A good handful of plantain leaves from an area that is pesticide free
- 250ml Rapeseed oil
- 25g natural beeswax or rapeseed wax
- 10 drops of lavender essential oil (optional)

Instructions:

- Clean your leaves with a paper towel and discard any that are brown or blemished. Roughly chop up the leaves in a food processor, add the oil and whizz them briefly.
 - Pour the oil in a small pan in a bain marie and simmer for 2 hours.
 - Strain out the plantain leaves – the oil will be a pale shade of green. Return to the jar, add the beeswax and melt it by putting it back into the pan of warm water.
 - Store in the lavender oil if using and pour into clean, dry containers. Allow to cool before popping the lid on.
 - Use within six months.
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St. John's Wort Healing Salve

This relaxing massage oil can help to ease sore muscles, sprains, bruises and shingles. To get maximum power from this oil, pick your flowers on Midsummer's Day, but only if the weather is dry.



Ingredients:

- Flowering tops of St John's Wort
- Carrier oil of your choice (rapeseed oil)
- Clean glass jar

Instructions:

- Fill a clean glass jar with flowers.
 - Pour in enough oil to completely cover, pop on the lid and shake to release any bubbles. Place on a sunny window sill.
 - Shake every now and then, checking that the flowers are submerged
 - The oil will turn a beautiful scarlet red.
 - After a month, strain out the flowers, then bottle and label the oil.
 - This oil can be used as is or made into a balm by dissolving 1tsp of beeswax gently into a 50ml of your warmed infused oil. Use within the six months.
 - Be careful, this oil could make your skin more sensitive to sun (apply at night).
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