

HEDGEROW RECIPES



HEDGEROW
by
agua

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

SPRING CLEANING AND STARTING AFRESH

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
Some ideas include Rosemary for protection, St John's Wort to improve 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 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).

- 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 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.

- 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 layer of fairly coarse 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 neat 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

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 jar
- Rape seed oil

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.



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
- Herbs of choice
- Needle and thread

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.

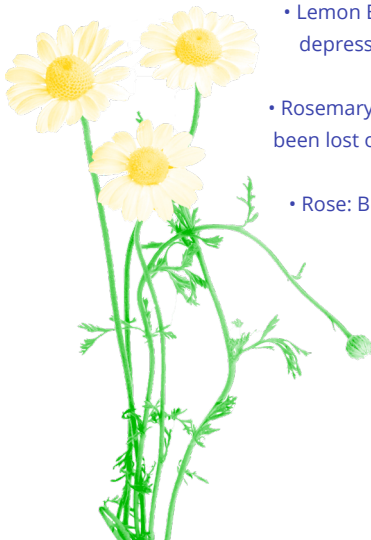
Herb suggestions:

- Chamomile: For calm, peaceful sleep. Good for insomnia and can ease anxiety and fears

- Lemon Balm: Calming and uplifting, and can also help with stress, depression and anxiety

- Rosemary: Helps you to remember dreams and recollect things that have been lost or forgotten

- Rose: Brings a feeling of love and warmth to your dreams



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 leave 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 gain briefly.

-Pour the oil in 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.

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)

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).



THE NATURAL HOME PANTRY AND KITCHEN INGREDIENTS

Apart from the HEDGEROW by agua ingredients we selected to work with our aromatherapy team have some favourites that they use at work and keep at home. We have listed these wonderful therapies so you can create your own useful pantry.

ESSENTIAL & CARRIER OILS

In the below mentioned essential oils and carrier oils we have given you the ideal country of origin and extraction method to ensure you obtain the best quality available.

OUR 8 DESERT ISLAND ESSENTIAL OILS

Lavandula Angustifolia (Lavender):

Country of origin - Best quality comes from France grown at high altitude (50/52)
Extraction: Steam distillation from the flowering tops
Actions: Calming, soothing, anti-bacterial
Note for blending: Top note

Boswellia carterii (Frankincense):

Country of origin - India
Extraction: Steam distillation from gum resin
Actions: Rejuvenating, stress relieving and relaxing and excellent for mature skin
Note for blending: Base to middle note

Anthemis nobilis (Roman Chamomile):

Country of origin - France
Extraction: Steam distillation from the flowers
Actions: Anti-inflammatory, soothing, analgesic, calming and relaxing
Note for blending: Middle to top note

Salvia sclarea (Clary Sage):

Country of origin - France
Extraction: Steam distillation from the flowering tops
Actions: Calming, relaxing, muscle relaxant
Note for blending: Middle note

Citrus Limonum (Lemon):

Country of origin - Italy
Extraction: Cold pressed from the peel
Actions: Anti-bacterial, antiseptic, uplifting and great household cleaner
Note for blending: Top note

Origanum majorana (Sweet marjoram):

Country of origin - Egypt (and Europe)
Extraction: Steam distillation from the flowering tops
Actions: Warming, relaxing, fortifying, muscle relaxant
Note for blending: Middle note

Rosa centifolia (Rose maroc absolute):

Country of origin - Morocco
Extraction: Alcohol extraction
Actions: Uplifting, de-stressing, relaxing and rejuvenating and excellent for a variety of skin conditions
Note for blending: Middle note

Thymus Vulgaris (Thyme linalol):

Country of origin - Spain
Extraction: Steam distillation from the flowering tops
Actions: Antiseptic, anti-bacterial, stimulating, and excellent for steam inhalations and sinus congestion
Note for blending: Middle note.

BEST PRACTICE FOR STORAGE AND USE OF ESSENTIAL OILS:

- Essential oil and Carrier oil storage: Should always be in a dry and cool place, which are secured. Please regard them as you would any medicines being stored in your home.

- Essential oils should never be applied directly onto the skin or into the bath without a 3-5% dilution in a carrier oil or instruction from a qualified Aromatherapist who has provided you with a full health consultation.

- Not be used during periods of pregnancy or breastfeeding.



OUR TOP 6 CARRIER OILS FOR EVERY HOUSEHOLD

1. Grapeseed (*Vitis Vinifera*):

Country of origin - France, Spain, Italy

Extraction: Cold pressed

- Excellent base for essential oil treatment blends
- Good one to use if any nut allergies
- Moisturising, rich in essential fatty acids and Vitamin E
- Regenerative and good for all skin types

2. Apricot Kernel (*Prunus Armeniaca*):

Country of origin - Spain

Extraction: Cold pressed

- Moisturising, rich in essential fatty acids and revitalising
- Excellent for dry, inflamed skin

3. Sweet Almond (*Prunus Amygdalus Dulcis*):

Country of origin - EU/USA

Extraction: Cold pressed

- Emollient, softening and nourishing

4. Sesame (*Sesamum indicum*):

Country of origin - Asia

Extraction: Cold pressed

- Naturally anti-fungal, anti-bacterial and anti-inflammatory.
- Packed with vitamins and minerals and Vitamin E as excellent as a treatment on its own with no essential oils.
- Good for young skin.

5. Jojoba (*Simmondsia chinensis*):

Country of origin - Argentina

Extraction: Cold pressed from the seeds of the desert shrub

- Anti-inflammatory, anti-oxidant, moisturising and more of a wax.
- It penetrates the epidermis so excellent in facial blends.
- Emulsifier so unclogs pores and reduces impurities so good for acne.
- Excellent as a hair conditioner.
- A wonderful base for a facial oil blend.

6. Rosehip Seed Oil (*Rosa canina*):

Country of origin - Chile

Extraction: Cold pressed

- Contains omega 3, vitamins C and E.
- Wonderful oil for scars and skin and has the best rejuvenating and regenerating ingredients.
- Scientific research has been carried out over the last 30 years in Chile to study its effectiveness on scars and in Chile Rosehip Seed Oil has gained medical recognition.
- Excellent for mature, dry and damaged skin.
- It contains an easily absorbed form of Vitamin C by the skin so helps in the formation of collagen.

THERAPEUTIC APPLICATION METHODS

ESSENTIAL OIL BLENDING

The below blending recommendations can be used for the previously mentioned essential oils and carrier oils.

A balanced blend requires a combination of top, middle and base notes.

- A safe dilution for home use is 3-5% which is 6 drops of essential oils to 10ml of carrier oil.
- Combine the essential oils based on your requirements to a number of 6 drops and then add to the carrier oil.
- Combine the carrier oils based on your requirements to a quantity of 10ml.
- If you want to benefit from only 1 essential oil, then just put 6 drops of this into the carrier oil which can also be only 1 carrier oil rather than a blend.
- Keep the blend in a tinted bottle and secure the lid tightly.
- Store in a cool, dry and secure location.

HOME REMEDY APPLICATIONS

HOW TO MAKE A POULTICE?

Poultices which are simple and easy to do. They were used for centuries for injuries but we have lost this ability and connection so it is time to reconnect!

If you grow fresh herbs in the garden you have your own supply of 'home remedies' which is why we have created our gardening calendar companion. If you can't do this, then just have a staple of dried herbs in your cupboard at home – include:

- Calendula petals – soothes insect bites and dry sensitive skin
- Rosemary – muscular strain and headaches
- Plantain leaf – helps with wounds and itchy skin
- Chickweed – psoriasis; itchy skin
- Dandelion leaves – great for burns and stings

Instructions:

-Choose the herbs you need and look at the area required to apply the poultice to determine the quantity you need.

-If using fresh herbs – cut them up and then crush with a pestle and mortar or simply pop into a blender with a small amount of water to make a paste.

-For dried herbs – use warm water – boil the kettle and allow to cool for 5 minutes

before mixing and then blend in the same way to a paste.

-Apply directly to the skin and use gauze – keep some in the cupboard – to wrap around the poultice. Leave applied to the skin for at least 10 – 15 minutes.



HOW TO PREPARE AND USE A MOIST AND WARM COMPRESS

- Wash your hands.
- Use a washcloth, small towel, or gauze as your compress.
- You can place the compress under running water or place it in a bowl with warm water. Check the temperature of the water with a thermometer. The water should not be warmer than 100°F for babies, 105°F for children, and 120°F for adults. Adults should use water that is 105°F if they will apply the compress to an eye.
- If directed, add 1 tablespoon of salt to the water. Squeeze extra water out of the compress.
- Place the compress directly on the area. If directed, gently massage the area with the compress. Check your skin in 2 minutes for blisters or bright red skin. Your skin should look pink to light red.
- You may need to rewarm the compress every 5 minutes.
- Remove the compress in 15 to 30 minutes, or when the compress starts to feel cold. Gently pat your skin dry with a clean towel.
- Wash your hands.
- Reapply the compress as many times as directed each day.

Use a clean compress every time

HOW TO USE A DRY WARM COMPRESS

A dry compress may be a hot water bottle or a heating pad. You can also buy a prepared hot pack. Follow the package directions for how to use these devices.

Cover a bottle or hot pack with a towel before you apply it to your skin. Do not leave a dry compress on your skin for more than 20 minutes or as directed. Do not fall asleep with a dry compress on your skin. A dry compress may burn your skin if it is left on for too long.

HOW TO PREPARE AND USE A WARM SOAK

- Fill a clean container or tub with warm water and soap. The container should be deep enough to cover the area completely.
- Check the temperature of the water with a thermometer. The water should not be warmer than 100°F for children and babies, and 110°F for adults.
- If directed, add 1 tablespoon of salt to the water.
- Remove any bandages.
- Soak the area for 30 minutes or as long as directed. Gently pat your skin dry when you are done soaking.
- Replace bandages as directed.
- Clean the container or tub when finished.
- Wash your hands.



THANK YOU



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