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Nature's story is ripe to be told



# Kitchen Witchin'

3 top tips and 3 lucky potions  
for passion, vitality and healing!

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## Kitchen Witchin 3 top tips and 3 lucky potions for passion, vitality and healing!

Hot, nourishing and healthy tonics for regular self-care



Gain confidence and welcome herbs into your daily life.

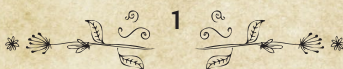
Always had an interest in herbs but are unsure where to start?

We hear this all the time, the overwhelming world of herbs can leave you paralysed, inert, sitting in front of the wide array of information, feeling more confused!

*Let's take this herbal journey together  
one step at a time.*

Herbalism is an art and a science and some aspects can be so much easier than you think.

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## Kitchen Witchin'

We call the basics Kitchen Witchin', where you can bring a little Seed Sista magic into your kitchen each and every day infusing your life with proper herbal goodness.

Kitchen witchery is a phrase which evolved to describe our kitchen potion work. It includes everything from making herb syrups and salves, to seasonal salads and soups. Kitchen Witchin' is a mixture of science, art, medicine, movement, magic, tradition and love... but even all that doesn't quite seem to capture the real value of kitchen witchery. We believe this type of work is something essential to humanity, a social glue, and a special power passed down to us all by our ancestors.

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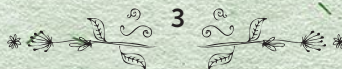
We are the Seed Sistas, unapologetically saying it how it is (how it is in our world at least), bringing attention to the causes that count through acts of theatre, performance lecture, teaching and community herb garden endeavours.

We live and breathe herbs...we invite you to come along for the ride, be more plant...! You don't have to go all out and start to dress like plants (like we do), unless of course you wanna...

Come and hone your skills with us; skills that will enhance your life, empower yourself with plant medicine and support yourself, friends and family with some simply herbal home remedies.



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## Three Top Tips

So let's get to it, three top tips for gaining confidence and bringing herbs into your daily life.

Simple as ABC

- A. Bring herbs into your home every day; for cooking, crafting and in delicious herbal teas.
- B. Get outside daily and connect with the plant world
- C. Make friends with total herbal nerds (that's us!)



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## Three Lucky Potions

3 lucky potions for passion, health and healing!

The complex array of minerals, and plant compounds, can add a beneficial boost to your wellbeing and becoming friends with plants adds a special spiritual dimension to the use of herbs for health.

In this Special Kitchen Witchin' guide we'll share with you

1. Green herbs in your daily diet - green pesto recipe
2. Spice up your life - add some heat to your hot chocolate - chilli hot chocolate
3. Simple Sage infusion; mouthwash and sore throat gargle

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## Daily Greens Pesto Recipe - Herbal Health

Daily herb power on your crackers!!!

We use this fabulous pesto recipe that we'll share to bring a spot of vibrant herb vibes into day to day life. It's a pesto to use on salads as a garnish, in soups, on bread or crackers.

Getting green leafy herbs into your body is of ultimate importance all year round!

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Did you know that plants get their green colour from the pigment, chlorophyll?

Chlorophyll can be found in most plants and algae, and facilitates the process of photosynthesis, by which energy is absorbed from light. Weirdly, chlorophyll is perceived as green because it absorbs all the colours in the light spectrum except green. This mind-blowing fact gives us a glimpse into our seriously complex brain functions!

Vibrant plant greens nourish our blood and support our immune systems. Pesto is a brilliant way to get plenty of green goodness into your body, and to bring fresh and zingy flavour into a dark and dreary day. It's also a good idea to prepare fresh greens in salads and juices regularly.

We hope to inspire you to keep nutritious goodness at the heart of your diet.



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Grow some simple herbs on your windowsill: basil, parsley or even cress are simple to grow, you can even pick 'em up fresh at the local shop if growing is not an option yet or the plants just aren't established enough to use them yet. These herbs are great to combine in a delicious vibrant green pesto.

1. Get your herbs ready.
2. Mix a good handful of homegrown, basil, parsley, cress, oregano or marjoram leaves add a couple of cloves of garlic too.
3. Place all your leaves in a blender or electric mixer with some pine nuts.
4. Add a few tablespoons of olive oil.
5. Season to taste with black pepper & salt.
6. Whizz it all up in a blender until pretty smooth and keep covered in the fridge for a couple of days.
9. Use on crackers, salads, rice, pasta. Versatile, bursting with green energy, healthy and delicious.

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## Growing tips

### GROWING HERBS INDOORS

Some excellent herbal candidates for windowsill growing are thyme, lemon thyme, mint, sage, oregano, basil, parsley, and chives. These delightful plants bring beauty, culinary benefits and gorgeous fragrance. All these beauties need sun - and plenty of it. Be sure you can place your herbs in a sunny spot, preferably in a south-facing window.





## Chilli Hot Chocolate Passion

Low Libido - lack of passion in your life? Look no further...Warming and stimulating chilli hot chocolate is guaranteed to get your energy up up up.

We have toured hundreds of festivals in our twenty plus years of working together with a special herbal tea shop and herbal tonic bar, where folk come to off-load their troubles, seek support for their health or just pop in for a festival pick-me-up!

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Our signature concoction for colder, wetter days or evening's entertainment is our famed Chilli chocolate.

It's a thick, tasty treat that has an added bonus of steamy aphrodisiac vibes - great for a night in or a wild night out! There's been many a party we've turned up to with a flask of chilli hot chocolate - best drunk out of tiny bone china cups to add a touch of class to the occasion.



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## Chocolate (*Theobroma cacao*)

The history of chocolate began with the Maya, who were probably the first people in South America to cultivate the cocoa plant. For the Maya, chocolate was a cocoa drink prepared with hot water and often flavoured with cinnamon and pepper. Chocolate as we know it is derived from cocoa beans, central to the fruit of the tree *Theobroma cacao*.

The botanical name for our familiar treat, Theobroma, translates to 'Food of the Gods'. We absolutely love chocolate, that naughty but oh so nice delicious sweet indulgence. In our modern society and cultures this food has long been regarded as a pleasurable food, but it is actually an effective and super useful medicine as well.

Healers in many cultures have traditionally used cacao the actually bean of the tree to alleviate a host of mental and physical afflictions, such as depression, insomnia,



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nervousness and excitability, as well as regulating blood pressure and sugar levels, and preventing cardiometabolic diseases.

Cacao is packed with plant compounds called flavonoids. These nutrients that have been shown to help lower blood pressure, improve blood flow to the brain and heart, and aid in preventing blood clots. The flavonoids in cacao powder may help increase insulin sensitivity, reducing risk of diabetes. And moreover, cacao's indulgent nature aids in stimulating our vavavoom.....

In most parts of the world, chocolate is also associated with love and romance (think Valentine's Day... classic box of chocolates!) -This sacred medicine was viewed as an aphrodisiac by the Mayan and Aztec cultures, they knew how the dark luxurious brews, invigorated men and made women less inhibited. Chocolate's sweet and fatty nature stimulates the hypothalamus, which induces pleasurable sensations and affects the levels of serotonin in the brain, hence enhancing sexual drive. Another fab fact is that chocolate contains a group of compounds called 'unsaturated N-acylethanolamines', which increase endocannabinoid levels, resulting in heightened sensitivity and euphoria....win win.

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Chilli (*Capsicum minimum*)

Another great staple in our kitchens is chilli pepper....

Chilli pepper like the Cacao is native to the Americas and has been used as medicine for millennia. We know that chillies help to stimulate and support many different body systems all the way down to the cellular level, contributing to increased longevity. Yes, Chilli's literally help us live longer healthier lives!

As herbalists we prescribe Chilli *Capsicum minimum* for nerve pain and other painful conditions. It is also used for many other purposes, including digestion problems, conditions of the heart and blood vessels.



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## Making Chilli Hot Chocolate



### Ingredients (makes 2 cups)

- ½ cup chopped organic dark chocolate
- 2 cups milk (we use almond)
- 1 teaspoon cinnamon
- Dash of salt
- 1 chilli pepper cut in half, seeds removed.
- Honey to taste

### Method

1. Place the milk and chilli pepper into a whizzer/mixer and blend well so that the chilli is in tiny pieces.
2. Place this spicy milk into a saucepan and heat with the chocolate until melted (over a low heat)
3. Add cinnamon and dash of salt.
4. Serve and add honey to taste

Now sit back, snuggle up, someone special! Smile at your magical mugs of steaming hot spicy, cocoa, thick and rich giving your tongues a deliciously hot kick with each sip.

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Grow your own

Growing your own chilli peppers at home, is a brilliant fun way to interact with these wonderful plants! Because of the huge variety of cultivated hot spicy pepper you get a fascinating array of colours, shapes, flavours and levels of heat - a much wider range than you can buy in most supermarkets.

Chillies are also super easy to grow in pots, we start them off indoors and then move outdoors on our south facing wall, they need in a warm sunny spot or a greenhouse to really thrive.



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**Sage Healing**

Ever have sore or swollen gums?  
Sore throats in the family?

Sage is a common garden herb as well as something many folk have on their herbs for cooking shelf. This is our 'go to' herb for sore throats. We truly believe that it's a travesty when folk walk past a sage bush in their garden and head to the doctors to find out what they can do for a sore throat.

*Help is right there, in the garden.*

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Sage has wonderful protective properties, with the plants strong scent comes an anti-microbial action, the essential oils in the sage act as anti-bacterial, anti-viral and anti-fungal agents triple whammy!

Wise sage, or *Salvia officinalis*, from the Latin for 'to save', is often regarded as a bit of a saviour at this time of year. This pungent aromatic is a great tonic remedy for the throat, and drinking hot sage with honey can help stave off a multitude of infections.

The word 'sage' also has the meaning of wise or knowledgeable, it is a powerful plant. The volatile oils responsible for the soothing, uplifting scent are also anti-microbial, and can stop a viral or bacterial infection from taking hold.



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Making  
a sage  
infusion!



## TEAS, INFUSIONS & TISSANES

Why do we call it an infusion?

The word “tea” has become confused and is used interchangeably with the word “infusion”. Herbal infusions are where hot water is infused with flavours from the steeping foliage, fruits and flowers. Whereas a tea is a particular herbal infusion and solely refers to an infusion of the leaves of the plant *Camellia sinensis* aka TEA.

Infusions are able to extract all water-soluble medicinal properties such as vitamins, minerals, proteins, and enzymes, which takes between 15mins and a few hours of infusing whereas tisanes are much shorter extractions typically limited to releasing the aromatic properties of the plant.

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For a medicinal dose of sage, we recommend, that you place a teaspoon of dried herb per cup, cover with freshly boiled water and cover the cup.

Why is it important to cover your cup?

Covering your cup with a lid prevents all those active essential oils, the important medicinal ingredients, for preventing infection, from simply disappearing off with the steam...

## Growing tips

Sage is a total beauty in the garden and is very happy in pots. With greens, silvery greys and purples to choose from, this lucky herb has evergreen foliage and pretty blooms in the summer months ranging from intense blue to more muted magenta. There are hundreds of different types of sage to choose from, we go for *Salvia officinalis* for the medicinal aspects. This plant loves well-drained soil in full sun.





## Seed Sist<sup>♁</sup>s

There's so much more to know, keep connected and learn with us. Expert guidance on how to grow, harvest and prepare your local plant medicine, from our many years of wacky anarchic witchcraft and clinical herbalism practice – come join our herb loving famalam and let's cultivate positive change together!

[seedsistas.co.uk](http://seedsistas.co.uk)