

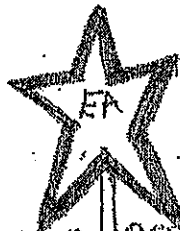
Ad:
[Squash] (You can use any kind of
butternut squash!)

① Slice the squash in half. Scoop out
the seeds (save to bake/sauté later!).
Bake at 400°F for 30 min facedown in
½ in of water at the bottom of a
baking dish

② Meanwhile, mix 3 T melted butter,
2 T honey, and pinches of salt, nutmeg,
ginger, cinnamon, + cloves.

③ Remove the squash. Turn face up
and pour mixture into center.
Return to oven, & bake (face up) for
another 20 minutes, or until fork tender.

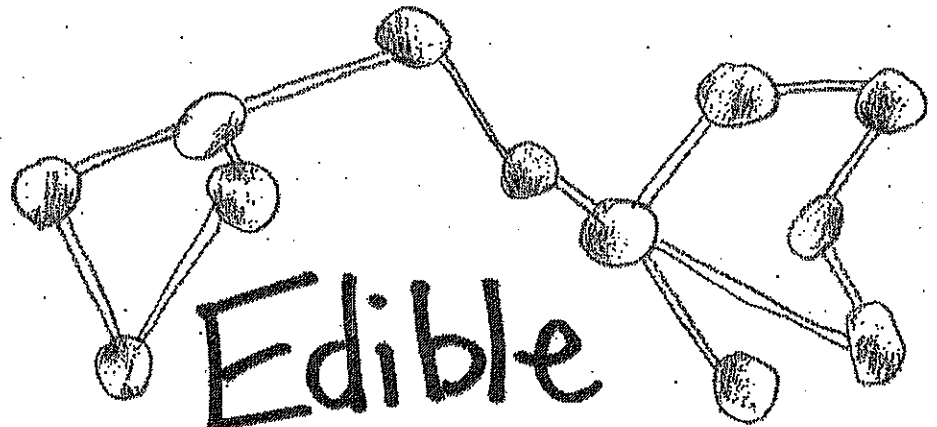
④ Remove, and cool for 10 minutes.
Fill the center with cranberries,
and serve immediately.



Contact:

Come together @b@gmail.com

♡♡ Andrea



Edible

Alchemy

Formulae



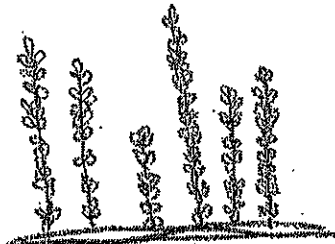
A BIT ABOUT:

- from "thymus", Greek for courage.

- in the mint family.

→ Medicinally: brew as a tea to use topically for cuts and scrapes (it's an antiseptic) or internally to break up phlegm in lungs. Main ingredient in Mouthwash.

→ Culinary: use leaves only! Crush. Add to eggs, meats, potatoes, stir fries, breads, and dressings.



THYME

"Thymus vulgaris"

→ also in the mint family.

→ flowers make a purple dye.

→ Medicinally: is a strong antiseptic.

(tingly, even.) The tea can be taken for colds, flu and fevers, stomach issues, & painful menstruations.

It's a strong sedative as well, so keep doses small.

→ Culinary: Strip the leaves and crush/chop. Add to tomato dishes especially, as well as eggs, cheeses, meats, sauces (butter + garlic, or oil + vinegar), and stews.

"Origanum majorana" aka **OREGANO**

aka Marjoram



CRANBERRIES

"Vaccinium Oxycoccos"

*Ripe when Red!

- Native Americans first to use as a food
- Best when eaten with something sweet as are very tart. Mix with apples, oranges, pears, pineapple, honey, sugar, or maple syrup.
- High in antioxidant + Vitamin C.
- good for urinary tract, stomach, + liver troubles.
- Fresh berries can be frozen for 9 mo.
- Usually made into juice, jelly, sauce, or dried

ACORN SQUASH

with

SUGAR-COATED CRANBERRIES!

Cranberries

time: an afternoon
yield: 2-3 servings

① Bring 1c water and 1c sugar to a boil in a small saucepan. Cook until the syrup 'spins' a thin string when dropped from a spoon.

② While cooking, prick 2 holes in cup of cranberries with a pin.

③ Add cranberries when syrup is ready. Cook for 20 min, or until syrup gets when dropped from a spoon.

④ Remove berries individually to waxed paper, separating. Let dry several hours.

⑤ Roll in sugar, and set aside.