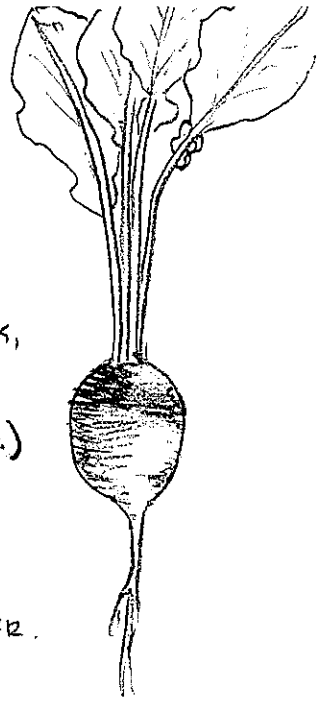


a bit about:

**RADISHES.**

"Raphanus sativus"  
 ← from Latin "Radix"  
 meaning "root"

- store roots in plastic or a damp cloth for 2 weeks, leaves use asap! Scrub!
- eat roots (minerals: Potassium, Phosphorus, Magnesium, + Iron.  
 + leaves (loads of Vitamins A, C + Bs.)
- A blood cleanser & digestive aid.
- EAT: Raw: sliced or grated in salads, slaws, and sandwiches, steamed; whole for 8-12 min, w/butter.
- cooked: in soups or stir fries.

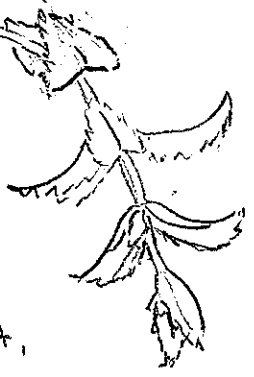


edible  
 alchemy  
 formulae

- store in a glass of water in the fridge.
- freeze chopped in ice cubes or whole in zip bags.

**MINT.**

"mentha"



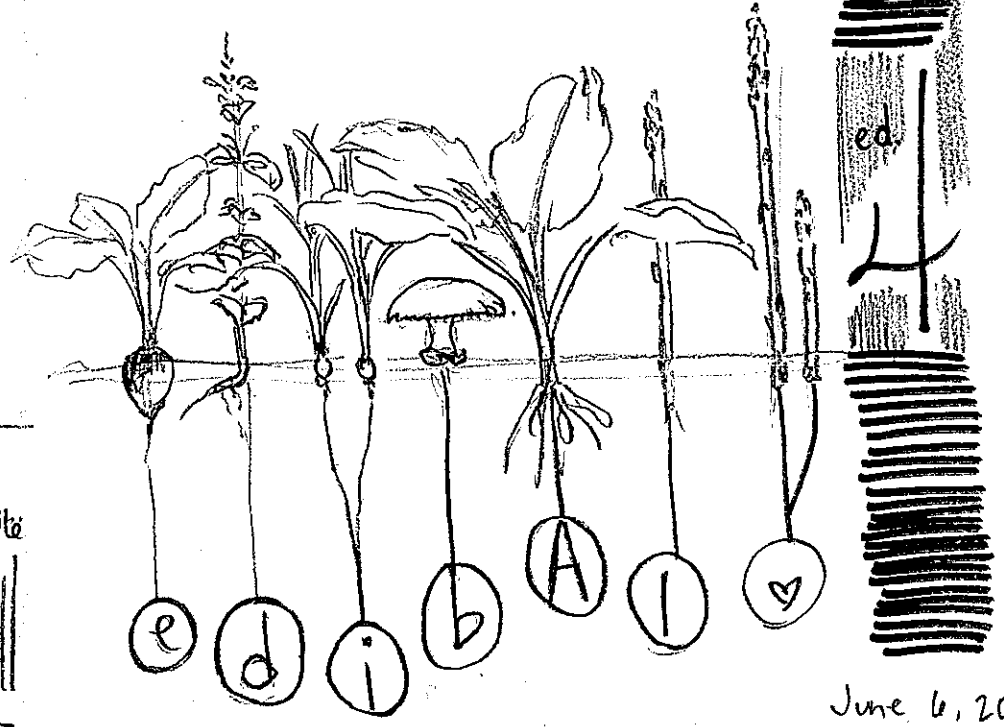
- Add fresh leaves to water, iced/hot tea, lemonade, fruit + green salads, + yogurt.
- Cook with meat, beans, carrot, eggplant, cabbage, potatoes, + lentils.

Mint contains menthol and is used for:  
 indigestion, respiratory ailments, concentration, calming, and getting rid of headaches;

- it's an anti-bacterial  
 - parasitic  
 - septic  
 - inflammatory

Mint grows on all 5 continents. There are loads of kinds (all have a square stalk) & can be harvested wild.

★ contact! ★  
 Recipes? ||| cometogether @  
 confusion? ||| gmail.  
 comments? ||| .com  
 suggestions? ||| ♥ |||  
 complaints? ||| Andrea



June 6, 2009  
 Chicago, IL

# Rhubarb

"Rheum Rhabarbarum"

♥ Rejuvenating, a blood purifier, and a digestive aid.

♥ tender (and sweet!) when young.

♥ originated as a medicine in China, a decorative plant in Europe, and a food in Russia.

♥ has Vitamin A, and C, and a variety of minerals like Calcium

## pink - ginger - strawberry

### Rhubarb pie

- Filling:
- 3-4 c chopped rhubarb
  - 3-4 c sliced strawberries
  - 1/2 c sugar
  - 1/2 c honey (or agave nectar, etc...)
  - 2 T flour
  - 1 t vanilla
  - 1/2 - 3/4 grated ginger

Serves: 6-8  
Prep time: 1.5 hrs  
Bake time: 50 min

By: Andrea

(and/or 1T fresh grated orange zest)

Pie Crusts (homemade OR pre-made (2))

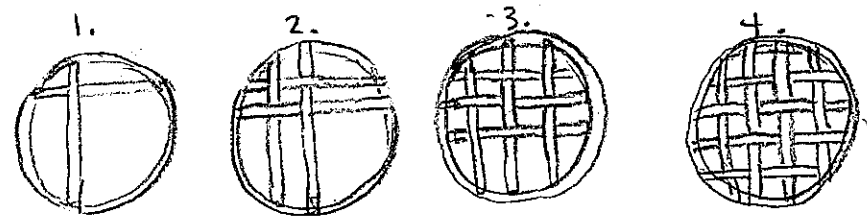
### Method:

- ① Make pie crust & chill (or go to step 2)
- ② Combine fruit + sugar. Let sit for 15-20 min, tossing often to help sugar release juices.
- ③ Form the pie crust into a greased deep dish pie pan. OR, for tarts, cut 6 in squares and form into muffin tins OR little 'dishes' by pinching edges up and together.
- ④ Add honey, flour, vanilla, & ginger/orange peel to fruit. Toss very thoroughly.
- ⑤ If desired, add a top crust to pies



⑤ cont. For a solid top, cover & pinch edges. cut in slits with a knife

For a lattice top, cut strips of pie crust and criss cross as follows, pinching edges.



⑥ Bake for 40-55 min, until starts to bubble. Let cool for 30 minutes then serve warm with vanilla ice cream or frozen yogurt.

### asparagus, tomato, + radish anti-pasti

By: Alyssa  
Time: 10 min

#### ingredients:

- Asparagus, chopped
- Radishes, grated
- Tomatoes, sliced thinly into bite size pieces
- optional ☆ leaf lettuce OR spinach
- Fresh Basil, Dill, or Marjoram; chopped
- Vinegar
- Olive Oil
- Pepper

#### Method:

- ① Chop all veggies. Steam asparagus until tender. Run under cool water to stop cooking.
- ② Combine all ingredients, Toss, and serve.

☆ You can add leaf lettuce to this to make more of a 'greens' salad.