

PARSLEY

"Petroselinum crispum"

More Vitamin A than carrots!
More Vitamin C than oranges!
loads of iron!



a Mediterranean herb.
can be flat or curly leaved.

to use:-
- toss into salads
- add into stir fries (towards the end)
- add into pestos, sauces, + soups.
- chop into pasta + rice salads Raw.
- eat it after a meal to freshen your breath.

THYME

"Thymus vulgaris"
is relaxing, antiseptic, and clarifying.

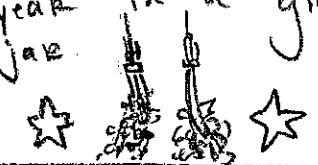
to use:-
- strip leaves from stem and crush.
- cook w/ meats, veggies, eggs, + fish.
- make as a tea (it helps digest fatty foods)
- Cook with mushrooms, rice, and add to other mediterranean style dishes.



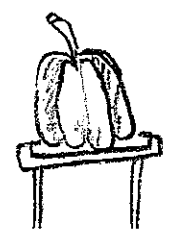
← another mediterranean herb.
← Dates to 3000 BC as a crop.
← used for protection, & for bringing faeries.

to PRESERVE:

- keep herbs wrapped in a damp towel in the fridge.
- **OR** hang upside-down in a dark + dry place until dry.
Then store for up to 1 year in a glass jar.



questions? comments? concerns?
contact Andrea at cometogether88@gmail.com



edible alchemy formulae

(the short version!!)



Quite Edible Eggs over Veggies.

- 1/2c onions, chopped
- 2-3 cloves of garlic, minced/pressed
- 4 leaves kale/chard/collards, chopped coarsely.
- 1 sweet peppers, sliced
- a handful of green beans, tops off.
- jalapeño pepper, chopped finely.
- 2 eggs
- sesame seeds, salt, pepper, cumin, olive oil.

by Andrea Mattson
Feeds: 2
time: 30min

- (method)
- ① Heat olive oil in the pan. Add garlic + onions + greens. Cook for 5 min.
 - ② Add sesame seeds, both peppers, + green beans. Stir & saute for 2-3 minutes.
 - ③ Make two little divots, and crack the eggs. Season as you wish, cover, and allow to cook until the eggs are set to your liking.
 - ④ Eat out of the pan by scooping up with bread or pita.