

"Salvia officinalis"

* "salvia" in Latin salvare means to rescue or heal.
"sage" in English means wise one.

- aids digestion of fatty foods
- Can be used as a quick toothbrush.
- healing for skin. Steep in oil & dab on
- steep sage in honey
- dry sage by hanging in a cool, dry place.
↓ then, burn to clear negative energy
↓ or use as a tea to help colds & sore throats.
- ★ taste intensifies when dry.
- dip leaves in batter + fry.

KALE CHIPS

by: Dietrich

- ① De-vein kale well, removing ALL significant veins (they'll turn 'spiky').
- ② Mix lemon juice, sea salt + olive oil to taste. Massage into the leaves.

- ③ Bake on a baking sheet for around 10 minutes at 250-300°F. Remove when they reach the desired crispness.

But, try other seasoning combinations at your whimsy. Try different greens, too.

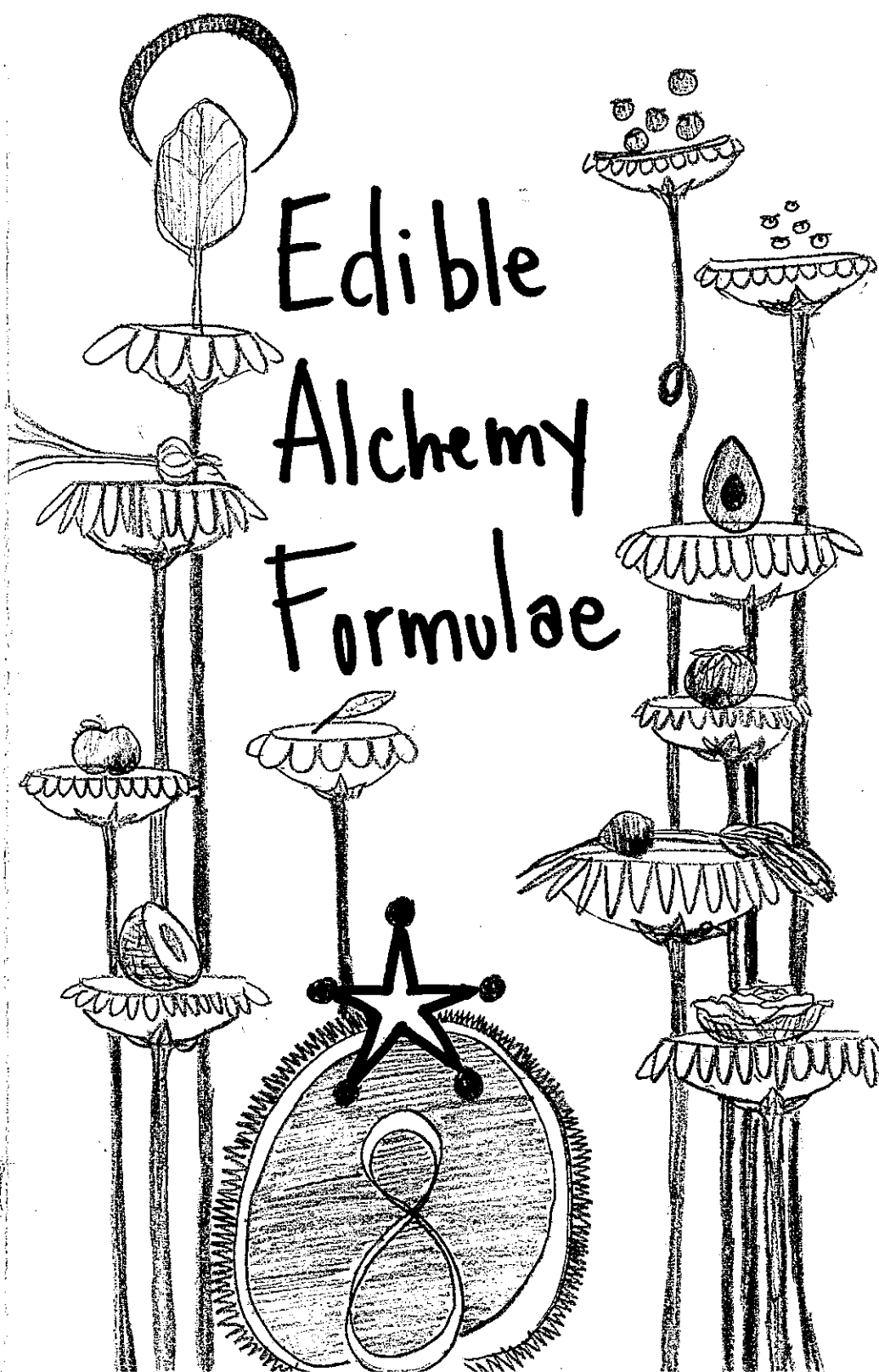
Contact! Talk to me!
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Andrea



Edible Alchemy Formulae





PICKLING

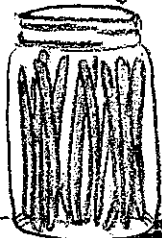
by Jen Dollface

★ this can be used to pickle just about any vegetable. Jen used it for green beans, but try beets or onions or cucumbers or peppers or whatever you fancy!

Ingredients:

- 2 lbs produce: rinsed + cut/trimmed to fit jar.
- 3 cloves garlic, peeled
- 6 sprigs parsley, dill, or sage
- 3 tsp salt
- 2 1/2 c vinegar
- 2 1/2 c water
- 1 lg sterilized jar

lasts up to 12 months!



Method: ① Place veggies in a steamer over 1 inch of boiling water. Add (about 1/4 cup). Cook, with lid, for 3-5 min. (or 5-10 for heartier veggies). Immediately plunge into an ice bath.

② Drain. place in jar with the garlic, & herb sprigs (against the glass). Add salt & shake to sift.

③ In a saucepan or soup pot, boil vinegar + water for 3-5 min. Pour into jar, seal with a lid, and process for 10 min in a boiling water bath.

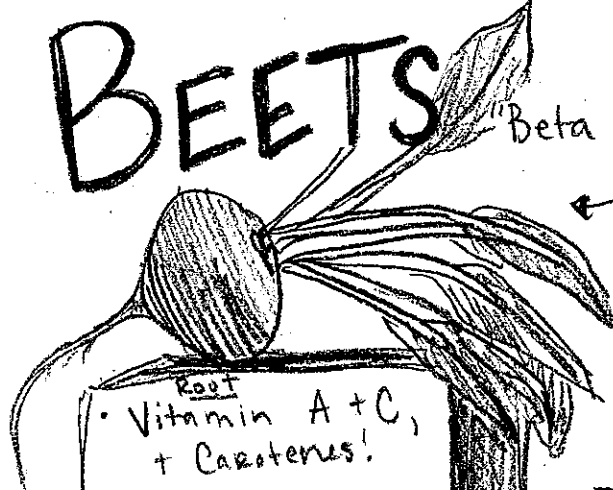
④ Wait for jars to cool completely. Refrigerate.

★ A note on sterilizing:

for recycled jars, you need to sterilize. Rinse them out thoroughly, but don't use soap. Boil half a pot of water, pour into a metal bowl. Place the jar + lid in the bowl for 1/2 hour or until the steam stops. (the water should go over the entire jar.) Dry & use!

BEETS

"Beta Vulgaris"



← long-storing, sweet, colorful, delicious, and nutritious!

← Sucrose extracted from beets is made into table sugar.

← Beet's bright color, from betalains, are used as cosmetics, dyes, & food colorants.

- Root
- Vitamin A + C, + Carotenes!
- Leaves
- Vitamin C(★), + Iron & Calcium.

* don't peel! Minerals are just below skin.

WAYS TO PREPARE

★ **GRILL** → cut off leaves, wash, grill 1-2 hours, until tender. Rub off skins & cut off roots.

★ **CHIPS** → Wash + slice thinly. Fry in oil until crispy (great w/ cheese!) Can also be baked or dehydrated.

★ **RAW SLAW** → grate & mix with delicious assorted veggies (like onions, peppers, squash, tomatoes) add dressing.

★ **SOFT SALAD** → slice & cook beets in water, reduce the juice. Cool. Toss w/ other salad bits.

★ **PICKLED!**
→ try using sugar, cloves, cinnamon, allspice + nutmeg as the spices for sweet beets.

• store greens in a bag or damp cloth in fridge. use ASAP!
• store roots in a plastic bag in the fridge for 3 mo.

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