

Thyme For Me/October

Aroma Therapies Spa/814-443-1217

Chili Lime Marinade

Sweet and Sour Marinade with Lime essential oil

1 1/2 tablespoons fresh cilantro, chopped
2 tablespoons honey or agave
2 tablespoons water
8 drops Lime essential oil
1 clove garlic, minced
1 tablespoon chili flakes
1 1/2 tablespoons ginger
2 tablespoons coconut oil

Balsamic Rosemary Marinade with Rosemary essential oil

1/2 cup balsamic vinegar 1/4 cup olive oil
1 teaspoon salt
2 teaspoons pepper
2 drops Rosemary essential oil

Sweet and Sour Marinade with Wild Orange essential oil

1/2 cup balsamic vinegar
1/2 cup honey
1/2 cup light brown sugar, packed
1/4 cup low-sodium soy sauce
2 garlic cloves, minced
6–8 drops Wild Orange essential oil

Parsley Basil Marinade with Basil essential oil

1 cup Italian parsley, chopped 2 cloves garlic,
minced
2 tablespoons olive oil
2 drops Basil essential oil



Coconut Lemongrass Red Lentil Soup with Lemongrass essential oil

2 tablespoons coconut oil
2 large onions, peeled and chopped
4 cloves garlic finely chopped or pressed
1 tablespoons fresh ginger root, minced
1–2 drops Lemongrass oil
4 tablespoons tomato paste
4 carrots, peeled and chopped
4 tablespoons curry powder
1 teaspoon red pepper flakes
8 cups vegetable broth
2 cans coconut milk
4 cups fresh tomatoes, chopped
3 cups dried red lentils
4–6 handfuls baby spinach
Salt and pepper to taste

Heat coconut oil over medium heat; add onion, garlic, and fresh ginger. Cook until onion is translucent then add carrots and sauté five to seven minutes.

Add tomato paste, curry powder, and red pepper flakes; cook for another one to two minutes stirring constantly until all vegetables are coated and flavors combined.

Add vegetable broth, coconut milk, diced tomatoes, and lentils. Cover and bring to a boil on medium high heat; reduce to simmer (low heat).

Add Lemongrass essential oil and cook for approx. 30 minutes until lentils are cooked through. Season with salt and pepper to taste. Add spinach and stir until wilted.

Garnish with one tablespoon fresh chopped cilantro and one tablespoon sour cream.

Tips:

Add some brown sugar for a sweeter curry taste.

Kathy's Blog

Yellow Dock is an important herb to be aware of when you are considering blood purification. The roots of Yellow Dock have been found to contain as much as 40 percent Iron compounds thereby making Yellow Dock Root one of the best blood builders in nature. As it purifies the blood stream it also helps build it up. Since Yellow Dock is high in Iron, it is used in the treatment of anemia and will nourish the spleen. This is a great herb for anyone that is jaundice or for treating hepatitis. It acts as a laxative because it stimulates the flow of bile.

NOTE: You must abstain from coffee and tea while taking Yellow Dock, as these are incompatible with iron tonics and can produce toxic results.

ANEMIA SYRUP: 2 ounces of Yellow Dock Root Powder, 4 ounces Sarsaparilla Root Powder, and 1 ounce Sassafras Bark, ground. Simmer the ingredients in 2 quarts of water and heat until you have reduced it to about a quart. Strain and add sufficient honey to make a syrup, bottle and keep in a cool place. Dosage: 2 tsps. after each meal. Remember, no coffee or tea when taking Yellow Dock Root.

IRON TONIC: 4 ounces Yellow Dock Root, cut and sifted, 3 pints of water, and 3 ounces of Glycerine. Boil the root slowly for 30 minutes. Strain and simmer until you are at about 3/4 of a pint of liquid tonic. Add the Glycerine, allow to cool, bottle and keep in a cool place. Dosage: 1 tsp. to 1 tbs in 1/2 glass of water 3 times a day.

Breakfast Quiche with Thyme and Rosemary essential oils

1 quiche crust, homemade or pre-made
1 small or medium zucchini, cut into ¼ inch rounds
1 small or medium yellow crookneck squash, cut into ¼ inch rounds
1 cup steamed broccoli florets
1 cup steamed cauliflower florets
1–2 tablespoons butter
2-ounces feta cheese
1–2 Roma tomatoes, cut into ¼ inch half moons
6 large eggs
½ pint whipping cream
¾ teaspoon salt
¼ teaspoon black pepper
¼ to ½ teaspoon hot sauce
1–2 drops Thyme oil
1 drop Rosemary oil

Preheat oven to 350° F.

Precook and prepare crust in a quiche/ tart pan.

Bake crust until golden brown and let cool completely.

While baking, cut vegetables and cook for about five minutes.

In a medium skillet, melt butter and add all precooked vegetables, coat with butter, remove from heat, and let cool to room temperature.

Whisk together eggs, whipping cream, salt, pepper, hot sauce, and essential oils in bowl. Add vegetable mixture to crust.

Top with crumbled feta cheese.

Pour egg mixture into quiche over buttered and cooled vegetables. Arrange tomato slices over top of quiche.

Bake at 350° F for 40–70 minutes until egg mixture is golden in color and set in the middle.

Transfer quiche to cooling rack for 15 minutes and enjoy.

Tips:

A pie pan may also be used, adjusting cooking time accordingly. You can check the middle by poking with a toothpick or knife; when it comes out clean it is set. Times will vary based on size, style of pan, and amount of ingredients used.



Let the smells of golden fall leaves fill your senses with this earthy diffuser blend. Using White Fir, Patchouli, and Cedarwood, the Golden Leaves diffuser blend will transport the best parts of autumn right to your own home. All three essential oils, fir, patchouli and cedar wood are 10% off during October.

NOTE: This is a great time of year to make a tonic that builds up your system. Alfalfa Leaf is an herb I like to add to my blends. It affects the stomach and the blood. It has valuable nutritive properties such as calcium, magnesium, phosphorus, potassium, vitamin K and vitamin P. It is used with Red Clover Tops to make a nutritious herbal tea that gently cleanses. Mix the powdered herbs in equal parts. Add 1 tsp. per cup of boiling water. Add honey to taste.

Summer Classes/ Workshops are now over. I hope everyone enjoyed them as much as I did.

Making Comfrey/Goldenseal Salve May 11th 2020



I combined both of these classes together. It just seemed so appropriate.

Why does food taste so much better over a grill or fire? Tin Foil Dinners was made at the Weatherby Ranch around a campfire. We used ground beef and vegetables from the garden. Ern dug some of his new potatoes which I chopped and put on the ground beef, then we added onion, zucchinis, crookneck squash, carrots, lemon essential oil, garlic and salt & pepper. It was DELISH! Then we made Cinnamon Apples over the fire for dessert with a glasses of homemade Ginger Ale.

Spotlight on Spearmint EO includes: Spearmint Soap Making & Spearmint Foot Soak May 19th 2020



Learn to make Tin Foil Dinners and Homemade Ginger Ale August 7th 2020



Using EO's in the Laundry Room July 11th 2020



2020 FALL CLASSES

If you are interested in any of these classes/workshops let me know ASAP and I will then let you know the date & time the class will be held. Once you officially register for the class, the fee will need to be paid in advance to hold your spot. If there is not enough participation the class/workshop will be cancelled and your money refunded.

SPOTLIGHT ON GINGER ESSENTIAL OIL

We'll cover the uses and benefits of ginger while enjoying some ginger tea and culinary food prepared with ginger essential oil. Make & Take projects include two different body scrubs. \$20 includes all supplies and class materials.

SPOTLIGHT ON DOUGLAS FIR ESSENTIAL OIL

With the holidays right around the corner, the scent of Douglas fir is always a welcoming aroma. I'll show you how easy it is to make some holiday gifts including two different foaming hand soaps and a Douglas fir candle. Three Make & Take projects and information on the uses and benefits to this aromatic oil. \$20 includes all supplies and class materials.

TIME TO WARM UP - WORKSHOP

Get prepared for the chill in the air that comes with the autumn/winter season. Make & Take projects include a Body Warming Moisturizing Oil which provides a nice warm feeling on your skin and Heater In A Tin which is used to warm up your muscles and feet. \$20 includes all supplies and class materials.

SOUPS FROM AROUND THE WORLD USING ESSENTIAL OILS

Each of these four soups will be on a different day. It's a mystery what each soup is but if you're up for something a little different bring your taste buds and try each of the soups from around the world while playing herbal bingo. YES, they'll be prizes for the winner.

1ST SOUP TASTING IS FROM COSTA RICA + HERBAL BINGO \$20

2ND SOUP TASTING IS FROM RUSSIA + HERBAL BINGO \$20

3RD SOUP TASTING IS FROM MOROCCO + HERBAL BINGO \$20

4TH SOUP TASTING IS FROM GHANA + HERBAL BINGO \$20

BATH SALT ORNAMENTS- WORKSHOP

All natural bath salts make beautiful ornaments and once the holiday rush is over, help you relax while therapeutic essential oils soothe and uplift your senses. \$20 includes all materials for the Make & Take project.

AROMATHERAPY SALT DOUGH ORNAMENTS- WORKSHOP

These ornaments are made from ingredients found in most homes. They will be made with cassia essential oil and baked in advance ready for you to decorate and paint as you wish. I will have paints and brushes available, if you want to bring anything from home for decoration purposes, your welcome to do so. \$20 includes all materials for the Make & Take project.