

Thyme For Me/March

Aroma Therapies Spa/814-443-1217

HERBAL COUGH SYRUP

This recipe was given to me by my instructor when in school to become an herbalist. I've made it many times over the years and it works amazingly well.

It's used to treat coughs, inflammations of the throat and to help clear lung infections and mucus.

1/3 oz. of Mullein Herb
1/3 oz. of Coltsfoot Herb
1/3 oz. of Rosehips (about 15 or 16)
2 ozs. of honey or vegetable glycerin

Crush up the Rosehips into a coarse state. No need to pulverize it into a powder, just break them open and crush gently. An electric mixer works great, or a mortar and pestle, or a sealed bag with a hammer! Place the crushed Rosehips in a sauce pan and add the Mullein and the Coltsfoot. Now add 2 cups of water and stir. Bring this mixture to a boil. Boil it down to about half the liquid content, which is approximately 15 minutes. Let cool a little so you don't get burned. Prepare a way to pour this mixture through the cheese cloth into another vessel. A quart jar works well, because you can make a little swing for the herbs to collect into. Now strain your mixture into the jar through the cheesecloth. Rinse out your saucepan and pour the filtered liquid back into the pan. Reheat, only this time, not until boiling. Add 2 ozs. of honey or vegetable glycerin if you have any. This will sweeten it and be the preserver. Your cough medicine can be stored in a brown bottle in the refrigerator for a month or so.

KATHY'S BLOG

There are not many things that are as soothing and as lovely as a walk in a beautiful garden. The garden does not have to be very big to be beneficial. The combination of quiet, beauty, fascinating plant and animal life, all create a healing experience for one who will take the time to partake of it. So how do you get this healing garden? Well. . .

Contrary to the belief of many, gardening is as easy as making supper. You need certain ingredients, you must pay attention to quantity, quality and timing. Cleanup, is an important factor too! I am referring to taking the time to put things away, keep the weeds out, and really make it look nice. If you have never grown anything before, I want to encourage you, as it is quite easy, once you get the hang of it.

TRY THIS RECIPE FOR HOMEMADE LEMON PASTA!!!

Summer Dinner Table

1 cup all-purpose flour

$\frac{1}{4}$ cup semolina

Note: You can use all semolina or all purpose flour if needed.

1 teaspoon salt

1 drop Lemon oil

3 eggs

1 tablespoon olive oil

$\frac{1}{2}$ teaspoon ground pepper

1 tablespoon olive oil

DIRECTIONS

1. Combine dry ingredients together.
2. Mix wet ingredients in separate bowl.
3. Form a well in the center of your dry ingredients and pour your wet ingredients inside.
4. Fold with a fork until pliable.
5. Flour your countertop and place dough on top, kneading with your hands for 10 minutes until smooth.
6. You can now use a pasta machine, or roll it out with a rolling pin and cut into strips with a pizza cutter.
7. Boil in salted water for 2 minutes.



Garden Marinara

INGREDIENTS

10 tomatoes
½ medium onion
2 cloves garlic
½ small zucchini
½ small yellow squash
1 red pepper
1 small carrot
5 basil leaves
1 teaspoon fresh rosemary
⅓ cup Italian seasoning
2 teaspoons salt
2 drops **Oregano oil**
1 drop **Basil oil**
1 toothpick **Rosemary oil**
½ teaspoon ground pepper
1 tablespoon olive oil

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Chop all vegetables in 1 inch pieces and place on a cookie sheet.
3. Mix Italian seasoning, salt, and pepper in a separate bowl, and sprinkle over the chopped vegetables.
4. Combine **Oregano oil**, **Basil oil**, **Rosemary oil**, and olive oil into a small bowl, and pour over vegetables.
5. Bake for 2–3 hours, or until all vegetables are soft and translucent.
6. When done, let cool, and grind up in a blender.
Note: You can add extra seasonings if needed.
7. Warm on the stove as needed.

Meatballs

INGREDIENTS

1 pound ground beef
2 eggs
2 pieces of hearty bread
1 teaspoon salt
1 drop **Black Pepper oil**
¼ cup cooked red quinoa

- Fahrenheit.
2. Crumble bread with your hands into a bowl, then add all other ingredients, and mix.
 3. Form into 2 inch balls, and put in pot with about 3–4 inches of water.
 4. Place lid on the pot, and bake for 20–30 minutes, or until cooked all the way through.

Artisan Bread

INGREDIENTS

¾ cup sour dough starter
Note: You can make your own by mixing 2 cups of flour, and one cup of water. Keep in a glass container with a loosely fitted lid, and leave on counter for 8–12 hours before use.
1 ½ cups water
3 ½ to 3 ¾ cups of all purpose flour
1 ½ teaspoons salt
1 ½ tablespoons sugar, honey, or molasses
*Tip: To add an Italian flavor, add 1 drop **Oregano oil** and two tablespoons of Italian seasoning.*

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Add everything to a large bowl, then squish the mixture with your hands until it is absorbed.

Note: The dough will look rough.

3. Let the dough rest for 30 minutes to an hour, then knead again.
4. Cover your bowl with a lid; leave for 3–12 hours or until it's double in size.
Note: This will depend on the temperature in your home.
5. Remove the dough from the bowl, and place on a lightly floured counter, folding in the sides until it forms a ball.
6. Place a parchment liner in an enameled dutch oven, or any pot with a lid, and put the dough inside.
7. Let it rise for 1–2 hours more.
8. If desired, carefully slice the top to allow steam to release while baking.
9. Bake for 20 minutes with lid, then remove lid and bake for 20–30 minutes more.

Note: If you are using a regular pot, it will take up to 15 minutes longer to bake.

