

# The Hedgerow Handbook Recipes Remedies And Rituals

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## **Learning Endogenous Development** - 2007

Endogenous development places the major importance in working with local communities on using people's own resources, strategies, and initiatives as the basis for their development. It considers not only the material, but also the socio-cultural and the spiritual resources of people, in order to broaden the options when formulating appropriate development paths, without romanticizing people's traditional worldviews and practices. This book provides ideas, guidelines, and examples of how to put endogenous development into practice. It also shows how field staff can be helped to learn, and how training or learning activities can best be organized, to support endogenous development.

## **The Herbal Remedy Handbook** - Kim Walker 2019-04-18

With self-care, mindfulness and mental health being at the forefront of the popular consciousness, taking control of your health has never felt so important. And learning about herbs and how they can treat and heal ailments and conditions is a good place to start. The Herbal Remedy Handbook is a collection of practical remedies for home care. It is an ailment and recipe-led reference for first-aid, simple conditions such as coughs and colds, and helpful self-management techniques for more complex conditions such as anxiety and eczema. From vinegars and tonics, creams and balms to syrups and teas, all the recipes use easily accessible, bought, foraged or grown ingredients for you to create your own herbal healthkit. An indispensable guide for the beginner or the budding herbalist, The Herbal Remedy Handbook is filled with tried-and-tested recipes that will inspire you to make your own remedies.

## **Wild Remedies** - Rosalee de la Forêt 2020-04-07

That's not a weed--it's herbal medicine! Learn to use wild plants and herbs for food and DIY remedies in this illustrated guide from two expert herbalists. Millions of people are interested in natural and holistic health, yet many are missing out on the key ingredient: Nature itself! Rekindle your connection with the earth as you craft your own herbal medicine with 75 delicious recipes and powerful healing remedies. Herbalists Rosalee de la Forêt and Emily Han expertly guide you through the benefits of two dozen of the most important and commonly found wild plants-many of which you can easily grow in your own garden, if foraging isn't right for you. Detailed illustrations and beautiful photography ensure that you won't make a plant-identification misstep as you learn how to tend and properly harvest the plant medicine growing right in your own neighborhood. After reading Wild Remedies, you'll never look at your backyard, a public park, or any green space in the same way again. Instead of "weeds," you'll see delicious foods like Dandelion Maple Syrup Cake, Nettle Frittata, and Chickweed Pesto. You will revel in nature's pharmacy as you make herbal oils, salves, teas, and many more powerful remedies in your own kitchen.

## **The Northern Shamanic Herbal** - Raven Kaldera 2011-02

Long ago, healers in northern Europe used herbs for

medicine, magic, sustenance, and to commune with spirits both green and divine. The Northern Shamanic Herbal picks up where the ancients left off, with introductions to 150 northern European herbs and their many uses. This book is also an introduction to a modern Pagan elemental herbalism that is rife with the spirits of plants and Northern Gods. Learn to listen to the voices of the Greenwights!

## **The Almanac** - Lia Leendertz 2020-09-03

'The perfect companion to the seasons' - India Knight  
Welcome to The Almanac: A Seasonal Guide to 2021. If you are new to The Almanac then welcome; if you are a regular reader then hello! The Almanac is about celebrating the unfolding year in all its various facets. The old dependables which I include every year are back: moon phases, sun rises and sets, tide time tables and the sky at night. As ever there are seasonal recipes and monthly gardening tips for the flower and vegetable garden too, as well as a bit of folklore, and nature and a song for each month. This year's edition has a theme: movement, migration and pilgrimage. This was not a reaction to the unsettling events of last year - it was half written by the time Covid-19 hit - but writing it from lockdown did give me a heightened appreciation of the way in which Britain and Ireland have always and continue to be places of movement, and are intimately connected to the rest of the world. You will find within this book migration tales for each month of this year, but I have also searched out seasonal tales of human movement, and included a pilgrimage for each month, some ancient, some current, all underlining the spiritual benefits of putting one foot in front of the other. Every month I have included a method of navigating using the stars, sun or moon, so you can find your way around in the dark (or just look out of your window and know where south is). And our monthly folk songs are all shanties this year, work songs with movement at their very heart, created to coordinate muscle power to drive sailing ships backwards and forwards across the Atlantic Ocean, and containing influences from the eastern seaboard of the US down to the Caribbean and beyond mixed with British and Irish folk traditions. These songs are stitched through with movement and travel, as is this Almanac. PRAISE FOR THE ALMANAC: A SEASONAL GUIDE 'This book is your bible' - The Independent 'An ideal stocking filler' - The English Garden 'I love this gem of a book' - Cerys Matthews 'Indispensable' - Sir Bob Geldof 'An uplifting nature-inspired guide' - Country & Town House magazine  
**Dragon's Blood & Willow Bark** - Toni Mount 2015-04-15  
A time when butchers and executioners knew more about anatomy than university-trained physicians - travel back to a time of such unlikely remedies as leeches, roasted cat and red bed-curtains

## **The Tarot Masters** - Kim Arnold 2013-11-04

In this beautifully illustrated book, leading experts from the world of Tarot, including Rachel Pollack, Mary K. Greer, Ciro Marchetti, and Caitlin Matthews, share

their insights into the cards of the Major Arcana, and reveal the profound impact that Tarot has had on their lives. Each contributor shares how their Tarot journey began and what inspired them, and gives their interpretation of a Major Arcana card, and what it is about that card that they love or loathe. Their answers will help to deepen your own understanding of Tarot, and how this ancient craft can enrich your life.

The Forager's Calendar - John Wright 2019-03-28

'He writes so engagingly that it's hard to imagine that actual foraging can be more attractive than reading his accounts of it. ...[This book] is a treasure. It is beautifully produced, designed and illustrated.' - John Carey, The Sunday Times WINNER OF THE GUILD OF FOOD WRITERS AWARD FOR FOOD BOOK OF THE YEAR 2020 WINNER OF WOODLANDS AWARDS BEST WOODLAND BOOK OF THE YEAR 2020 Look out of your window, walk down a country path or go to the beach in Great Britain, and you are sure to see many wild species that you can take home and eat. From dandelions in spring to sloe berries in autumn, via wild garlic, samphire, chanterelles and even grasshoppers, our countryside is full of edible delights in any season. John Wright is the country's foremost expert in foraging and brings decades of experience, including as forager at the River Cottage, to this seasonal guide. Month by month, he shows us what species can be found and where, how to identify them, and how to store, use and cook them. You'll learn the stories behind the Latin names, the best way to tap a Birch tree, and how to fry an ant, make rosehip syrup and cook a hop omelette. Fully illustrated throughout, with tips on kit, conservation advice and what to avoid, this is an indispensable guide for everyone interested in wild food, whether you want to explore the great outdoors, or are happiest foraging from your armchair.

**The Garden Forager** - Adele Nozedar 2015-03-26

This January, revitalise your recipes with the joys and satisfaction of foraged ingredients from your garden and beyond. In high-end restaurants and in the home, more and more cooks have unearthed the pleasures of using natural, foraged ingredients. But, what few realise is that you don't necessarily have to go rootling in hedgerows or woodlands to find them. Many of our own gardens contain an abundance of edible and medicinal plants, grown mainly for their ornamental appearance. Most gardeners are completely unaware that what they have actually planted is a rather exotic kitchen garden. The Garden Forager explores over 40 of the most popular garden plants that have edible, medicinal or even cosmetic potential, accompanied by recipes, remedies, and interesting facts, and illustrated throughout in exquisite watercolours by Lizzie Harper. This beautifully illustrated book redefines how we look at our gardens and unleashes the unknown potential of everyday plants - making it a must-have for anyone interested in gardening, cooking, or foraging. 'jammed full of fascinating garden lore, culinary history and clever recipes' Susan Low, Delicious

**The Witch's Herbal Apothecary** - Marysia Miernowska 2020-01-14

The Witch's Herbal Apothecary is a magickal book of recipes, rituals, and materia medica for reconnecting with the power and healing of Earth Magick. Author Marysia Miernowska is the Director of one of California's most renowned herbal schools and named one of the "top 15 witches on Instagram" (@marysia\_miernowska) by Huffington Post. Mother Earth is a living entity that holds great medicine to heal us physically and spiritually. However, in today's modern world, too many of us are separated from this source of nourishment. With the wheel of the year as a framework, you'll begin to understand the currents of nature and how to weave yourself back into this great web of life. Using the plants, seasons, and cycles as your tools, you will be able to tap into the potent Earth Magick of

life, death, renewal, and rebirth. In harmony with the seasons, You will learn how to: Grow medicine Harvest from the wild or home garden Process plants Make remedies Each season opens a portal of magick that allows you to harvest the literal and spiritual gifts the Earth is offering at that time. The Witch's Herbal Apothecary will awaken the Witch inherent in every wild soul and guide her into an empowered relationship of healing and magick with the natural world.

Everyday Life in Medieval London - Toni Mount 2014-03-15 Step back in time to medieval London to find out about the lives of those working and living there.

*Combating Desertification with Plants* - D. Pasternak 2012-12-06

The conference "Combating Desertification with Plants" was held in Beer Sheva, Israel, from November 2-5, 1999, and was attended by 70 participants from 30 countries and/or international organisations. Desertification - the degradation of soils in drylands - is a phenomenon occurring in scores of countries around the globe. The number of people (in semiarid regions) affected by the steady decline in the productivity of their lands is in the hundred millions. The measures required to halt and reverse the process of desertification fall into many categories - policy, institutional, sociological-anthropological, and technical. Although technical "solutions" are not currently in vogue, the conference organizers felt that perhaps the pendulum had swung too far in the direction of "participatory approaches." Hence IPALAC - The International Program for Arid Land Crops - whose function is to serve as a catalyst for optimizing the contribution of plant germplasm to sustainable development in desertification-prone regions - felt the time was opportune for providing a platform for projects where the "plant-driven" approach to development finds expression. Some 45 papers were delivered at the conference, falling into the categories of this volume: Overview, Potential Germplasm for Arid Lands, Introduction, Domestication and Dissemination of Arid Land Plants, Land Rehabilitation, and Mechanisms of Plant Transfer. The conference was funded by UNESCO (Division of Ecological Sciences), the Ministry of Foreign Affairs of Finland, and MASHAV, Israel's Center for International Development Cooperation.

Foraging with Kids - Adele Nozedar 2018-09-18

A fun, informative guide to safely foraging with kids—featuring beautiful illustrations, plant facts and profiles, and 50 family projects for making the most of your wild edibles In today's world of increasingly sedentary lifestyles and a growing detachment from the food that we eat, it has never been more important to encourage children to put down their screens, get outside, and engage with the natural world around them. Foraging with Kids is a fun, practical book for parents and their children that encourages families to interact with their environment and gain a practical understanding of the natural world through exploration and play. Featuring projects based around 50 easy-to-identify plants common in parks, forests, and hedgerows worldwide, Foraging with Kids makes the challenge of discovering functional flora just as achievable to those who live in the city as in the countryside. Once they have foraged their plants, children will be amazed by the diverse practical uses of their discoveries—from making soap from conkers or setting a delicious egg-free custard with plantain, to stopping minor cuts from bleeding with hedge woundwort. Children will take great pride in seeing their gatherings forming part of the family meal, and parents will be amazed at how even the most vegetable-averse child will develop an enthusiastic appetite for a meal that they have contributed to. Featuring beautiful hand drawings, essential information on plant facts and identification, and a diverse range of engaging family projects, this is the perfect book for anyone who wants their children to get outside,

connect with nature, and have a lot of fun in the process.

**The Wren** - Stephen Moss 2018-10-25

'This fascinating biography . . . A perfect Christmas present for any birder' Birdwatching From the BESTSELLING AUTHOR of *The Robin: A Biography*, STEPHEN MOSS: The wren is a paradox of a bird. They are Britain's most common bird, with 8.5 million breeding pairs and have by far the loudest song in proportion to their size. They also thrive up and down Britain and Ireland: from the smallest city garden to remote offshore islands, blustery moors to chilly mountains. Yet many people are not sure if they have ever seen a wren. Perhaps because the wren is so tiny, weighing just as much as two A4 sheets of paper, and so busy, always on the move, more mouse than bird. However if we cast our eyes back to recent history wrens were a mainstay of literary, cultural and popular history. The wren was on postage stamps and the farthing, it featured in nursery rhymes and greetings cards, poems and rural 'wren hunts', still a recent memory in Ireland particularly. With beautiful illustrations throughout, this captivating year-in-the-life biography reveals the hidden secrets of this fascinating bird that lives right on our doorstep.

**Civilization's Crisis: A Set Of Linked Challenges** -

Avery John Scales 2017-04-20

Modern civilization faces a broad spectrum of daunting problems, but rational solutions are available for them all. This book explores the following issues: (1) Threats to the environment and climate change; (2) a growing population and vanishing resources; (3) the global food and refugee crisis; (4) intolerable economic inequality; (5) the threat of nuclear war; (6) the military-industrial complex; and (7) limits to growth. These problems are closely interlinked, and their possible solutions are discussed in this book. Contents: Economics, Ethics and Ecology Threats to the Environment and Climate Change Growing Population, Vanishing Resources The Global Food and Refugee Crisis Intolerable Economic Inequality The Threat of Nuclear War Facing a Set of Linked Problems Outlawing War The Evolution of Cooperation Education for Peace The Future of International Law The Choice is Ours to Make Readership: Readers interested in an overview of world issues and a brief history of their origins.

**The Herbal Apothecary** - Christine Iverson 2023-09-14

From the best-selling author of *The Hedgerow Apothecary*, *The Garden Apothecary* and *The Hedgerow Apothecary Forager's Handbook* Learn the sustainable and ethical art of the apothecarist with this beautiful photographic guide to working with herbs and spices to make healing remedies and delicious recipes. Discover the fascinating properties and therapeutic benefits of everyday ingredients found in herb gardens and kitchen cupboards. For centuries, herbalists and healers have looked to nature for remedies and have made salves, toddies, teas, balms and preserves as cures for common ailments and to add piquant aromas and flavours to dishes - and now you can too. Inside you will find: - Photographs to help you safely identify edible plants - Advice on what is available in each season - Guidance on how best to grow, prepare and preserve your herbs and spices - Useful herbal remedies and delicious recipes to try - The fascinating folklore and history of these majestic aromatic plants

**Discovering Hedgerows** - David Streeter 1982

**Hedgerow** - John Wright 2018-02-22

In the seventh of the *River Cottage Handbook* series, John Wright explores the culinary delights of the British hedgerow. Hedgerows, moors, meadows and woods - these hold a veritable feast for the forager. In this hugely informative and witty handbook, John Wright reveals how to spot the free and delicious pickings to

be found in the British countryside, and how to prepare and cook them. First John touches on the basics for the hedgerow forager, with an introduction to conservation, safety, the law, and all the equipment that you may need. Next he guides you through the tasty edible species to be found. Each one is accompanied by photographs for identification, along with their conservation status, habitat, distribution, season, taste, texture and cooking methods - not forgetting, of course, some fascinating asides and diversions about their taxonomy and history. Fifty species are covered, including bilberries, blackberries, raspberries, common mallow, dandelions, hedge garlic, horseradish, pignuts, nettles, sloes, sweet chestnuts, water mint, bulrushes and wild cherries. After this there is a section describing the poisonous species to steer clear of, with identifying photographs as well as warnings about nasty 'lookalikes'. Finally, there are thirty delicious recipes to show how you can make the most of your (edible) findings. Introduced by Hugh Fearnley-Whittingstall, *Hedgerow* is an indispensable household reference, and an essential book to have by your side for every trip into the countryside.

**The Hedgerow Handbook** - Adele Nozedar 2012

Illustrated in full-colour throughout, this is the perfect to British hedgerows and their plants - and what to do with them.

**The Hedgerow Apothecary Forager's Handbook** - Christine Iverson 2022-04-14

Learn to forage in the hedgerows like the herbalists of the past As many of us look for ways to live a more planet-friendly lifestyle, the sustainable and ethical art of foraging offers us a way to connect with the world around us. It is a practice rich in tradition and steeped in history, and one that links us to our past and our future. This foraging companion is designed to be taken with you on your adventures into the hedgerows, forests and woodland all year round. Helpfully arranged by season, this book includes clear photographs to aid plant identification, ideas on how best to prepare and preserve your finds, fascinating foraging and plant folklore, and handy pages to make your own notes and drawings. Additional features: Paperback and lightweight (approx. 330g) design, to allow you to take the book with you while foraging A month-by-month foraging calendar Advice on foraging etiquette and tips for creating a forager's toolkit This is the essential guide to enjoying the bountiful delights of the hedgerows.

**The Element Encyclopedia of Secret Signs and Symbols:**

**The Ultimate A-Z Guide from Alchemy to the Zodiac** -

Adele Nozedar 2010-01-21

Unlock the lost and hidden meanings of the world's ancient and modern signs and symbols with the latest in the hugely popular series of 'Element Encyclopedias'. This is the biggest A-Z reference book on symbolic objects you'll ever find.

**100 Facts about Sharks** - David O'Doherty 2011

Leading sharkeologists David O'Doherty, Claudia O'Doherty and Mike Ahern bring you 100 things you definitely didn't know about the oceans' most terrifying creatures. For example - The great white shark hates jazz music A group of hammerhead sharks is called 'a toolbelt' The reef shark can send intimidating telephone text messages with its mind Dancing With the Sharks was Bulgarian TV's least successful ever television show The word 'shark' actually looks quite like a shark Your knowledge of Sharks is about to get 100 Facts more knowledgeable

**Plants for the People** - Erin Lovell Verinder 2020-03-01

Plants are our past. Plants are our future. We are diminished if we can't celebrate plants, properly understand their powers and harness their energy to heal ourselves. *Plants for the People* is an exploration of the plant world through the eyes of a master herbalist, weaving ancient wisdom with a modern approach to plant

medicine. This is a beginner's guide to using plants to restore vitality and a general sense of wellbeing, with recipes for easy-to-make teas, tinctures, syrups, balms and baths. Throughout there are golden tips and tonics for addressing common ailments such as bloating, bad skin, lack of energy, winter coughs and colds, jangling nerves and many other present-day complaints. An evolution of herbal-medicine books of the past, *Plants for the People* is a modern presentation of an ancient craft. This is plant medicine's time to shine.

**The Witch's Way** - Shawn Robbins 2019-10

With in-depth explorations of nature magick and divination, this follow-up to the wildly successful *Wicca*, written by the authors of that book, is a must for Wiccans. It covers everything from different kinds of witches and their practices; cosmic helpers; enhancing your magick with color; developing your sixth sense; mastering tarot; psychic plant power, and much more. A FAQ section at the end answers the most-asked questions, and there's a eight-page color insert on pentacle magic!

**The Hedgerow Apothecary** - Christine Iverson 2019-10-10

Learn to forage in the hedgerows like the herbalists of the past with this best-selling beginner's guide. For centuries our ancestors looked to nature not just for food, but also for healing. To this day, our ancient hedgerows, woodlands and forests are still full of remedies – and they're waiting to be discovered. This is the essential guide to enjoying the bountiful delights of the natural world. Learn how to make delicious preserves, healing balms, soothing toddies and cures for colds with nature's jewels such as rose hips, elderberries and mugwort. You will also find: Photographs to help you safely identify edible plants Advice on what is available in each season Guidance on how best to prepare and preserve your finds The fascinating folklore and history of foraging Every walk is an opportunity to learn, identify a new plant, gather something to eat and reconnect with nature – so dive in to begin your foraging adventure.

**Breverton's Phantasmagoria** - Terry Breverton 2011-07-07

From dragons and wyverns to vampires, werewolves and mischievous gremlins, pixies and fairies, Breverton's *Phantasmagoria* is a unique compendium of over 250 mythical animals. Prepare to revisit familiar myths, such as vampires, werewolves and the Loch Ness Monster, the Minotaur and Medusa from Greek legend, and Biblical beasts such as Behemoth and Leviathan. Discover new mysterious animals like the giant serpents of Central America, the lethal Mongolian death worm, and the Ennedi tiger in Africa, and investigate the evidence for sightings of Bigfoot and the reclusive Yeti. Packed with quirky line illustrations and a wealth of weird and wonderful information, Breverton's *Phantasmagoria* surveys the globe to uncover over 250 imaginary creatures passed down from generation to generation.

**The Forager Handbook** - Miles Irving 2009

At any time, in any place, food is there for the taking - if only we knew where to look. This handbook tells you how to recognise the rich possibilities that surround us - whether in the city or in the countryside. The author reveals the how, why & what of the art of foraging.

*The Hedgerow Apothecary Forager's Handbook* - Christine Iverson 2022-04-14

Learn to forage in the hedgerows like the herbalists of the past As many of us look for ways to live a more planet-friendly lifestyle, the sustainable and ethical art of foraging offers us a way to connect with the world around us. It is a practice rich in tradition and steeped in history, and one that links us to our past and our future. This foraging companion is designed to be taken with you on your adventures into the hedgerows, forests and woodland all year round. Helpfully arranged by season, this book includes clear photographs to aid plant identification, ideas on how best to prepare and

preserve your finds, fascinating foraging and plant folklore, and handy pages to make your own notes and drawings. Additional features: Paperback and lightweight (approx. 330g) design, to allow you to take the book with you while foraging A month-by-month foraging calendar Advice on foraging etiquette and tips for creating a forager's toolkit This is the essential guide to enjoying the bountiful delights of the hedgerows.

*The Little Book of Ikigai* - Ken Mogi 2017-09-07

AS HEARD ON THE STEVE WRIGHT SHOW 'FORGET HYGGE. IT'S ALL ABOUT IKIGAI (THAT'S JAPANESE FOR A HAPPY LIFE)' The Times Find out how to live a long and happy life thanks to the ikigai miracle, a Japanese philosophy that helps you find fulfilment, joy and mindfulness in everything you do. It is extraordinary that Japanese men's longevity ranks 4th in the world, while Japanese women's ranks 2nd. But perhaps this comes as no surprise when you know that the Japanese understanding of ikigai is embedded in their daily life and in absolutely everything that they do. In their professional careers, in their relationships with family members, in the hobbies they cultivate so meticulously. Ken Mogi identifies five key pillars to ikigai: Pillar 1: Starting small Pillar 2: Releasing yourself Pillar 3: Harmony and sustainability Pillar 4: The joy of little things Pillar 5: Being in the here and now The Japanese talk about ikigai as 'a reason to get up in the morning'. It is something that keeps one's enthusiasm for life going, whether you are a cleaner of the famous Shinkansen bullet train, the mother of a newborn child or a Michelin-starred sushi chef. The Five Pillars at the heart of everything they do. But how do you find your own ikigai? How does ikigai contribute to happiness? Neuroscientist and bestselling Japanese writer Ken Mogi provides an absorbing insight into this way of life, incorporating scientific research and first-hand experience, and providing a colourful narrative of Japanese culture and history along the way.

*The Handmade Apothecary* - Kim Walker 2018-06-25

Herbs are quite literally everywhere; it is only our ability to recognise their value that has been lost. Vicky and Kim explore the traditional uses of herbs combined with a modern and scientific understanding of a truly holistic approach so that you can use herbs to treat ailments and improve your general wellbeing. The book contains fascinating information about herbs and with suggestions of what each herb can be used for. Did you know that daisies infused in oil can be used to reduce bruises? That roses can help grieving and anxiety? Or that elderflower cordial can bring down a temperature? There is also an introduction to each of the body's systems (nervous, respiratory etc.) and which herbs are best for treatments. And of course, the book is peppered with vinegars, balms, oils, tinctures, creams, lotions and syrups to create your own little herbal health kit. Vicky and Kim also encourage people to reconnect with their local environment in addition to growing herbs in their gardens or windowsills. An all-encompassing guide for the beginner, *The Handmade Apothecary* is filled with guidance, useful tips and tried-and-tested recipes that will inspire people to make their own remedies. Also by Vicky Chown and Kim Walker: *The Herbal Remedy Handbook*

**Buckland's Complete Book of Witchcraft** - Raymond Buckland 1986

"This complete self-study course in modern Wicca is a treasured classic - an essential and trusted guide that belongs in every witch's library."---Back cover

*Hedgerow* - Eric Thomas 1980

The story, based on fact, chronicles the life of a hedge, how it grew, its resources and wildlife, and how its life continued through the ages until it was destroyed by modern times

*The Garden Apothecary* - Christine Iverson 2021-06-10

From the best-selling author of *The Hedgerow Apothecary*

Learn how to make the most of your common garden plants like the herbalists of the past Unlock the sustainable and ethical art of the apothecarist, and explore its rich folklore and history. Discover the hidden delights in your own garden and how to use them to make delicious edible treats, herbal cures and restorative beauty products. With photographs to help you safely identify edible plants and tips on how best to prepare and preserve your finds, this is the essential guide to enjoying the home-grown riches of your garden. Enjoy the therapeutic delights of the plants to be found in your own garden with easy-to-follow recipes. Heal dry hands with calendula balm Encourage restful sleep with cherry moon milk Get creative with a vivid blue ink made from cornflowers Try a borage infusion for tired eyes Soothe itchy skin with herbal bath tea Bake a delicious nettle and lemon sponge cake Freshen up with a rosemary mouthwash Enjoy a cool glass of red clover lemonade And much more!

**The Swallow** - Stephen Moss 2020-10-29

From the bestselling author of *The Robin*, *The Wren* and *The Twelve Birds of Christmas*. With around 700,000 breeding pairs, the swallow is one of the most familiar birds in Britain. Though we consider the swallow to be 'our' bird, we also share this beloved creature with millions of others across the globe. Whilst we see it on a daily basis for half the year, the swallow then flies south to Africa, living on only in our memory in the long, dark winter. In *The Swallow* Stephen Moss documents a year of observing the swallow close to home and in the field to shed light on the secret life of this extraordinary bird. We trace the swallow's life cycle and journey, including the epic 12,000-mile round trip it takes every year, to enable it to enjoy a life of almost eternal sunshine, and the key part the swallow plays in our traditional and popular culture. With beautiful illustrations throughout, this captivating year-in-the-life biography reveals the hidden secrets of this charismatic and beautiful bird. PRAISE FOR STEPHEN MOSS: 'A superb naturalist and writer' Chris Packham 'Inspired, friendly and blessed with apparently limitless knowledge' Peter Marren 'Moss has carved out an enviable niche as a chronicler of the natural world' Daily Mail

**The Essential Book of Fermentation** - Jeff Cox 2013-07-02

The country's leading expert on organic food delivers the ultimate guide to the new culinary health movement—feasting on fermented probiotics, from artisanal cheese to kimchi. In his extensive career as a bestselling cookbook author and TV garden-show host, Jeff Cox has always been keenly aware of the microbiology that helps his garden flourish. He has long known that microbes keep our bodies healthy as they ferment food, releasing their nutritional power and creating essential vitamins and enzymes. In *The Essential Book of Fermentation*, Cox shares a bounty of recipes for nourishing the internal "garden." Simplifying the art and science of fermentation, Cox offers a primer on the body's microbial ecosystem, complemented by scrumptious recipes, and easy-to-follow pickling and canning techniques. Basics such as bread and yogurt help readers progress to wine, cheese, and a host of international delicacies, including kim chi and chow chow. Inspiring and innovative, *The Essential Book of Fermentation* serves up great taste along with great health on every page.

**The Tree Forager** - Adele Nozedar 2021-08-10

Aimed at tree lovers of all ages, this beautifully illustrated handbook is the first guide to foraging specifically from trees, looking at all the incredible things we can get and make from them, from food and remedies to toys, whistles and ink. Foraging is one of the fastest-growing nature-related pastimes in the UK and US. There are many books about foraging but this is the only one that focuses on what is arguably everyone's

favourite plant - trees! It profiles 40 incredible trees from the UK and US - from apple, ash and bay to walnut, willow and yew, gorgeously illustrated with watercolour, pen and ink botanical illustrations. In her humorous, inspiring and warm text, Adele explains how we can forage from our trees, not only for food, but also for home remedies, for ingredients to use in cocktails and ferments, and for materials to make toys, musical instruments and other useful things. Did you know that you can grind acorns into flour to make pancakes, for example, or use oak galls for ink? Or that Willow can be used for weaving; ash, hazel and oak are all good for making charcoal. Packed full of recipes and things to do, there is also a sprinkling of folklore and superstition, as well as helpful recognition tips. Overall it traces the fascinating story of the intimate relationship between humankind and our trees.

**Healing with Plants** - Chelsea Physic Garden 2021-02-18

From the common stinging nettle to exotic adaptogens, the plant world is the most incredible medicine cabinet. With detailed profiles of more than 140 herbs, be inspired by this beautiful book to bring more plants into your life for health and happiness. A 'herbal' is essentially a book that contains a list of plants with notes on each plant's identification and uses. They were also often a family reference passed down through the generations like a recipe book, with remedies passed from mothers to daughters. Herbals would be used as reminders of when and how to harvest and prepare herbs, empowering families to look after their health. In *Healing with Plants: The Chelsea Physic Garden Herbal*, discover how to make your own simple herbal remedies, ideas for how to create a healing herb garden and how to forage for herbs in the wild. A history of healing and fascinating stories are told, including a guide to which ailments each herb can treat and how to use them, from healing trauma with St John's Wort to soothing a sore throat with an infusion of thyme and honey. The herbs included are those most well known for having some therapeutic benefit or that have made significant contributions to the history of medicine. Most are also easily accessible for preparing simple healing home remedies, mainly because they are common garden or hedgerow plants.

**New Age Herbals** - Brahma Singh 2018-04-17

Importance of herbs (medicinal plants) can hardly be overemphasized. They are exploited for manyfold applications, ranging from phytopharmaceuticals, to nutraceuticals, to cosmetics and many others. Keeping in view the richness of herbs and their vast potential, this book collates the most up-to-date knowledge of important herbs and herbals. The book also gives an overview of some issues causing hindrance in the promotion of herbals. This book attempts to compile the rich experience of experts working on various herbs. New age single plant species, having multiple medicinal traits worth exploiting i.e. Hippophae rhamnoides (seabuckthorn), and Morinda citrifolia (noni) also find place as full chapters in the book.

**Gardening for Bumblebees** - Dave Goulson 2021-04-01

From the Sunday Times bestselling author of *A Sting In The Tale* comes this practical guide for anyone looking to create the perfect paradise for pollinators this new year. There are twenty six different species of bumblebees to be found in the UK, of around 250 species worldwide. Bumblebees are among the most important of our insects; these superb pollinators ensure that wildflowers set seed and reappear each year, and that our vegetable and fruit crops give us bountiful harvests. With the decline in the populations of our wild bees, these beloved creatures need looking after more than ever. *Gardening for Bumblebees* shows you how you can provide a refuge for bumblebees to feed, breed and thrive. No matter how large or small your space is, Dave Goulson shows you how you can make a pollinator-

friendly haven. In this book you will learn the best trees, shrubs and flowers for pollinators, how to create the perfect nest and breeding site, and the best ways to control pests. Gardening For Bumblebees will encourage and inspire gardeners and allotmenters alike to make their patch more bee friendly. 'Go on, have a flutter! Take a few tips from the new book by biologist Dave

Goulson and it's a safe bet that beautiful butterflies will start gathering in your garden' Daily Mail  
**New Bach Flower Body Maps** - Dietmar Krämer 1996-05  
One of Germany's most innovative Bach flower practitioners presents his healing system, which correlates zones of the body with appropriate remedies. Profusely illustrated. Includes many case studies.