



RECIPES:

CREAM OF SORREL SOUP - SERVES 4

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| 3 TBSP BUTTER | 3 TBSP. FLOUR |
| 1/3 CUP LEEKS, DICED | 3 CUPS CHICKEN/
VEGETABLE STOCK |
| 1/3 CUPS ONION DICED | SALT, PEPPER, THYME |
| 1/3 CUPS CELERY DICED | 1/3 CUP WHITE WINE |
| 1 CUP SORREL WHOLE LEAF OR SCISSOR CUT | |
| OPTIONAL: ONE CUP LIGHT CREAM OR PART THEREOF | |

PROCEDURE: MELT BUTTER IN A SAUCE PAN AND ADD LEEKS, ONIONS, CELERY AND SORREL. SAUTE ABOUT 5 MINUTES OVER LOW HEAT SO BUTTER WILL NOT BROWN. BLEND IN FLOUR, THEN ADD STOCK. COOK UNTIL BOILING. ADD SALT, PEPPER AND THYME TO TASTE, ADD WINE. LET SIMMER UNTIL VEGETABLES ARE TENDER ABOUT 20 MINUTES. PUREE IN BLENDER. RETURN TO LOW HEAT AND ADD CREAM JUST BEFORE SERVING.

ANY VEGETABLE CAN BE SUBSTITUTED FOR THE SORREL, SUCH AS CARROTS, SPINACH, MUSHROOMS, BRUSSELS SPROUTS, ASPARAGUS, BROCCOLI, ETC.

ADAPTED FROM THE RED LION INN, STOCKBRIDGE, MASSACHUSETTS

SOOTHING SIPPER - SERVES 2

1/2 CUP TART, UNSWEETENED CHERRY JUICE
1/4 TSP. GROUND TURMERIC
1/4 TSP. GROUND GINGER
1 TSP. GROUND CINNAMON

3 BLACK PEPPER-
CORNS OR PINCH OF
PEPPER (OPTIONAL)
2 CHAMOMILE TEABGS
2 TSP. HONEY

PROCEDURE:

BRING CHERRY JUICE AND TWO CUPS OF WATER TO A BOIL IN A SMALL SAUCEPAN OVER MEDIUM HEAT.

REMOVE PAN FROM THE HEAT AND ADD TURMERIC, GINGER, CINNAMON AND PEPPERCORN IF USING.

ADD THE TWO TEABAGS AND STEEP FOR 3-5 MINUTES UNTIL DEEP REDDISH BROWN. REMOVE THE 2 TEABAGS, STRAIN, POUR INTO 2 MUGS. ADD HONEY.

FROM POWER SPICING BY RACHEL BELLER 2019

SCRUBS:

Rosemary Lemon Salt Scrub

1 1/2 cups of Epsom Salt
1/2 cup olive oil
2 Rosemary sprigs, finely chopped
2-3 drops Lemon Essential Oil
2 Tbs. lemon zest

Lavender Mint Sugar Scrub

1 1/2 cups coarse sugar
1/2 cup coconut oil, melted and cooled
2 Tbs. dried lavender
2 Tbs. dried mint
15-20 drops Lavender Essential Oil

DIRECTIONS: Mix ingredients together in a large bowl with a wooden spoon. Scoop into airtight pint-size jars or suitable container. Scrub will last 1-2 months.

HOW TO USE: Wet your hands and scoop out a small amount of scrub. Rub it all over your hands. Rinse and pat dry. Use it on parts of the body that are prone to dryness like elbows, knees and feet. Not recommended for use in the tub.