

Harvesting herbs

A quick reference to some of the herbs on the Main Harvest list for May-June, and their uses.

Extract from page 60.

<i>Agrimony</i>	Leaves for wine, or leaf printing. Gather flowering tops for a fawn dye or to dry for pot-pourri,
<i>Angelica</i>	Fresh leaves and stems with fish or in rhubarb jam. Candy stems. Fresh leaves for green dye, dried for pot-pourri.
<i>Avens</i>	Press flowers, sliced in half.
<i>Betony</i>	Dry flowers for flowercrafts. Use leaves for leaf prints.
<i>Calendula</i>	Flowers for petal sugar. Ointment, Dry for pot-pourri.
<i>Catmint</i>	Dry flowering tops for flowercrafts or to fill cat's toys.
<i>Chickweed</i>	Fresh leaves for ointment.
<i>Comfrey</i>	Fresh leaves as a dye, for ointment or pressing. Make liquid fertilizer and use to protect young plants from snails and slugs. Dry for winter use.
<i>Daffodil</i>	Harvest leaves for papermaking or 'rushwork'.
<i>Elder</i>	Fresh flowers for winemaking, cordial, vinegar, syrup or to cook with gooseberries. Freeze for cookery. Dry for tea and inhalations. Ointment from flowers or leaves. Poor quality flowers or leaves as dye. Flowers as aphid deterrent.
<i>Fennel</i>	Leaves fresh for salads, fish and vinegar. Also dye. Dry for pot-pourri and confetti.

Sample section contents. Each is introduced with a poem by Christina.

January-February

In the Garden - seasonal tasks, setting out an Astrology Garden, Making Miniature Gardens to use in design.

Cookery and Wines - Preserves include - marmalade, candied roots, jellies, herb teas, Coltsfoot, Lemon and Ginger wine and Violet liqueur.

In the Home - carpet sprinkle, pot pourri.

Crafts - Dyes, flowers and foliage to press, herb swags, seed design.

July-August

In the Garden - seasonal tasks, The Astrology Garden, Main Harvests.

Cookery and Wines - Preserves-herb sugars, syrup, jellies and vinegars. Golden Rod wine.

In the Home -Soapwort cleanser, medicinal Oils.

Crafts - Dyes, flowers and foliage to press, lavender mobiles, leaf mats.

November-December

In the Garden - seasonal tasks, The Astrology Garden.

Cookery and Wines - Preserves- spiced recipes and sweets for gifts, Christmas mincemeat, Herb teas, mulled wine, non-alcoholic punch.

In the Home - Pomander beads, spicy sacks for decorations.

Crafts -Dyes, ink, Christmas swag, mini Christmas trees, pegloom waistcoat with dyed wools.