

Once upon a time, there was a simple understanding that to sing at dawn and dusk was to heal the world through joy, the birds still remember what we have forgotten, that the world is meant to be celebrated.

T.T. William



Spring Newsletter

Some seasonal insights from a herbalist & naturopath



Spring is nature's new year. The cycles begin again and invite us to join in. How much joy and energy have we lost by signing up to the often mindless mechanisms of endless production, consumption and entertainment? Spring energy is abundant, generous, even wasteful, but when compared with the year's cycle it is followed and moderated by a still summer, a productive harvest and restful winter. How far have we moved away from living with nature's cycles ...the never ending demands on our time and energy, our rushing around for work and play, often only stopping for breaks which can be over indulgent because we "deserve it"? Spring invites us to join her celebration, to see the positive, to be truly present, to free ourselves from bad habits. She cries "get out of your house, your car, your shops, unplug the headphones, let me heal you" I recently found out that some songbirds adapt to their noisy urban environment by raising their pitch or singing later in the evening so they can be heard. That's a great effort and worthy of our attention. I'm sure if they were human they'd have just built some loud speakers. Some of us give up on singing, we forget what our true nature is. Spring offers us connection, every wild thing both plant and animal cry out, "notice me!" Let us remind ourselves of what helps us to connect and what makes us disconnect so we can truly live.



Seasonal Tips

Drink water; mineral water or filtered water will help flush out toxins that build up over the winter.

Go foraging; make tea with nettle tops or cook them like spinach, add dandelion leaves to salads. Whatever we pick from the ground is worth so much more to the body, the connection itself is healing.

Try a new vegetable!

Take the headphones off and sing out loud! Express yourself.

Recipe

Wild Garlic & Herb pesto

4 large handfuls of fresh basil and mint leaves

2 tbsp ground almonds or pumpkin seeds or both!

extra virgin olive oil

1-2 cloves garlic or a handful of wild garlic

Pinch of Himalayan pink salt

- In a food processor blend the leaves with the ground almonds
- Add the garlic and salt to taste and blend again.
- Continue to whizz the mixture while adding olive oil slowly. Use enough oil to form a paste. (You may want to use ear plugs to protect your hearing, I do)
- Keep in a glass jar in the fridge and keep it covered with a layer of oil to prevent it from darkening. Use within a week or freeze it.

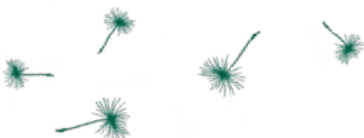
Variations

If you are a cheese eater then add 2 tbsp of finely grated parmesan cheese or hard goats cheese.

Try rocket, chickweed or blanched nettles instead of the traditional basil

Our bodies are our gardens,
to which our wills are
gardeners

William Shakespeare



Herbal Tea

Fresh Hawthorn Flower Tea (also known as May blossom)

The Hawthorn tree offers its blossom and fresh leaves in spring as it does its berries in the autumn. Folklore holds this tree in high esteem believing it to be the sacred tree and home of the fairy folk. Hawthorn is food to the heart both spiritually and physically. As a tonic, it's restorative to the tissues of the entire cardiovascular system from the capillaries all the way to the heart itself; lowering serum cholesterol, increasing vascular elasticity, dilating blood vessels, and improving the tone of the heart itself. Hawthorn is calming and relaxing to the nervous system. It can be used throughout the day without producing drowsiness. It is an ingredient in my own 'Calm Tea' mix.

How to make Hawthorn Flower Tea

Pick a 1-2 handfuls of hawthorn flowers on a sunny day ideally when the stamens have a pinkish colour to them.

A few leaves will come with the blossom which is fine (maybe small insects as well!) but the tea will be sweeter without too many leaves.

Put them in teapot and add boiling water

Infuse for 5 mins and leave covered so the essential oils don't evaporate

Add other fresh herbs to make the tea more fragrant

Fresh lemon balm and dried rose petals for relaxation

If you're lucky you may be able to add elderflowers if you can find them at the same time. I've just come back from Italy where they were both blossoming together.

Do keep in touch with your health concerns and progress

Karen

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