

Discover in the Great Silence
the mystery of who you are,
and be true to your Self.
For wherever you dwell,
there is beauty.

Psalm 129
edited by Nan Merrill



Autumn Newsletter

Some seasonal insights from a herbalist & naturopath



“and you too have come
into the world to do this,
to go easy,
to be filled with light,
and to shine.”

‘When I am Among the Trees’
Mary Oliver

Autumn is transparent, notice how the light shines through the leaves. The air feels thin & cleansing with a spiritual quality of presence & vulnerability. There is a creative energy but it’s downward moving; the opposite to spring. The leaves not only fall but their carpet protects, nourishes and transforms. A search of the woodland floor reveals acorns sprouting before their burial, insects enjoying hiding places and mushrooms shooting through vibrant, moist mosses. We are all part of this great spiralling downwards. Autumn’s energy is creative and earthy. It invites us to gather chestnuts and hazels along with the squirrels. It invites us to chop wood, to pickle, ferment and stew. To change our wardrobes, and change our pantries. To replace the tomatoes and cucumbers with beetroot and parsnips; lettuce with kale; berries with apples. But above all to boil up soups and broths with the pumpkins, root vegetables, dried herbs and freshly ground spices. Using our taste buds as an artist uses colour we create our own recipes combining deep colours, textures, flavours. Get everyone involved with the chopping and enjoy early evenings slurping together.

Seasonal Tips

Start wearing a hat and off you go into the great outdoors.

Woodland bathing means sitting in nature and spending long enough to let it work its magic on you. Find a favourite spot away from noise and humans and observe yourself becoming a part of nature. Hear the birds sing and the leaves drop.

Welcome the early dark evenings, they invite you to reflect inwards, to hibernate, eat earlier, sleep longer.

Autumn Recipe - *Andean Soup*

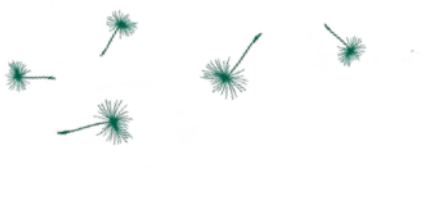
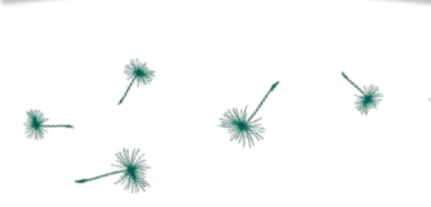
This is a great soup for using any veg you have. If you're unfamiliar with using quinoa here's a great way to start...

1 onion or leek
3 cloves garlic
1 celery stick
1 large carrot
1 medium courgette (or another carrot)
1 medium sweet potato or ½ butternut squash
½ red pepper (optional)
either peas, green beans finely chopped or broad beans
1tsp turmeric
4tbsp red lentils
4tbsp quinoa
chilli flakes (optional)
2 tsp of dried herbs (thyme, oregano or mixed herbs)
1 tsp stock powder
Enough water to cover veg by 3 cm
salt and pepper to taste

- All veg should be chopped into small pieces.
- Sauté onion and garlic in olive oil then sauté all the other veg for 10 mins.
- Add water, stock, herbs and spices, lentils and quinoa (best rinsed with a sieve first)
- simmer for 30-45 mins or 20 mins in a pressure cooker
- Chopped spinach or kale can be added for the last 5 mins.
- Delicious served with cubes of sheep's cheese on top.

There's more on my website...

<https://karensilverwood.co.uk/wp-content/uploads/2023/11/Nourishing-Soups-Broths-new.pdf>





Herbal Tea

I always recommend olive leaf tea as a daily boost to the immune system, ready to ward off the winter coughs and colds. I put olive leaf into my own herbal blends like 'Olive Green Tea'.

I blend olive leaves with green tea, a great antioxidant together with fennel seeds which help us dissolve catarrh and keep the weight off during the winter months. I also mix in some black seed (nigella sativa) which enhances the immune system. So it's a great tea for colder months and with a touch of cardamon in there, there's not much to dislike!

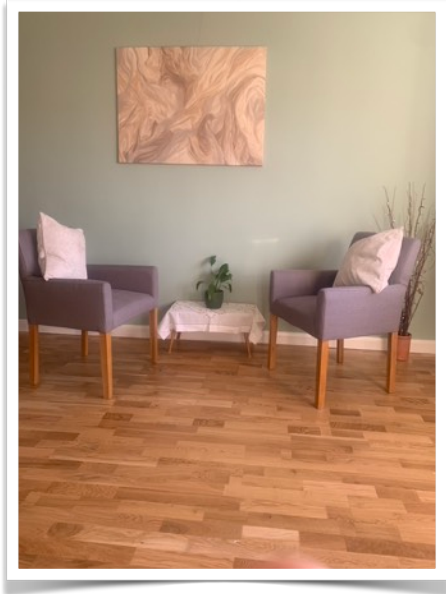
Olive leaf contains Oleuropein which is active against bacteria and viruses, it is effective at lowering blood pressure as well as increasing blood flow. Olive leaves have a slightly bitter taste and therefore make a good digestive tea, stimulating the liver and lowering blood sugar.

Winter Berry Powder

Winter wisdom straight from the our hedgerows,

a blend of elderberry, rosehip and hawthorn berries to keep colds and flu at bay and to nourish the heart and circulation.

Add to smoothies or porridge. It tastes better if it's soaked overnight.



Winter Gift Ideas

Olive Green Tea and Winter Berry Powder

Or a gift voucher for a consultation!

Do keep in touch with your health concerns and progress Karen



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