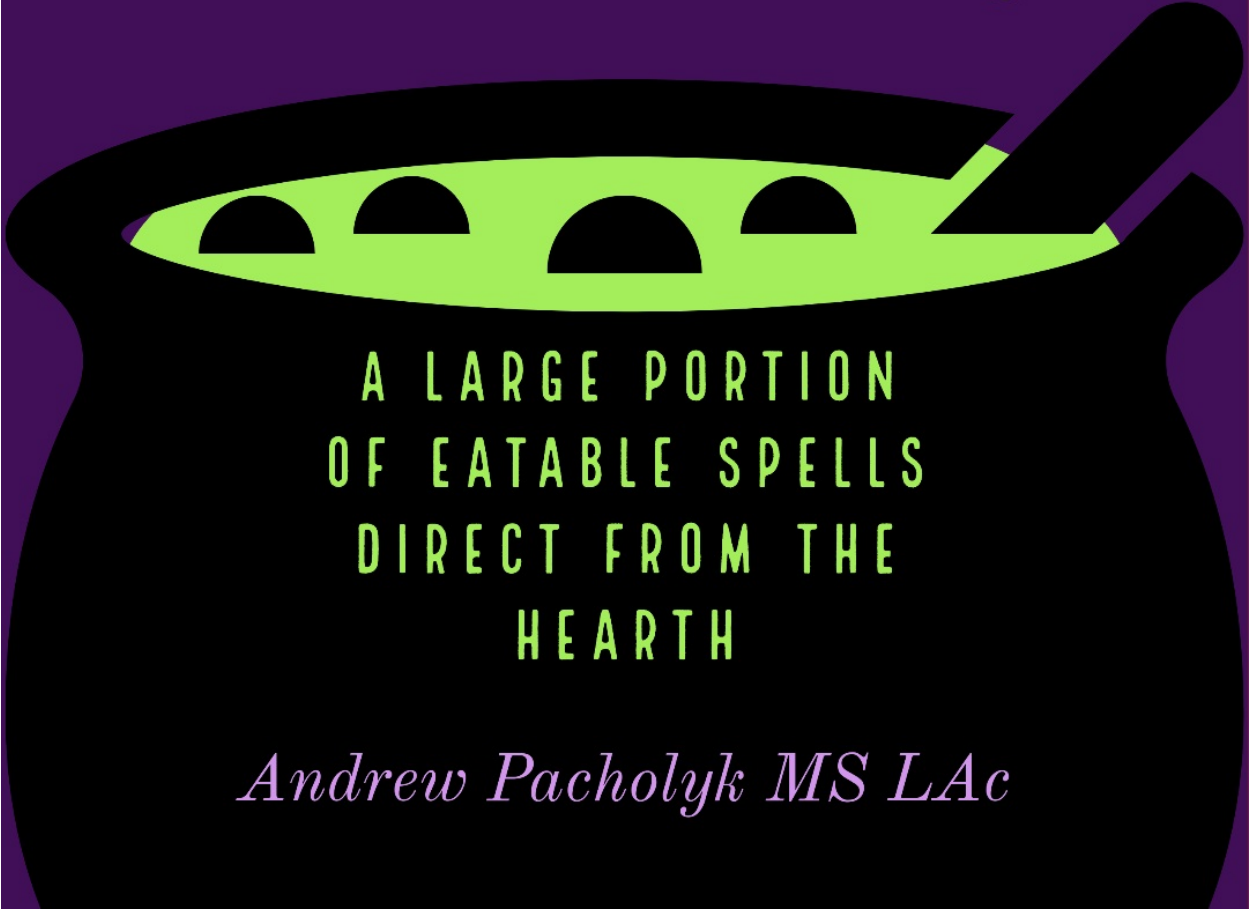


AUTHOR OF LEAD US TO A PLACE - YOUR
SPIRITUAL JOURNEY THROUGH LIFE'S SEASONS

Kitchen Witch



A LARGE PORTION
OF EATABLE SPELLS
DIRECT FROM THE
HEARTH

Andrew Pacholyk MS LAc

This amazing 45 page e-book has 100 recipes that have been created from the culmination of knowledge and historic wisdom gathered throughout time for the purpose of spell working. It is from the perspective of the kitchen. This e book is designed around the hearth and home of 3 kitchen witches, most personal to me. It covers the magic and spells that originated in the home and a little about the history of how spells made it out of the kitchen and into the workings of witches everywhere.

Much of the 17th century spells onward came from the kitchen. Whether it was to win a man's heart over with your Supernatural Stew or Apple, Sugar and Honey Pie (you know the old saying..."a way to a man's heart...") or to store, can and pickle for the long winter months. Spells for abundance and plenty, love and romance and protection and courage have all come out of the kitchen!

This ebook includes:

- ~ The Introduction
- ~ Power of the Circle
- ~ Calling the 4 Quarters (Kitchen Corners)
- ~ Recipes for Honey Jars (love, money, success)
- ~ Angel Foods
- ~ Moon Foods and Rituals
- ~ Supernatural Stew
- ~ Apple Honey Sugar Pie
- ~ Wheel of the Year Holidays:
- ~ Samhain
- ~ Yule
- ~ Imbolc
- ~ Beltane
- ~ Ostara
- ~ Litha
- ~ Lammas
- ~ Mabon
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- ~ Coven-sted Bread
- ~ Sabbat Favorites
- ~ Celtic Secrets
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- ~ & Bewitching Teas
- ~ Witches Brews and Beverages
- ~ Magic Happens

Introduction to the Kitchen Witch

This e book has been created from the culmination of knowledge and historic wisdom gathered throughout time for the purpose of working with the NATURAL world.

This e book is designed around the hearth and home of 3 kitchen witches, my great grandmother, my grandmother and my mother. It will cover the magic and spells that originated in the kitchen and a little about the history of how spells made it out of the kitchen and into the workings of witches everywhere.

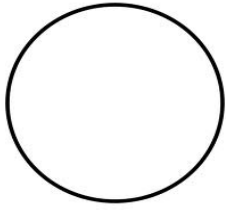
This e book is designed around the wisdom and knowledge of our ancestors and how they have shared so much through their kitchen witchery. We should always speak of them with honor. Especially when many people feel that their ancestors or personal guardian angel or spirit guides are watching over them at all times.

This e book will help you to achieve more self-awareness, self-reliance and self-motivation. It is designed to help you envision the world in a better way. It is used to assist with the interaction of the world and the elements within it. It is a course to help with the awareness of nature and wholeness, in general.

The recipes and spells in this e book are also from other sources, many very old and traditional and some with a very modern twist. I have been collecting many of these recipes for YEARS and was asked to turn it into this 45 page book for others to enjoy. Also, many of these recipes were submitted to me over time and several have not the original source attached to them. Alas, I wish to give a special thanks to those recipes and spells that came from other's kitchens and want them to know that their ideas and delicious recipes will be appreciated by magical taste buds everywhere for a very long time!

Here is what my grandmother taught me:

"The "magical" aspects of this art do not have to do with any "dark qualities" associated with it, but because of its sense of natural attunement and connection to our core. It is used to "vibrate" with our own earthly frequencies. This experience helps with the synchronizing of events in our lives. Due to the presence of the positive "magic" we create, the synchronicity becomes more obvious, therefore; seemingly random or unrelated events are strongly brought together in a succession of experiences in an order or sequence, making us more aware of the "magic" of everyday life. This positive sense of empowerment gives rise to a new sense of awareness we may have not been accessing! Herein, lies the real magic.



The Power of the Circle

An ancient and universal symbol of unity, wholeness, infinity, the goddess and female power (moon) the god and male power (sun). The perfect circle has no beginning and no end. It is the basis for the wheel. It is the basis of 100's of symbols. It is considered to represent a romantic attachment or deep friendship and a sacred space. The circle symbolizes the sacred and spiritual including the "sacred" earth and most of all, the cycle or circle of life.

Traditionally, most anything you do inside the kitchen is recommended doing inside a sacred space. A simple circle is just that. It becomes a safe place to work, where you can feel surrounded and protected. The circle does not always have to be visible, but it should be made a point to be present through your actions or words. **My great grandmother would walk a circle** around the kitchen every time she cooked. A habit she got from her mother.

My grandmother always taught me to honor the four corners of creation. This would represent the **four main points on the compass**, north, south east west. What I have always been taught is that when you go around and invoke a circle or bless the circle, you start in the east where the sun rises. You move to the south, which represents mid-day, then move to the west, which is the setting sun and finally the north, which is the finality of life. Each direction represents a **season** and **element** (as you will read about) and each of the **four quarters** holds items that represent these season and/or element.

Your circle can be drawn on your altar or sacred space, on the floor or on a table, in the air or on the ground and the size can range from an outline of a glass to a maze in field. It is all up to the magic you wish to achieve. Regardless, the process is the same.

Calling the Quarters

This is how you start your ritual and create your sacred space. As talked about above, paying attention to each direction and acknowledging them, is calling the quarters. My grandmother was very big on calling quarters and I have found so many of her incantations or invocations are written within the "charm" or vocal spell themselves.

There are so many ways to bring attention to a quarter, so I have devised these invocations to help you to grace and honor each of them.

East

*"Great sun does rise above your head,
With grace and silent thunder, red,
With power, strength and gracious prayer,
You represent the wisp of air"*

South

*"High noon ablaze with power sun,
You show us full fruition done,
With element of fire a top,
You show us how you never stop."*

West

*"When day is done, you slowly part,
To leave in contemplative thoughts.
Like water's waves you ebb and flow,
We trust you'll give another show."*

North

*"Thou dark of night we see in thee,
The way that it was meant to be,
As earth rotates and grounds us too,
Another day is finally through."*

Paying homage to each direction and element is paying attention to our stages in life. East is our new born selves. South is the peak of our life's growth, the West represents our aging bodies and embracing wisdom and the North represents death and the passing of life.... as the cycle begins again.

You can create your circle or "cast a circle" by walking around it (honoring each direction (quarter) or you can use elements such as sand, salt, seeds, crystals, herbs or plants or tree bark. Just about anything you can think of. The more relevant it is to your spell, the better.

Once you have cast your circle, you are now able to work within it. It gives you a sacred space to do your spell work. Again, this circle can be created anywhere. You can do it on top of your altar. You can do it in your meditation space. You can do it for one entire room, say an office space you want to work in. You can do this outside, around your house or property. The possibilities are endless.

You are creating this sacred space for a reason. That is to do your work (do your bidding). Now use your spell tools. Light your incense, spark your candle, circle your stones, burn your intention paper or sit in the middle and right your thoughts. You are in a protective, safe and non-judgmental space.

The Flip Side of This Coin

The clockwise direction for calling quarters and creating your sacred space has to do with creating or creation. It is the "act" of moving forward and manifesting something good. Every once in a while we need to banish something or someone from our lives. Perhaps it is a negative person, one who wishes to do us harm or getting rid of something which no longer serves us. This is called **banishing**. When you wish to do this in your work, you create your circle going in a COUNTER CLOCKWISE DIRECTION to start your circle. In other words, your actions are taking away, decreasing or deflating. This kind of spell is always done when the moon is decreasing from FULL to NEW.

When you are finished with your spell, it is time to "break down" or "deconstruct your circle.

Rule of thumb: Which ever direction you started your circle ~ you deconstruct it in the opposite direction.

So, if you are creating, manifesting and increasing your intentions: you STARTED your circle going in the CLOCKWISE direction. NOW you will deconstruct your circle going in the COUNTER CLOCKWISE direction in order to finish your spell and RELEASE it into the Universe.

If you are taking away, decreasing or deflating your intentions: you STARTED your circle going in the COUNTER CLOCKWISE direction. NOW, you will deconstruct your circle going in the CLOCKWISE direction in order to finish your spell and BANISH it into the Universe.

As you deconstruct any circle, be sure and give thanks once more to each direction, yourself and your higher power for helping and allowing you to state your intentions and to help you bring about the change you wish for.

The Kitchen Witch

Much of the 17th century spells onward came from the kitchen. Whether it was to win a man's heart over with your Supernatural Stew or Apple, Sugar and Honey Pie (you know the old saying..."a way to a man's heart...") or to store, can and pickle for the long winter months. Spells for abundance and plenty, love and romance and protection and courage have all come out of the kitchen! All three women in my life (my great grandmother, grandmother and mother) have books and books of recipes for just these situations. So here you will find a "large portion" of some of my most favorite "root spells" or "kitchen spells".

Honey Jars

Honey jars are some of the oldest forms of root work to increase blessings and success in areas of love, business success, money, and more. Older forms of honey jars use a hallowed apple; however, this requires much work and patience. These honey jars are custom made (5-7 days), with the work of saintly blessings and angels to watch over them. They are then filled with unique herbs based upon the needs of the client.

You can use honey and sugar jars to open the path of love in your life and accompany these jars with a personal (and handmade) love candle or bath. They can increase your love, money, success, and prosperity vibrations and open you to a new feeling of attraction, increased confidence, and allow new opportunities for success.

Honey Jar basics include 7 tablespoons of local honey added to 7 cups of water. Stir vigorously. If you prefer a thick base add cornstarch. When mixed with water and heated, cornstarch makes a clear paste. Cornstarch should first be whisked into a room temperature liquid before being added to a hot liquid, to avoid clumping. (Into this liquid, mix your 7 tablespoons of local honey.) Now, add this to your honey jar. Add any or all of the additional items below into the jar to create either Love, Success or Money Honey Jars. Add two tablespoons to water, tea or milk and drink twice a day. Leave the crystals at the bottom of the jar to admire.

LOVE

- love drawing: almonds, cabbage, apple, cinnamon, roses, 2 rose quartz crystals
- attracting new love: strawberry apple, caraway cinnamon, roses, cloves, 2 rhodonite crystals
- increasing passion and closeness: cinnamon, cardamom, black pepper, cloves, cocoa, ginger, ginseng, cardamom 2 carnelian crystals
- draw a lover to you: calendula petals, cardamom, roses, apples, strawberries, cherries, licorice, 2 garnet crystals

SUCCESS

- increase business: allspice, basil leaves, maple syrup, 4 citrine crystals
- open and speed job opportunities: mint (of any kind), chamomile, 4 clear quartz crystals
- sweeten communication with others (friends, family, boss, co-workers etc.) bay leaves, almonds, lavender, 4 tiger's eye crystal

MONEY

- increasing success: allspice, bay leaves, basil leaves, sugar, 3 aventurine crystals
- financial blessings: cinnamon, cloves, cashews, 3 jade crystals
- prosperity: cloves, oranges, dill, grapes, nutmeg, 3 amazonite crystals

“Angel Food” For Thought

Food has been used all over the world to help celebrate rituals and festivals and food associated with angels is no different. Enjoy these wonderful ideas for your angel ceremony. These are recipes use powerful ingredients that pertain to angels, call angels or help bring awareness of angels into your everyday life, loves and rituals.



Classic Angel Food Cake

This Angelic treat, has several theories on its origins. Also called ice cream cake (a Pennsylvania Dutch wedding cake), it is felt that the abundance of cake molds in southeastern Pennsylvania, one of the major producers of cake molds, would indicate that angel food cake originated there in the early 1800s.

Ingredients

1 1/2 cups powdered sugar
1 cup cake flour
1 1/2 cups egg whites (12)
1 1/2 teaspoons cream of tartar
1 cup granulated sugar
1 1/2 teaspoons vanilla
1/2 teaspoon almond extract
1/4 teaspoon salt

1. Move oven rack to lowest position. Heat oven to 375°F.
2. Mix powdered sugar and flour; set aside. Beat egg whites and cream of tartar in large bowl with electric mixer on medium speed until foamy. Beat in granulated sugar, 2 tablespoons at a time, on high speed, adding vanilla, almond extract and salt with the last addition of sugar. Continue beating until stiff and glossy meringue forms. Do not underbeat.
3. Sprinkle sugar-flour mixture, 1/4 cup at a time, over meringue, folding in just until sugar-flour mixture disappears. Push batter into ungreased angel food cake pan (tube pan), 10x4 inches. Cut gently through batter with metal spatula.
- 4 Bake 30 to 35 minutes or until cracks feel dry and top springs back when touched lightly. Immediately turn pan upside down onto heatproof funnel or bottle. Let hang about 2 hours or until cake is completely cool. Loosen side of cake with knife or long, metal spatula; remove from pan.



Angel Hair Pasta

Heavenly angel hair pasta or Capelli d'angelo, literally angel hair was determined by its diameter. It is an even thinner variation of capellini. Usually sold in a nest-like shape, Capelli d'angelo has been popular in Italy since at least the 14th century.

Ingredients

1 lb tomato (ripe, peeled and chopped)
1 bunch baby spinach (tender)
5 garlic cloves (crushed)
1/2 lime zest
2 lime juice
1/4 tsp tabasco sauce (taste)
2 oz angel hair pasta
3 1/2 tbsps olive oil
salt , pepper . parmesan cheese (freshly grated)

1 Combine the tomatoes, spinach, garlic, lime zest and juice in a bowl. Stir in the Tabasco sauce and olive oil, cover and set aside for 20-30 minutes.

2 Bring a large pan of lightly salted water to a boil and cook pasta until done, about 10 minutes(less for al dente).

3 Drain the pasta and return to clean pan. Add the tomato mixture and toss well. Season with salt and pepper to taste. Add the Parmesan cheese to taste, toss again, and serve in warm bowls, with extra Parmesan on top, if desired. Enjoy!

4 You could substitute young sorrel leaves or rocket for the spinach, and lemon juice and rind for the lime.

5. Total time: 25 min Prep time: 10 min 4 servings



Angel Delight

Angel delight is a powdered custard dessert produced in the United Kingdom. It is designed to be mixed and whisked with milk to create a mousse-like custardy sweet dessert. Angel Delight was launched in 1967 by the Bird's company with a strawberries and cream flavor and by the 1970s had doubled the market for instant desserts. After a lull in popularity during the 1980s, a revival campaign was run in 1999, featuring Wallace & Gromit. In 2006 the brand was the best-selling line in the UK instant cold desserts sector. Here is how to make a homemade version of this incredible treat!

Ingredients

1 cup whipping (heavy) cream
2 tablespoons sugar
2 cups vanilla yogurt
1 round angel food cake (8 inches in diameter), cut into 1-inch pieces
1 cup fresh blueberries
1 cup quartered fresh strawberries
1 cup fresh raspberries

Preparation

1. In chilled medium bowl, beat whipping cream and sugar with electric mixer on high speed until stiff peaks form. Gently stir in yogurt.

2. Place cake pieces in large bowl; gently stir in yogurt mixture. In medium bowl, gently mix berries.

3. Spoon half of the cake mixture into 9-inch springform pan; press firmly in pan with rubber spatula. Top with half of the berries. Repeat with remaining cake mixture; press with spatula. Top with berries. Cover and refrigerate at least 4 hours or overnight.

4. Run metal spatula carefully alongside of dessert to loosen; remove side of pan. Cut dessert into wedges.



Angel Biscuits

Angel biscuits are fluffy, light biscuits that come straight from the oven and taste delicious. Eith plain, with a slab of butter, a drizzle of honey or a spoonful of jam, these are easy, delicious and mouth-watering biscuits.

Ingredients

1 package dry yeast (about 2 1/4 teaspoons)
1/2 cup warm water
5 cups all-purpose flour
1/4 cup sugar or substitute
1 teaspoon baking powder
1 teaspoon baking soda
1 pinch of salt
1/2 cup vegetable shortening
2 cups low-fat buttermilk
Cooking spray
1 tablespoon butter, melted

Preparation

Dissolve the yeast in 1/2 cup warm water in a small bowl, and let stand for 5 minutes.

Lightly spoon flour into dry measuring cup; level with a knife. Combine flour and next 4 ingredients (through salt) in a large bowl.

Cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.

Add yeast mixture and buttermilk to flour mixture; stir just until moist. Cover and chill 1 hour.

Preheat oven to 450 degrees.

Turn the dough out onto a heavily floured surface; knead lightly 5 times. Roll dough to a 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter.

Place the biscuits on a baking sheet coated with cooking spray. Brush the melted butter over the biscuit tops. Bake at 450 degrees for 12 minutes or until golden.



Pink Angel

Pink angels (also known as Pink Sink or Pink Ladies) are a classic Canadian goodie most often found at church functions. Exceptionally sweet, these squares are delicious! These beautiful pink squares are masquerading as "angels" but they're really devils in disguise!

Base Layer

1 cup graham wafer crumbs
1/3 cup butter, melted
1/2 cup brown sugar
1 tsp flour, heaping

Middle Layer

2 cups coconut
1 can sweetened condensed milk

Icing

1/2 cup butter, softened or margarine
3/4 cup icing sugar
1/4 skim cup milk
few drops red pomegranate juice
1 tsp vanilla

Base

1. Preheat oven to 375 F.
2. In a medium-sized bowl, mix together the graham wafer crumbs, melted butter, brown sugar and flour. Press firmly into a greased 8-inch square pan. Bake for 8 to 10 minutes. Remove from oven and let stand until cool enough to touch.

Middle Layer

1. Reduce oven to 350 F while base cools.
2. In a medium-sized bowl, combine the condensed milk and coconut by hand until well blended. Spread on the graham base.
3. Bake 15 to 20 minutes, or until the coconut layer is golden around the edges.
4. Place on wire rack. Cool thoroughly before icing.

Icing

1. For best results, use a stand mixer with a whisk attachment. To get the icing light, beat the icing for a good 2 minutes after each addition.
2. Beating the butter for 2 minutes.
3. While beating, add the icing sugar a few tablespoons at a time. Once it's all added, beat for 2 minutes.
4. Add the milk and beat for 2 minutes.
5. Add the food colouring and beat for 2 minutes.
6. Add the vanilla and beat for 2 more minutes.
7. Spread the icing over the cooled coconut layer. Cut into squares before serving.

Makes 30 to 36 bars

Moon Rituals: Food to Honor Transitions

Food has been used all over the world to help celebrate rituals and festivals and food associated with the moon is no different. Enjoy these wonderful ideas for your moon ceremony.



Crescent Moon Cookies

One of my mother's specialties, these delicious cookies were always a favorite around Christmas time. It is impossible to stop at just one of these absolutely yummy almond crescent cookies. Infused with vanilla and lightly dusted with sugar, these beautiful cookies are crunchy on the outside and soft, buttery and crumbly on the inside.

Ingredients:

1 cup butter, at room temperature
2/3 cups granulated sugar
2 tsp pure vanilla extract
2 1/2 cups all-purpose flour, sifted
1 cup ground almonds (almond meal)
1/4 cup confectioner's sugar for dusting

Directions:

1. Place the butter and the sugar together in a large mixing bowl and use a electric hand beater to mix until light and fluffy for about 5 minutes. Add vanilla extract and mix well.
2. Add the flour and almonds. Mix thoroughly.
3. Line baking sheet with baking paper. Preheat the oven to 350F
4. The dough will be slightly crumbly. Take generous tablespoons of the dough and roll into a small ball, about 1" in diameter. Shape into a crescent shape. Place onto baking sheet about 1" apart. Bake for 15-20 minutes or until a light golden brown. Remove from oven and dust with confectioner's sugar. Allow to cool on baking sheet for 5 minutes then transfer to a wire rack to cool. Re-dust with sugar.
5. Repeat with remaining dough.
6. Store in an airtight container.

Make about 24 cookies



Half Moon Cookies

A memory from my past, a plate of black and whites my mom would make for our family. Black and white cookies probably originated in central New York (where they're called half-moons) at a Utica bakery, called Hemstrought's.

Ingredients:

1 cup unsalted butter
1 3/4 cups white sugar
4 eggs
1 cup milk
1/2 teaspoon vanilla extract
1/4 teaspoon lemon extract
2 1/2 cups cake flour
2 1/2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
4 cups confectioner's sugar
1/3 cup boiling water
1 (1 ounce) square bittersweet chocolate, chopped

Directions:

1. Preheat oven to 375 degrees F (190 degrees C). Butter 2 baking sheets.
2. In a medium bowl, cream together butter and sugar until smooth. Beat in eggs one at a time, then stir in the milk, vanilla, and lemon extract. Combine cake flour and all-purpose flour, baking powder, and salt; gradually blend into the creamed mixture. Drop tablespoonfuls of the dough 2 inches apart on prepared baking sheets.
3. Bake until edges begin to brown, about 20 to 30 minutes. Cool completely.
4. Place confectioners' sugar in large bowl. Mix in boiling water one tablespoon at a time until mixture is thick and spreadable. (Add more than the indicated amount if you need to).
5. Transfer half of the frosting to the top of a double boiler set over simmering water. Stir in the chocolate. Warm mixture, stirring frequently, until the chocolate melts. Remove from heat.
6. With a brush, coat half the cookie with chocolate frosting and the other half with the white frosting. Set on waxed paper until frosting hardens.

Makes about 24 cookies

**Moon Cakes**

Living my life in New York City and being an acupuncturist, I was introduced to The Mid-Autumn Festival, also known as the Moon Festival or **Mooncake Festival**, as a popular lunar harvest festival celebrated by the Chinese and Vietnamese people. The celebration became popular during the early Tang Dynasty. A written collection of rituals of the Western Zhou Dynasty describes this festival from 3,000 years ago. The festival is held on the 15th day of the eighth month in the Chinese calendar, which is in September or early October in the Gregorian calendar, close to the Autumnal equinox. The "Moon Festival" is celebrated yearly and is a time to share stories, read and write poetry and eat moon cakes.

These are round cakes made of flour, brown sugar and stuffed with sweets. Depending on the location, different kinds of filling were used. The north would use white sugar paste and brown date paste, where in the south they would use ham, dates or preserved apricots, walnuts, lard or watermelon seeds.

Moon Cake Recipe

This recipe for Mooncakes comes from Shanghai. Originally made in moon cake molds with imprints such as chrysanthemum pattern or other traditional Chinese characters. They should be about three inches in diameter. Before baking - invent and draw your own "traditional patterns".

Ingredients:

4 cups flour
4 tbsp. brown sugar
half tsp. salt
4oz margarine
1 egg
1 tsp. sesame oil

For the filling:

2 tbsp. peanuts
2 tbsp. sesame seeds
2 tbsp. walnuts or pine nuts
2 tbsp. chestnuts, boiled until tender, or blanched almonds
2 tbsp. sultanas or other dried fruit, chopped
2 tbsp. chopped dried apricots
4 tbsp. brown sugar
2 tbsp. Margarine
2 tbsp. rice flour or poppy seeds

Directions:

1. Preheat oven to 400F or 200C - Recipe makes about 15 cakes. Sift the flour, sugar and salt together.
2. Chop the margarine into pieces and rub into the flour until crumbs form.
3. Add enough hot water (about half a cup) to make a pastry dough. Cover with a cloth.
4. Roast the peanuts in a hot pan for two minutes. Add the sesame seeds, then put a lid on to stop them from jumping out of the pan. Roast for a further two minutes. Put the peanuts and seeds in a food processor or blender and grind with the other nuts.
5. Add to the rest of the filling ingredients and mix together.
6. Roll out the pastry on a floured board. Cut rounds with a pastry cutter to fill the mold - if you have one - or make little pie cases. Rub the mold with margarine and spread pastry over the bottom and sides of the mold.
7. Put in a tablespoon of filling. Press down gently. Wet the edges of the pastry and cover with another round to make a lid. Seal together, and remove from the mold if you are using one.
8. Put all the cakes on a greased baking sheet. Beat the eggs and sesame oil together and brush each cake with this mixture. Bake about thirty minutes until the cakes are golden brown.



Croissants (Crescent Biscuits)

Ingredients:

1 1/4 teaspoons active dry yeast
3 tablespoons warm water (110 degrees F)
1 teaspoon white sugar
1 3/4 cups all-purpose flour
2 teaspoons white sugar
1 1/2 teaspoons salt
2/3 cup warm milk
2 tablespoons vegetable oil
2/3 cup unsalted butter, chilled
1 egg
1 tablespoon water

Directions:

1. Combine yeast, warm water, and 1 teaspoon sugar. Allow to stand until creamy and frothy.
2. Measure flour into a mixing bowl. Dissolve 2 teaspoons sugar and salt in warm milk. Blend into flour along with yeast and oil. Mix well; knead until smooth. Cover, and let rise until over triple in volume. Deflate gently, and let rise again until doubled. Deflate and chill 20 minutes.
3. Massage butter until pliable, but not soft and oily. Pat dough into a 14 x 8 inch rectangle. Smear butter over top two thirds, leaving 1/4 inch margin all around. Fold unbuttered third over middle third, and buttered top third down over that. Turn 90 degrees, so that folds are to left and right. Roll out to a 14 x 6 inch rectangle. Fold in three again. Sprinkle lightly with flour, and put dough in a plastic bag. Refrigerate 2 hours. Unwrap, sprinkle with flour, and deflate gently. Roll to a 14 x 6 inch rectangle, and fold again. Turn 90 degrees, and repeat. Wrap, and chill 2 hours.
4. To shape, roll dough out to a 20 x 5 inch rectangle. Cut in half crosswise, and chill half while shaping the other half. Roll out to a 15 x 5 inch rectangle. Cut into three 5 x 5 inch squares. Cut each square in half diagonally. Roll each triangle lightly to elongate the point, and make it 7 inches long. Grab the other 2 points, and stretch them out slightly as you roll it up. Place on a baking sheet, curving slightly. Let shaped croissants rise until puffy and light. In a small bowl, beat together egg and 1 tablespoon water. Glaze croissants with egg wash.
5. Bake in a preheated 475 degrees F (245 degrees C) oven for 12 to 15 minutes.

Makes about 12 croissant



Crescent Moon Biscuits

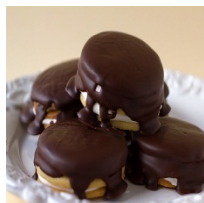
Crescent Moon Biscuits are delightful treat often eaten during various moon celebrations or rituals. They are made in the shape of the crescent moon, and the whole hazelnut in them represent the Full Moon that is to come.

Ingredients:

9oz whole wheat flour
3oz soft light brown sugar
6oz butter or vegan margarine
A handful of hazelnuts

Directions:

1. Preheat oven to 300F or 150C. Beat the butter or margarine with the sugar until blended.
2. Add the flour, and mix together to form a dough. Knead on a floured surface. Gently work the whole hazelnut through it, flatten out to a depth of about half an inch.
3. If you have a moon-shaped pastry cutter, use this to form the biscuits. However, you may want to cut the moon shapes yourself with a small sharp knife. You can even add a few features, or Moon symbols, to the surface. Place the biscuits on a baking sheet, and put in the oven until light golden brown. Makes about 18 biscuits



Moon Pies

The most famous of all the moon treats Moon Pie is even a trademarked cookie. An American favorite for over 75 years.

Ingredients:

For the Cookies:

8 ounces (1 cup) unsalted butter, at room temperature
3/4 cup light brown sugar
1 teaspoon vanilla extract
2 1/4 cups all-purpose flour
1/4 teaspoon salt

For the Marshmallow Filling:

2 egg whites
Pinch cream of tartar
Pinch salt
2/3 cup light corn syrup
2 teaspoons vanilla extract
1 cup powdered sugar, sifted

For the Chocolate Coating:

12 ounces semisweet chocolate
1/4 cup vegetable oil

1. To Make the Cookies: With a mixer on medium speed, beat the butter until creamy, about 3 minutes. Add the brown sugar and beat at medium-high speed until light and fluffy, about 3 minutes. Reduce the speed to medium, add the egg and the vanilla extract, and beat to combine. Reduce the speed to low, add the flour and the salt, and mix just until a soft dough forms. Divide the dough in two, shape into disks, wrap in plastic wrap and refrigerate for at least 30 minutes.
2. Preheat the oven to 350 degrees F. Line at least two baking sheets with parchment paper or a silicone baking mat; set aside. Working with one disk at a time, roll out the dough to about 1/8-inch thickness. Using a 2½ inch diameter round cutter, cut out the rounds and place them on the prepared baking sheets, about 1/2 an inch apart. Refrigerate the cookies (on the baking sheets) for 10 minutes.
3. Bake the cookies for 10 to 12 minutes, or until lightly browned. Cool on the pans for a couple of minutes, and then move to a cooling rack to cool completely.
4. To Make the Marshmallow Filling: Using a mixer with the whisk attachment, beat the the egg whites with the cream of tartar and the salt until firm peaks form, gradually increasing from medium-low speed to medium-high speed as the egg whites gain volume. Meanwhile, in a small saucepan, boil the corn syrup over high heat without stirring until it registers 230 to 235 degrees F on a candy thermometer (thread ball stage). Slowly drizzle the hot corn syrup into the egg whites and beat at high speed until glossy, about 2 minutes. Reduce the speed to medium-low, beat in the vanilla extract and the powdered sugar.
5. Using either a pastry bag or a spoon, mound about 1½ tablespoons of marshmallow filling into the center of a cookie. Top with another cookie and press lightly to spread the marshmallow to the edges. Add another mound on top of the second cookie, and top with another cookie, again pressing slightly to spread the filling to the edges. Repeat with the rest of the cookies.
6. To Make the Chocolate Coating: Using a double boiler or in the microwave on 50% power and in 30 second increments, melt the chocolate and vegetable oil together until completely smooth. Place the assembled cookies on a wire rack set over a sheet of wax paper. Spoon the melted chocolate over each cookie so that it runs down the sides and covers most of the cookie. Allow to set at room temperature for about 2 hours (or refrigerate to speed up the process). Store in an airtight container at room temperature.

Makes about 18 double decker cookies



Moon Tonic Water

Moon Tonic water containing the energies of the moon embody very powerful healing benefits that bring about integral balance and wholeness throughout the body, mind and soul. Clear quartz crystal catalyzes the absorption of lunar energies as well as amplifies the healing benefits.

To Prepare Moon Water

1. Wait for a clear night, preferably on or right before the full moon. put your crystal in a clear glass and cover with one cup of purified water.
2. Check this chart (<http://www.peacefulmind.com/moon-power>) for the exact day of the full moon you have chosen. At sundown, place the glass out of doors in a moonlit place (cover the glass with clear plastic wrap).
3. Remove the glass at dawn. The water is now filled with lunar (and quartz crystal) potency. Drink the moon water every morning to prepare your body, mind and spirit for the stress of the day.



Supernatural Stew AKA: Irish Lamb Stew

Whether you are preparing a meal for St. Patrick's Day or you wish to enjoy a healthy Irish dinner anytime throughout the year, here is one of the most famous Irish recipes to add to your collection. Considered the "Irish penicillin" lamb is rich in the blood building properties for boosting immunity. The stew is full of potatoes, leeks and carrots and according to tradition, none of the ingredients are browned first. They are simply all stewed together. Trim the lamb of any visible fat before you cook it in order to keep it healthier.

Ingredients

2 lbs boneless leg of lamb, trimmed and cut into 1-inch pieces
1 3/4 pounds white potatoes, peeled and cut into 1-inch pieces
3 large leeks, white part only, halved, washed and thinly sliced
3 large carrots, peeled and cut into 1-inch pieces
3 stalks celery, thinly sliced
1 14-ounce can reduced-sodium chicken broth
2 teaspoons chopped fresh thyme
1 teaspoon salt
1 teaspoon freshly ground pepper
1/4 cup packed fresh parsley leaves, chopped

Preparation

1. To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.
2. Combine lamb, potatoes, leeks, carrots, celery, broth, thyme, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the lamb is fork-tender, about 8 hours. Stir in parsley before serving.

8 servings, Prep time: 30 minutes, Total Time: 8 1/2 hours



Apple Honey and Sugar Pie

Ingredients:

1 stick butter, room temperature
1 cup (4oz or 113g) Better Batter Gluten Free Flour
2 tablespoons sugar
1 cup Plain Yogurt, drained
2 tablespoons Sugar
1 Egg
2 tablespoons Honey
2 tablespoons Better Batter Gluten Free Flour
1 Apple

Directions:

1. Preheat the oven to 350 degrees F
2. In a bowl, cream butter. Add 2 tablespoons of sugar and 1 cup of Better Batter Gluten Free Flour. Work with hands until dough almost holds together. Press into 9-inch pie pan with nonstick cooking spray. Poke holes in bottom and side of crust. Bake for 15-20 minutes.
3. In the meantime, make filling. In a bowl, combine egg, plain yogurt, sugar, honey and flour. Mix well.
4. Cut apple into thinly slices.
5. When the crust is done, pour the filling into the crust, place sliced apples on top and bake for another 15 -20 minutes.

**Witch's Brew Pasta Salad**

With all of the sweets this holiday provides, you'll want to serve a healthy dish as well.

Ingredients:

Pasta - (combination 3 or 4 types)
Rainbow, Bow-ties, Shells, Fusilli, Radiatore, Wagon Wheels
Black Olives
Cherry Tomatoes
Diced Red, green, yellow pepper
Raw Broccoli Pieces
Sliced Carrots
Sliced Zucchini
Chunks of pepperoni or salami
Crumbled Feta Cheese
Mozzarella Cheese
Raisins and nuts (optional)
Italian Dressing

Directions:

Cook (al dente) and drain the pasta.
Chop the veggies, salami etc. Combine pasta and all other ingredients. Toss with dressing and chill.
Serve in a NEW, CLEAN plastic witch's cauldron

Making the Witch's Hat

Slice round mozzarella cheese or cut slices to shape. Stack the black olives to form the top of the hat. Connect with a toothpick.



Samhain and Treats for Halloween

It is that time again. The time for all your ghosts, goblins and neighborhood witches to come a knockin'.

When finding treats for your guests, you may want to consider low- calorie, low-fat options. Snacks that are fun and good for your kid's health is a win-win situation. Halloween/holiday packaging has even become more creative in recent years to add to the enticement value. You may want to consider

Sugar-free gum
100% Juice boxes
Cheese sticks
Cheese and cracker snacks
Organic candied apples
Dark Chocolate treats
Popcorn or popcorn balls
Apples
Grapes
Bananas
Unshelled peanuts
Low sugar cookies, pumpkin muffins or peanut butter drops (see below)

There are great non-food treats you can offer such as rubber spiders or worms, stickers, baseball cards, balloons, crazy top pencils, crayons, colored chalk, comic erasers and whistles.

Make sure all your treats are individually wrapped. Even the non-food goods. If you buy in bulk, you can find great little gift bags you can fill and then close them up with a twist or steam seal. Tag your goodies with a note with your name and address. This eases the minds of fellow parents.

Halloween Treats

These are some great suggestions that the kids can help you make, if you have kids. You can also have a great time making them yourself for your little guests (or even your big guests!)

Scary Pizza Faces

Let kids arrange sliced olives, green peppers, mushrooms, pepperoni, and other things on English muffins brushed with tomato sauce. Top with grated cheese for "hair" and heat in the microwave or oven until the cheese melts.

Bat Droppings: Peanut Butter Drops

1 jar reduced fat Peanut Butter
1 box confectioner's sugar

Blend 4 heaping tablespoons of peanut butter with 3 teaspoons confectioner's sugar. Add a little water of it is too binding. Then drop on a cookie sheet and bake at 350^oF for 10 minutes.

Ghoulish Ghosts: Quick Pumpkin Cupcakes

1 box regular yellow or vanilla cake mix, 2-layer-size
2 eggs
1 Tablespoon oil
2/3 cup canned pumpkin
1-1/2 teaspoons pumpkin pie spice
1 cup water or apple juice
1 can ready-made frosting or Light Cool Whip

Decorations:

Canned low-fat vanilla frosting
Candy corn
Black or orange jelly beans
Black licorice

Preheat oven to 350 degrees F. Spray each muffin cup with nonstick cooking spray or use paper cupcake liners. Blend the cake mix with the eggs, oil, pumpkin, pumpkin pie spice, and the water or juice with mixer at low speed until moistened. Beat at medium speed for 2 minutes.

Spoon into the prepared muffin pan. Bake 18 minutes or until done. Cool in pan completely before frosting. Pile the frosting/whip cream very high on the cupcake to resemble a ghost. Kids will love to decorate these cupcakes. Makes about 18 cupcakes.

Monster Brains: Halloween Cereal Balls

1/4 cup Smart Balance margarine or butter
1 package (10 oz.) marshmallows
2 Tablespoons orange-flavored gelatin
6 cups crisp rice cereal
1/2 cup candy corn

Combine margarine and marshmallows in 2-quart glass bowl. Microwave or heat in oven, uncovered, 2 1/2 to 3 minutes or until marshmallows are puffed. Add orange gelatin; mix until combined. Stir in cereal until well coated. Mix in candy corns.

Cool enough to handle. With buttered hands, form mixture into 24 balls. Place on waxed paper until cool. Wrap tightly in plastic wrap for storage.

Tips: Pieces of cut black licorice can be substituted for candy corn. Mixture can be pressed into greased 13x9-inch baking pan and cut into squares for serving. Per Serving: 85 calories, 1 g. protein, 2 g. fat, 119 mg. sodium, 0 mg. cholesterol.

Vampire Bites: Garlic Puffs (better for adults)

Make your own dough or substitute homemade dough with ready made pop up croissants or rolls.

Roll out the dough and spoon in fresh or chopped garlic.

Roll them up and place them on a cookie tray.

Place them in a pre-heated oven at 350i₆½ F for 10-15 minutes.



Witches' Digits

Disgusting but Delicious Halloween Cookies 1 cup (2 sticks) unsalted butter, at room temperature

Ingredients

1 1/4 cups confectioners' sugar
1 egg
2 teaspoons vanilla extract
2 teaspoons almond extract
2 3/4 cups all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt
Red decorating gel
1/2 cup sliced almonds

Heat oven to 325 degrees. Lightly grease a baking sheet and set aside.

Directions:

Using an electric mixer, cream butter and sugar. beat in the egg and extracts. Gradually add flour, baking powder and salt to the creamed mixture, mixing well. Divide dough into fourths; cover and refrigerate for 30-60 minutes, or until easy to handle. (If dough is too warm and soft, it will be difficult to shape properly.)

Remove one piece of dough from refrigerator at a time, roll quickly into 1-inch balls (15 balls per quarter portion of dough), and then shape balls quickly into 3-inch by 1/2-inch fingers, tapering the finger tips very slightly.

Using the flat tip of a table knife, make an indentation on the finger tip for a fingernail. With the unsharp edge of a knife, make two sets of three slashes on each finger for knuckle areas (consult your own finger for accuracy!). Using knife held vertically, score bottom end of finger, to create ragged "torn off" look.

Place fingers 2 inches apart on prepared baking sheets. They will not spread out. Bake for 15-20 minutes or until lightly browned. Cool for 5-10 minutes, and then squeeze a small amount of red gel on nail bed, outlining edge of nail bed.

Press a sliced almond over gel for nail, allowing gel to ooze around nail. (Choose well-shaped almonds and turn them so the whitest side is facing up.)

For maximum gross-out effect, squeeze a bit more red gel to decorate the bloody stump end of the finger. Remove cookies to wire racks to cool completely.

Makes about 60 cookies.

Make ahead: Plain cookies may be made several weeks ahead, wrapped tightly and frozen without gel and fingernail. Thaw, then decorate with gel and fingernail almonds to serve.



Eyeball Donuts

The easiest Halloween treats/cookie recipe you could possibly make. It's no bake, and really fun to make with the kids. Just go down to Dunkin' Donuts or your local donut shop and buy some donut holes. Pick up some white chocolate on your way home. The hard part is done-- and the rest of it is a ton of fun.

Makes 24 eyeballs

Ingredients:

2 dozen plain donut holes
12 oz. white chocolate chips, melted
Blue and green food coloring
24 semi-sweet chocolate chips
Red gel decorator's frosting
Wooden skewers

Instructions:

1. Melt white chocolate in a double boiler or in the microwave.
2. Place one donut hole on a skewer and dip into melted white chocolate, rolling to coat. Let excess chocolate drip away.
3. Place on waxed paper to set.
4. Repeat with remaining donut holes.
5. Divide remaining white chocolate into two batches. To one batch, add green food coloring. To the other, add blue.
6. Make a small, round iris on one chocolate-covered donut hole. Immediately add the chocolate chip "pupil" (you can also use mini chips).
7. Repeat with the rest of your "eyeballs," making half green eyes and half blue. Or simply make them all one color.
8. Paint on irritated red "veins" using red gel decorator's frosting.

Remembrance Cookies

These cookies can be made on Hollow's Eve. They can be shaped like people and the herb rosemary is added to the dough as a symbol of remembrance. Some of the cookies are eaten while telling stories or attributes of special ancestors, reminding us that we still have access to their strengths--or perhaps a predisposition to their weaknesses. The rest of the cookies are left outside by a bonfire as an offering. This can be a solemn ritual, but it need not be.

1 1/2 c. powdered sugar
1 c. butter or margarine (softened)
1 egg
2 t. vanilla
1 t. almond extract
2 1/2 c. all-purpose flour
1 t. baking soda

1 t. cream of tartar
1 1/2 T. chopped rosemary

Heat oven 375 degrees. In a large bowl, beat sugar, butter, egg, vanilla, almond extract, and rosemary until creamy. In a separate bowl, sift flour, baking soda, and cream of tartar. Fold flour mixture into sugar mixture. Beat until dough forms and refrigerate for three hours. Divide dough into halves. Roll out one portion to 3/16 of an inch on a floured surface. Cut out with gingerbread women or men cutters and place on an ungreased cookie sheet. Repeat rolling and cutting with second portion. Bake for 5-7 minutes.

Samhain Cakes

1/2 c veg. oil
4 sq unsweetened chocolate (4 oz) melted
2 cups granulated sugar
4 eggs
2 tsp vanilla
2 cups pastry flour (not hard, sifted or cake flour)
2 tsp baking powder
1/2 tsp salt
1 cup confectioner's sugar

Mix oil, chocolate, and granulated sugar. Blend in one egg at a time until well mixed. Add vanilla. Measure flour by dipping method or by sifting. Stir flour, baking powder, and salt into oil mixture. Chill several hours to overnight. Heat oven to 350 deg F [175 deg C]. Roll about a tablespoon of dough into a ball (yes, it's messy). Drop balls into confectioner's sugar & roll around until coated. Place about 2 inches apart on greased baking sheet. Bake 10-12 min. They will be a little soft but should not be mushy. Edges should be firm. Don't overbake---these burn easily. Makes about 3 dozen

Samhain Meat Pie

1 bay leaf
10 bacon slices
2 leeks or onions chopped into 1 inch pieces
3 carrots chopped into 1 inch pieces
1 chicken, cut into serving portions
3 TBS chopped parsley
3 sliced potatoes, peeled or not
1 TBS red wine vinegar
2 cloves garlic, optional

Place the bay leaf into the bottom of a Dutch oven or cauldron. (You will need a lid.) Place half the bacon over the leaf and cover with half of the mushrooms, leeks and carrots. Place the meat pieces atop the vegetables and then cover with the rest of the mushrooms, leeks and carrots. Season to taste, adding half of the chopped parsley, and one of the crushed garlic cloves. (Extra water or broth can be added if thought necessary, just not too much.) Place the potatoes on top of everything else. Add a bit more salt and pepper, the rest of the garlic and parsley. Place the rest of the bacon over this and pour the red wine vinegar over them. Place a tight lid on the pot and cook in the oven at 325 degrees for two hours. Do not check inside too often, as it will dry out the meat. Be sure to discard the bay leaf

Autumn Butter

1/4 cup firmly packed brown sugar
1 tsp pumpkin pie spice
1/4 cup whipping cream
1 cup butter, softened

Mix all ingredients until well blended. Spread onto your favorite muffins, quick bread, sweet crackers, or drop a dollop onto morning pancakes.



Cinnamon Butter

2 sticks butter
1/2 cup brown sugar
1 tsp cinnamon

Combine all ingredients and mix well. Serve over sweet bread, muffins, or morning waffles. Store tightly covered in the refrigerator.

Samhain Cakes

1/2 c veg. oil
4 sq unsweetened chocolate (4 oz) melted
2 cups granulated sugar
4 eggs
2 tsp vanilla
2 cups pastry flour (not hard, sifted or cake flour)
2 tsp baking powder
1/2 tsp salt
1 cup confectioner's sugar

Mix oil, chocolate, and granulated sugar. Blend in one egg at a time until well mixed. Add vanilla. Measure flour by dipping method or by sifting. Stir flour, baking powder, and salt into oil mixture. Chill several hours to overnight. Heat oven to 350 deg F [175 deg C]. Roll about a tablespoon of dough into a ball (yes, it's messy). Drop balls into confectioner's sugar & roll around until coated. Place about 2 inches apart on greased baking sheet. Bake 10-12 min. They will be a little soft but should not be mushy. Edges should be firm. Don't overbake---these burn easily. Makes about 3 dozen

Hallowmass Cakes

1/2 cup vegetable oil
4 ounces unsweetened baking chocolate, melted
2 cup granulated sugar
4 eggs
2 teaspoon vanilla
2 cups cake flour, sifted
2 teaspoon baking powder
1/2 teaspoon salt
1 cup confectioner's sugar

In a mixing bowl, combine vegetable oil, chocolate, and granulated sugar. Blend in eggs, one at a time, stirring well after each addition. Add vanilla. Stir in flour, baking powder, and salt into oil mixture. Chill for several hours or overnight.

Preheat oven to 350 degrees F Roll about a Tablespoon of dough into a ball. Drop balls into confectioners' sugar, and roll until coated. Place balls about 2 inches apart on a greased baking sheet. Bake for 10-12 min. The cakes should be a soft and the edges should be firm. Do not overbake; they burn easily. Makes about 3 doz

Yule Recipes for Winter Solstice and Christmas

Yuletide Pork Pie

2 1/2 lbs. ground pork
1 1/2 cups cold water
1 cup finely chopped onion
1/2 cup finely chopped celery
1 tsp. ground black pepper
2 bay leaves
1 tsp. dried savory
1/2 tsp. dried rosemary
1/2 tsp. grated nutmeg
1/2 tsp. cinnamon
Salt, to taste
1/2 cup old-fashioned rolled oats Pastry for two double crust, 9 in. pies
1 egg, beaten, for glaze

In a large, heavy frying pan combine pork with cold water and heat to boiling point. It should be slightly soupy. Add onion, celery, pepper, bay leaves, savory, rosemary, nutmeg and cinnamon. Cook, covered, over medium-low heat for 1 1/4 hrs, stir often. Add more water if mixture dries out. Halfway through cooking time, season with salt to taste. Stir in rolled oats and cook, stirring, for 1 to 2 mins. Remove bay leaves and allow to cool (refrigerating will speed this up). Meanwhile, line two 9 in. pie pans with pastry. When meat mixture is lukewarm, divide it between two pie shells and spread it out evenly. Brush around outer edge of pastry with the beaten egg. Place top crusts on the pies and press gently around the edge to seal. Trim pastry, crimp edges and cut steam vents in top crust. Bake them in preheated 425°F oven for 15 mins., then reduce heat to 375°F and bake another 25 mins. or until crust is golden. Let cool 15-20 mins, then serve.

Celtic Yule Cakes

2-3 Tablespoons Boiling Water
1/2 Teaspoon Vanilla Extract
3/4 Teaspoon Baking Powder
2 Cups Powdered Sugar
2/3 Cup White Sugar
Grated Orange Zest
1 1/3 Cup Sultanas
1 Tablespoon Milk
1 1/4 Cup Flour
1/2 Cup Butter
2 Eggs (Beaten)

Beat eggs, butter, vanilla, orange zest and sugar together. Add flour and baking powder. When well mixed add the tablespoon of milk and sultanas. Pour into a well-floured/greased cupcake tin and bake in an oven preheated to 375 degrees F for 20 to 25 minutes. In a small bowl blend boiling water and powdered sugar to make the icing. Lace over celtic cakes in the form of a five-pointed star before serving.

Pork Roast with Rosemary and Garlic

4 lb pork roast
2 cloves garlic, chopped
Rosemary, dried
Olive oil

Preheat oven to 325F. Place the roast in a pan, then rub the meat first with olive oil and then the chopped garlic and rosemary. Pierce the pork with a knife and stick in some pieces of garlic and rosemary.

Winter Solstice Soup

2 tablespoons margarine
2 onions, chopped
2 carrots, shredded
2 potatoes, peeled and cubed
3 cups water
1 teaspoon salt
1 tablespoon dried parsley
1/2 teaspoon dried thyme
1 bay leaf
2 cups milk
salt and pepper to taste

In a large pot over medium heat, melt the butter or margarine and saute the onions for 5 to 10 minutes, or until tender. Add the carrots, potatoes, water, salt, parsley, thyme and bay leaf.

Reduce heat to low and simmer for 30 minutes, stirring occasionally. Remove the bay leaf.

Puree the soup in a blender or food processor in small batches and return to the pot. Stir in the milk, mixing well, and season with salt and pepper to taste.



Wassail

(traditional with ceremony)

Heat a large container of ale or beer, about 3 or 4 pints. Add:

1/2 cup sugar
1/4 cup mixed spice (cinnamon sticks and whole cloves are also excellent)
2 or 3 small sweet apples, cut up
1 1/4 cup pineapple juice
1 1/4 cup orange juice
the juice of 2 lemons

Place over a slow flame; then, before it begins to boil, take off the heat and whip up some cream. Let this float on top of the brew like foam.

Put in a suitably large bowl (the more ornate the better)

Now go out to a tree or trees with a few friends (these don't have to be apple trees, since all can benefit from a well-intentioned blessing, but it is traditional to wassail fruit-bearing trees) Wet the roots liberally with the brew. Pass the rest around and when everyone is thoroughly warmed up sing a wassailing song, for example:

(Nonalcoholic recipe)

8 cups apple juice or cider
2 cups cranberry juice
3/4 cup sugar
1 tsp allspice
2 cinnamon sticks
1 orange
whole cloves

Turn the crockpot on high and pour in the apple and cranberry juices. Stir in the sugar and allspice, then add cinnamon sticks. Stud the orange with the cloves... about 25 or 30 cloves should do the trick.. and toss it in. Cover the pot and cook on high for 1 hour. Change the setting to low and allow to simmer for 3 more hours, then serve

Imbloc –St Brigid's Day

Blessed Bride's Cake

1 cup sugar
1 cup walnut meats, chopped
1 cup vegetable oil
1 cup golden raisins
1 cup flour
4 eggs
1 tsp. baking powder

Mix all the ingredients together until they are wet. Do not over mix. Pour into a greased and floured 9"x9"x2" square baking pan. Bake at 350 degrees for 20-30 minutes, or until knife inserted in middle of cake comes out clean. Allow to cool before serving.



Sunday Corned Beef and Cabbage

5 pounds Corned beef brisket
1 large Onion stuck with 6 whole cloves
6 Carrots, peeled and sliced
8 Potatoes, peeled and cubed
1 teaspoon Dried Thyme
1 small Bunch Parsley
1 head Cabbage (about 2 lbs) cut in quarters

Horseradish Sauce:

1/2 pint Whipping Cream
2 - 3 Tablespoons prepared horseradish

Put beef in a large pot and cover with cold water. Add all other ingredients except cabbage and bring to a boil with the lid off the pot. Turn to simmer and cook for 3 hours. Skim fat from top as it rises. Remove the thyme, parsley and onion. Add cabbage. Simmer for 20 minutes until cabbage is cooked. Remove the meat and cut into pieces. Place on center of a large platter. Strain the cabbage and season it heavily with black pepper. Surround the beef with the cabbage, carrots and potatoes. Serve with horseradish sauce.

Horseradish Sauce: Whip cream until it stand in peaks. Fold in horseradish.

Feather Cake

(Candied violets work beautifully for garnishes on this cake.)

First, rub to a cream 2 tablespoons soft butter and a cup of sugar. Next, add a beaten egg yolk, half a cup of water and whole milk mixed, 1 and 1/2 cups of sifted flour, and a teaspoon each of baking powder and vanilla.

Beat an egg white stiff as meringue and fold it gently into the mixed batter. Bake it at a low heat--325 degrees Farenheit--for 25 minutes. Don't jump up and down or jar the cake while it's baking or it'll fall and be full of holes. You can add chocolate glaze and/or candied violets when it comes out of the oven.

Imbolc Moon Cookies

1 cup (2 sticks/220 grams) butter or margarine, softened
1 1/4 cups (250 grams) granulated sugar
2 teaspoons grated lemon peel
1/4 teaspoon salt
1 1/3 cups (185 grams) flour
1 1/2 cups (340 grams) ground walnuts
1 teaspoon vanilla or peppermint extract

Icing
2 cups (445 grams) sifted confectioner's sugar
1 teaspoon vanilla extract
2 1/2 tablespoons water

Preheat the oven to 375°F (190°C). In a large bowl, cream the butter, sugar, and vanilla extract until fluffy and light. Mix the lemon peel, salt, flour, and walnuts in a bowl. In increments, add the flour mixture to the butter and sugar. Mix until well blended. Cover and chill thoroughly for at least 2 hours.

When the dough is chilled, roll it to a thickness of 1/8 inch (.25 centimeters), and cut with a crescent moon cookie cutter. If you can't find a crescent moon cookie cutter, you can use a circular cookie cutter and cut a curved line in the middle, then roll the excess dough from the cookies and repeat.

Place the cookies 1/2 inch (1.25 centimeters) apart on an ungreased baking sheet. Bake for 8 to 10 minutes.

After baking, allow the cookies to stand for 5 minutes. Spread the icing over tops of cookies while they are warm.

To make the icing, combine the confectioner's sugar, vanilla, and water, mixing until well blended. Thin the icing with additional drops of water if the glaze is too thick.

Makes about 5 dozen cookies

Imbolc Ritual Cake

1 3/4 cups all-purpose flour
3/4 cup water
3/4 cup sugar
1/4 cup vegetable oil
2 tbs. poppyseeds
1 tbs. grated lemon peel
1 tsp. baking soda
2 tbs. lemon juice
1/2 tsp. salt
powdered sugar

This is all done in one pan, so clean up is a breeze! Preheat oven to 350 degrees. Mix flour, sugar, poppy seeds, baking soda, and salt with a fork in an ungreased 9x9x2 baking pan. Stir in the remaining ingredients, except the powdered sugar. Bake 35-40 minutes or until toothpick inserted in center of cake comes out clean, and the top is golden brown. Remove from oven and cool. Sprinkle with powdered sugar. Makes 8 servings

Lemon-Poppy Seed Pound Cake

cooking spray
1 teaspoon all-purpose flour
1 cup granulated sugar
1/3 cup butter or stick margarine, softened
2 large egg whites
1 large egg
1 tablespoon grated lemon rind
1 teaspoon vanilla extract
1 2/3 cups all-purpose flour
2 tablespoons poppy seeds
1 teaspoon baking powder
1/4 teaspoon baking soda
1/9 teaspoon salt
3/4 cup low-fat buttermilk
2/3 cup powdered sugar
4 teaspoons lemon juice

Braided Bread

3 loaves frozen bread dough, thawed (this is in the frozen foods section at the grocery store) (Or make your own)
1 egg
Water
Sesame seeds

Allow the bread loaves to defrost at room temperature. Before it begins to rise, cut each loaf in half with a large pizza cutter or a knife. Roll each half out until it's about 18" long, and about an inch thick. You'll end up with six of these long strips.

Take three of the strips, and braid them together, trying not to stretch them out too much. When you've reached the end of the braid, tuck the ends underneath themselves. Repeat the process with the other three strips, making a second braid.

Place the braids either on a baking stone, or on a pan that has been sprinkled with cornmeal.

Beat the egg in a small bowl, and add 2 Tbsp. water. Lightly brush the egg and water mixture over the braids, and then sprinkle with sesame seeds. Let them rise in a warm place for about an hour, or until doubled in size.

Bake at 375 for 30 minutes, or until a light golden brown color. Remove from baking sheet, and allow to cool for 15 minutes or more before serving.

Bacon and Leeks

1 pound of bacon
3 fresh leeks, chopped
1 medium onion
2 cloves garlic, pressed
Salt
Pepper

Fry the bacon and drain off excess fat. Remove from pan, and then chop into small pieces. Return to pan, and add garlic, leeks and onions. Season with salt and pepper to taste. When onions are opaque, remove from heat and serve scooped onto warm, soft bread.

Ostara Sabbat and Easter Celebrations

Hot Cross Buns

Frosting:

2 cups confectioners' sugar
1 tablespoon milk
1 cup orange juice

Dough:

3 cups unsifted flour
3/4 cups granulated sugar
1 cup evaporated or whole milk
1/4 cup butter or margarine, softened
1/8 teaspoon salt
1 and 1/2 teaspoons cinnamon
1/4 teaspoon allspice
1 cup raisins (optional)
1 cup walnuts (optional)
1 package dry yeast
1/4 cup hot water (for dissolving the yeast)
1 large, well-beaten egg.

Preheat your oven to 375 degrees F.

While the oven is warming, combine all ingredients except yeast, hot water, the egg, and the frosting ingredients and mix well.

Dissolve the yeast in the hot water, then add it and the egg to the rest of the mixture. Combine well. Shape into a ball, and place in a lightly greased bowl, turning once to grease the top.

Cover the mixture with a cloth and allow the dough to rise in a warm spot for about an hour, until it has about doubled in size.

Shape the dough into round balls about 3 inches across and place them at least 3 inches apart on a lightly greased and floured baking sheet. Place the sheet into the preheated oven.

After 5 to 8 minutes of baking, open the oven and use a sharp knife to slash one equal-armed cross into each bun about 3/4 of an inch deep. Allow the knife to pry open the slashes slightly so they will be less likely to bake themselves closed again.

Return the buns to the oven and allow them to bake another 15 to 20 minutes, or until the buns are a nice brownish gold.

While the buns are baking, combine the frosting ingredients and beat them to a smooth, even consistency. When the buns are done, take them out of the oven and, while they're still hot, drizzle the frosting onto them.

Crispy Roast Potatoes with Rosemary

700g Small new potatoes
2 Tablespoons Olive oil
1/2 teaspoon Salt
2 cloves garlic, minced
1 1/2 Tablespoons Fresh rosemary, chopped

Cover new potatoes with water and bring to a simmer. Cook 5 minutes. Drain and toss potatoes in pan over heat until outside of potatoes are dry. Add olive oil, salt, garlic, and fresh rosemary. Place potatoes in a pan, in one layer, and bake in a 180°C oven until crispy and browned, about 15-20 minutes. Serve with roasted and grilled meats or poultry.



Braided Easter Bread

This decorative Easter bread has whole eggs baked into it! Do not cook the whole eggs, as they will bake at the same time that the bread does. The eggs can also be dyed for extra color.

Ingredients

Makes 1 - 1 pound loaf

2 1/2 cups all-purpose flour, divided

1/4 cup white sugar

1 teaspoon salt

1 (.25 ounce) package active dry yeast

2/3 cup milk

2 tablespoons butter

2 eggs

5 whole eggs, dyed if desired

2 tablespoons butter, melted

Directions

In a large bowl, combine 1 cup flour, sugar, salt and yeast; stir well. Combine milk and butter in a small saucepan; heat until milk is warm and butter is softened but not melted. Gradually add the milk and butter to the flour mixture; stirring constantly. Add two eggs and 1/2 cup flour; beat well. Add the remaining flour, 1/2 cup at a time, stirring well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal size rounds; cover and let rest for 10 minutes. Roll each round into a long roll about 36 inches long and 1 1/2 inches thick. Using the two long pieces of dough, form a loosely braided ring, leaving spaces for the five colored eggs. Seal the ends of the ring together and use your fingers to slide the eggs between the braids of dough. Preheat oven to 350 degrees F (175 degrees C). Place loaf on a buttered baking sheet and cover loosely with a damp towel. Place loaf in a warm place and let rise until doubled in bulk, about 45 minutes. Brush risen loaf with melted butter. Bake in preheated oven for 50 to 55 minutes, or until golden.

Green beans with Rosemary vinaigrette

3 Tablespoons Raspberry vinegar

1 Tablespoon Dijon mustard

1 teaspoon Garlic, minced

1/3 cup Olive oil

8 cups green beans

Combine first 3 ingredients in medium bowl. Gradually whisk in olive oil. Season to taste with salt and pepper. Place beans in large bowl. Toss with enough dressing to coat and serve.

Coloring Easter Eggs with Nature's Own Gifts

I remember every Easter week, my brother Steven and I would sit down with our mother and color Easter Eggs. It was certainly a family tradition and something we cherish still, to this day. Coloring and decorating the eggs was my favorite Easter treat (along with my Nana's homemade chocolate peanut butter eggs, of course!).

What would always make the coloring so much fun would be the way in which we did it. Instead of using powdered dyes and food coloring they sold in the stores, we would gather a host of fruits, flowers and vegetable to use as natural coloring!

First, be sure and hard boil your eggs. We would usually use 1-2 dozen, boiled for about 7-10 minutes.

Second, after the eggs have cooled, Use a white crayon to draw signs, symbols or any desired pattern or shape on to the outer shell.

Remember, the longer you soak the eggs (30 minutes or more) in the dye the more intense and deeper the egg's color becomes and the symbols will stand out even more.

Create an "egg dipper" with paper clips or wire. Bend the wire into a circle and then create the upright handle in an "L" shape. Place each egg into the circle and lower the egg into the dye. When you are ready to take it out, scoop the wire circle back under the egg and lift it out. You can perch the wet eggs on top of the egg carton to dry.

In order to bring out a "little more shine" to your eggs, add a teaspoon of vegetable oil on the paper towel. Once the eggs are colored and dried, lightly massage the paper towel around the egg, so a light oil sheen covers the egg.

<When you are finished making your creations, be sure and refrigerate them so they don't spoil.

Below is a list of nature's gifts we would use to create a rainbow of colors:

Red: beet juice, red cabbage juice, cherries crushed with juice, pomegranate juice or raspberries

Pink: cranberry juice. You can also use the above red foods but do not leave them in the dye as long

Blue: blueberries crushed with juice. You can also crush violet blossoms and add a cup of hot water to them. Soak the eggs overnight.

Lavender: grape juice

Yellow: can be achieved by adding 1 teaspoon of turmeric, ground cumin or saffron, 1/2 teaspoon of vinegar to 1 cup boiling water. Dissolve the herb, then let the water cool before you dip your eggs. You can also boil 4 tablespoons of yellow onion skins, then let the water cool before dipping the eggs.

Green: can be achieved by boiling spinach leaves. Let the water stand until cooled. Strain out the leaves and dip the eggs for an hour. Another option is to dip the eggs in liquid chlorophyll, which is available in most health food stores.

Orange: can be achieved by adding 1 teaspoon of chili powder or paprika, 1/2 teaspoon of vinegar to 1 cup boiling water. Dissolve the herb, then let the water cool before you dip your eggs.

Brown: can be achieved by dipping eggs in espresso or strong coffee.

Remember, your egg is a very powerful tool, rich in history and symbolism, representing "new life" anywhere in the world. The "World Egg" is an ancient story about how the Universe "hatched" and the Hindu's believe the yolk became heaven and the white became earth. The Shinto believed the entire Universe was contained in a huge egg, standing upright. In Alchemy, the Philosopher's Egg represents the seed of spiritual life and a place where great change or transformation occurs. The pre-Christian fertility Goddess, Eostre, was celebrated for her life giving abilities through the power of the hormone, estrogen. A goddess in Germanic and Celtic tradition, Eostre is the namesake of the festival of Easter. In her various forms, she is a spring-like fertility goddess associated with dawn. In both the Celtic and Russian traditions, placing eggs on burial sites or burying their dead with eggs, reinforced the fact that the egg was a powerful symbol of immortality, resurrection and rebirth! The Christian concept of Easter connects the holiday of Easter with the renewal of life through the egg. It is a representative of the renewal, resurrection and rebirth of Christ. Enjoy the creative process!

Beltane – The Joys of May Day

Beltane Cake

3 1/2 cups all-purpose flour
1 tablespoon baking powder
1/2 nut nutmeg, freshly grated
1 teaspoon ground cardamom
1 teaspoon ground cloves
6 ounces unsweetened chocolate
3/4 cup milk
1/2 cup brandy
1 teaspoon vanilla extract
1 1/2 tablespoons fresh grated ginger
1 ounce damiana extract
1 1/2 cups butter
1 lb dark brown sugar
6 eggs
1 5/8 cup amaretto liqueur
cocoa powder

1 Have all ingredients at room temperature. 2 Preheat oven to 350 degrees F. 3 Grease a large bundt pan. 4 Melt chocolate in a double boiler or microwave then set aside to cool. 5 In a small bowl mix milk, brandy, vanilla extract, ginger and damiana extract. 6 In a large bowl, cream the butter. 7 Add the brown sugar to the butter and beat until fluffy. 8 Beat the eggs, one at a time, into the butter mixture. 9 When the chocolate has cooled to body temperature, mix it into the butter mixture. 10 Alternately add the flour mixture and milk mixture to the butter mixture in small amounts at a time. 11 Bake for 2 hours, or until done (knife test). 12 Let the cake cool for 20 minutes, then remove from pan. 13 Allow the cake to cool fully, then invert it into a bowl that is just large enough to hold it, but no larger. 14 Pierce the cake bottom (now on top) in several (8-10) places with a skewer, being careful not to go all the way through. 15 Pour about 1/5th of the amaretto over the cake. When it has all been absorbed, add another 1/5th of the amaretto. Continue until all of the amaretto has been absorbed by the cake. This will take at least several hours. Keep the bowl covered during this time. 16 When all of the amaretto has been absorbed, gently invert the cake onto a plate. The cake is soaked with amaretto, thus every bump or brush will leave a scar, so treat it delicately. 17 Dust the cake with cocoa powder until there is a layer of dry powder (the first applications will soak up moisture). 18 Keep the cake covered until serving. It will get better if you wait 8-24 hours, but can be eaten immediately. 19 This cake is very rich and intensely flavorful, so serve small slices. Also, you might want to let guests know that it contains a fair amount of alcohol.

Beltane Passion Cookies

3/4 cup unsalted butter
1 cup brown sugar
1 egg
1/4 cup molasses
1 3/4 cups whole grain flour
1/2 tsp. salt
3 tsp. ground cinnamon
1 1/2 tsp. ground cloves
5 tsp. powdered ginger
1/8 tsp. granulated
2 tsp. baking soda
1/2 cup crystallized ginger, coarsely chopped (optional)

Preheat the oven to 350°. Line a cookie sheet with parchment paper. Using a hand mixer, cream the butter with the sugar then beat in the egg and molasses. Sift all the dry ingredients into a medium bowl, then stir into the wet batter. Add crystallized ginger. Roll batter into 1 inch balls and dip one side into granulated sugar. Place sugar side up on baking sheet, about 3 inches apart. Bake 10 to 12 minutes. Cool on wire rack.



Farls

3 cups real mashed potatoes
2 cups dry oats
2 tablespoons butter
1/2 teaspoon cornstarch
1/2 teaspoon baking powder
1/8 teaspoon salt
Pinch of pepper
Pinch rosemary

Soak oats in warm water for 15 minutes until soft and swollen. Mix them with all other ingredients in a large bowl. Knead until mixture is like thick dough. Make patties, fry in hot oil until brown. Serve immediately.

Chicken Barley Stew with Herbs

2-3 LB chicken breasts on the bone
2 Tablespoons Butter
1 LB leeks (3-4 large ones, 4-5 little ones) thickly cut. May substitute onions
4 cloves garlic, chopped fine
6 oz barley
3 Tablespoons red wine vinegar
3 3/4 cups water
2 bay leaves
1 Tablespoon dried sage

Comment: This is originally an Anglo-Saxon recipe. The original calls for rabbit, but chicken is just as good. In a large Dutch Oven, melt the butter, then fry the leeks and garlic in the butter. Add the chicken and brown. Add remaining ingredients, reserving the sage. Bring to a boil, then reduce and simmer for 1 to 1-1/2 hours. Remove chicken from pot and let cool. Remove meat from bones and add back to the pot. Add sage. Stir well and serve. Serves 8

May Day Maple Hearth Bread

1 envelope active dry yeast
1/3 cup real maple syrup
1/4 cup warm water (105°F-115°F)
3 cups flour
3 tablespoons packed brown sugar
1 tablespoon baking powder
1/2 teaspoon salt
1/4 cup shortening

Dissolve the yeast in the water. Mix 1 1/2 cups of the flour with the brown sugar, baking powder, and salt. Cut in shortening. Add the syrup to the yeast mix and let the syrup dissolve too. Now add yeast mix to the flour mix; stir. Add flour until dough is easy to handle. Turn onto a floured surface and knead for 1 minute. Cover and let rise for 15 minutes. Form into round, place on cookie sheet. Let rise in a warm spot for 30 minutes. Preheat oven to 350°F. Slice pleasing image into bread top. Bake for 30 minutes. Bread is done when it sounds hollow when tapped. Loaf can be brushed with syrup or butter during last 5 minutes of baking.

Note: This bread is quite dry without something to moisten it, so definitely serve it with butter. Also, your bread will have trouble rising if the syrup is too cold! Warm up the syrup if it has been in the refrigerator, it should be room temperature or warmer.

Litha ~ Embracing the Summer Solstice

Fairy Spice Cakes

These delicious cakes are best left in the garden for the Elemental Folk on nights of significance, such as Litha or Samhain.

½ cup sweet Muscat wine
2 tablespoons fine brown sugar
1 large egg
⅔ cup flour
½ teaspoon poppy seeds
⅛ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
⅛ teaspoon salt
Sunflower oil for frying

Mix the egg and the Muscat wine in a bowl. In a smaller bowl, mix together the flour, poppy seeds, cinnamon, sugar and salt. Stir this into the egg mixture. Let it stand for about ½ hour. Combine the nutmeg and honey in a small bowl. Heat some oil in a frying pan (about ½ inch in the bottom) until it's hot. Drop the batter into the oil one generous spoonful each time and fry until golden. Place on paper towels to drain and then dip into the honey mix. Delicious!



Sun King Soup

3 Tbs butter (use real butter, not margarine)
1 small onion, diced
2 1/2 C. tomatoes, diced
1 C. vegetable broth
3/4 Orange juice, no pulp
A few sprigs rosemary
Paprika

Saute the onion in the butter over low heat. Chop tomatoes and add to the onions. Allow to cook until tomatoes become soft, just a few minutes. Add broth, and allow the whole thing to simmer over low heat for 30 minutes.

Transfer the entire mixture into a blender and puree, adding the orange juice. Return to stovetop, add rosemary, and simmer for about 5 - 10 more minutes. Add paprika to taste. Serve in warm bowls with a nice loaf of soft bread, or as part of a larger feast.

Sunshine Sugar cookies with Orange frosting

1 cup white sugar
1 cup packed brown sugar
1 cup shortening
2 eggs
1 cup milk
1 tablespoon distilled white vinegar
1 teaspoon baking soda
3 teaspoons baking powder
1 teaspoon salt

1 teaspoon vanilla extract
4 cups all-purpose flour
1 teaspoon ground nutmeg

Combine milk with vinegar to make sour milk. Let stand for 5 minutes. In a large mixing bowl, combine sugars, shortening, eggs, and vanilla. Add flour, soda, baking powder, salt, and nutmeg. Stir in sour milk and mix well. NOTE: Dough will be very sticky and hard to handle so be sure to refrigerate either several hours or overnight. Roll on well floured board to 1/2 inch thickness. Cut with cookie cutters to desired shapes-a sun shape or large round circles are best to signify the sun with large cutters working best. Bake at 350 degrees F (180 degrees C) for 8 to 10 minutes or until lightly brown on bottom. Frost with frosting (recipe below) and decorate.

Frosting:
3 egg whites
4 cups sifted confectioners' sugar
1 teaspoon orange extract
1 Tablespoon of orange rind
1 Tablespoon of Orange Juice

Beat egg whites in clean, large bowl with mixer at high speed until very foamy Gradually add sugar, rind, orange juice and extract. Beat at high speed until thickened. Spread over cooled cookies or put in a pastry bag with a piping tip attached and pipe onto cookies.

Pasta with Fresh Tomatoes

1 Teaspoon chopped fresh cilantro
2 Servings Angel Hair Pasta
2 Teaspoons Minced Garlic
1/2 cup finely diced onion
1 Teaspoon Oregano
3 tomatoes, chopped
1 Teaspoon Basil
1 teaspoon salt

In a medium bowl, combine ingredients. Chill for one hour in the refrigerator before serving.

Sabbat Honey Cake

1/2 cup butter
1 teaspoon baking soda
1 cup honey
1/2 teaspoon salt
1 egg, well beaten
1/2 teaspoon cinnamon
2 cups of flour, sifted
1/2 cup buttermilk

Frosting:
1 cup powdered (10x) sugar
1 tablespoon of melted butter
1 1/2 tablespoons of milk, slightly warmed
1/2 teaspoons of honey, warmed slightly

In a mixing bowl on medium speed, cream butter until light.
On low speed, mix in honey and beaten egg.
In a separate bowl, sift together flour, baking soda, salt and cinnamon.
Add this dry mixture, alternating with some of the buttermilk, into the first bowl.
Blend everything together thoroughly then pour into a 9x13 baking pan that has been sprayed with non-stick spray.
Bake at 350 degrees for 45-55 minutes. When done, allow cake to cool completely. For frosting: blend powdered sugar, warm milk, melted butter and warm honey in a bowl. Spread over entire cooled cake.

Solstice Herb Bread

3 C. flour
1 tbsp. sugar
1 tsp. salt
1 pkg. dry active yeast
2 tbsp. chopped fresh chives
2 tsp. chopped fresh rosemary
1 tsp. fresh thyme
1 1/4 C. hot water
2 tbsp. Crisco

Mix 2 cups of the flour, sugar, salt and yeast in a large bowl. Add herbs, water, and Crisco. Beat slowly, stirring in remaining cup of flour until smooth. Scrape batter from sides of bowl and let rise in a warm place for 35 minutes or until it doubles in bulk. Punch down and beat with a spoon for about 15 seconds. Place dough in a greased loaf pan, patting down and forming a loaf shape with your hands. Cover and let rise again for about 30 minutes or until it again doubles in bulk. Bake at 375 for 40-45 minutes. Brush top with butter or margarine and remove from pan to cool.

Solstice Fruit Fizz

400g cherries
4 nectarines
250g strawberries
300ml lemonade
6 lemon balm leaves
A few cherries and strawberries, to serve
Ice cubes

Cut the nectarines and cherries in half and remove the pits. Cut any leaves and stalks off the strawberries, and wash all fruit thoroughly. Push through a juicer, then top with sparkling water or lemonade, and pour into a jug. Add a few ice cubes, the lemon balm leaves, and extra fresh fruits.

Cold Tomato Soup

2 large tomatoes, peeled, seeded, and chopped
1 sweet pepper, seeded and chopped
1 clove garlic, peeled and chopped
3/4 C. Herb blend, basil, chives, tarragon, parsley, dill, chervil, thyme
1/2 C. olive oil
3 tbsp. lemon juice
3 C. cold water
1 sweet Spanish onion, peeled and sliced
1 C. cucumber, peeled, seeded, and sliced
1/2 tsp. paprika

Put chopped tomatoes, pepper, garlic and herbs in a bowl. Stir in olive oil, lemon juice, and cold water. Add onion, cucumber, and paprika. Chill in refrigerator for about 5 hours. Serve over ice cubes in bowls and garnish with fresh parsley or watercress.

Lammas and the Honoring of First Harvest

Lammas Bread

"All among the barely,
Who would not be blithe?
When the ripe and bearded barley,
Is smiling on the scythe?"
~ tradition English folksong

The holy days always call for a feast and Lammas is no different. Bake a loaf of bread to honor the gods and you will always be nourished!

1 Tbs. + 1 1/2 tsp. active dry yeast (2 packets)
1 cup warm water
1 tsp. honey
2 cups milk
4 Tbs. honey
1 Tbs. salt
1/4 cup butter
3 cups barley flour
5 cups finely ground whole wheat flour
3 Tbs. melted butter

In a small saucepan warm milk until it starts to bubble and foam around the edges. Add honey, salt, and 1/4 cup of butter, stir until butter melts. Cool to lukewarm.

Sprinkle yeast over warm water (105ish degrees) with a tsp. honey. Whisk and let sit 5 minutes or so until it starts to foam and bubble.

Stir milk mixture into yeast mixture with a wooden spoon. Add about half of the flour (4 cups) to yeast mixture, stirring with a wooden spoon until smooth. Gradually add the remaining four cups, incorporating the remainder with your hands until the dough is stiff enough to leave the sides of the bowl.

Place dough onto a lightly floured surface and knead for about 10 minutes, it should be smooth and elastic.

Place dough in a greased bowl. Cover with a damp towel and place in a warm area for about 1 hour.

Punch down dough and form into two rounds. Place on a greased baking sheet, cover and let rise in a warm place, free of drafts until doubled in size (about an hour).

Bake in a 350 degree oven for 40-50 minutes or until crust is golden brown and sounds hollow when tapped.

Place on a wire rack to cool and brush with remaining melted butter. Sprinkle with herbs and coarse salt.

Enjoy with your family or in community bestowing blessings of an abundant harvest upon each other as you pass the loaves.

Corn Bread

2 eggs
2 cups buttermilk
3 tbsp shortening melted
1 1/2 tsp salt
2 1/2 cups cornmeal
1 tsp baking powder
1/2 tsp baking soda

Beat eggs, add buttermilk and melted shortening mix well
mix dry ingredients add to egg mixture
beat until smooth pour into greased pan\ bake at 375 about 25 minutes serve hot



Lembas Bread - Elvish Bread

"One small bite is enough to fill a grown man!"

Minutes to Prepare: 15

Minutes to Cook: 15

Number of Servings: 10

2 1/2 cups of flour
1 tablespoon of baking powder
1/4 teaspoon of salt
8 tablespoons of cold butter (1 stick)
1/3 cup of brown sugar
1 teaspoon of cinnamon
1/2 teaspoon maple syrup/honey
2/3 cup of milk/heavy cream (or more, if necessary)
1/2 teaspoon of vanilla

- 1) Preheat oven to 220 degrees Celcius (425 degrees Fahrenheit).
- 2) Mix the flour, baking powder and salt into a large bowl.
- 3) Add the butter and mix with a fork or a pastry cutter until the mixture resembles fine granules.
- 4) Add the sugar and cinnamon, and mix them thoroughly into the mixture.
- 5) Add the milk/cream and vanilla and stir them in with a fork until a nice, thick dough forms.
- 6) Roll the dough out about 1/2 in thickness.
- 7) Cut out 3-inch squares and transfer the dough to a cookie sheet.
- 8) Criss-cross (DO NOT cut all the way) each square from corner-to-corner with a knife.
- 9) Bake for about 12 minutes or more (depending on the thickness of the bread) until it is set and lightly golden.

(the recipe makes about 10-12 pieces of lembas)

Beef Barley Soup

2 quarts water
soup bone with the meat on
1/2 cup celery tops
1TBSP salt
1/2 tsp pepper
1/2 cup uncooked barley
3 cups coarsely chopped cabbage
1 cup sliced celery
2 cups sliced parsnips
2 cups thinly slice onions
1 can 12 oz tomato paste

Combine water, bone and celery tops
Bring to boil and cover lightly. Simmer for 2 hours
Remove bone and chop meat
Stir in barley and chopped meat. Cook 30 minutes
Add remaining ingredients and simmer for 30 minutes or until veggies are tender

Coven-stead Bread

3/4 cup Water
1/2 cup Honey
1/2 cup finely chopped Citron
1/2 cup Sugar
2 tablespoons Anise Seeds
2 1/3 cups Flour
1 1/2 teaspoons Baking Soda
1 teaspoon Nutmeg
1 teaspoon Cinnamon
1 teaspoon Allspice

Bring the water to a boil in a saucepan.

Add honey, citron, sugar, anise seeds.

Stir until the sugar completely dissolves and then remove from heat.

Sift together flour, baking soda, salt, and spices, and fold into the hot honey mixture.

Turn the batter into a well-greased 9 X 5 X 3-inch loaf pan and bake in a preheated 350-degree oven for one hour.

Turn out on a wire rack to cool.

Garden Vegetable Couscous

1 cup couscous
1/2 small orange bell pepper, stem and seeds removed
4 small scallions, white and light-green parts only
12 small yellow cherry tomatoes, halved
2 tablespoons olive oil
1 tablespoon freshly squeezed lemon juice, plus grated lemon zest, for garnish (optional)
Salt and freshly ground black pepper

Place couscous in a medium heatproof bowl. Pour 1 cup boiling water over the couscous, cover, and let stand 10 minutes. Fluff with a fork. Cut bell pepper into 1-inch-long matchsticks, and add to the warm couscous. Thinly slice the scallions crosswise, and add to the bowl. Add cherry tomatoes. In a small bowl, whisk olive oil and lemon juice together. Season with salt and pepper. Drizzle over couscous, vegetables, and toss. Garnish with lemon zest, if desired, and serve

Irish Potatoes

12 medium potatoes, peeled, cooked & mashed
2 Eggs; well beaten
8 ounces Cream cheese, softened
1 teaspoon Salt
1/4 cup Butter
Pepper
1/2 cup Sour cream
1/4 slice Green onions
1/2 cup Milk

Mix potatoes with remaining ingredients. Mix well, but lightly; do not whip! Place in a greased 9~ round casserole and bake in a preheated oven for 45 minutes.

Mabon ~ The Vernal Equinox and Second Harvest

All Things Harvested Pot Roast

4-5lb pot roast
1 stick butter
1 large onion sliced
3 celery stalks, chopped
1 garlic clove, chopped
¼ tsp. dried thyme
¼ tsp. dried parsley
1 bay leaf
1/8 tsp. black pepper
¼ tsp. salt
2-10oz cans French onion soup
4 large potatoes, quartered
1-8oz package raw baby carrots
1-16oz pkg. frozen broccoli/cauliflower mix

In dutch oven or oven safe pot w/lid brown both side of the roast, using half the butter. Set the roast aside. With remaining butter, saute' the onion, garlic, and celery until onions are tender and beginning to brown. Add the the thyme, parsley, bay leaf, and pepper. Mix well and then return the pot roast to the pan. Sprinkle salt over the roast and add the french onion soup. Cook at 325 degrees for 4 hours. Baste meat as needed. Add potatoes and carrots and salt to taste. Cook for another 45 minutes. Add broccoli/cauliflower mix and cook for 20 more minutes. Serve with hot bread.



Corn Chowder

2 Medium Potatoes (Cubed)
1 Large Can Cream Corn
1 Large Onion (Cubed)
8 Strips Bacon
1 Cup Milk
Pepper
Salt

Place potatoes and onions in a large sauce pan and boil in enough water to cover the tops of the cubed vegetables by an inch or two. Drain off excess water. In another pan, fry the bacon strips until curled and then drain off excess oil/fat. Add bacon to the potatoes and onions along with additional ingredients and simmer over medium heat stirring frequently. Avoid boiling and continue to heat until chowder is thoroughly heated, then serve

Mabon Honey Wheat bread

2 C. warm water
1 Tbs. active dry yeast
1/3 C. honey
3 C. whole wheat flour
1 tsp. salt
1/4 C. vegetable oil
2 Tbs. butter
4 C. all-purpose baking flour

Dissolve the yeast in the warm water. Add honey and mix well. Stir in the whole wheat flour, salt, vegetable oil, and butter and mix until a stiff dough has formed. Gradually work the all-purpose flour into the mix, one cup at a time.

Turn the dough onto a lightly floured countertop, and knead for about fifteen minutes. When it reaches the point where it's sort of elastic, shape it into a ball and place it into an oiled bowl. Cover with a warm, damp cloth, and allow to sit and rise until it's doubled in size -- usually about 45 minutes.

Punch the dough down and cut in half, so you can make two loaves of bread. Place each half in a greased loaf pan, and allow to rise. Once the dough has risen an inch or two above the top of the loaf pan, pop them in the oven. Bake at 375 for half an hour, or until golden brown at the top.

When you remove the loaves from the oven, allow to cool for about fifteen minutes before removing from the pan. If you like, brush some melted butter over the top of the hot loaves, to add a pretty golden glaze to them.

Salem Witch Pudding

4 eggs, separated
1-1/2 cups pumpkin puree
1 cup light brown sugar
3/4 cup half-and-half
5 tablespoons rum
1/2 teaspoon ground cloves
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/4 teaspoon salt

In an electric mixer or large mixing bowl, beat the egg whites until stiff. In a different bowl, beat the egg yolks until thick and lemon-colored. Combine the yolks with the remaining eight ingredients; mix together well; and then fold in the egg whites.

Pour the pumpkin mixture into a buttered 1-quart souffle dish. Place it in a pan of hot water and bake in a 350-degree preheated oven for about 45 minutes. (This recipe yields 6 servings.)

Harvest Pie

(Pie filling)
225g wild blackberries
4 sliced apples
1/2 tsp. cinnamon
1/4 cup sugar
Handful of dry sultanas

(pastry)
175g plain flour
40g butter
pinch of salt
milk

Mix the flour and salt together and then add the butter, gradually mixing by hand until crumbly. Add 2 tablespoons of water and mix well into a smooth dough. Roll out the dough to a size slightly larger than the tin. Line the tin with pastry.

Simmer the apples on the hob until they begin to soften, and then strain them thoroughly through a sieve to extract the water. Once cooled, combine the blackberries and sultanas with the apples and place inside the pie. Mix the sugar and cinnamon separately, stirring well, and then sprinkle over the contents of the pie.

Cut another piece of pastry to lay across the top of the pie and seal the edges together by moistening them with a little bit of water. Cut two slits near the center, and use any excess pastry to make some decorative harvest leaves. Place these on top of your pie. Brush the pastry with milk and dust with a few pinches of sugar. Cook at 220C for 30 min, or until golden brown.

The Kitchen Witch: Indoor Garden

13 Culinary Herbs Worth Growing Indoors

-- Kris Wetherbee

Getting started

You'll need a bright space, such as a large sunny window, a sunroom or a room with skylights. Choose a location with temps between 55 and 75 degrees with good air circulation. The area next to a window may be too cold for some herbs in winter.

Most culinary herbs grow best with at least five to six hours of bright light; mint, parsley and chives do fine with four to five. Keep in mind that natural light is more limited and less intense in winter. Other factors to consider when choosing your location are nearby trees that cast shade, a roof overhang or a patio roof. If plants start to look leggy you may need to move them to a location with more light or supplement with grow or fluorescent lights.

Selecting containers and soil

Almost any pot or container at least 6 inches or larger can be used for growing herbs as long as it has drainage holes. Choose the largest pot possible to provide more room for growing roots, which will give you a bigger plant to harvest from.

Use a fast-draining potting mix as garden soil will compact in containers and smother plant roots. Look for a premium mix that includes lightweight ingredients such as perlite or vermiculite to help loosen and aerate the final mix.

Growing tips

Water needs will vary depending on the size and type of plant, the size and type of container, and the time of year. Plants are dormant or growing less actively during winter when light levels are lower and therefore require less water. Allow the soil to dry slightly for most herbs; keep the soil slightly moist for basil, chives, mint and parsley. The best way to tell when a plant needs water is to stick your finger one inch into the soil. If the soil feels dry, it's time to water.

Once herbs start actively growing in spring, you'll need to feed them with a liquid fertilizer every four weeks. Or, organic fertilizer granules that you scratch into the soil surface every other month can be used instead of a liquid fertilizer.

Keep your indoor herb garden growing strong by checking plants each year and replacing those that are short-lived or have become woody. And don't forget the best part, which is harvesting and using your indoor herbs.

Herbs to Grow

If you love what fresh herbs can do for food, you can still keep that flavor at hand and satisfy your cravings when you grow them indoors. There are a surprising number of herbs that will thrive as indoor plants. All it takes is a bright space, a few well-chosen varieties and a spirit of adventure. To ensure success, it's usually best to start with healthy plants rather than seeds, especially at this time of year. Established plants put you months ahead (sometimes even a year) compared with plants started from seeds, plus they offer you a wide range of varieties for growing indoors.

1. Basil (*Ocimum basilicum*): Grow as an annual or short-lived perennial. Try 'Genovese' for classic aroma and flavor; 'Lemon' for a hint of citrus; 'Spicy Globe' for compact growth (8 to 10 inches tall); or 'Siam Queen' for unique, spicy flavor.
2. Bay (*Laurus nobilis*): Grows slowly at first but will eventually form a bush or small tree that can be easily trained into formal shapes or a topiary. Get a head start and purchase a young 1- to 2-foot plant.
3. Chervil (*Anthriscus cerefolium*): Also known as French parsley, this annual is similar in appearance and taste, with delicate overtones of anise. To harvest, snip the outer leaves and stems, or gather a bunch of sprigs together and cut off an inch or two above the soil.
4. Chives (*Allium schoenoprasum*): A grasslike perennial herb with a delicate onion flavor. 'Grolau' chives is a prolific producer for windowsill growing. Garlic chives (*A. tuberosum*) has a mild garlic taste. Cut small bunches of leaves back to the soil level when harvesting to keep new ones coming.
5. Cilantro (*Coriandrum sativum*): Also known as Chinese parsley, this short-lived annual has a distinctive parsley/sage/citrus-like flavor. Best started from seed. Grows quickly, but once harvested it does not regrow. Extend your harvest by growing three pots at different stages (seeded, intermediate growth and ready to harvest).
6. Dill (*Anethum graveolens*): Aromatic annual best grown for its leaves when grown indoors. Sow several pots at different stages (like cilantro) for a continual supply. 'Fernleaf' dill is a compact variety ideal for growing indoors.
7. Marjoram (*Origanum* spp.): This Mediterranean native belongs to the oregano family, but its flavor is distinctively sweeter and more delicate. Sweet marjoram (*O. majorana*) is often grown in pots indoors; Italian marjoram (*O. x majoricum*) is similar but with an exquisite blend of sweet and spicy.
8. Mints (*Mentha* spp.): Peppermint (*M. x piperita*) and spearmint (*M. spicata*) are good choices for growing in pots. 'English' mint is a well-behaved variety of spearmint. Be sure to give mint its own container as it can easily overtake other herbs.
9. Oregano (*Origanum vulgare* ssp. *hirtum*): Greek oregano delivers true authentic oregano flavor, growing to 12 inches in pots; 'Kaliteri' (*O. vulgare* 'Kaliteri') is a Greek strain that is spicy and flavorful without being too bitter. Harvest leaves often to encourage new growth. Oregano remains productive for up to two years and should be replaced when plants become woody.
10. Parsley (*Petroselinum* spp.): Both Italian flat-leaf (*P. crispum* var. *neapolitanum*) and curly-leaf parsley (*P. crispum*) excel when grown indoors. The Italian variety of this biennial herb is often favored for its robust flavor. Cut the outer leaves when harvesting. This will spur new growth from the center and keep parsley remaining productive for several months or more.
11. Rosemary (*Rosmarinus officinalis*): This perennial comes in both trailing and upright forms. 'Blue Boy' is more compact than regular rosemary. For best flavor, choose a more compact upright variety such as 'Taylor's Blue' or 'Salem.' Even though rosemary enjoys drier conditions, it's imperative that the soil is never allowed to dry out completely or the plant may die.
12. Sage (*Salvia officinalis*): For container growing, try 12-inch-tall dwarf sage (*S. officinalis* *minimus*), or nonflowering 'Berggarten,' a vigorous but compact low-growing culinary strain. Dwarf garden sage (*S. officinalis* 'Compacta') offers the same flavor as garden sage but grows only 10 inches high.
13. Thyme (*Thymus* spp.): Lemon thyme (*T. x citriodorus*) and French thyme (*T. vulgaris* 'Narrow Leaf French') are excellent culinary varieties. Change it up with creeping 'Oregano' thyme, with its great thyme flavor and oregano undertones.

Witches Brews and Beverages



Green Fairy Punch

2 qts orange juice
3 cups water
1 2 ozs pineapple (frozen, concentrate, thawed)
1 1/2 cups vodka
1 cup sugar
6 ozs frozen limeade concentrate (thawed)
1 pkg powdered drink mix (Kool-Aid lemon-lime)

Blend for a savory, mouth puckering brew.
Leave out the alcohol for those less interested.



Blood Punch

2 cinnamon sticks (3-inch)
5 whole clove
3 tbsps ginger (finely chopped peeled)
1/3 cup water
1/3 cup sugar
25 1/4 ozs cider (sparkling, about 3 1/4 cups, chilled)
4 cups cranberry juice cocktail (chilled)
1 liter club soda (or seltzer, chilled)
1 cup dark rum (optional)
ice (blocks in any shape, see cooks' note, below)

Bring cinnamon sticks, cloves, ginger, water, and sugar to a boil in a small heavy saucepan, stirring until sugar has dissolved, then simmer, covered, 5 minutes. Remove from heat and let steep, uncovered, 1 hour. Strain through a fine-mesh sieve into a bowl, discarding solids, then chill until cold. Combine all remaining ingredients, except ice, with syrup in a punch bowl. Add ice before serving.

Cooks' notes:

To make hand-shaped ice, fill powder-free, latex-free rubber gloves with water and tie wrist end securely, then freeze. Syrup can be made 1 week ahead and chilled with spices. Strain before using.



Hot Mulled Cider

1 orange, washed
4 cups (1 quart) apple juice or cranberry juice cocktail
2 cinnamon sticks
4 whole cloves

Slice the orange. Be sure an adult is nearby to help.

Put the orange on a cutting board and use a knife to slice it crosswise to make 8 thick slices.

Combine the ingredients: Choose whether you want apple juice or cranberry juice cocktail for your hot drink. Combine your juice of choice, the cinnamon sticks and the cloves in a saucepan.

Warm the mixture: Place the saucepan over medium heat and warm the juice until tiny bubbles appear around the edges of the pan. Simmer gently for 20 minutes, reducing the heat as needed to keep the juice from boiling. Remove the pan from the heat.

Serve the cider: Place 1 orange slice in each mug. Ask an adult to help you ladle the hot cider over the orange slices. Decorate the edge of each mug with a second orange slice. First cut a slit into the center of the orange slice and then place it over the rim of the mug. Serve immediately. Serves 4.



Passion Tea Harvest Smoothie

1 cup boiling water
3 Lipton® Red Tea with Harvest Strawberry & Passionfruit Flavor Pyramid Tea Bags
2 Tbsp. sugar
1 cup frozen strawberries
1/2 cup strawberry frozen yogurt
1/2 cup ice cubes (about 3 to 4)

Pour boiling water over Lipton® Red Tea with Harvest Strawberry & Passionfruit Flavor Pyramid Tea Bags; cover and brew 5 minutes. Remove Tea Bags and squeeze, then stir in sugar; chill. In blender, process tea, strawberries and yogurt. Add ice cubes, one at a time, and process until blended. Garnish, if desired, with whipped cream and strawberries. Serve immediately. For a twist, stir in 1/4 cup rum.
*SUBSTITUTION: Use regular strawberry yogurt.



Witches' Brew Tea

A flavorful burst of energy and spices. This spook-tacular tea blends together the herbs of Halloween and Fall! Brew this special blend that was handed down to Andrew from a descendant of the Salem witches!

Use equal parts of:
Eleuthero
4 Cinnamon sticks
Handful of Hawthorne
3 tsp of Cardamom
Pinch of Clove
4 slices of Ginger
Hint of Orange peel

Yule Brew Tea

Experience this festive holiday blend featuring some of the best herbs from this holiday as they are celebrated for their regional flavors around the world at Christmas time! A wintry mix of equal parts:

Peppermint leaf
Spearmint leaf
Wintergreen leaf
Birch bark

Ostara Tea

This wonderful seasonal blend was designed for Easter symbolizing renewal. Andrew uses equal parts of

Orange peel
Lemon peel
Handful of rose hips
2 tbs of hibiscus flower
Snip of parsley leaf

For All Teas

Bring all ingredients to a rolling boil for 30 minutes in 8 cups of water. Turn off the heat and let steep for 15 minutes. Enjoy as is or sweeten with some agave, stevia or honey!

Magic Happens

Magic = Energy

In physics, the **Law of Conservation of Energy** states that the total energy of an isolated system cannot change—it is said to be conserved over time.

Energy can be neither created nor destroyed, but can change form...

for instance, chemical energy can be converted to kinetic energy in the explosion of a stick of dynamite.

A consequence of the **Law of Conservation of Energy** is that a perpetual motion machine of the first kind cannot exist. That is to say, no system without an external energy supply can deliver an unlimited amount of energy to its surroundings.

Therefore, magic is an attempt to understand experience and influence the world using rituals, symbols, actions, gestures and language. Modern Western magicians generally state magic's primary purpose is to be **used for personal spiritual growth**. Modern theories of magic may see it as the result of a universal sympathy where some act can produce a result somewhere else, or as collaboration with spirits who cause the effect.

The belief in and the practice of magic has been present since the earliest human cultures and continues to have an important spiritual, religious and medicinal role in many cultures today. Magic is often viewed with suspicion by the wider community and is sometimes practiced in isolation and secrecy.

The concept of magic as a category separate from religion was first widely recognized in Judaism, which derided as magic the practices of pagan worship designed to appease and receive benefits from gods other than Yahweh.

The best-known type of magical practice is the spell, a ritualistic formula intended to bring about a specific effect. Spells are often spoken or written or physically constructed using a particular set of ingredients. The failure of a spell to work may be attributed to many causes, such as a failure to follow the exact formula, to the general circumstances being conducive, to a lack of magical ability, to a lack of willpower.

*“The ability to change consciousness at will.” ~ **Dion Fortune**, Twentieth Century Mystic*

The greatest lesson my grandmother taught me about magic, is that it is not “**what we perceive it to be**”.

*“**Magic** is the unforeseen forces at work, on a daily basis, through the power of nature and that power, which is not visible to us” ~ Martha Stahovic*

When we align our conscious thought with nature and the forces that are unseen and unyielding, we find a sense of humility and greater understanding. It is this shifting of consciousness from the “ego mind/body” to the Universal mind/body that shows us the bigger picture and the ability to see that all things are interconnected.

Another word, what you seek is already within you, it is a matter of first, recognizing this and then manifesting or transforming into this.

*“**Magic transforms** your position in the world, through changing how you think” ~ Andrew Pacholyk MS
L.Ac*

When you change your mind (or way you look at things around you) your way of interacting with the world, changes. For example, if you have an angry mind, you react to the world (and situations around you) in an angry way. If you have a lonely state of mind, you react to the world in the mind set.

“When you change your position to the world, then the world, and your environment, change how it interacts with you!” ~ Timothy Roderick

Magic is not this grandiose, mystical explosion of whirling stars and fireworks display. Magic is a subtle, measured, modest, quiet, tempered and natural practice. It should occur without great pomp and circumstance, fanfare or quick fixes.

My grandmother would always get a laugh, when I would look at her after crafting a spell or intention. As a young and inexperienced apprentice, I sure expected just that. That the earth would shake and the wind would blow and low and behold, I would get what I conjured up!

She would always remind me, *“It’s not on your time, but on Universal time”*.

Another word, the Universe would grant me my wish or spell, when and if it was the appropriate time and place. Even as a kid, I was particularly impatient. Wondering why it would take sooo long to see results or why it may have not worked at all! This curiosity, **forced me** to look at magic in a different way.

Magic should work as smooth as the sun rises and sun setting. Like a shadow growing long over the ground without noticing its subtle approach. Magic should work as smooth as the transition from day into twilight into night. What is real important in this process is that magic shifts your consciousness and then shifts the circumstances of your life. That is EXACTLY why the real magic is in the PROCESS, NOT the end result. The end result, is an afterthought, where the process is the true magic and intention.

Magic is found in everyday life! What is most important is to first, recognize this fact. Consider looking at everything as a kind of magic encounter. Some of the most apparent are suggested here:

Synchronicity is the simultaneous occurrence of events that appear significantly related but have no discernible causal connection. Synchronicity was first described by Carl Jung, a Swiss psychologist, in the 1920s. Carl Jung believed a glimpse into the underlying order of the universe? He coined the term synchronicity to describe what he called the "a-causal connecting principle" that links mind and matter. He said this underlying connectedness manifests itself through meaningful coincidences that cannot be explained by cause and effect. Such synchronicities occur, he theorized, when a strong need arises in the psyche of an individual. He described three types that he had observed: the coinciding of a thought or feeling with an outside event; a dream, vision or premonition of something that then happens in the future; and a dream or vision that coincides with an event occurring at a distance. No one has come up with a definition that has superseded his.

Positive Intention or the Art of Intention is finding focus is a welcomed clarity in order to bring awareness to our lives. How many people do you know who lead an almost incomplete and unexamined life? Art of any kind is the ability to tune in and make it your own. The attaining of your goal through intention is one of the most rewarding and self-gratifying accomplishments we can do for ourselves. And guess what? You deserve every single bit of it!

Use of Intuition is often considered the ability to synthesize and deduce from all of our accumulated unconscious experiences. Therefore, we "know" much more than we realize. It is also through the perception of our (other) five senses, which, allows us to "tune in" to our intuition. Those who pay attention can find intuition a useful tool in their lives.

State of Mind is the key to finding the ingredients you need for change. When you change your mind (or way you look at things around you) your way of interacting with the world, changes. For example, if you have an angry mind, you react to the world (and situations around you) in an angry way. If you have a lonely state of mind, you react to the world in the mind set. To move from a defensive state of mind to a calming and positive one, allows you a new window to look through. This offers you the ability to reach into the subconscious (with positive intent) and examine that which holds you back. This can only be done when you alter your own state of mind.

Ultimately, magic is not the dark conjuring of dangerous forces, evil or maleficence that is so often portrayed in books and movies. It is the understanding of creating intention for the good of self and others, all with a goal on purpose in mind.

It is a natural process, geared towards changing our conscious thought by changing the state of the mind.

It is the ability to come to the realization that by changing one's insight, you can change the relationship you have with the world around you.

It is the truth of changing ones outlook with one's self that changes the outlook we have on our surroundings, environment, people and places around us.

The procedure of magic reveals our internal patterns and behavior that can help us to live in a much closer proximity to our greatest and fullest potential.

Magic is as simple as starting from a place of openness and a willingness to understand. It is the art of creating an intention; following your intuition and letting go with a state of mind that is accepting, understanding and humble.

"Magic is believing in yourself, if you can do that, you can make anything happen."
~ **Johann Wolfgang von Goethe**

Enjoy every bite!!

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THE FOUNDATION OF HEALING

Andrew Pacholyk MS L.Ac, leads us through an exciting and inspirational look at the "seasons of our lives" and their important aspects.

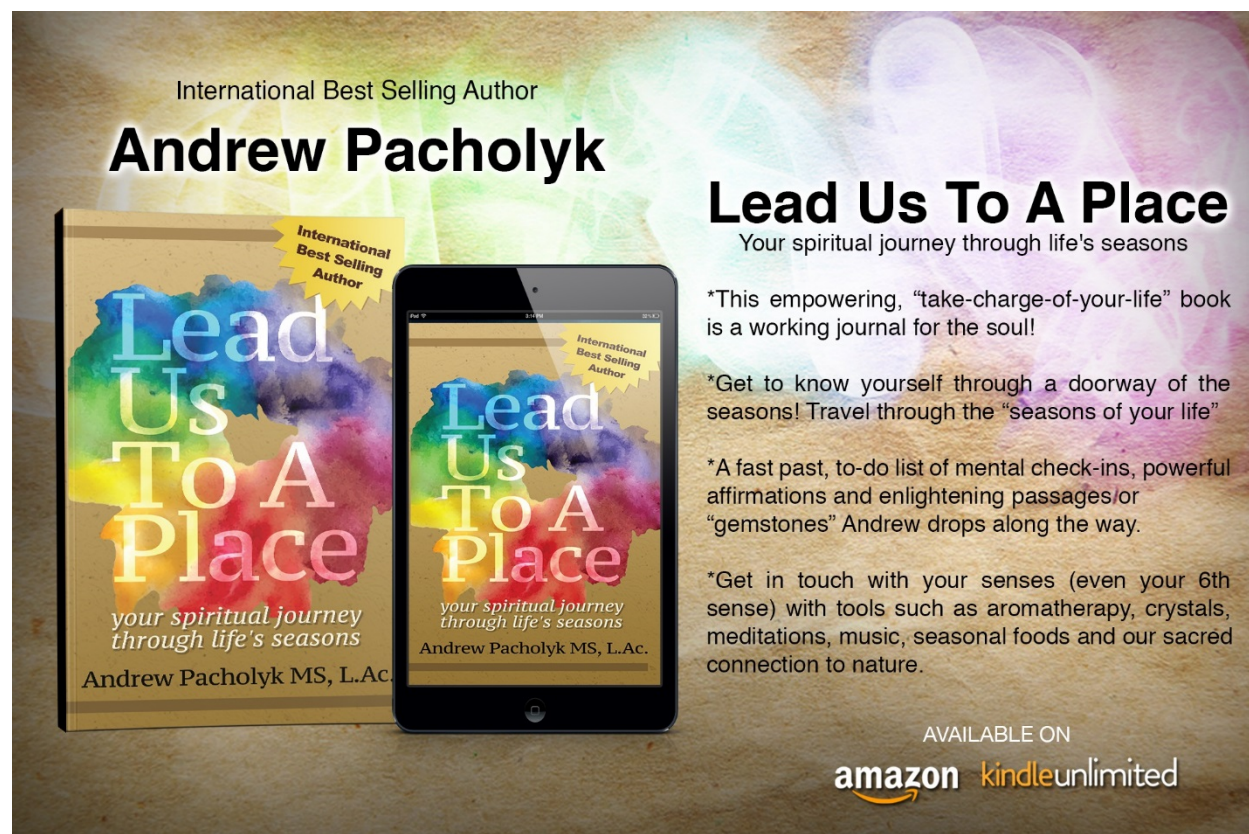
Throughout this book, you will find Andrew making references to the rhythms of time from different cultures. He often connects the passage or transitions through the seasons by relating them to music, color, stones, aroma and much more. He considers the references from other countries and their cultural, spiritual and historical traditions to be amazing teaching tools of self-discovery. Andrew has dropped some “gemstones” along the way for us to follow. These are little “pearls” he has created to help himself to understand a subject a little better. Andrew hopes you find them useful. He relates life marker to our senses, as well as our physical and metaphysical processes for the purpose of looking a little deeper into “who WE are” and how we can access more of our own innate wisdom.

THE POWER OF MIND/BODY

In this book, Andrew makes many references to energy. The energy around us and the energy within us. He believes we are all vibrating, energetic beings that are constantly regulating – constantly fluctuating. This never stops, even after death. He also believes we still “resonate” energy after death, in the form of spirit.

THE MYSTERY OF SPIRIT

This book does not preach religious dogma nor a one-sided view of faith. Rather, this book is a “window” to all faiths, religions and ancient beliefs that lead us to the same place... spirituality. It is up to you to decide what you feel, speaks to you and gives you a chance to formulate your own belief system.



International Best Selling Author

Lead Us To A Place

your spiritual journey through life's seasons

Andrew Pacholyk MS, L.Ac.

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Lead Us To A Place

Your spiritual journey through life's seasons

- *This empowering, “take-charge-of-your-life” book is a working journal for the soul!
- *Get to know yourself through a doorway of the seasons! Travel through the “seasons of your life”
- *A fast past, to-do list of mental check-ins, powerful affirmations and enlightening passages/or “gemstones” Andrew drops along the way.
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