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NATURE'S FOODS



BY
PETER DEADMAN & KAREN BETTERIDGE



Foreword

Thank you for buying your copy of Nature's Foods. Peter Deadman's classic book was first published in 1973 and sold mainly through our pioneering shop in Brighton's North Laine. It had been out of print for three decades when we unearthed a dusty, dog-eared copy in the office. We vowed instantly that it must be republished in its original form!

Nature's Foods is very much the product of its time and the youthfulness of its authors. It is idealistic and naive in places, with some inaccuracies that must be understood by the reader. However we feel that it embodies a vision that is still valid today and one which is needed more than ever. It proposes that how we eat affects our health and has ecological and economic consequences for the planet we live on and the other humans and animals we share it with. Whilst the book's suggestion that a whisk can be made out of birch twigs never really struck a chord with the public (correct us if we are wrong) the book's constant mantra of buy local, buy seasonal, buy organic is now the accepted orthodoxy for sustainable living.

We are delighted that this updated version includes a new introduction from Peter Deadman. Humorous and reflective, Peter provides a fascinating insight into the origins of Infinity Foods.

Today, Peter is alive and well and living in Brighton. He has had a long career in Chinese medicine, and more recently as a fiddle player in a local band, The Matzos. He is always on hand to give us advice and he has kindly agreed that profits from sales of this book be donated to the charity Practical Action. So don't just buy yourself a copy, buy one for a friend as well.

Thanks again

Infinity Foods

Infinity Foods Timeline

- 1970** Pete Deadman and Ian Loeffler set up 'Biting Through' macrobiotic restaurant at Sussex University, with the help of Jenny Beacham (later Deadman)
- 1971** Peter Deadman and Ian Loeffler open Infinity Foods at 54 Church Street, Brighton whilst catering at festivals such as the Glastonbury Festival. Robin Bines joins the team
- 1975** Infinity Foods moves to its present site in North Road Brighton
- 1978** The shop is expanded to include an in-store bakery, and, after a fire at the rear of the premises, The Brighton Natural Health Centre (a registered charity teaching self-health care) is added to the premises
- 1979** Infinity is registered as a worker's co-operative
- 1984** First Wholesale warehouse opens in Saltdean to the east of Brighton, distributing throughout London and the South East
- 1985** The Wholesale warehouse moves to the present site in Portslade
- 1998** The Infinity Café opens around the corner from the shop
- 1998** Wholesale arm moves into additional warehouses. National distribution and export start
- 2007** The Infinity Shop is enlarged and wins the Observer award for Ethical Retailing

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Introduction

The story of Infinity Foods began in 1970 with the setting up of the world's first macrobiotic student restaurant, Biting Through, at Sussex University.

I had been a student at the University a couple of years before, but it hadn't worked out for either of us and I did not stay long. I spent as much of the next couple of years as possible travelling and living the hippie life to the full in Moroccan villages in the Ourika valley and outside Essaouira.

The idea of simple natural foods, brown rice and vegetables, was in the air at the time, but in the UK at least, until the setting up of Seed restaurant in London by the Sams brothers, natural eating was dominated by the older vegetarian/naturopathy movement. Basic foodstuffs such as whole grains were only found in tiny and expensive packets in health food shops, otherwise dominated by pills, potions and cosmetics.

My travelling life came to an end with a bad case of hepatitis, and it was on my sickbed that I became seriously interested in the macrobiotic approach to health and harmony. Apart from hedonism, this was also the first thing for many years that I felt I could pour all my energy into.

On my return to England I responded to an ad placed by Sussex University student James (then Jim) King in Ceres Grain Shop in the summer of 1970 looking for partners to open a wholefood restaurant at the University of Sussex, and through that met Ian Loeffler who was similarly inspired and also in possession of a small insurance company cheque following a car accident. Thanks to passionate campaigning, the Students' Union eventually agreed to let us hire a big basement restaurant, and in 1970 we opened Biting Through.

We didn't know much about cooking - certainly in bulk - but after we'd scrubbed the place clean of accumulated hamburger grease, we started serving brown rice, vegetables, seaweed, unleavened bread and beans to our indiscriminating customers. Indiscriminating because, blessed with the cast-iron digestions of the young, and with no spare cash, they hoovered up our cheap heavyweight fare by the pot load. As for us, we literally ran for ten hours a day serving up hundreds of meals, assisted by all kinds of volunteers inspired by the idealism (we didn't believe in profit) and the fun.

As time went by, we found more and more people knocking at the kitchen door asking to buy rice, whole wheat flour and muesli, and decided to open a shop. Once again lack of money seemed an insurmountable barrier until the day Andy the Anarchist turned up to do his voluntary vegetable chopping looking glum. His problem was an aunt who had died and left him some money. As Andy didn't believe in private property, our offer to relieve him of it brought a smile back to his face.

But even with this, and loans from various friends and parents, it took a while to find the perfect shop - tiny, hidden away, and very cheap to rent. To start with we had as few as two or three customers a day, and we knew we had to find a way to supplement our microscopic takings. Festival catering was the answer, and starting with the first Glastonbury Festival, and taking in various mega-rock events on the way, we took our message of cheap, healthy and plentiful food on the road, cooking up vats of lentil soup and rice and turning out meals by the thousand.

At this time, although many people came and went, a core partnership was formed by myself, Robin Bines and Jenny Deadman, and this partnership lasted until the founding of Infinity Foods Co-operative in 1979.

In the years that followed, we moved to a larger shop in a better location (Brighton's famous North Laine, which I think it's fair to say Infinity helped transform from a run-down low-rent neighbourhood to an exciting creative and sadly now high-rent neighbourhood). We ran a small market garden to feed the shop with organic vegetables, took on the shop next door and turned it into a bakery, and started a natural foods distribution business. Then, from the ruins of a blaze that burned down the warehouse at the back of the shop, we created The Brighton Natural Health

Centre (BNHC). This charity took forward the idea of self-health care beyond diet and started to offer classes in a whole range of disciplines - mainly yoga, dance tai chi and qigong. The BNHC has recently celebrated its 26th birthday, whilst Infinity is close to a venerable 38 years.

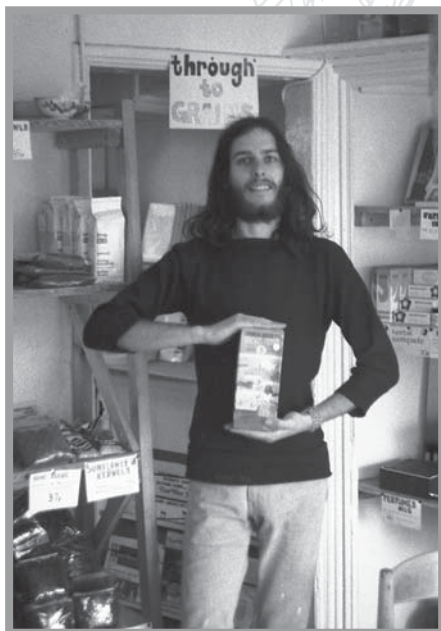
Infinity Foods ran for many years as a loose informal co-operative, with everyone paid the same wage and decisions made by whoever was most committed at the time. However in 1979 we decided to formalise the co-operative and establish it as a legal entity under Industrial Common Ownership rules, and the three partners gave away the business to the co-op. This principally means that there is minimal differentiation in salaries, that all workers receive an annual dividend, that a percentage of annual profits is committed to charity, and that it can never be sold to the benefit of its workers (if it were sold, all proceeds would have to be donated to a similar co-operative).

Nature's Foods was written during a happy time when a group of us – mostly working at Infinity – lived together in a large house several miles out of town, cooking and eating great meals together every night. Karen Betteridge, who was also living in the house, was an American visitor who ran a small craft shop in Brighton. We both believed that the macrobiotic approach to natural foods had to root itself in our own (rather than the Japanese) culture. Karen was inspired by the simplicity and self-reliance of the American homesteading life and I was in love with British rural traditions. Between us we wrote this simple cookbook. It is very much of its time and is now mainly a historical curiosity, but I think it retains its charm, not least due to Karen's hand-written text and illustrations.

Although I would not now endorse it all, I think it still conveys a commitment to natural and organic foods as part of a wider ideal of sustainability and food justice. It is no bad thing to be reminded of this at a time when the organic movement risks becoming just another form of consumerism.

As the introduction to Nature's Foods says "We believe in a diet that is simple and harmonious, cheap and wholesome, non-destructive (to other creatures, other men and our planet) and is based on a fair share of what is available".

Peter Deadman January 2008



Peter circa 1973



Infinity Foods today

One Potato, Two Potato, Three Potato, Four.....

PERU'S mountainous landscape is a breathtaking experience for thousands of visitors every year, but it has proved costly for isolated communities across the country as harsh climatic conditions have had devastating effects on potato crops.

More than 50 per cent of the population in Peru live on less than £1 dollar a day and many survive by growing and selling food such as potatoes, which are vital to their way of life. In the past, plummeting temperatures have led to potato plagues, leaving communities desperate for food and a sustainable livelihood. However there are more than 250 varieties of potatoes which can survive the harsh conditions of the high Andes and Practical Action is working with families living at altitudes of up to 3800ft to develop varieties of local potatoes. The charity is also working with local people to help them improve technical aspects of production which means communities are able to get enough to eat, as well as an income at local markets.

As a farmer, I knew very little about plagues, I had no idea where they came from or what their lives were like. Now I know about the lives of these harmful insects and I have learnt new sowing techniques."

Abrahan Apaza, farmer from the Pumarorcco community.

Potato Farming - Peru



Photography: Justine Williams, Practical Action



Potato Drying - Peru

Established over 40 years ago by Dr E F Schumacher, author of "Small is Beautiful", Practical Action works with people in poor communities throughout Africa, Asia and Latin America to improve their quality of life today and for generations to come. Practical Action is passionate about tackling poverty and social injustice and share this passion with the people they work with.

Practical Action depends on donations to support their vital work overseas.

With the support of Infinity Foods, Practical Action is delighted to be the charitable recipient of proceeds raised from the sale of this beautiful book.

If you'd like to learn more about Practical Action and their work with poor communities in the developing world, please visit their website at www.practicalaction.org or get in touch directly.

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BY KAREN BETTERIDGE





PUBLISHED BY
INFINITY FOODS

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PETER DEADMAN & KAREN BETTERIDGE



ACKNOWLEDGEMENTS: TO JACKIE FOR LOOKING AFTER THE CHILDREN, TO PAUL (ESPECIALLY) FOR LOOKING AFTER THE SHOP, TO JENNY FOR LOOKING AFTER PETER, TO BRIAN, FOR BEING BY MY SIDE, TO GRANNY FOR THE PEACEFULNESS OF HER HUMBLE HOME, TO JEANNINE, FOR HER HELPING HAND DOWN ON THE FARM, TO THE SPIRITS WHO LIGHT THE WAY, TO THE CHESTNUTS, FOR HOUSING US AND KEEPING US WARM, TO MIKE AT UNICORN FOR TELLING US HOW TO DO IT AND THEN DOING IT ALL FOR US.


 "From food, verily, are produced all creatures -
 whatsoever dwells on earth.
 By food, furthermore do they live,
 and to food, in the end, do they return
 for food alone is the eldest of all beings,
 & therefore it is called the panacea for all."



 UPANISHADS

Many of us are changing the way we eat, as part of an overall change in our lifestyle. We believe in a diet that is simple & harmonious, cheap & wholesome, non-destructive (to other creatures, other men & our planet.) and based on a fair share of what is available. We believe also, that eating in this way, both our physical & spiritual health will grow, for we cannot truly feel a separation between the two.

There are many different systems of diet. From each, especially those that naturally attract us, we can learn a lot. Many of their suggestions & rules are of great help, for we must first regain our natural sensitivity and become alive to the powerful forces in food. We should make a gradual change, to allow our bodies to adapt to gaining nourishment from simple food.

But finally, we ourselves must be the true judges of what is the best diet for us, experimenting and being aware. It is mysterious and exciting to rediscover the power and beauty in food, and the uses to which it can be put. Food & its many dimensions becomes a tool by which we can change ourselves from sickness to health, and from unhappiness to happiness. Food is basic, close to the earth, ancient as life, & it unlocks great energies in us.

May all be well with you.



"Who doth ambition shun,
And loves to live in the sun,
Seeking the food he eats,
And pleased with what he gets,
Come hither, Come hither,
Come hither
Here shall he see no enemy
But winter & rough weather."

WILLIAM SHAKESPEARE

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ABBREVIATIONS

WW flour ~ 100% Whole wheat
Flour

1 T ~ One Tablespoon
(or) 1 Tbsp.

1 t. ~ one teaspoon
(or) 1 tsp.

1 c. ~ one cup

- For all pie recipes, refer to the basic pie crust recipe on page 44 in the "bread" section.

- For recipes involving chopping, sautéing, or tempuraed vegetables, see instructions in "vegetables".

- For thickening sauces, soups, pies, etc. use arrowroot or kuzu, instead of cornstarch.

- For leavening in quick breads & muffins, use yeast, & let it rise quickly in a warm oven, instead of baking powder or soda, as this destroys the "B" vitamins.

In many recipes, we have avoided giving exact quantities. We do not make these dishes exactly the same two times, & we believe it is better to use judgement in cooking & turn out a truly individual meal, than to rely on an exact recipe.

EQUIVALENTS

British Standards		U.S.
<p>1 cup = 8 fluid oz. 16 T.</p> <p>2 1/2 cups = 1 pint</p> <p>5 cups = 1 Quart</p>		<p>1 cup = 8 fluid oz. 16 T.</p> <p>2 cups = 1 pint</p> <p>4 cups = 1 Quart</p>
<p>1 LB. WW flour = 3 1/2 c, unsifted</p> <p>1 LB. honey = 1 1/2 c</p> <p>1/4 oz. yeast = 2 1/2 T</p> <p>1 LB. rice, barley, or beans = 6 c cooked</p> <p>1 LB. onions = 3 large onions (or) 4 c, sliced</p> <p>1 LB. parsnips or carrots = 4 medium parsnips</p> <p>1 LB. peanuts or pecans (in shell) = 2/3 c. nuts</p> <p>1 LB. walnuts (in shell) = 1/2 lb. nuts</p> <p>11 oz. raisins or currants = 2 cups</p> <p>juice of 1 lemon = 2 T</p> <p>Grated rind of 1 lemon = 2 T</p> <p>Grated rind of 1 orange = 3 T</p> <p>1 lb. fresh peaches = 3-4 peaches</p> <p>1 lb. fresh pears = 3 large pears</p> <p>1 lb apples, sliced = 2 1/2 cups</p> <p>1 lb strawberries = 3 cups</p>		

KITCHEN UTENSILS

"Bring it about that the people will return
to the use of the knotted rope,
Will find relish in their food
& beauty in their clothes
Will be content in their abode,
& happy in the way they live."

TAO TE CHING

Cooking becomes more harmonious when we use beautiful utensils — solid and simple. The food we use is the best, and deserves this care.

COOKING POTS —

Aluminium pots leave poisonous deposits on food and are too thin to cook with properly.

Good pots are unfortunately expensive. Our favourite are very heavy enameled iron pots. Most good suppliers have them, & it is sometimes possible to buy slightly damaged cast iron seconds which are reduced. Make sure though, that the enamel inside the pot is not cracked or chipped.

Other good materials are stainless steel, glass, iron, clay, or enamel. Always buy the heaviest pot you can find with a good, tight-fitting lid.

FRYING PAN — A heavy cast iron pan is invaluable for sautéing, and roasting flour, grains, etc. A Chinese wok is good for quick, crisp sautéed vegetables.

PRESSURE COOKER — A stainless steel or enameled pressure cooker is expensive, but it will shorten the cooking time for vegetables, as it seals in the vitamins & flavour, and for grains & beans, which need no soaking.

OTHER UTENSILS —

WOODEN SPOONS — are essential for treating pots gently. both your food & your

A flat **WOODEN SPATULA** is useful for roasting flours and grains.

We always use **CHOPSTICKS** to eat with as they taste better than metal spoons or forks, and feel better in your mouth. An extra large pair is useful for cooking with e.g. fishing out tempura.

A **WHISK** can be made out of willow or birch twigs bound together at one end, & used for mixing.

A **PESTLE & MORTAR** will enable you to make gomasio, grind spices, herbs, nuts, etc.

A heavy, square **CHOPPING KNIFE** is the perfect tool for chopping vegetables. Once you have used one & become adept (& preferably not lost your fingers) nothing else will do.

A plain **CHOPPING BOARD** of hardwood is essential to use with such a knife.

A **BRUSH** in a small pot of oil is useful for coating pie dishes and bread tins with a thin film of oil.

A roll of **PAPER TOWELS** can be kept at hand for draining deep-fried foods. Use white paper, as coloured ones contain dyes which mess up our rivers and streams. The same applies to toilet paper.

An **ASBESTOS PAD** is a good insulator put between the pot and the fire to prevent burning during slow cooking.

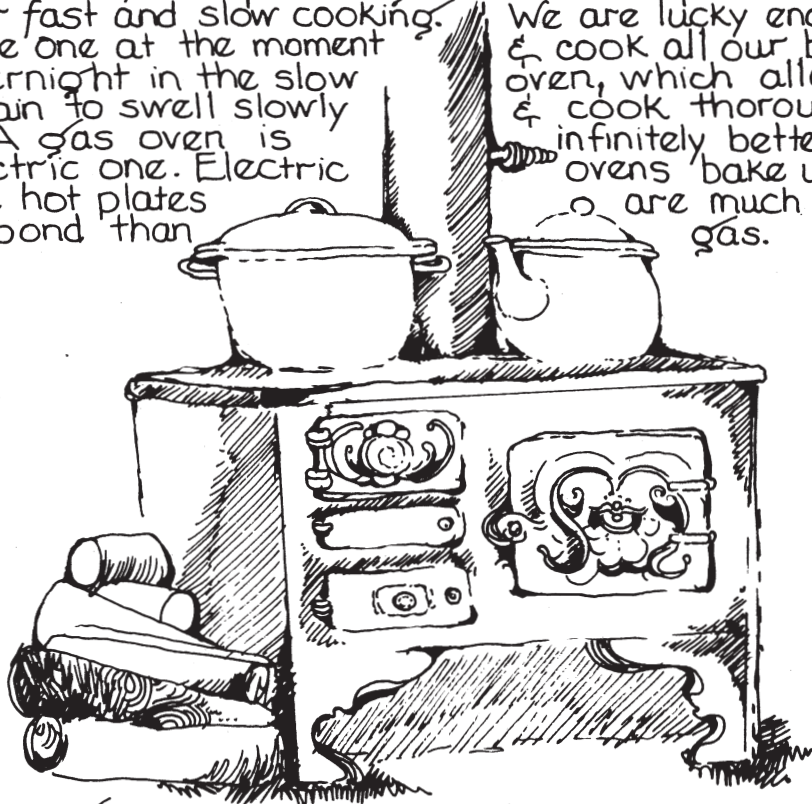
BLENDING —

A **MOULI** is a hand turned blender that you can use to puree foods. It is harder work but quieter than an electric blender. A **BLENDER** is good for use in making soups, salad dressings, drinks, etc.

GRINDING — You may be lucky to find a small grain mill for grinding your own flour & cereals, making peanut butter & other nut butters. It is invaluable to grind fresh flour when you need it.

STOVES & OVENS —

Best of all are solid fuel stoves (Aga & Raeburn) found in farmhouse kitchens over the countryside. They are the heart of the home — warming the kitchen, the water, and providing constant hot plates and ovens for fast and slow cooking. We are lucky enough to have one at the moment & cook all our breakfasts overnight in the slow oven, which allows the grain to swell slowly & cook thoroughly. infinitely better than an electric one. Electric ovens bake unevenly, & the hot plates respond than gas.



It is good to confront the basic elements in cooking. Experience cooking with an open fire in the summer, whenever possible.

In the ritual of domestic life in past days, the fire was kindled with a certain reverence as the hearth was considered sacred & the centre of every home.

The best fuels are:

- 1 straw
- 2 wood
- 3 coal
- 4 gas
- 5 electricity

The best cooking pots are:

- | | |
|---------------|-------------|
| 1 Gold | 5 Glass |
| 2 Earthenware | 6 Copper |
| 3 Porcelain | 7 Tin |
| 4 Enamel | 8 Iron |
| | 9 Aluminium |

STORING FOODS—

All grains & beans will keep almost indefinitely, the main hazards being hungry mice and damp. Many cooked foods will keep perfectly for 2-3 days in a cool place. Slightly fermented foods are not dangerous and can always be used in bread. (especially grains.)

The freshest vegetables are best, but raw vegetables that are beginning to decay, should not be thrown away. If soft and limp, they are already cooked by the passage of time and are perfectly ok. Any really bad bits can be cut off and discarded—on a compost heap if you have a garden (or your neighbours). Why waste anything?

WASHING UP—

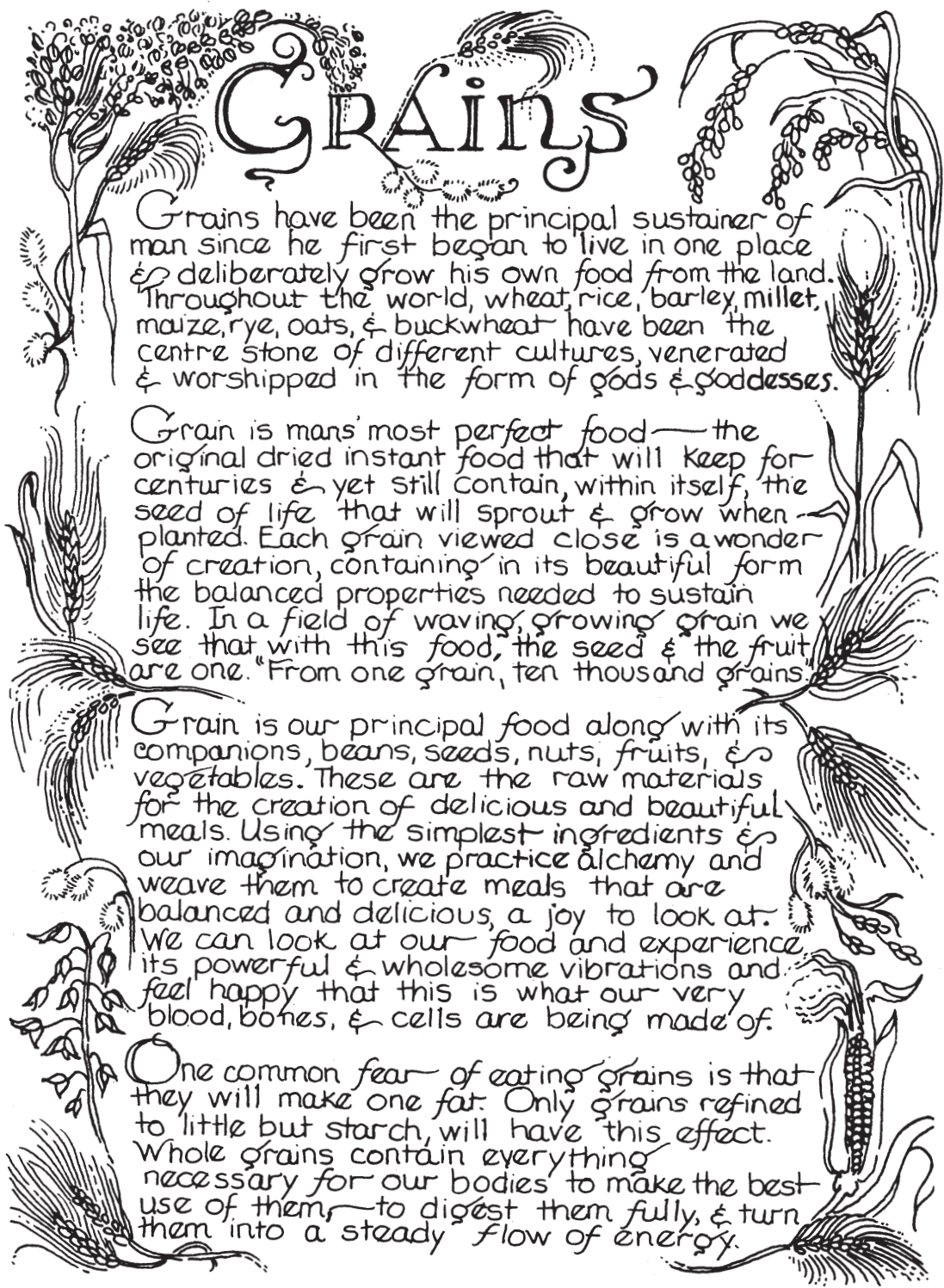
When we don't eat meat, it is not often necessary to use washing-up liquid to clean pans & plates. We mostly use just hot water & a brush. The light coating of oil that remains after washing up under running water is good for iron pots and chopping knives, to keep them from rusting. It is best to dry cast iron well before hanging it up for the same reason.

Soak burnt pots in cold water rather than scouring them. Salt or sand can be rubbed around pots to clean them & then discarded.

If you use a washing up liquid, make sure it is a soap, & not a detergent. Soap is made from natural ingredients (except the dye—buy uncoloured soap.) and is easily broken down after use. Detergents are petroleum based & leave phosphate & mercury deposits that cause havoc, kill fish, and poison the rivers.

Always rinse all dishes well in cold water after using any washing up liquid.

The final and most necessary ingredients in the kitchen are awareness, calmness, and love. If our cooking contains these, all will be well.



GRAINS

Grains have been the principal sustainer of man since he first began to live in one place & deliberately grow his own food from the land. Throughout the world, wheat, rice, barley, millet, maize, rye, oats, & buckwheat have been the centre stone of different cultures, venerated & worshipped in the form of gods & goddesses.

Grain is man's most perfect food — the original dried instant food that will keep for centuries & yet still contain, within itself, the seed of life that will sprout & grow when planted. Each grain viewed close is a wonder of creation, containing in its beautiful form the balanced properties needed to sustain life. In a field of waving, growing grain we see that with this food, the seed & the fruit are one. "From one grain, ten thousand grains."

Grain is our principal food along with its companions, beans, seeds, nuts, fruits, & vegetables. These are the raw materials for the creation of delicious and beautiful meals. Using the simplest ingredients & our imagination, we practice alchemy and weave them to create meals that are balanced and delicious, a joy to look at. We can look at our food and experience its powerful & wholesome vibrations and feel happy that this is what our very blood, bones, & cells are being made of.

One common fear of eating grains is that they will make one fat. Only grains refined to little but starch, will have this effect. Whole grains contain everything necessary for our bodies to make the best use of them, — to digest them fully, & turn them into a steady flow of energy.

ENGLISH GRAINS



Sow timely thy white wheat, sow rye in the dust,
 Let seede have his longing let soil have her lust,
 Let rye be partaker of Michaelmas spring,
 To beere out the hardness that winter doth bring.))

THOMAS TUSSEER 1580

WHEAT



Whole wheat, when cooked, is a strong chewy grain. It is, with rye, the traditional grain of England & many parts of Europe. For centuries it was ground into coarse flour to make our staple food. Often the poor had to make do on rye or barley flour. When times were even harder, they reluctantly made bread of beans, peas, or acorns. We, however, can happily & by choice, enjoy all these foods. (Except perhaps acorns.) Wheat is the staple grain of England — grown here in great abundance, very cheap, & easily found grown organically.

TO COOK WHEAT: Soak one cup of wheat berries in about 3 cups of water for a few hours, or overnight. Bring the wheat & soaking water to the boil, & simmer gently in a good heavy pot with a tight fitting lid. Cook as long as you like, to produce a chewier or softer grain. The wheat will not necessarily absorb all the cooking water & any leftover can be drunk or used in soups or sauces. Alternatively, cook the wheat in stock by sautéing onions & simmering in water. Serve the wheat with separately cooked vegetables and beans. OR soak beans with the wheat & cook together, or add sautéed vegetables when nearly cooked. Salt before the end of cooking. Cold wheat is especially delicious in salads.

FRUMENTY



(See breakfasts.)
 A delicious use of whole wheat to start the day.



WHEAT



IN OTHER FORMS

SEMOLINA — Is made from the aleurone layer of the wheat which encases the starchy part. We most often eat this as a sweet. Roast semolina in a little oil till slightly browned and smelling nutty. When cool, mix with a generous amount of water, ensuring that there are no lumps, & bring to the boil, whilst stirring constantly. It should now be fairly thick. Simmer for about 15 minutes with a little salt, some raisins, & chopped apple or other fruit. Roast & crush some nuts and sprinkle on the semolina.

HALVAH — Is prepared simply by pouring this sweet semolina into moulds that have been rinsed in cold water. Leave in a cool place to set, and cut into slices to serve.

BULGUR — Is a Greek food made from crushed, roasted wheat. It is easily & quickly cooked. If the bulgur is dusty, put in a sieve, wash thoroughly in cold water. Put in a saucepan, sprinkle with salt & cover the bulgur to about $\frac{1}{4}$ " with boiling water. Leave covered in a warm place 10-15 minutes. A delicious way of serving bulgur — sauté onions, spring onions, or leeks in a pan until soft. Add cooked bulgur, stir well, and sauté for a few minutes more on a gentle flame, adding a few drops of tamari at the end. Trickle a little tahini on the bulgur & serve.

COUS-COUS — Is an Arab preparation from wheat. The making and cooking of true cous-cous is a day long task & it is a privilege if you are invited to an Arab home to share a cous-cous meal. Cous-cous is bought already made up & looks like millet. Roast cous-cous in a dry hot pan or in a little oil, stirring constantly till slightly browned. Put cous-cous in a saucepan, add a little salt, & pour boiling water to cover by $\frac{1}{4}$ ". Leave in a warm oven for 15 minutes.

There are many other wheat products —: Cracked wheat, wheat flakes, whole wheat flour, all made from the whole grain.

OATS

"THE FLOWER OF THE SCOTTISH SOIL & THROUGH THAT THE MAGIC CAULDRON, THE PORRIDGE POT, OATMEAL HAS BEEN TRANSMUTED THROUGH THE CENTURIES INTO SCOTTISH BRAINS & BRAWN."

For many centuries, oats was the principal food in Ireland, Scotland, and many parts of Northern England. Principal meaning that they ate little but oats and relished it in the form of oatmeal cakes cooked on the griddle, & thick oatmeal soups and porridges.



OATMEAL — Is made from whole oat groats ground into fine, medium, or coarse meal. All are suitable for porridge, as is the whole groat. The coarser the meal, the longer it needs to cook. Fine oatmeal is best for oatcakes and biscuits.

To make porridge, simply add oatmeal to salty water, bring to a boil, stirring constantly, and simmer gently for as long as possible.

Traditionally, oat porridge was cooked all night long on top of the stove. An asbestos pad is useful on top of a gas flame, if you want to try this, to prevent burning. Alternatively cook with a generous amount of water in a very slow oven overnight.

OAT FLAKES — Come in various shapes & sizes. Principally a smaller rolled oat flake and a larger whole or 'jumbo' oat flake. The whole oat flake is coarser, tastier, & requires longer cooking. Oat flake porridge generally needs less cooking than oatmeal & the texture can be varied in the following ways:

— Add oat flakes to cold water, bring to the boil, add salt & cook for up to 30 minutes. This will make a very creamy porridge.

— Add oat flakes to hot, salty water. (not too hot or the flakes will go lumpy.) This makes a porridge with more separate flakes. Use less water.

Roast oat flakes in a dry pan or in a little oil, till browned, & cook, following previous recipes.

Eat porridge sprinkled with a little salt, gomasio, or tamari & forget the milk & sugar.

You can make porridge with the flakes of any grain, wheat, rye, barley, millet, etc.

If you have leftover porridge, cut into slabs when cool, adding more flakes to stiffen it if necessary. Fry on both sides in a little oil till browned. Add a few drops of tamari at the end.

Oatmeal & flakes have many other uses in biscuits, bread, and soups.



OATS

BARLEY

In olden times barley was grown in vast quantities in this country, most of it being malted and finding its way into beer. Cooked as a grain, it has a beautiful slippery texture. It makes fine warming soups & is great in thick stews. It is very digestible & good for babies & people who are ill. The best barley is called pot barley or straight-run pearl barley, only the outer indigestible husk having been removed. Barley can be dry roasted first for a different flavour.



Barley



RYE

RYE

If you like wheat you'll certainly like rye which is similar & a little chewier. It can be used in recipes just like wheat. Rye, as well as wheat & barley can be added to rice while cooking for variety.

BUCKWHEAT-

It is not botanically a grain but is used as one. It is rarely grown in England except as animal food. It will grow easily in the coldest and hardest conditions, needs little attention, & is rarely chemically treated. The main reason it is expensive is the great difficulty involved in removing the sheath-like husk. This requires very large machinery. Buckwheat is a remarkable food. It imparts its hardness to us when we eat it. We cook it often, especially in the winter.



TO COOK:(If it is unroasted buckwheat) —: You must roast it first in a dry pan or in oil. Keep it moving constantly over a medium flame till it is crisp & nutty. Buckwheat is cooked with 3 or more times as much water as grain. Boil the water, salt it well, and add buckwheat. Cover tightly & simmer gently for up to 30 minutes. Depending on how much water you use, it will be dry & fluffy or very soft. Serve as a main grain with vegetables, beans, seaweed.... You will find recipes under 'winter foods'.



MILLET-

To Cook:

nutty & is slightly browned. Boil 2 1/2 to 3 times the amount of water to millet, add salt, & the grain. When boiling again, cover, & turn down to simmer. Cook until fluffy, about 20 minutes. Millet is good rolled into balls with sauteed vegies & deep fried till golden.

KASHA is roasted buckwheat with a nut-like flavour.

MAIZE

It is a cereal that has only been successfully grown in Britain for a few years... but it has a tradition as long as any other grain. It was worshipped and venerated throughout the Americas by the Indians, the Incas, the Mayas, & the Aztecs long before written history.

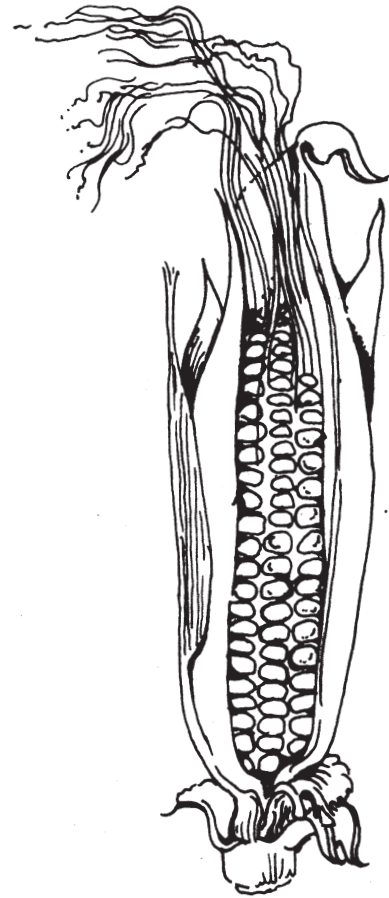
CORN ON THE COB —

Simply peel off the husk and put the corn into a pan of boiling salted water. Simmer for six minutes. Corn can be roasted on a fire, either in its husk or wrapped in foil. It can be scraped off the cob & used with any meal, in soups, or with any grains or vegetables, to add colour & variety.

CORNMEAL — Corn, which has been dried and ground into a meal. It can be used in bread, pastries, soups, and porridges.

POPCORN — It is a different, but very similar, variety of corn that has been dried. Heat a generous amount of salted oil in a saucepan with a good lid. Add a handful of popcorn, cover, and keep shaking over a high flame. After a little while, usually just when you're peeking under the lid to see how it's getting on, it will begin to pop very violently & hit you in the eye. Keep the lid on till the popping is more or less done.

Serve hot with a little gomasio or a few drops of tamari. Pour a little tahini on the popcorn & stir in for a special treat.



RICE

Rice is the staple food of half the world & has been worshipped as the greatest of all foods.

Whole brown rice has 7 layers, containing all the fats, minerals, proteins, & vitamins essential to health, whilst the centre contains starches and carbohydrates. It is one of the most easily digested foods, having a low gluten & fibre content. Good rice will keep for thousands of years and still sprout.

We usually use short-grain rice. Long grain rice is softer & cooks more quickly for the occasional special meal.

Rice can be cooked hard or soft, can be used ground or whole.

It is infinitely variable & invariably delicious. Organically grown rice is superior to the non-organic kind. Most non-organically grown "health" or "brown rice" from health food shops has been crudely husked & the sensitive layers torn. The grains are often broken, powdery, & not as nutritious as organically grown rice.

TO COOK: Rinse the rice & measure by the cupful into a heavy pot. Add 2 parts of water & seasalt to taste. (Try $\frac{1}{4}$ tsp. per cup of rice.) Bring to a boil, cover with a tight-fitting lid & simmer gently without stirring until all water is absorbed & the rice at the bottom is dry or even slightly burnt. This takes 45 minutes to an hour. When cooking for more people use a smaller proportion of water to rice. The burnt rice at the bottom of the pot is the best part! It comes out of the pot easily by adding a little water, and placing it on the flame until it loosens by stirring.



RICE is delicious cooked ÷

...With TAMARI — Add ½ tsp. or more per cup of rice.

...With BEANS — ...such as aduki beans or chick peas. Soak the beans overnight and cook for 15 minutes before adding rinsed rice.

...With CHESTNUTS — Soak dried chestnuts overnight and cook as for beans.

...With roasted SESAME SEEDS — Add to the rice before cooking.

BAKED RICE —: Bring rice & water to the boil & bake in the oven.

Alternatively, roast rice till browned and bake — this is delicious & different tasting. Also adding beans or sautéed vegetables before baking makes it a good one-course meal.

•SOFT RICE PORRIDGE —: Simply cook rice with a lot more water than usual, till very soft & creamy. Eat this for breakfast or serve to children or sick people.

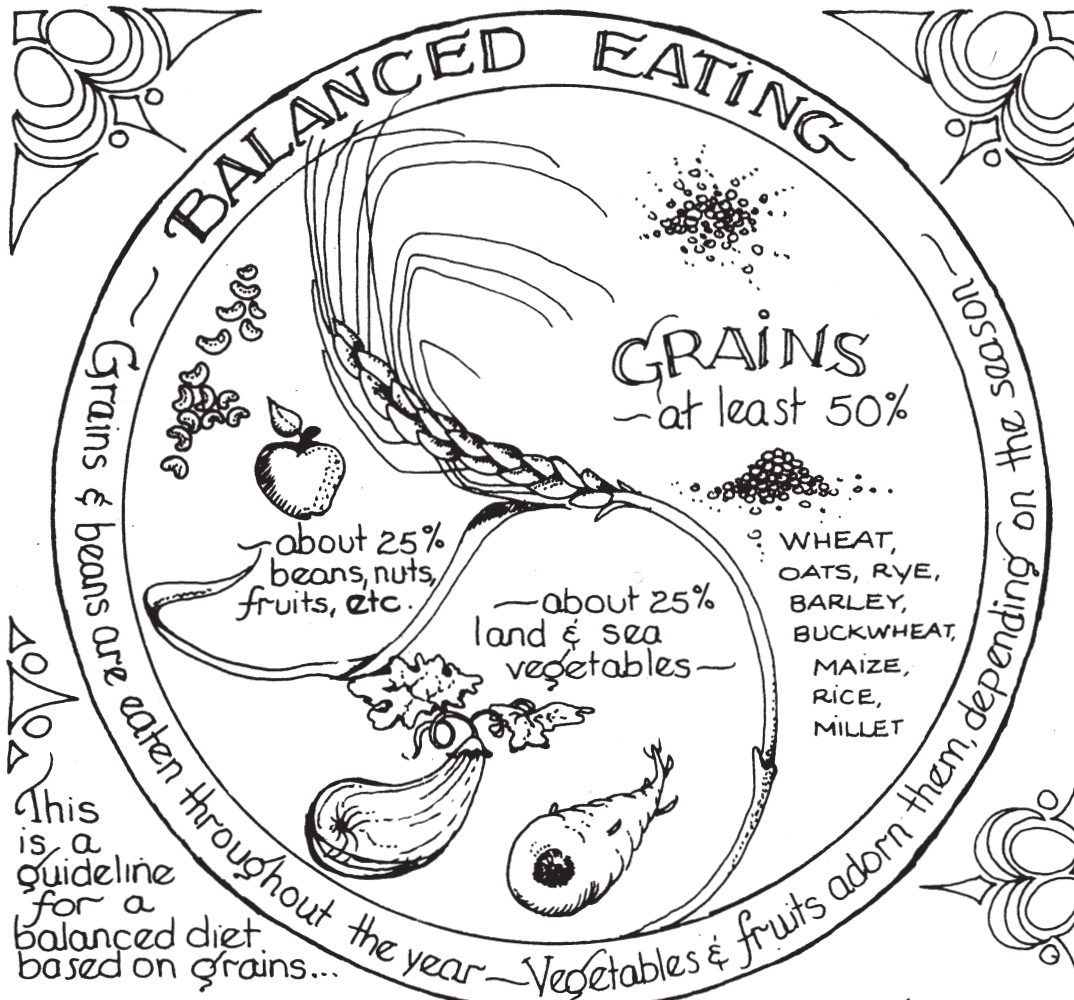
•RICE BISCUITS.

Cook rice with a little more water than usual till soft & sticky but not too moist. Oil a baking tin well & press the soft rice into it with wet fingers, about ½" thick. Bake in a hot oven till crisp & golden.

RICE can be used in pies, croquettes, casseroles, rice balls and bread; as a porridge, ground up as a cream, fried, deep-fried, or roasted. Its use is only limited by your imagination.



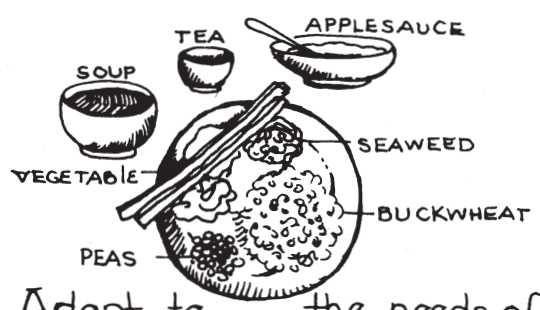
"...A SACK OF BROWN RICE HAS AN EIGHT INCH WHITE AURA. PURE CONSCIOUSNESS."
STEPHEN GASKIN



This is a guideline for a balanced diet based on grains...

A HEARTY BALANCED MEAL

- SOUP - pureed Carrot Soup
- MEAL - Buckwheat Groat
Sautéed Cabbage & Onions
Dulse Seaweed
Green Split Peas
- SWEET - Applesauce with roasted Hazelnuts
Peppermint Tea



Adapt to the needs of the season & the weather.

DRIED BEANS

Beans are a cheap, delicious, easily stored, and fantastically nutritious food. Like grains, they contain within them the seed of life & will sprout & grow many years after being stored and dried.



THE GREATEST DELIGHT WHICH THE FIELDS & WOODS MINISTER IS THE SUGGESTION OF AN OCCULT RELATION BETWEEN MAN & VEGETABLE.

R.W. EMERSON

Most beans are best soaked in cold water overnight & then cooked in the soaking water. They swell up and the cooking time is greatly reduced. Soaking also reputedly removes the gas from beans. Another point to remember is not to add salt until the beans are nearly cooked, as the contractive effect of salt will prevent them from becoming tender.

Beans are eaten, in plain form, in many places around the world. In Spain and Morocco you can get a plate of chick peas or haricot beans almost anywhere. Beans should always be cooked till completely soft for easy digestion.

BLACK EYE BEANS & ONIONS — Soak black-eye beans overnight or a few hours. Bring to a boil & simmer gently in a covered pot. Chop & fry some onions & add to the beans with a little salt when they are nearly tender. Beans can be firm & separate or cooked longer until very soft.



RED BEANS & SEAWEED - Red beans are cooked in a similar way. They are a very meat-like bean, and this savoury quality is even greater when seaweed such as dulce or wakame is added. Rinse & chop the seaweed and add it when the beans have cooked for a few minutes.

CHICKPEAS - Have a delicate taste & a beautiful texture. They need quite a lot of cooking. Chickpeas are especially good with fried onions or garlic & also served with a light bechamel sauce. Try cooking until soft, pouring on bechamel sauce, & baking in an oven for 20 minutes.

HOMMUS - Is a traditional middle eastern preparation of chickpeas. Cook the peas until very soft, then either blend in a blender or pass through a fine mouli, so that you have a smooth paste. Thin this a little with any liquid left over from the cooking. Stir in a generous amount of tahini, finely chopped garlic, salt, & a few drops of lemon juice. Hommus is usually served as a dip with bread & is great for get-togethers. If you want to taste it as it should be made, try a Greek or Israeli restaurant.

CHICKPEA BALLS - Can be made with coarsely blended or crushed chickpeas mixed with a little WW flour, moistened, & seasoned with a pinch of thyme, sage, cumin, & salt. Drop in hot oil & deep fry.

BEAN STEW - Is a very basic, filling, & hearty meal. It is made from a mixture of your favourite beans. We usually use red beans, black eyes, red split, & whole green lentils. Soak them all together & cook until the tastes & shapes have blended. Good vegetables to add are carrots, cut in rounds, onions, or leeks. These can be sautéed a little first or added raw towards the end.

HARICOT BEANS - Usually appear in tins with tomato sauce, but are much better with onions, olive oil, and a touch of garlic.

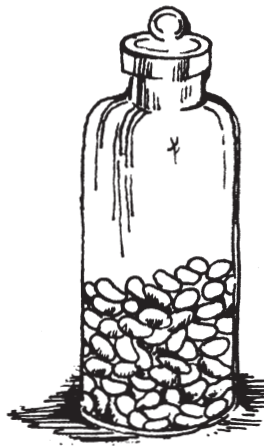
GREEN SPLIT PEAS — Make a truly delicious pea soup. Cook until thoroughly soft & blended. You may add tahini, chopped onions, sautéed in a little oil, & salt.

ADUKI BEANS — are fine & delicate. They are as much like grains as beans. They are good for kidney troubles and can be used in many many ways.

ADUKI & ONION PIE — Soak & cook aduki beans till very soft. Mash, mowli, or blend to a soft paste. Fry onions in a little oil, flavour with sage, & mix with the adukis. Lay in a pie crust, cover with pastry & bake in a medium hot oven until crusty.

Aduki beans may be used in sweet dishes.
(See winter foods.)

ADUKI-VEGETABLE PIE —



Line a square shallow pie dish with pastry. In a hot oiled pan, sauté one large onion, (coarsely chopped), 2 leeks, (chopped), 2 carrots, (in strips), pumpkin slices, (if in season), & one large apple, (large chunks).

In a bowl, mix — 1/2 cups cooked aduki beans, the cooked vegies, 1/2 cup currants, 1/2 cup chopped nuts, 1/2 tsp. salt, & a pinch of cinnamon.

Mix well & spoon into pie crust. A top crust may be used. Bake at 350° till golden brown.

PEAS & BARLEY CASSEROLE — Sauté 1 onion, chopped, in 2 T oil. In a pot, place 6 c water & the onion. Add 1 c green or yellow split peas & cook 10 minutes. Add 1/2 c barley, 1/4 c oat flakes, 1/2 tsp. salt, 2 T chopped parsley, 1 T fresh or dried dill, & 1/2 tsp. sage. Cook until thick & barley is tender. Spoon into baking dish, make a bechamel sauce & mix in 2 T Tahini. Pour it over the rest of the mixture & bake at 350° till brown & crusty on the top.

LENTILS cook quickly and need no pre-soaking.

LENTIL-SUNFLOWER SEED LOAF ~ Mix in a bowl, 1 c cooked lentils, 1/2 c sunflower seeds, 3/4 c sesame seeds, 1/2 c WW flour, 1/2 c grated raw beets, 1/2 c grated raw carrot, 1 small onion, chopped, & 1/2 c diced celery. Season with sea salt & dried sage. Moisten with water so it is firm enough to shape into a loaf. Bake 1 hour at 325°.

LENTIL & SPLIT PEA SOUP ~ Soak 1/2 cups dried lentils & 1/2 cup split peas. Bring to a boil in a pot with 1 quart water. Sauté 1 onion, chopped, 1 carrot, chopped, & 1 cup diced celery. Add to the soup & season with 1 clove of garlic, crushed, 3 T parsley, 1 bay leaf, 1/4 tsp thyme, & salt. Simmer until thick & creamy.

SOYA BEANS ~ There are many ways of cooking soya beans, here are a few

MACROBURGERS ~ In a blender, puree 5 cups cooked soya beans with the liquid it was cooked in, add 4 T tamari, 2 T oil, 1 chopped onion, 3 cloves garlic, chopped, 1 tsp. cumin, 1 tsp. dill, 1 tsp. celery seed, & 1/2 tsp. thyme. Blend 1 minute. Put it in a bowl & add 3 c cooked millet, 1 cup toasted oat flakes, 1 grated carrot, & 2 stalks chopped celery. Mix well & form into patties. Fry on both sides. Especially good on an open fire. This is a large recipe for picnics, etc. For authenticity, serve on a toasted yeasted roll.

Make BEANBURGERS similarly by mixing any cooked beans, flakes, cooked grains, WW flour, etc. Roll into balls, flatten them gently, coat with oat flakes & fry on both sides. Season with tamari.

DEEP-FRIED SOYA BEANS ~ Soak beans in water till they swell up. Dry them in a towel & drop them into hot oil. They will be crunchy like roasted nuts.

MUNG BEANS ~ Are mostly used for bean sprouts but are delicious on their own. Soak overnight & cook until tender. Serve with baked onions, rice, & a bechamel & tahini sauce poured over all.

VEGETABLES

"The four seasons hold their course;
And all things continue to live & grow."

CONFUCIUS

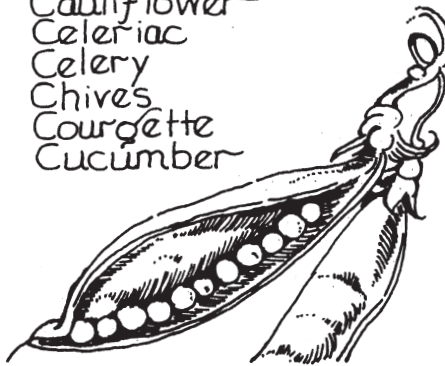


The products of the earth, fresh, alive, & full of vitality.
The many colours of the vegetables complement the
simplicity of the grain.

Artichokes
Beans - broad/french/
dwarf/runner
Beetroot
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Chives
Courgette
Cucumber

Endive
Garlic
Kale
Leek
Lettuce
Marrow
Maize
Mushrooms
Onions
Parsley
Parsnips
Peas
Pumpkin

Radish
Red Cabbage
Salsify
Scallion
Squash
Swede
Swiss Chard
Turnip
Watercress



* Potatoes & Tomatoes
are vegetables we
hardly ever use.
They are members of
the deadly nightshade
family and we find
their effects very
deadening.

CHOPPING VEGETABLES

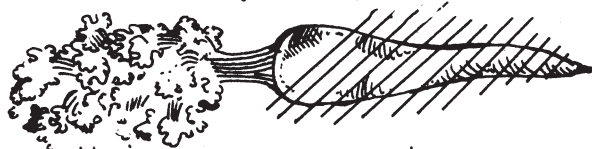


Vegetables should be scrubbed to remove earth and left unpeeled, as most of the goodness lies in the outer layer.

Leeks are easy to wash if you chop in half length-wise first. Whenever possible we should eat the whole vegetable. The tops of many root vegetables, carrots, turnips, beets, etc. are delicious sautéed or used in soups.

Carrots and root vegetables:

Chop the root diagonally in slices ~



Then chop the slices into strips ~

This way each piece of the some of the harder centre. Each piece is a balanced carrot & will cook more



carrot contains & softer outer part. section of the quickly & thoroughly.

Onions: Chop onion in half along its axis ~



Then chop in slices ~



You will be left with pieces of onion like this ~



Simply chop leafy vegetables into small pieces.

COOKING VEGETABLES ~

SAUTÉING ~ Heat frying pan on a medium flame, brush in a tsp. of oil, add vegies. Let them sizzle for a few minutes, stirring occasionally with chopsticks or a wooden spoon to coat them with oil. If you are cooking onions with other vegies, sauté onions first until transparent. Now turn the flame down low, cover pan with a lid, & let vegetables steam gently. Some vegetables will cook easily this way, releasing their juices & remaining moist. Some will need a little water added ~ especially if the pan is thin, to prevent burning. Also, salt added at the beginning will encourage them to release their juices.

When the vegetables are soft, add a little salt or tamari & cook a little longer. The vegetables should be fairly dry at the end. This way of cooking ensures no loss of taste or goodness.

One vegetable or a combination of two or three may be used. There are many many combinations.

CARROTS & SESAME SEEDS ~ Carrots are especially good if you add roasted sesame seeds while sautéing.

VEGETABLES IN ARROWROOT

Sauté vegetables & add a little water. When tender add some arrowroot dissolved in cold water, pour onto vegetables and juice & stir immediately. Simmer the vegetables a little longer in this clear thick sauce. Tamari & grated ginger or herbs enhance the sauce.

TEMPURA ~ Traditional recipe of Japan for vegetables dipped in batter & deep-fried in oil. It is delightful & nutritional as it seals the goodness inside. Cooking good tempura is quite an art as the temperature of the oil & consistency of the batter has to be properly mastered. Almost any vegie under the sun can be used: carrots, burdock root, (sautéed first) leeks, or any root vegetable. Whole brussel sprouts, cauliflowerettes, brocolli, comfrey, watercress, etc. For a sweet, you can tempura apple slices, pears, strawberries, or any seasonal fruit.

BATTER FOR TEMPURA— You can make it from wholewheat flour, water, & salt, or from WW flour and buckwheat flour. Buckwheat flour is almost essential as it binds it together without using an egg. Try also rice flour, maize flour, or lentil flour. The batter is best made in advance and chilled. The best consistency can only be discovered by trying. It must be thick enough to coat the vegetable & thin enough to let the vegetable cook underneath.

TO FRY: Shake the pieces in a bag with flour, dip into batter, & drop into hot oil. (350°). When golden brown underneath, turn with chopsticks. When golden all over, remove, shake off excess oil & drain on absorbent paper. Serve hot with this—

TEMPURA DIP: Make a sauce of tamari & water, bring to a boil, & add diluted arrowroot to thicken, & some grated ginger.

SHISH KEBAB— Pierce different pieces of vegetable on a skewer, dip in batter & deep fry.

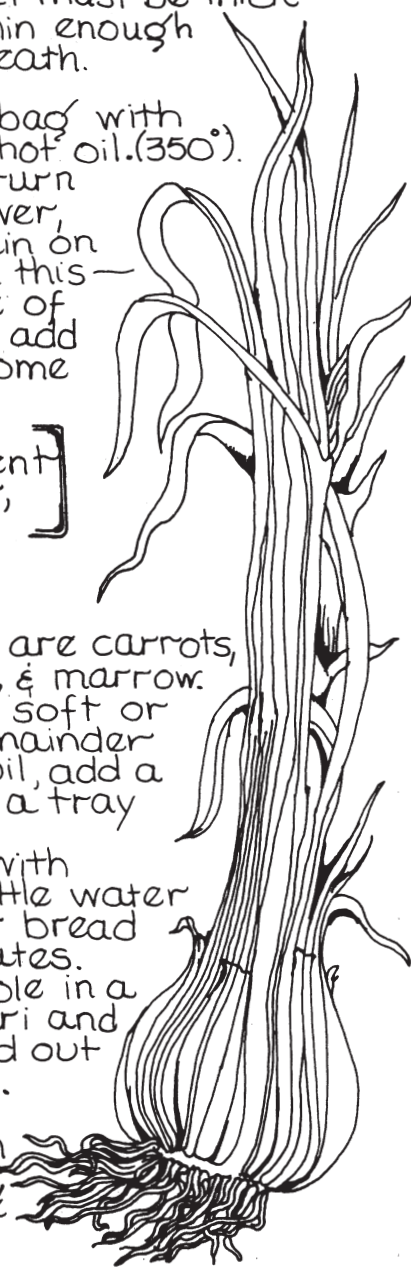
BAKED VEGETABLES

Especially good baked in the oven are carrots, parsnips, turnips, beets, pumpkins, & marrow. Steam the vegetables until fairly soft or boil in very little water & save remainder for stock. Rub the vegies with oil, add a little tamari or salt & bake on a tray until soft & tender.

Another way is to line a dish with partially cooked vegies, add a little water & top with ground nuts, flakes, or bread crumbs. Bake another 20 minutes.

• ONIONS are delicious baked whole in a casserole with a mixture of tamari and water. They can also be hollowed out & stuffed with goodies & baked.

STEAMING— Vegetables can be steamed in a colander with a lid, over boiling water. They should be a bright colour & soft & crisp.



The harvest of the sea — a largely unexplored, & until recently, unpolluted source of highly nutritious foods. Seaweeds can be bought dried in natural food shops, but best of all, equipped with a book & illustrations, you can search for & experiment with edible seaweeds from clean seashores. Seaweeds have a high concentration of amino acids, trace elements, & vitamins. They will make your hair rich & glossy. They need only to be eaten in small quantities.

DULSE — A seaweed most commonly found, & used for centuries in Ireland. Wash dulse carefully. Toss in a dry pan with a little oil for a few minutes, add water & simmer till tender. It is delicious alone, in soups & stews, or sautéed with other vegetables. A jelly may be made by letting the dulse simmer until dissolved, then set aside to cool.

SEAWEED

Roasted Dulse

Wipe the dulse with a damp cloth to remove salt, roast in a dry pan till crisp. Crumble and use as a condiment on your food. Wakame can also be used this way.

LAVER — Is a fresh seaweed used in Wales & Scotland. Wash thoroughly & cook like spinach. Oatmeal can be added to make a patty & fried in a little oil. This is called laver bread.



SLOKE JELLY — Wash laver carefully & soak in cold water for some hours with a little salt. Put into a pot & boil gently until you have a jelly. Stir constantly with a wooden spoon. When cooked it becomes a dark green. Let it cool then store it in earthenware jars. It keeps 2-3 weeks & can be used to spread on bread.

NORI — A Japanese preparation of laver. It is rolled into thin sheets & dried & will keep indefinitely this way. Toast a sheet till crisp (the colour will change to green) over a flame. Nori can be crumbled & sprinkled on food or, with hands dipped in cold water, a sheet can be wrapped around a rice ball to enclose & help preserve it.

CARRAGHEEN — (Irish Moss) Used for making jellies. Soak $\frac{1}{2}$ cup of moss in water to cover. Stand for 15 minutes. Strain & discard any black pieces. Cook the moss in whatever liquid you want to make jelly of — fruit juice, etc. until the mixture coats the back of the spoon. Do not boil. Strain off any excess moss, pressing out any excess liquid. Add solid fruit, etc. to the jelly when half set, and pour into molds.

AGAR-AGAR — A seaweed product also used for making jellies. Add 2 tsp. of powder per 1 pint of boiling liquid.

WAKAME — Is cooked the same as dulse. It is delicious sautéed alone, with other vegetables, or added to beans & stews. Particularly it is an essential ingredient of miso soup.

Deep-fried: Rinse short lengths of wakame, soak till fairly soft, & dry in a towel. Dip in flour, then in tempura batter & deep fry in hot oil till crisp.

RICE STEW w/ WAKAME — Chop $\frac{1}{3}$ cup of wakame & soak 10 minutes. Sauté onion in a little oil, add the seaweed & soaking water & simmer 10 minutes. Add 1 cup cooked rice. Dilute 2 T. of Miso in a little water & add to the stew. Turn it off & serve.

HIZIKI — Is a distinctive black stringy seaweed that is a favourite with everyone. Wash thoroughly. (Look for little shells & creepy crawlies.) Soak for one hour. Squeeze out the water. Toss in a little oil in a hot pan for a few minutes, add the soaking water you have saved & simmer till tender. It is especially delicious with tamari added near the end of the cooking. It can be served on its own, or sautéed with onions or carrots.

HIZIKI SALAD — Make a salad using sprouts, grated carrot, chopped apple, some salad greens or vegetables in season, chopped nuts, & hiziki, prepared by soaking a few hours until soft.

HIZIKI ROLL — Make a pastry dough. Roll out & cut into 6" lengths. Fill with a mixture of sautéed hiziki & onions. Roll over 1/2 times & seal the edges with a fork. Drop into hot oil & deep fry until golden. Drain well on white paper towels. Slice into sections & serve.

△ — NOODLES & HIZIKI — △

Soak hiziki till soft. Cook WW or buckwheat noodles till tender. Sauté in oil an onion, & add hiziki & noodles.

KOMBU — A seaweed which makes excellent soup stock. Prepared easily by adding a 3" square to boiling water. Simmer 10 minutes.

Kombu may be soaked & sautéed with vegetables or tamari until very soft.

It is also useful when added to beans whilst cooking, as it has a softening effect.

KOMBU PICKLES — Soak kombu in water for a few hours. Drain & add enough Tamari to cover & simmer slowly until all the liquid is absorbed. Put into jars & eat one or two with the meal.

SPECIAL SEAWEED RECIPES

DULSE SOUP — Rinse a handful of dulse in water & chop & soak 5 minutes. Sauté two chopped onions in a little oil, then add onions & 5 cups water to a pot & bring to a boil. Add dulse & simmer 5 minutes. Stir in $\frac{1}{2}$ cup oat flakes & a little tamari & cook a while longer.

CAULIFLOWER SAUCE w/ WAKAME — Soak a few strips of wakame in water till soft. Save water. Sauté 3 large mushrooms (optional) & 1 cup cauliflowerettes. Add wakame & sauté a few more minutes. Blend 2 T Tahini & 2 T WW flour in the soaking water. Add to the rest, while stirring, bring to a boil & cook until thickened. Add 1 T tamari & serve on grains.

MILLET-BARLEY LOAF w/ WAKAME — Cook $\frac{1}{2}$ cup millet & $\frac{1}{2}$ cup barley until soft. In a bowl, mix millet & barley together with $\frac{1}{2}$ cup wakame (pre-soaked), $\frac{1}{2}$ cup oats, $\frac{1}{2}$ cup ground cashew nuts, 1 cup water, 2 T chopped onions, & 2 T peanut butter. Season with 1 tsp. salt, $\frac{1}{2}$ tsp. celery seed, $\frac{1}{2}$ tsp. cumin, & $\frac{1}{4}$ tsp. thyme. Bake at 350° — one hour.

ADUKI BEAN STEW w/ DULSE — In a bowl combine 1 cup cooked aduki beans, 1 cup dulse (presoaked) & the water it was soaked in, $\frac{1}{2}$ c oat flakes, 2 stalks celery (chopped), & 1 carrot (sliced). Blend 1 T Miso & 1 T Tahini in a little water & stir in. Season with sea salt, 2 bay leaves, & a pinch of coriander & thyme. Simmer slowly for one hour or bake as a casserole at 350° for 1 hr.

CABBAGE SALAD w/ DULSE — In a salad bowl mix together equal parts of cooked brown rice, chopped red cabbage & dulse. (pre-soaked.) Make a miso-tahini sauce (see sauces) & pour over it. Chill before serving.



"And unleavened bread, & cakes, tempered with oil, & wafers anointed with oil, of wheaten flour shalt thou make them."

EXODUS 29:2
(1491 B.C.)

Combine flour, salt, & water, bake, & you have unleavened bread in its most basic form. Yet the variety of tastes & textures you can achieve is infinite, and you can endlessly experiment, reliving each time the joy of taking a newly baked loaf from the oven.

THE FLOURS — All flour is at its best immediately after being milled — whilst it is still a living food. Flour begins to oxidize quite soon & loses its taste & vitality. Make sure that the flour you buy is as fresh as possible & hasn't been sitting in packets for months. Make sure it is stone-ground & organically-grown. A word of warning: Many health food shops sell flour labelled "compost-grown" containing a proportion (often a very high one) of imported non-organic Canadian wheat. This is added to increase the gluten content (low in English wheat) & make the flour lighter & easier to use. We find that flour made purely from English grown wheat makes better bread, though it requires a little more kneading to make a good dough.

WHOLEWHEAT FLOUR - We use 100% flour which is simply ground from whole wheat berries. Wheat flour is the main ingredient in most breads, with other flours added to it.

85% FLOUR - Is WW flour that has had the bran removed. It is sometimes used for lighter pastry.

BARLEY FLOUR - Is best roasted in a little oil first. It makes a sweet cakey bread. Used in excess, it can be sticky to work with.

RYE FLOUR - Makes dense, dark bread. Too much rye will also make the dough sticky.

BUCKWHEAT FLOUR - Has a strong, unique taste. It is especially good in batters (tempura, pancakes) to which it adds an egg-like texture. It makes a heavy bread.

OAT FLAKES - Make bread chewy & light.

CORNMEAL - Makes bread crumbly & sweet.

OIL - Gives bread a richer, moister texture.

BASIC UNYEASTED BREAD

There are natural yeasts present in good fresh flour & if made with care, unleavened bread will rise surprisingly. Heavily chlorinated water will kill these yeasts, & the chlorine can be boiled off. Spring & well-water are best for all cooking.

FOR A FRESH LOAF IN THE MORNING:

About mid-day make a thick batter with WW flour, warm water, & seasalt. Stir well to fold in air. Cover with a cloth & leave in a warm place.

In the evening make the dough. Stir some flour into the batter in the bowl, until it is reasonably firm. Cover your board with flour & lift the dough onto it. Cover liberally with more flour & work the right amount of flour in at this stage to make a firm dough. It should be the consistency of your earlobe. Not too dry & not too sticky. Now begin to knead:

KNEADING ~ The purpose of kneading is to fold air into the dough & make it pliant and elastic. The more you knead it the better. As you establish the rhythm of kneading, and the warm feeling of becoming one with the dough spreads all over you, feel the goodness of feeding people.

Bless thee in all the work of thy hand that thou doest. DEUTRONOMY 14:29

Facing the dough take the back of the dough firmly in your hands.....



Fold forward over the front of the dough, trapping air between the layers.....



Place both hands firmly on the dough, & using the weight of your body, push forward. Now turn dough a quarter of a turn & repeat the cycle. Knead up to 200 times.



Now, leave the dough in a bowl in a warm place to sit overnight. In the morning, take enough dough to form a loaf, knead a little more, make into a loaf shape & drop into an oiled tin with the seam on top. You can warm the tin over a flame or in the oven & oil it with a pastry brush. You will use less oil this way. Press down the loaf with your fingers, tip out the loaf, & replace it the other way up. This way you have a flat oiled top. Cut a slit in the loaf & place on the middle shelf of a warm oven for an hour. Turn up the oven, put the loaf on the top shelf, & bake at a moderate temperature till the crust is crisp. Use a chopstick to test the inside. You may take the loaf out of the tin & replace it in the oven when nearly done.

FERMENTATION ~ During the process of leaving the batter & dough, fermentation will begin. This process makes the bread more digestible & helps it to rise. Long fermentation will produce a sourdough which will cause the bread to rise even more & produce an attractive sour taste in the loaf.

Bread made in this way will stay fresh up to a week. You'll need a good knife to cut it with & good teeth to chew it with.

VARIATIONS ~ Bread can contain almost anything as well as the essential ingredients....left-over cooked grains, vegetables, seeds, nuts, dried & fresh fruit, miso, peanut butter, etc. Add these to the batter. Bread made with a percentage of whole grains will be more nutritious than bread made with any but the freshest flour.

ROLLS ~ Can be formed in various shapes with the same basic dough & will bake quickly.

CHAPATIS ~ For when you have no bread. Make a dough of WW flour, water, & seasalt. Roll a small ball into a thin circle & fry in a pan with a little oil.

RECIPES:

RAISIN COFFEE BREAD — Take a handful of raisins & boil in a pot of water for 10 minutes. Strain off liquid, & put raisins aside. Make some grain coffee with the raisin juice. (see beverages.) With the coffee, make a thick batter using whole wheat flour & a tsp. of salt. Chop raisins & add. Slowly add enough WW flour to make a stiff dough. Work in with your hands, & knead well. Let stand a few hours or overnight in a warm place. Bake in a moderate oven until well done.

TIBETAN BARLEY BREAD — (from the Tassajara Bread Book.)
Roast 2 cups of barley flour in a Tablespoon of sesame (or other oil) until darkened. Mix with 4 cups of WW flour & 1/2 tsp salt. Add 1/2 cup roasted sesame or sunflower seeds. Add 4 Tablespoons oil, mixing flour between hands till oily. Add 3 cups of boiling water, using a spoon to mix until dough starts to form, then mix with hands, keeping them cool by dipping in a bowl of cold water. Mix until earlobe consistency. Knead until smooth. Place in oiled pans. Proof 2-6 hours or overnight. Bake at 450° for 20 min. on middle shelf, then 400° for 40 min. on top shelf. Crust will be tough, but inside tender. If at first you don't succeed, don't be discouraged. Try baking at 350° for 1 1/2 hrs. A truly fabulous bread.

"An ancient rite,
as old as life
is old,
a woman baking
bread above a
flame,
its value far
greater than
pure gold."

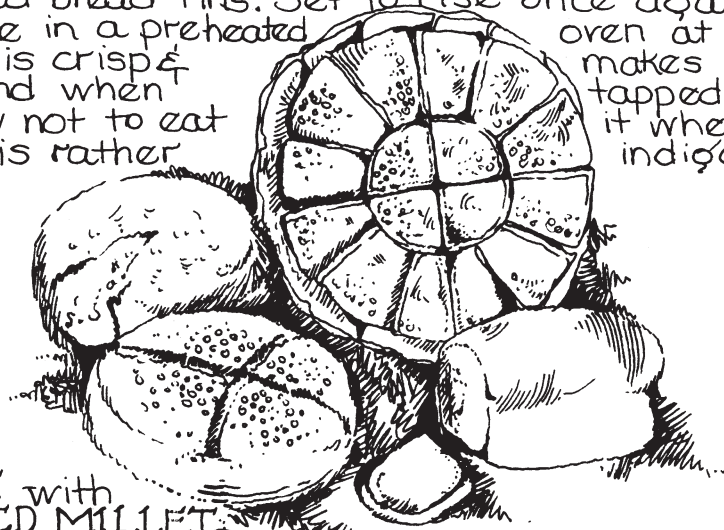


BASIC YEASTED BREAD ~

Into 6 cups of lukewarm water, sprinkle 1 Tbsp. dried yeast & stir. Now add 9 cups WW flour, little by little, stirring well. Beat about 100 times to fold in air.

Leave in a covered bowl in a warm place for an hour or so to rise.

Now fold in 2½ Tbsp. of salt, & oil or any other ingredients you want to include. Fold in more WW flour until fairly stiff & proceed as for unyeasted bread. When you have a well kneaded dough, leave to rise in a warm place, covered with a damp cloth. When risen, punch down the dough, knead a little more & half-fill oiled bread tins. Set to rise once again, cut slits & bake in a preheated oven at 350° until crust is crisp & makes a hollow sound when tapped on the bottom. Try not to eat it when it's hot as it is rather indigestible.



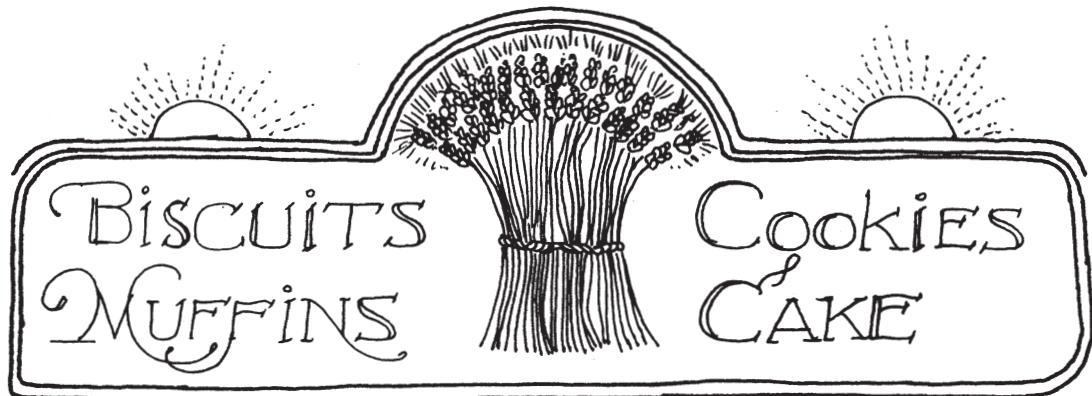
SESAME with CRACKED MILLET

Here is one of our favourite variations to this basic yeasted recipe. To the batter add 3 cups of cracked millet or millet flakes, 3 cups of roasted sesame seed coarsely ground in a mortar & pestle, some honey, & enough WW flour to make a dough.

Alternatively, substitute 5 cups of cornmeal for the sesame & use less WW flour.

RUSSIAN-RYE BREAD ~

Put one tsp. of yeast in a cup of warm water & let stand 10 minutes. Make a thick batter with the yeast, warm water, WW flour & a tsp. of salt. Add to batter: 1 Tbsp. of oil & stir, One Tbsp. malt syrup, Two finely chopped & sautéed onions, One Tbsp. tamar, & one Tbsp. of mixed caraway & fennel seeds. Mix well. Add enough rye flour to make a stiff dough and follow above recipe.



KARINTO — Easily made deep-fried sesame biscuits.
 Mix a generous amount of roasted sesame seeds into wholewheat flour or a mixture of flours. Add water & a pinch of salt to make a dough & knead a little. Roll out thin on a floured board, cut into small squares & drop into hot oil. Take out when crisp & drain on paper towels. These biscuits are especially good with chestnut purée or apple butter.

OAT BISCUITS — Oatcakes are simply made by adding oil & salt to oatmeal & mixing it in thoroughly by rubbing between your hands. Add water a little at a time, stirring it in with chopsticks, until you have a dough. Roll out, handling dough as little as possible, and either bake in a moderate oven or cook in a hot dry pan 'til crisp. There are many variations — oat flakes instead of oatmeal, or a mixture of different flours — anything that seems right. Roasted sesame seeds may be added, or for sweetness, currants or raisins. These biscuits can be made very thin & crisp or thicker & more chewy.

RICE BISCUITS — Cook a little rice in a lot of water until very soft & creamy. Blend it to a smooth paste. Roast & grind rice to a fine powder. Add tamaril to the rice paste & mix in roasted rice flour till a dough is formed. Roll out using more flour, as thin as possible & bake until crisp.

A variation using whole rice is simply to cook till soft & sticky, press into a well-oiled pan & bake until golden.

BUCKWHEAT BISCUITS — Mix some buckwheat flour, raw buckwheat groats, & salt in a bowl. Add a little oil, mix in. Chop some onions finely & sauté. Add to the mixture. Mix in enough water to make a dough. Roll out & cut into rounds with the edge of a glass. Bake until golden & crisp.

BASIC MUFFIN RECIPE — Muffins are little breads made by pouring a thick batter into oiled muffin tins. They bake very quickly. Simply make a thick batter with WW flour, water, & salt. Letting the batter stand overnight will help them to rise.
Try: Whole cooked grains in the batter.
WW flour, buckwheat flour, & nuts.
Aduki beans & raisins.
Chopped apple.
Whole fresh berries in season.

CAROB MUFFINS — Mix wholewheat flour, buckwheat flour & carob powder in a bowl with a pinch of salt. Roast some walnuts until brown & add. Mix a little oil & malt syrup with some hot water & stir into mixture, making a thick batter. Spoon into oiled muffin tins & bake in a medium-hot oven until nice & brown.

ADUKI MUFFINS — Cook 1/2 c aduki beans until soft & mash them with a fork. Separately mix 1/2 cups WW flour & 2 cups apple juice or water into a thick batter. Add 1/2 tsp. salt. Oil muffin tins, fill 1/2 of the muffin cup with batter, add one Tbsp. aduki beans, then fill to the top with batter. Bake at 350° about 35 minutes. (Chopped apple & nuts may be added to the filling.)

FRUIT & NUT CAKE — Add 2 cups soft cooked rice to 6 Tbsp. WW flour. Mix well. Cream 3 Tbsp. honey in warm water & make a thick batter with the rice & flour. Beat in 1/2 cup chopped nuts, 1/2 cup sesame seeds, & any fruit, raisins, or berries in season. Spoon into any shaped baking dish, sprinkle with chopped nuts, & bake until golden.

CARROT CAKE — Cream one tsp. of yeast, one tbsp. of oil, three tbsp. of honey, in $\frac{1}{2}$ cup warm water & let stand 10 minutes. Gradually mix w. 2 c WW flour & more water to make a thick batter. Add $\frac{1}{2}$ tsp. salt, 1 tsp. mace or nutmeg & 1 tsp. cinnamon. Grate 2 raw carrots into the mixture & add 1 cup currants & $\frac{1}{2}$ cup nuts. Pour into an oiled baking dish. Let stand 1 hour in a warm place & bake at 350° for 1 hour.

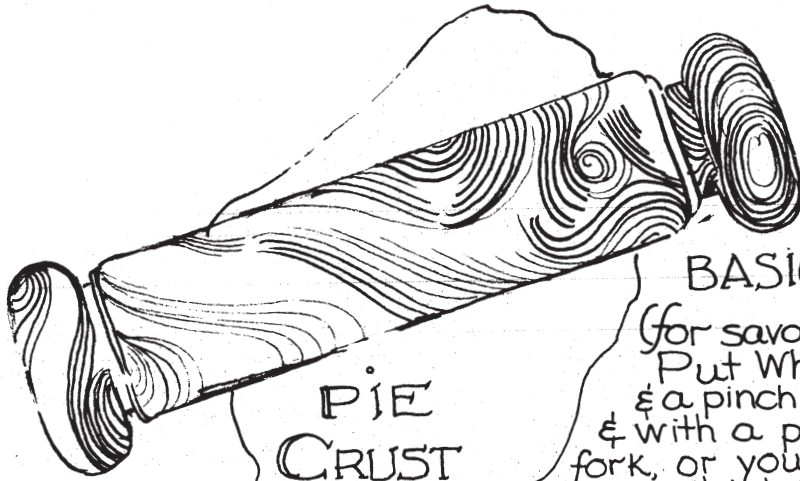
ICING — For birthdays or special occasions, mix tahini & water to a thick paste. Sweeten slightly with honey & spread on cake.

SESAME STRIPS — Cream 2 T oil & 2 T honey & beat in $\frac{1}{2}$ cup water. Add $\frac{1}{2}$ tsp. grated orange peel, 2 T poppy seeds, $\frac{1}{4}$ cups roasted sesame seeds, & $\frac{1}{2}$ c raisins. Add enough WW flour to make a dough. Oil baking tin well & press into tin about $\frac{1}{2}$ inch thick. Dip fingers in cold water to prevent sticking. Bake at 300° till crisp.

TAHINI COOKIES — Stir 6 T tahini, $\frac{1}{4}$ tsp. salt, & 3 T honey together. Add $\frac{1}{2}$ cup sunflower seeds, $\frac{1}{2}$ c oat flakes, & $\frac{1}{2}$ c raisins together with honey & tahini. Oil baking tins & drop by teaspoonfuls onto it & bake in a hot oven quickly until golden brown & crisp. (Mixture may have to be moistened with water if too dry.)

CASHEW COOKIES — Mix 4 T oil with 6 T honey & beat in 1 cup soy milk or water. Add 2 c rice flour or cooked rice (glutinous) & 1 c oat flakes to make a batter. Add $\frac{1}{2}$ tsp. salt, 1 tsp. orange peel (grated) & 1 c chopped cashews. If too moist, add more oat flakes. Shape into cookies & bake at 375° until done.

OATMEAL COOKIES — Mix $\frac{1}{3}$ c apple juice, $\frac{1}{2}$ tsp. salt, & 2 T oil in a bowl. Stir in 2 c oat flakes & $\frac{1}{2}$ c ground walnuts. Add enough WW flour to make a stiff dough. Separate into small balls & shape into cookies. Bake at 375° till golden brown.



BASIC RECIPE:

(for savoury & sweet pies.)

Put Wholewheat flour & a pinch of salt in a bowl & with a pastry cutter, a fork, or your fingers, work oil into flour thoroughly. The more oil the lighter the pastry. Then add enough chilled

water to bind it together lightly, too much will make it sticky when rolling out. It's important to handle it as little as possible & roll it out quickly. Using chopsticks to work in the water will prevent pastry becoming too compacted.

Roasted sesame seeds added to the pastry make a delicious difference.

For all pies that have a bottom crust, lay the pastry into an oiled pie tin. Press the edges with a fork, prick the bottom & bake for 10 minutes in a moderate oven before adding a filling & a top crust if desired.

FLAKY PASTRY — Boil $\frac{2}{3}$ cup water. Turn it off & add $\frac{1}{4}$ cup oil. Beat vigorously by hand or in a blender till milky white. Add 2 cups WW flour & a pinch of salt. When cool, knead for 2 minutes. Chill $\frac{1}{2}$ hour & roll out.

RICE PASTRY — Put a little WW flour & a pinch of salt in a bowl. Add cooked brown rice of the quantity needed. Moisten with water to make a light, dry dough. Oil pie dish & press it in with your fingers. Bake until crisp & golden brown, then add filling.

PANCAKES — BATTER: Use WW flour, a pinch of salt, & any other whole grains, flakes, or flours you desire. Buckwheat flour will bind it together & give it an egg-like texture. Add enough water to make a batter & beat well. You can also add nuts, raisins, berries, aduki beans, or sprouts. Create your own recipes. The batter is best made a few hours before using, or the night before. You can chill it.

TO COOK: Start with a good unscratched flat pan. Make the pan good & hot. Lightly brush with oil all over. Spoon or pour batter into pan & turn down flame. Turn pancake only when the first side is well cooked & bubbles have appeared and popped. You can make them thick or thin, depending on how you make the batter & how hungry you are. There are infinite things to spread them with: Tahini, nuts, jams, & apple butter.

RUTHERGLEN SOUR CAKES — 1845

(This is one we haven't tried but it is a traditional Scottish recipe.)

8 or 10 days before the Fair of St. Lukes, a good quantity of oatmeal was made into a dough with warm water & laid up in a vessel to ferment. In the proper consistency it was rolled into balls the size of the cakes. The dough was mixed with honey & aniseed or cinnamon. The cakes were then beaten out as thin as paper & toasted on a griddle.

NORTHUMBERLAND FARMHOUSE GRIDDLE CAKE.

3/4 lb. flour
2 oz. ground rice
1 oz. oil
3 oz. currants
1 gill liquid
1 tsp. salt

Mix flour, ground rice, & salt. Rub in oil. Mix in currants. Add liquid to make a soft dough. Roll to 1/4" thickness. Prick all over with a fork & bake on a hot griddle till nicely browned on both sides. It can be cut into halves for turning. Delicious eaten whilst hot.



SPREADS — To eat your bread with.

Nut butters can be made easily in a blender or bought to spread on your home-baked bread or biscuits.

Peanuts, sesame seeds, hazelnuts, cashews, pumpkin seeds, & sunflower seeds can all be roasted lightly & blended into nut butter.

Add 2 T of oil, 1 1/2 cups nuts or seeds, & 1/2 tsp. salt in the blender & puree until very smooth. Use a spatula to help it along by pushing it just down the inside of the container but do not get it caught in the blades.

TAHINI can be blended with miso or tamari to make a thick paste & spring onions or herbs may be added. This spread can be beaten with a little water to make it creamier & go further.

JAMS & PRESERVES are sweet spreads which can be made yourself. (see Autumn recipes.)

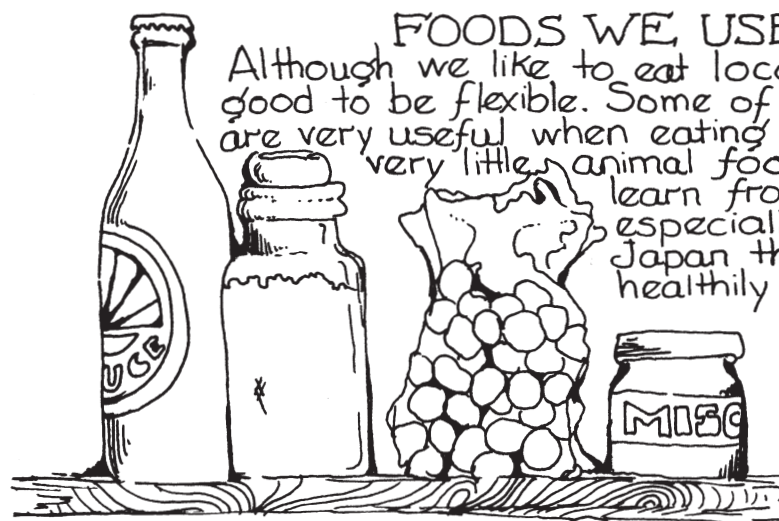
CREAMY RAISIN SPREAD — (In a blender.) Soak raisins in a little water until plump. Take raisins & half the amount of cooked rice, & blend until creamy. Add chopped walnuts if desired.

MISO SPREAD — Cream miso with water to a thick paste, sauté chopped onions & watercress & add to paste.

CHICK PEA SPREAD — Soak & cook chick peas till very soft. Blend to a thick paste using the cooking liquid. Chop a clove of garlic & one onion finely & sauté together. Add a pinch of basil, sage, & thyme & a little tamari. (Lentils can be used instead of chickpeas.)

SOY MAYONNAISE — (For sandwiches, etc.) Place 1/2 c soy flour, 1 c water, 1/2 tsp salt, 1 tsp. grated onion & 1/2 tsp. thyme in blender. Blend & add oil, drop by drop, until it thickens, then add lemon juice. Cook gently for one hour & add more water if necessary. Chill.

FOODS WE USE



Although we like to eat local foods, it is good to be flexible. Some of these products are very useful when eating a diet containing very little animal food. We can learn from other cultures, especially ones like Japan that have lived healthily in a cold climate on a diet that uses little animal food. Miso & tamari could easily be made in this country using only local ingredients.



Here follows some information on some of the more unusual foods we use:

TAHINI — Is made from crushed sesame seeds & is like a paste or butter. Try to

buy tahini made from whole, unhulled seeds. Tahini is used for spreads as well as for flavouring sauces. It is very addictive. Sesame in this form or as roasted seeds added to recipes, is one of the tastiest, richest, & most nutritional foods you can eat. Try & use sparingly.

TAMARI — Is a traditional soy sauce made by fermenting soybeans, wheat, sea salt, & water for at least 18 months. It is very salty & used in cooking in many various ways.

MISO — It is difficult to do justice to this great traditional Japanese food. It has been made for centuries by a natural fermentation of soybeans, barley, sea salt, & water.

Miso brilliantly converts unusable soy protein into a protein concentrate of the highest quality. It provides a great source of energy to combat cold, illness, & fatigue. It eliminates poisons from the body & blood & contains living enzymes. They help decompose carbohydrates & proteins & for this reason should never be boiled. It is mainly used in miso soup. Most of the commercial miso & soy sauce found in Japanese shops contain additives. Buy from natural food shops.

SEA SALT — Contains important minerals & trace elements not found in refined salt. Salt is very powerful & can affect the way we feel. Experiment with salt & find for yourself what you need — we find too little may make us weak, too much can make us uptight & irritable & very thirsty. Salt, like sugar, can almost become an addiction.

GOMASIO — Is a condiment made from ground sesame seeds & sea salt. Roast sesame seeds in a very hot pan stirring constantly until they pop & are easily crushed between the fingers. Grind in a mortar & pestle — ten parts seeds to one part fine salt.

UMEBOSHI — Are Japanese plums pickled in brine for three years. They are used for a zing in salads & with grains and are miraculous for stomach upsets, diarrhea, & indigestion.

ARROWROOT — Is a white powder used to make thick clear sauces. First dilute in a little cold water & add to liquids or vegetables that are cooking & stir until clear. Arrowroot is also very helpful for delicate stomachs & upsets.

OIL — If we eat little or no dairy foods or meat, cooking oil is an important source of fat in our diet. Most oils are detergent extracted, subjected to refining & processing which removes valuable properties. Oil which is simply pressed from seeds with or without heat. ("first pressed" & "first cold pressed") is strong in colour, taste, & smell. It is more expensive but can be used sparingly.



SAUCES

BECHAMEL SAUCE ~

Heat some oil in a pan & when hot add WW flour.

Roast the flour, turning constantly till the lumps disappear & it is browned.

Remove from heat, pour in cold water & stir quickly till smooth. Use enough water to make a creamy sauce & keep stirring till it boils. Simmer on low heat & add salt. Flavour with

herbs, sautéed onion, miso, etc. or mix in tahini at the end.



MISO-TAHINI SAUCE ~ Dilute a tsp. of miso in one cup of water. Bring to a slow boil, then lower flame & stir in a little tahini until blended to make a thin sauce to pour over grains & vegetables.

RICE SAUCE ~ Brown rice cream lightly in a little oil or in a dry pan. Add enough cold water to make a sauce & bring to a boil, stir well to prevent lumps. Simmer till thick & creamy. Flavour as for bechamel sauce & serve on grains or vegetables.

CHICK-PEA SAUCE ~ Pre-soak & cook chick peas till tender. Keep one cup of chickpeas & cooking liquid for the sauce. Serve the rest as part of the meal. Sauté chopped onion with garlic & blend in a blender or mouli with a cup of chick peas till creamy. Add salt & serve hot.

CUSTARD ~ To hot apple juice add diluted arrowroot to thicken, stirring until clear. Pour in tahini & mix well till you have just the right taste. You can substitute raisin juice (raisins boiled in water.) for apple juice or unroasted rice cream for arrowroot.

FRUIT SAUCE ~ Cook chopped seasonal fruit gently for a few minutes in a little water, & thicken with diluted arrowroot.



DRINKS

Most people in Britain drink vast quantities of Indian (dyed) tea and coffee. Both these are stimulants & speed us up. They inhibit the body's intake of calcium & many vitamins.

When we become sensitive enough to feel the effects of individual foods, & our bodies become purified and healthier, the effect, as well as the taste of these drinks can be pretty disastrous.

There are many gentle and subtle drinks — actual teas as well as herbal & grain preparations that are delightful to sip slowly and savour.

Drinking too much, like overeating, is unnecessary & weighs us down.

All these teas should be drunk without milk or sweetening.

If you are lucky enough to live near a well or spring all teas should be made with this pure water, as well as all cooking if possible.

BANCHA TEA & TWIG TEA

These are gathered from the tea bush after growing unpicked for 3 years. Bancha is made from the leaves & twig tea is made from the twigs & stems. They are both undyed green teas. Roast a little tea in a dry pan over a gentle heat til fragrant & boil in water for 15 minutes. Leftover tea can be re-boiled. Too much roasting makes the tea unpleasant — too much tea is bitter.



MU TEA — A fantastic tea made from a combination of 15 herbs & ginseng. It has a powerful sweet taste & is a gentle stimulant. Cook one bag in a pint of water for about 20 minutes and remove the bag. Drink the tea in small quantities & reheat as often as necessary. The bag can be re-cooked again with less water. Mu tea deserves the best pot you have to cook it in. Try also mixing half Mu tea / half apple juice.

YANNOH — Is a coffee made from roasted grains and seeds ground to a powder. Make by boiling with water for a few minutes. Dandelion coffee & Pioneer or Pero are similar coffee-like drinks.

BARLEY COFFEE — Is made by roasting whole barley until dark brown, in a dry pan or a low oven. Then bring to a boil in a pot of water & boil gently for 10 minutes.

SOYA BEAN COFFEE & SUNFLOWER SEED COFFEE are made the same way.

BURDOCK TEA — Roast Burdock root in a dry pan until browned. Boil gently in water for 5 minutes. A good blood-purifier.

Many herbs & roots can be made into delicious & healthful teas. Roots are usually boiled (and sometimes roasted first). Herbs are infused by pouring boiling water over them & letting them steep for a few minutes. Some herbs to try are:

Peppermint
Rosemary
Sage
Sassafras

Chamomile
Liquorice
Verbena
Lemon Balm

Rosehips
Dandelion
Root

DANDELION TEA — Pour 1 pint of boiling water over 1 cup of fresh or dried dandelion flowers. Add fresh mint to each cup.

APPLE TEA — Thinly slice 2 apples. Do not peel. Place in teapot & grate the rind of 1 lemon into it. Pour in 3 c boiling water.

MILK

Dairy products are not biologically meant for humans but for baby animals. Man is the only animal that feeds its young on milk after they have their first teeth. Milk, especially cows milk, is especially mucous forming & is considered responsible for many illnesses, especially in babies. Cows milk, apart from being pasteurized, (reduces food quality) now contains antibiotics and stilbesterol (female sex hormones) that result from treatment in factory farms. It is not a suitable baby food. All the nutrients in milk can be found in greater amounts in other foods.

CHEESE — Starts with such milk as its raw material. It's very high in fat, often further processed, & contains preservatives & animal rennet which is the inner stomach lining of a calf. (except for vegetarian & lactic cheeses.)

MARGARINE — Which is made from oil is a highly processed, unnatural product containing artificial flavouring, colouring, & preservative.

GOATS MILK & YOGHURT — Goats milk is more easily digested & has been found wonderfully healing to children with skin & digestive disorders. It is usually untreated & in every way is preferable to cows milk. If you desire dairy foods use goats' milk products if at all possible.



Yoghurt is rich in bacteria & enzymes which aid the stomach in digestion & elimination.

Even goats milk products should be eaten sparingly because we find them rather mucous forming.

You can try the recipes on the next page instead:

KOH-KOH — A fine cream or milk can be made from finely ground rice flour & sesame seeds. Put flour into saucepan, add water, & salt (if desired.) stirring gently until smooth. Simmer 20 minutes, adding more water to the desired consistency.

ALMOND MILK — Blanch almonds by pouring boiling water over them & slipping off the skins when cool. Discard the liquid poured over the almonds. Use approximately 6-10 almonds per cup of water & puree in a blender. (It is very nourishing made weak for babies & older children, as raw almonds are a source of calcium, as well as are sesame seeds, which can also be blended this way.) Cashew nuts can be substituted for this recipe too.)

 **SOYA MILK** 
1 CUP SOYA BEANS SEA SALT
4 QUARTS WATER.

Soak 1 c soya beans in 1 quart of water overnight. Drain off water & throw away. Use a blender, mouli, or sieve to puree the beans. If using a sieve you may have to cook them first. Bring to a boil & simmer for 30 minutes in 3 quarts of water. Strain through a sieve & flavour the liquid with a little salt, & honey, if desired. Cool & refrigerate.

The remainder which is strained off the milk is very nutritious & can be used for making patties, nut loafs, & bread.

TOFU — Beat 1 cup of soya flour in 1 cup cold water until well-blended. Pour into 2 cups of boiling water & cook one hour. Add the juice of two lemons. Cool. Strain it through a cheesecloth & pack in a square container. Tofu is delicious added to vegies, soups, or salads. It can be flavoured with salt, herbs, garlic, or chopped scallions.

"(BUT DANIEL PROPOSED IN HIS HEART THAT HE WOULD NOT DEFILE HIMSELF WITH THE PORTION OF THE KINGS' MEAT, NOR WITH THE WINE WHICH HE DRANK; THEREFORE HE REQUESTED....
 .."PROVE OUR SERVANTS, I BESEECH THEE, TEN DAYS; AND LET THEM GIVE US PULSE TO EAT, AND WATER TO DRINK. THEN LET OUR COUNTENANCES BE LOOKED UPON BEFORE THEE, AND THE COUNTENANCE OF THE CHILDREN THAT EAT OF THE PORTION OF THE KING'S MEAT: AND AS THOU SEEST, DEAL WITH THY SERVANTS."

SO HE CONSENTED TO THEM IN THIS MATTER, AND PROVED THEM TEN DAYS. AND AT THE END OF TEN DAYS THEIR COUNTENANCES APPEARED FAIRER & FATTER IN FLESH THAN ALL THE CHILDREN WHICH DID EAT THE PORTION OF THE KING'S MEAT. AS FOR THESE FOUR CHILDREN GOD GAVE THEM KNOWLEDGE AND SKILL IN ALL LEARNING AND WISDOM; AND DANIEL HAD UNDERSTANDING IN ALL VISIONS AND DREAMS. AND IN ALL MATTERS OF WISDOM AND UNDERSTANDING, THAT THE KING ENQUIRED OF THEM, HE FOUND THEM TEN TIMES BETTER THAN ALL THE MAGICIANS AND ASTROLOGERS IN ALL THE REALM.

THE BOOK OF DANIEL
 CHAPTER ONE



This page is devoted to mothers who hold in their hands the precious gift of life. The food which is given to our children is transmuted into their flesh and bones. They are the seeds we have planted of all life to come.

Before childbirth, the mothers' role in nourishing her own body is so important when impregnated with growing life, multiplying 3,000,000,000 times from a single cell. The bodies of the children of our new age should be built of the finest material & should be conceived, born, & nurtured carefully.

Mothers hold the key to their health & growth through the ceremony of cooking & feeding them to enhance & strengthen their bodies, as opposed to the forces so obviously at work today of feeding children dead, unwholesome food.

A wise mother will nourish & protect this germinating spirit, as our children are the seeds of our future in embryo. Everything we do is useless if our children do not grow with healthy minds & bodies. They have made the great transition from their mothers womb & are rapidly creating new cells as their little bodies are expanding.

If you are sensitive to your child's needs, you will want to do your very best. Motherhood is an art; to make & create life, family & providing by nourishing your a healthy environment.

If a baby is fed an infant, it will body to wear journey.



wholesome food as have a good, healthy through lifes'

NURSING

MOTHERS

Mothers' milk is so superior to cows' milk & other forms fed to infants today. Cows' milk causes their bone structure to develop completely differently, with much larger bones.

Natures' built-in milk supply is perfectly balanced nutritionally for their growth & has an established immunity against early infections & diseases. The colostrum which comes in before the milk when the baby is born is especially high in nutritional quality & contains this immunity, so it is important to nurse from the very beginning.

Mothers milk is digested easily & quickly whereas cows' milk stays in the stomach much longer.

If it is not possible to nurse your baby, goats milk & grain milk are possible substitutes. Nursing is nature's birth control which is quite safe until the baby begins to eat other foods.

A WORD ABOUT DRESSING BABIES—

Babies are less fragile & much more able to adjust to heat and cold than we often think. They have built-in radiators. Let your baby's body breathe by letting it lie naked when warmer or dressing it lightly when colder, rather than swaddling & protecting it from every breeze & draft. This weakens a baby's resistance to the elements.

OLDER CHILDREN—

It may be very difficult when your children are a few years old and you want them to eat good food—especially when they go to school and encounter school dinners and sweet shops.

It's worth making an extra effort to prepare attractive foods for your children; little individual pies, sandwiches, patties and croquettes, sugarless & even honeyless treats.

Popcorn, peanuts, nuts, raisins, & dried fruit make good treats.

PEANUT BUTTER COOKIES— In a bowl mix $\frac{1}{4}$ cup oil, $\frac{1}{2}$ cup peanut butter, 2 T honey, $\frac{1}{2}$ c flour, & $\frac{1}{2}$ tsp. salt. Add enough water to shape into cookies & bake at 375° , 10-12 minutes.

APPLE CUSTARD— Blend 2 T tahini, 2 c water, 3 c apple juice, & $\frac{1}{4}$ tsp. salt in a pot. Dilute 3 T kuzu or arrowroot & add. Stir & cook until thick. Add grated rind of one lemon, & some chopped apple. Cook 5 minutes. Chill.

SWEETS— Soak $\frac{1}{4}$ c raisins in $\frac{1}{3}$ c apple juice. Blend with $\frac{1}{4}$ c dates & mix in 1 c ground almonds & 1 c ground peanuts. Form into small bars.

A FEW WORDS OF CONCERN:— Tonsils aid the body by purifying the blood of waste matter & should never be removed as they give warning of an imbalance which can be cured by a good diet.



BABIES

At 4-6 months is a good time to begin feeding your baby cereals, as their bodies begin to require more iron & other nutrients than your milk supplies.

Rice cream is easily digested. (see breakfasts.) A blender or food grinder is valuable in making your own baby food. It can puree fresh, lightly cooked vegetables & the vitamins are retained.

Babies & young children need little or no salt. Too much can make

your child nervous & irritable.

Primitive women for centuries have always chewed the food to make it more digestible before giving it to babies. Also, being very practical, it takes the place of a blender & there's no washing-up to do!!

CEREAL MILK — Pan roast very lightly 1 cup each brown rice, sweet brown rice, oatmeal, soybeans, & sesame seeds. Grind to a fine powder. Add 3 Tbsp. to 1 quart of boiling water. (It may be made thicker as a cereal.)

Soft rice can be rolled into balls so they can eat it with their fingers.

Stewed Apples can be made easily by lightly simmering apples until soft, & blending until smooth.

Raisin pudding can be made by boiling raisins in water for 10 minutes & thickened w/arrowroot.

BIRTH CONTROL ~

Women find it very hard to know what to do concerning birth control, when they are sensitive & in tune with their own bodies.

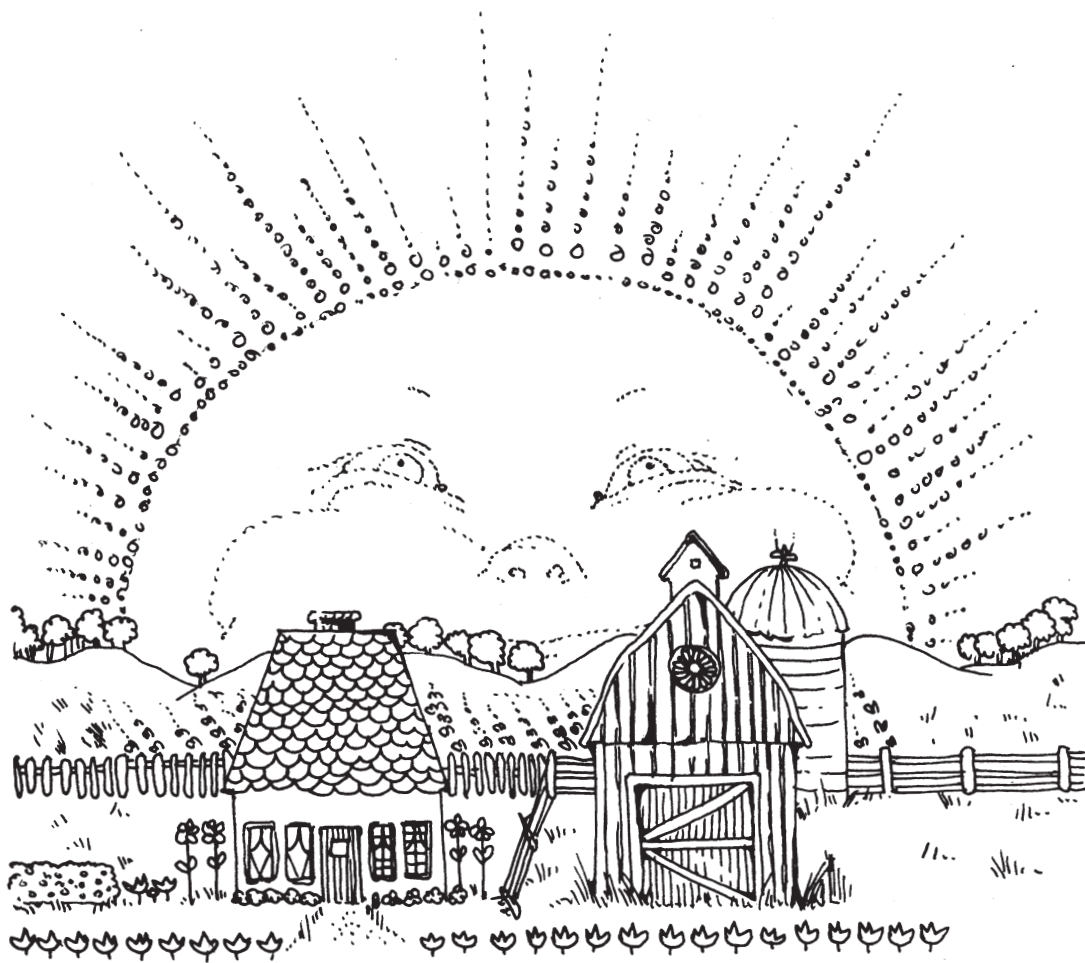
The pill is very unnatural as it causes the body to excrete hormones excessively, as experienced when pregnant. It plays upon the emotions as a result & creates a general imbalance in the harmony of the body.

Some women have found that after stopping its use they have no periods for a very long time. A friend of mine, for example, who had been using the pill on & off for 4 years, found that when she finally rejected this method of birth control, her periods had been regulated to such an extent that without the drugs effects, her body had no menstrual rhythm of its own at all.

I.U.D. — An I.U.D. (internal uterine device) inserted in the womb is the best way I know so far, as it is inserted easily and quickly, & needs no further attention except a weekly check to ensure it is in place.

When there is a foreign body (such as an IUD) in the womb, it causes the egg to travel into the womb in 10 minutes instead of 10 days. When it arrives it is too immature to imbed itself in the womb, & never gets a foothold.

People are investigating natural methods of contraception based on an understanding of the rhythms of nature & of lunar birth control. We feel sure that it must be possible to tune ourselves in with these rhythms, & to do without devices that disturb a woman's natural rhythms.



BREAKFASTS

"The day only dawns to those who are awake."

THOREAU
Many things can be eaten for breakfast besides the traditional sort of porridges. We include a wide variety to choose from, but it can be expanded by using your imagination.

It's best not to eat immediately upon arising & we want to emphasize how good it is not to eat breakfast at all if you're not feeling hungry or your stomach isn't quite right from the day before.

Instead it would be wise to drink from among the many herbal teas found in this book — to cleanse the body & purify the blood.

CEREAL CREAMS — Can be made from ground-up grains. They are so-called because of their smooth texture. Make by washing, and roasting whole grains in a dry pan — stirring constantly — until they are uniformly browned & begin to pop. Allow the grains to cool, then grind in a hand mill or coffee grinder, to a fine powder. Mix well with water, bring to the boil stirring constantly, add salt & simmer for up to 30 minutes.

Creams made from roasted rice, wheat, & buckwheat are especially delicious. Rice cream made from ground, unroasted rice is also very good & is a bit like finely mashed potato, but better.

FRUMENTY — Was the traditional breakfast of the Roman legions & was eaten at harvest time celebrations. It is still eaten in Northern England.

Soak wheat for several hours. Before you go to bed, bring the wheat to a boil with a generous amount of water, add a handful of raisins, fit a good lid on your pot, & leave to bake in a very slow oven overnight. Alternatively, add raisins & more water to left-over wheat & bake or simmer gently. Another wheaty breakfast can be made by cooking cracked or porridge wheat (coarsely-flaked wheat) overnight into a porridge. Make with or without raisins.

MISO SOUP — The Japanese eat Miso soup for breakfast daily which is a custom we sometimes borrow. (See winter foods.)

PANCAKES & MUFFINS can be special breakfast treats. (See bread.)

PANCROUTÉ — Break 1 egg into a bowl with a little WW flour, a pinch of salt or tamari, & a few Tbsp. water. Miso may be put in at the same time you add the water, if desired. Whisk & pour into a hot oiled pan. Fry until golden brown on both sides.

MUESLI — Can be eaten occasionally & also cooked as a porridge.

Muesli is simply a mixture of many different flaked cereals, dried fruit, & whole or chopped nuts. It may be roasted lightly or eaten raw. We usually eat it moistened with water, or occasionally goats' milk.

GRANOLA — Take a flat baking tray, oil well & line the bottom with a layer of oat, rye, barley, rice, or wheat flakes. (or a mixture of all of these -) Sprinkle with a layer of uncooked buckwheat groats. On top, put a layer of any chopped nuts you desire. (Almonds, cashews, hazelnuts, sunflower seeds)

Dribble a little oil over the top with a spoon. Bake until it turns a roasted golden colour. Stir ingredients well while baking to distribute oil and watch carefully so it doesn't burn. Cool & add raisins or dried fruit.



TRAVELLING FOODS

"The journey of a thousand miles begins with one footstep."
LAO TZU.

When you are travelling for a few days, it may be difficult to find healthy, wholesome food. Here are some fairly light foods to carry along:

ROASTED GRAINS - Any grain can be roasted to make it crunchy. Grains in this form are very compact & a source of great energy.

RICE - Is best soaked in salty water for three days. Change the water after the first 24 hours. Roast in a hot dry pan, turning constantly, till the grains are evenly browned & many of them have popped. You can add tamari just before the end of cooking for a special taste.

WHEAT - Can be soaked for an hour or so and roasted similarly.

BUCKWHEAT - Needs no soaking. Fill your pockets with these & climb a mountain.

MUESLI - Is a dry cereal you can mix up yourself & carry in a bag over your shoulder. (See breakfasts.) It can be mixed with water, or made into cookies, or cooked like a porridge, if a fire can be built on your travels.

GRANOLA - Is a slightly more elaborate form of roasted muesli. (See breakfasts.)

UNLEAVENED BREAD - A few loaves can be made up before travelling, having the advantage of keeping longer than yeasted bread.



Unleavened bread is more compact to carry in your knapsack. It can become a balanced meal by adding whole cooked grains, vegetables, or miso to the batter. Kasha loaf (see winter foods) made with more flour to hold it together, is a rich & nutritious form of bread to carry with you.

LITTLE PIES — Make a basic pie dough, cut into a bowl-size circle, & lay cooked grains, vegetables, beans, or fruit on $\frac{1}{2}$ of the circle. Wet the edge of the other half & fold over to make crescent-shaped pies. Press down the edges with a fork & bake in the oven or deep-fry in oil.

RICE BALLS — Cook rice till soft. Dip hands into cold, salty water & form into balls. You can add other grains, vegetables, sprouts, peanut butter, miso, or tahini. A small piece of umeboshi plum can be poked into the centre to help preserve it. Roll the ball in sesame seeds or wrap in Nori seaweed toasted over a flame until green & crisp.

Deep fried grain & vegetable croquettes are good to take along. Also if you take a little flour along you can make a dough with flour, water, & salt, press into rough, flat circles & cook in the embers of a fire.

THERMOS — Another simple way of cooking whilst travelling is in a thermos flask. At night put oat flakes or rice in the thermos & pour in boiling water. It will cook by morning.

Dried fruit & nuts can be carried along. Take your sprout jar with you wrapped in a cloth & hidden in the dark recesses of your knapsack. Lastly, don't forget your wild foods identification book.



“PECULIAR TRAVELLING SUGGESTIONS ARE DANCING LESSONS FROM GOD.” KURT VONNEGUT

THOUGHTS & CONSIDERATIONS

In changing our diet we become aware of many other considerations apart from the food itself. As well as the quality & taste of the food, we see the importance of the way it is grown, prepared, processed, & eaten, & the effects of these on the environment. We become aware of all the factors involved in the simple necessity of feeding ourselves (social, economic, etc.) and see how these apply to the whole way we live. This is a page that presents some of our ideas.

CHEWING — In addition to cooking our food well, it is important to chew it thoroughly. Calmly chewing, we experience deeply what we are eating. We discover that apparently tasty foods such as meat, soon become bland & tasteless, whilst simple grains grow & grow in flavour. Vegetarian animals chew slowly, meat eaters tear & swallow. Chewing also allows saliva to complete its primary digestion of starches & lessens the work of the stomach. Chewing thoroughly allows a feeling of peace to accompany our meals.

SUGAR — ... Is very harmful to the body. It enters the bloodstream so quickly it is considered a high energy food, but its effect is short-lived and soon turns to its opposite — weakness & fatigue. For the full, grisly details read a book such as "Pure, White, & Deadly" by John Yudkin.

Nearly all sugars, however brown, are made by refining sugar to whiteness, replacing molasses in different quantities, & processing to achieve different textures.

Sugar deadens the tongue & destroys our ability to taste. Rediscover the natural sweetness of a carrot or a piece of bread. We can replace sugar with honey or malt extract & eventually the natural sweetness of fruits & vegetables. If you use honey try to obtain it from bees that have not been fed on white sugar. This is called "non-sugar fed."

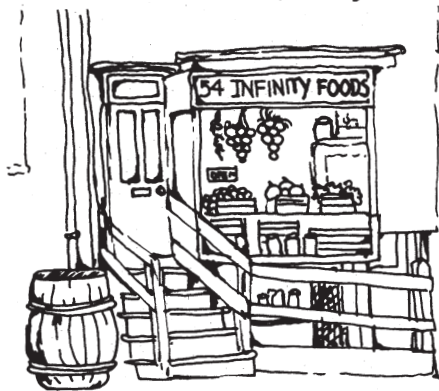
MEAT & POULTRY — Animals are a dead source of protein. We can eat directly from the same vegetable food that nourished them. Eating meat lowers the vibrations of body, mind, & spirit.

Animals nowadays are mostly bred on factory farms, & fed synthetically. Meat contains residues of extreme quantities of antibiotics, stilbestrol, (female sex organs) & many other chemicals fed to them to increase weight & to try & keep them reasonably healthy.

If you are eating meat & find it difficult to stop, gradually cut down, replacing meat with poultry, then fish, & gradually stopping altogether. If you experience a powerful desire for meat, satisfy it, but eat free range & organically fed poultry & eggs.

THE ECONOMICS OF MEAT EATING — Animal husbandry is a protein factory in reverse, consuming many times more good quality protein than it produces in terms of meat. An acre given to vegetable or cereal production will feed many many more people than an acre given to feeding livestock. A vast proportion of all our cereal crops are fed to animals as well as enormous quantities of badly needed protein foods imported from the 'underdeveloped' countries of the third world.

THE FOOD INDUSTRY — Faced with the problem of surfeit, our desire to consume more gives rise to the dreams of the food technologist & the businessman farmer... forever inventing new chemical feasts to whet our appetite. Backed by the power of advertising, they appeal to our lowest instincts. Their concern is with profit, not with health & well-being. Their products are born in neon-lit factories, & created out of sight of sun & rain, moon & stars.



ORGANIC GROWING — Is a method of cultivation that rejects the ways of modern industrial farming. The use of chemical fertilizers, sprays, pesticides, etc. is seriously affecting both our internal & external environment. It causes imbalance & disease in our own bodies & destroys the health & balance of our soil, air, & water, as well as other creatures. It is unharmonious, conceived out of economic need or greed, & further & further removed from any understanding of the oneness and the interdependence of all life.

Organic farming uses only natural methods, feeding the soil with living matter to increase its teeming life & aims to produce healthy foods that will resist disease.



SMOKING — Acts as a stimulant. The Indians used it in their religion & regarded it as sacred. It is the habitual use of it which is unnatural & harmful.

Tobacco is heavily sprayed with chemicals when grown & when dried into a concentrated form, these become even more potent. It is also known that it depletes the body's calcium supply & can cause a deficiency, especially in pregnant or nursing mothers.

When the baby is in the womb, smoking decreases the oxygen supply in the bloodstream & this feeds the placenta which in turn nourishes the fetus.

The breath of life is precious.

MEDICINE — By taking our life in our own hands we need no longer place ourselves at the mercy of the "experts". Doctors, even good ones are the tools of the drug companies who are totally unscrupulous.

MEDICINE..... Let us try to understand the meaning of our illnesses & change ourselves gradually to true health, rather than just suppress our symptoms with powerful drugs. If we are in need of help, let us go to those systems of medicine that relate illness to the whole of our being & treat the whole man — herbalism, macrobiotics, yoga, acupuncture, homeopathy, & naturopathy.

"The laws of nature are the laws of health & who lives according to these laws is never sick....."
THE AQUARIAN GOSPEL OF JESUS CHRIST

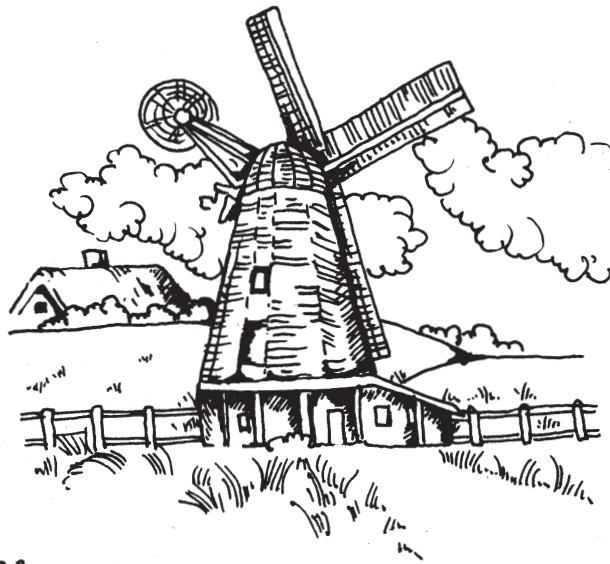
SUGGESTIONS

We can:

- ★ Eat as much organically grown produce as possible. This supports those farmers who work hard to keep our soil alive & the shops that sell their produce.
- ★ Grow our own food in back gardens & allotments.
- ★ Buy food that has been through as few hands & has had as little done to it as possible — food close to its source on the land — from small farmers or natural food shops.
- ★ Eat & consume less. We will be happier and healthier, cause less harm in the world & live more cheaply. A simple diet based on grains and vegetables is a fair diet, an honest share of available resources, & will in addition cut your food bill in half.
- ★ We can avoid the wasteland of:
 - Overprocessed food & unnecessary concoctions from the food factories, supermarkets, & even health food shops.
 - Refined, flavoured, coloured, frozen, chemicalized, instant plastic foods.
 - Foods in tins, plastic bags, & bottles.
 - Sweets, ice creams, sugary soft drinks... So many foods have added sugar. Read the labels.

☆ Slowly reduce to nothing our consumption of drugs of any kind & gain independence from doctors, hospitals, & drug companies. Never take another aspirin.

☆ In our buying habits we have great power. By buying & desiring "industrial" foods we support everything they represent. If we don't buy them, what we really wish to consume will be provided more & more.



...
"When you destroy a blade of grass
You poison England to her
Remember no mans' foot can ^{roots,}
Where evermore no green life ^{pass}
shoots."
...

GORDON BOTTOMLEY
Poem to Ironfounders
& Others 1874.

SEASONAL

"Eat not unclean foods brought from far countries, but eat always that which your trees bear."

JESUS, FROM THE ESSENE GOSPEL OF PEACE

With our fresh foods, vegetables & fruits, as well as grains & beans, we try to eat those that are local to us & in season.

In each land & each season the earth brings forth different foods. By eating those of the right time & place we can be in harmony with our environment and adapt to the great cycle of the year.

Winter brings forth hardy root vegetables that grow in the coldest conditions and give us strength & resistance. Another winter food is buckwheat which will grow in the poorest & coldest conditions and is a good warming staple.

In old times people needed no reasoning to govern the way they ate. In winter all that was available would be dried foods — grains, beans, fruits that they had grown & stored, & seasonal winter crops. As spring & summer came, they could really rejoice in fresh fruits and leafy green vegetables.

Nowadays, more & more of us live in cities in conditions that insulate us from the great mystery of the changing year. Food is imported from all parts of the world. We can eat tropical fruits in winter & fresh apples throughout the year. We have lost the great pleasures of the coming of spring & summer, the change to autumn & winter.





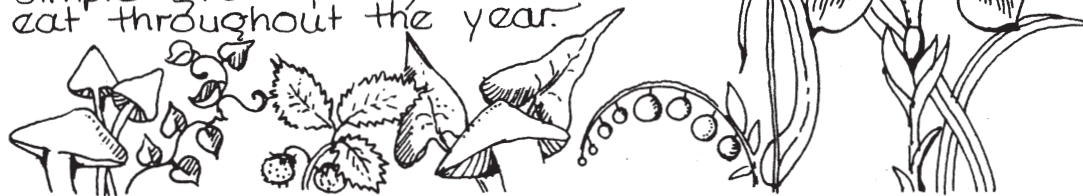
FOODS

Most of us feel a loss looking back on the great festivals of older times — Yuletide, Mayday, Midsummer, Harvest Time, which expressed these feelings with greater joy & meant more than the ceremonies we have today.

Nor do our bodies respond harmoniously to the changes of the year. With central heating in houses, buses, cars, & offices, we show our fear of winter. We are no longer healthy enough to experience its hardness, but become ill in many ways.

To regain a feeling of the seasons, our recipes are presented under headings of spring, summer, autumn, & winter, using the foods available at that time of year. Many of our favourite recipes however, we use throughout the year, adapting them to the produce available. Generally, we tend to eat heavier, saltier food in winter & lighter, fresher food in summer. As we eat according to the seasons to remain in harmony with the conditions around us, so we also try to adapt to each day, eating differently on warmer days than we do when it is colder.

We have given many special recipes lots of fine sweets & elaborate pies. We would not normally use them every day but just eat them occasionally along with the more simple grain & vegetable diet we eat throughout the year.





"WHEN THAT APRILL WITH HIS SHOURES SOOTE
 THE DROGHTE OF MARCH HATH PERCED
 TO THE ROOTE;
 AND BATHED EVERY VEYNE IN SWICH LICOUR,
 OF WHICH VERTU ENGENDERED IS THE FLOUR."

"When in April the sweet showers fall
 And pierce the drought of March
 to the root,
 and all
 The veins are bathed in liquor of such power
 As brings about the engendering
 of the flower."

GEOFFREY CHAUCER

SPRING

Winter draws to an end and the first buds & greenery of spring shoot forth. The produce of cultivated land is still being planted & winter vegetables are coming to an end. We are still using our dried staple foods, but are beginning to eat raw living foods, looking forward to summer, but remembering that cold days still lie ahead.

Living foods contain energy & life force and bring a quality of aliveness to those who eat them.

WILD FOODS

*"In all dells & pond holes in the woods,
and pastures & swamps grows a rich, &
various crop only unreaped by man."*

THOREAU

Young & tender wild greens are nature's way to cleanse the body after the long winter of eating coarse foods. Foraging in the woods & fields for your own food is free & gives you a chance to tune in with all growing things. Some may be found growing along hedgerows, but it is important to know they haven't been sprayed with weed killers or insecticides.

Many plants can be gathered fresh, or dried into tea to be used as purifiers & spring tonics after the long cold spell.

If you are collecting wild foods it is important to have a good book of wild plants with pictures to make sure you identify them correctly. Otherwise you may make an unfortunate mistake.

BURDOCK ROOT—Is a good blood purifier and should be dug in the spring or in the autumn. Dry the roots to make tea, or use sautéed as a vegetable. The root is a strong & a health giving food, & used over a period of time is a sexual energizer. The young stems stripped of their rind make an excellent vegetable also.

CARAWAY—The roots of this common garden herb may be eaten like parsnips.

DANDELIONS — Are eaten traditionally in the spring & are highly praised by many people who know they are not just a weed. The flowers & young leaves can be used in salads, and the roots roasted and ground into coffee.

GARDEN ROCKET — Is a common salad herb. Don't use the wild variety.

BORAGE — A garden herb with many uses. The leaves & star-shaped flowers can be used in salads & a tea for cleansing, purifying, & strengthening.

NETTLE — Use young plants, or later in the year just the fresh tops. The leaves cooked like spinach are delicious, very nutritious & are a good blood purifier. Also makes a good beer.

SAMPHIRE — Is a salty tasting & wholesome vegetable containing iodine. Found growing on rocks by the sea.

THISTLE — Cook the roots as a vegetable.

WATERCRESS — Can be found growing abundantly in many fresh water streams. Wash thoroughly. Do not pick from streams that pass through pasture-land, because of the danger of liver flukes. Many wild things can be eaten in salads or soups, sautéed as vegetables or tempuraed, or the young shoots can be cooked like asparagus.....
Here are some suggestions:

Sweet Cicely
Comfrey (cook like spinach)
Caraway
Tansy
Chickweed
Nasturtium flowers & leaves
Fennel leaves
Pokeroot

Shepherds Purse
Jack-by-the-hedge
Purslane (common garden weed)
Tops of hops
Burnett leaves

Milkweed (young shoots & pods)
Lambs Quarters (found in cows' pastures)
Cats tails (tender shoots in spring, roots in autumn)
Sorrel (Make sure you identify this correctly)
Ferns (only eat when they are popping out of the earth)

There are many wild, edible plants. —

~ Wild Food Recipes ~

NETTLE SYRUP ~ Gather tops of young nettles; wash well. Add 1 lb. nettles to 1 quart of water. Boil one hour. Strain. Add honey & boil 30 min. When cold, bottle it up.
(A very old recipe from Northumberland, said to have great powers as a blood purifier).

*It was believed that nettle kail (soup), taken three times during one month in the spring, sometimes on three consecutive days, purified the blood, cleared the complexion, & ensured good health for the year.

NETTLE-OATMEAL SOUP ~ 2 chopped onions
2 quarts of stock
1/4 c oil
2 pints nettle leaves
1 chopped leek
1/2 c oatflakes
fresh grated nutmeg

In a large pot, sauté onions, then add leek, oats, & nettles & continue to sauté for 10 minutes. Add stock & salt to taste & cook one hour.

COUNTRY COTTAGE SOUP ~ 1/4 c oil
1 c WW flour
2 bay leaves
1/2 tsp. thyme
2 tsp. salt

2 onions
2 sliced leeks
2 spring onions
2 sliced carrots
1/2 lb. dried peas
2 pints nettle leaves
1/2 medium cabbage

Soak the peas overnight. Chop & sauté the onions. Add to the peas with more water & simmer for 1 hour. Chop & sauté the veggies for 10 minutes. Add the flour & sauté a little longer. Add the vegetables and the seasonings to the peas, cook a little longer & blend in a blender or mouli. A thick & warming soup.

HERB SOUP ~ One quart bran water (Take 2 c of bran & pour one quart of warm water over & stand overnight.) Take a cupful each of these herbs: Finely cut; wild mustard tops, chickweed, wild garlic leaves, a few sorrel leaves, & abundant watercress. Pour 1 pint of boiling water on herbs & steep 1/2 hour. Strain. Add bran water. 1 cup. of sweet oats, & thicken with mashed chestnuts.

WILD HERB CAKES — Chop your favourite wild plants & steam in a little water till soft. Mix cooked porridge or soft rice with one Tbsp. Miso. Sauté finely chopped onions & the wild plants & add to the mixture. Season with thyme shape into flat cakes & fry on both sides in oil.

SILVERWEED ROOT BANNOCK — A spring-cake. (The silverweed root was used much before the potato was introduced. It was cultivated & cooked either by boiling, or roasted & ground into meal.) — Take silverweed roots, oatmeal or barley-meal, salt oil, & water.

Go over a newly ploughed field & collect as many silverweed roots as you require. They are easily recognized being long, thin, & white or cream-colour. Wash & rinse thoroughly in cold water. Spread out to dry in the sun, turning over & over. When quite dry & brittle, break into very small pieces. Put these into a cloth, tie tightly & pound with a pestle or smooth stone until reduced to a powder.

Put into a bowl with some oatmeal or barley-meal & a pinch of salt. Mix well & rub in some oil. Slowly add enough water to make a stiff paste. Roll into a round, 1/2" - 3/4" thick. Toast in a dry or lightly oiled pan on each side or in the oven.

FERN SALAD — Pick fresh young ferns before they unfold (fiddleheads).

Chop & mix with cold leftover grain and grated carrot & burdock root or apple. Dressing: Mix apple juice & tahini into a creamy paste, add chopped onions & roasted sesame seeds.

WATERCRESS SALAD — Gather fresh watercress, chop into bowl. Chop apples, turnips, & cauliflower finely. Lightly roast cashews & toss everything together.

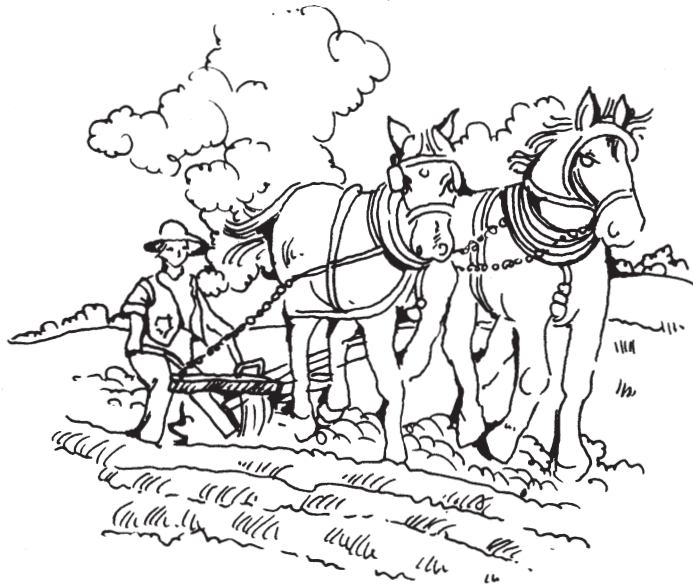
Dressing: Mix tahini & water to a thick paste, dilute miso in a little water & add to desired consistency. Chop one onion, sauté, & add to dressing.



OTHER RECIPES ~

BARLEY & VEGETABLES ~ Roast one cup of pot barley in a dry pan, turn constantly till browned. In a pot, sauté seasonal spring vegetables — leeks, spring onions, broccoli, etc. for a few minutes, & then add barley, sautéing 10 minutes more. Bring to the boil 2 cups of water, add to the barley & vegetables, add salt, & simmer gently with a lid on for about 45 minutes.

LEEK PIE ~ Cut leeks lengthwise in half & rinse well under running water. Cut in 1" long strips. Sauté leeks till very soft, on a gentle heat. Fill a pie tin with pastry dough, prick bottom with a fork & bake for a short while in a moderate oven. Fill the pie crust with the sautéed leeks & bake till the edges are browned. Alternatively, make bechamel sauce (see sauces) mix with the sautéed leeks & bake in the pie.



ASPARAGUS SOUP ~ Take fresh asparagus, wash & chop. Simmer gently in a pot of water till firm & tender. Add a pinch of salt & puree in a mowli or blender. Serve hot or chilled. Leeks & other spring vegetables can be substituted for the asparagus.





“Where the bee sucks, there suck I:
In a cowslip's bell I lie;
There I couch when owls do cry,
On the bat's back I do fly
After summer merrily
Merrily, merrily, shall I live now,
Under the blossom that hangs on the bough.”

WILLIAM SHAKESPEARE

SUMMER

The good earth brings forth an abundance of fruits & vegetables.

A time of plenty to feel the sun god warming your skin & the earth goddess beneath us adorning her dress of many colours.

A time to feel the presence of life everywhere spreading forth in fruitfulness.

The air sweet & fresh, a time for long walks in the country to pick wild fruits, herbs, & berries.

SALADS

Infinite varieties of salads can be made using fresh vegetables, roots, wild greens, grated or chopped, sprouts, nuts, & left-over grains.

BE CREATIVE!

CUCUMBER-WAKAME

SALAD — Chop & soak wakame seaweed in a little water until soft. Chop a cucumber into small chunks. Add to the seaweed. Add 3 T cider vinegar or lemon juice. Chill. It can be more elaborate by adding sprouts or sliced mushrooms. Marrow can be used instead of cucumber.

WHEAT-BERRY SALAD

— Make a basic salad using wheat (cooked) & adding your choice of vegetables, chopped apple, bean sprouts, & lightly roasted nuts.

FLOWERS

— There are many flowers you can use in salads, they can also be dipped in batter & deep fried.

Sweet Pea
Chrysanthemum
Lavender
Rosemary
Primrose
Dandelion

Hyssop
Roses
Carnations
Pansy
Cowslip
Marrow & Pumpkin

Flowers
Violets
Nasturtiums
Comfrey
Marigold
Flowers.



SALAD DRESSING

TAHINI DRESSING — Mix tahini & water to make a paste, add lemon juice and tamari to a creamy consistency. Add desired herbs.

GARLIC DRESSING — Chop a clove of garlic very finely. Place in a jar of olive oil & lemon juice. Shake & let stand a few days.

HERB DRESSING — Follow above recipe, diced onion may be substituted for garlic. Add 1 T desired herbs, such as sage, thyme, tarragon, basil, etc.

FRUIT DRESSING — Mix yoghurt & lemon juice or fruit juice. Add fresh mint.

YOGHURT DRESSING — Chop a small clove of garlic. Add to a mixture of yoghurt & lemon juice. Season with savoury herbs.



• SAVOURY RECIPES •

Many summer vegetables can be sautéed & baked into pie crusts.

PUREED VEGETABLE SOUP — Sauté fresh vegetables of your choice such as peas, beans, or broccoli until lightly cooked & firm. Puree in a blender with left over juice & water to make it creamy. Salt to taste. (Serve hot or chilled). Cucumbers can also be used.

SUMMER PEAS — Pod peas & boil pods in a little water for 15 minutes. Strain & discard pods. Gently simmer peas in peapod juice till soft. Salt & thicken with arrowroot. The peas shine a rich green through the clear arrowroot. Serve with grains.

FRESH BEANS — Dwarf, runner, french, & broad beans are beautiful chopped, mixed together, & sautéed.

MILLET & VEGETABLE STEW — Sauté seasonal vegetables in a pot until soft. Roast 1 cup of millet in a little oil till browned. Add to the vegetables & sauté a little longer. Pour in 4 cups of boiling water, salt, & simmer till soft. (1/2 hour.)

FAVOURITE COURGETTE RECIPE — Chop a clove of garlic & 2 large onions. Sauté lightly. Chop baby marrows in large chunks & sauté with onion. Add enough water to make a juice & simmer till soft. Add 2-3 T salt, a little tamaril & cook a few more minutes. (Pre-cooked chick peas can be added.) Serve on rice.

SPINACH — Sauté or steam 2 lbs. of spinach or beet tops. Sauté 1 onion, chopped & 1/2 cup sesame seeds. Mix it all together with 1/4 c oil & the juice of one lemon. Serve hot or chilled.



SUMMER FRUITS —

Gooseberry
Cherry
Strawberry
apple
Greenoage
Loganberry
Pear
Mulberry

Blackberry
Blackcurrant
Raspberry
Red Currant
Plum
Apricot
Damson



FRUIT SALADS — Any fruit you desire, native to your locality, can be chopped or grated & mixed together with a variety of things, such as nuts, dried fruits, bean sprouts, & cold grains.

MILLET & STRAWBERRIES — Cook millet until fluffy. Cool. Add chopped strawberries & chopped walnuts. Mix well. Goats milk yoghurt may be added.

STRAWBERRIES served in lightly salted cool water makes a change. The salt just sets off the sweetness of the fruit.

RASBERRY JELLY — 1 pint apple juice, 2 tsp. agar-agar, & 1 pint raspberries (or any other fresh fruit). Bring juice to a boil, add agar-agar & stir till dissolved. Pour into a mould, rinsed with cold water & add fruit when partially set. Cool when jelly has set & serve.

PIES & SWEETS —

FRUIT FLAN — Make a crust of oat flakes, WW flour, oil, salt, chopped raisins & nuts. Press into pie dish. Bake till golden brown. Chop any fruit & lay into crust. Make a syrup of water & honey, thicken with arrow-root. Bring to a boil. Pour over fruit & chill.



YOGHURT FLAN — In a bowl, mix oat flakes, salt, chopped dates, & oil for the crust. Moisten slightly & press into tin. Make a filling of pre-cooked brown rice, goats' milk yoghurt, chopped apples, & cinnamon. Chill & serve.

GOOSEBERRY & APPLE CRUMBLE — In a bowl mix oat flakes, a pinch of salt, & oil. Add chopped apples, gooseberries, & a handful of currants. Mix together & moisten a little. Press into a baking dish & sprinkle with nuts. Bake until golden brown.

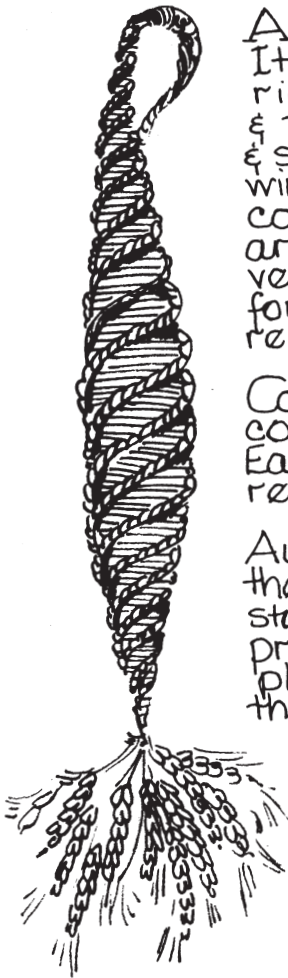
VANILLA ICE CREAM — To $\frac{2}{3}$ cup apple juice, add 1" piece vanilla pod, $\frac{2}{3}$ cup cooked rice, 2 beaten eggs & $\frac{1}{4}$ tsp. sea salt. Bring to a boil whilst stirring & simmer 5 minutes. Cool & puree the mixture until smooth. Press through a fine sieve to remove any remaining pieces of rice or vanilla pod. Add $\frac{1}{4}$ c oil (sunflower is best), $\frac{1}{4}$ tsp. cinnamon, & enough apple juice to make $4\frac{1}{2}$ cups. Chill. Fruit may be substituted for second amount of apple juice. You can also add raisins, almonds, etc.

• COOL SUMMER DRINKS •

- * Using chilled grain or soya milk, mash strawberries & beat vigorously with the milk.
- * Chilled grain coffee or bancha tea.
- * Brew herb teas as usual & chill. Mu tea is lovely cold & may be mixed with apple juice.
- * Umeboshi Juice — Boil one or two umeboshi plums in a quart of water about 15 min. Chill.
- * Roast wheat or barley in a dry pan. Boil with water to make a tea & chill. Barley makes a nice tea unroasted.
- * APPLE TEA — Make an infusion by pouring boiling water onto chopped apples. Steep.
- * Cool home-made malt beer! (see wines & beers.)

If you have chilled drinks they should not be drunk too cold, as they will freeze your intestines.

AUTUMN



Autumn comes in a wave of gold & brown. It is a time of hard work, for the fields, rich & heavy with grain, have to be reaped & the harvest taken in. Hay has to be made & stacked to keep the animals through the winter — and all this before the rains & cold weather begin. But whilst the days are still long & sunny, a rich array of vegetables, nuts, & fruits are gathered for the harvest festival — a time of rejoicing & feasting.

Corn dollies, made from the last sheaf of corn, symbolized the embodiment of the Earth Mother, and festivities & rituals revolved around her.

Autumn is also a time for preparing for the winter like all sensible animals do — storing fruits & vegetables, making jams & preserves, & laying up plentiful supplies for the cold days ahead.

PUMPKINS

They are related to the marrow family, grow similarly & come in all shapes & sizes & colours.

They are usually bright orange or green in colour, with a lovely sweet taste & can be used either in savoury or sweet recipes. Try simply chopping in small pieces, sautéing till soft, & serving with grains.



If pumpkins and marrows are organically grown, they need not be peeled.



PUMPKIN SOUP — Chop & sauté pumpkin, using a little water, till soft & mushy. Puree in a blender or mouli with as little water as needed to make a thick soup. Fried onions can be added. Salt to taste. If you use a green, skinned pumpkin, this soup will be an amazing colour.

BAKED STUFFED MARROW — Take a large marrow & slice it lengthwise. Scrape out seeds, scoop out a hollow & save the insides. Oil hollow & bake until soft. Meanwhile, chop a clove of garlic, two onions, & sauté, adding any other vegetables, sprouts, or any grain desired. Stuff marrow halves & sprinkle with bread crumbs or chopped nuts or make a sauce. Bake until well done & browned on top.

BAKED MARROW IN RICE CREAM — Chop a marrow in 1" sized pieces. Bake in the oven with a little water in a covered pot. Prepare unroasted rice cream (see breakfasts). When the marrow is soft, pour on the cooked rice cream, salt, & season. Bake 15 minutes.

MARROW SALAD — Boil $2\frac{1}{2}$ c water & pour over 1 c bulgur or cracked wheat. Let stand till fluffy. Cool. Chop a marrow in 1" sized chunks. Sauté with chopped scallions, one clove of garlic, celery, & parsley. Add to bulgur, season with thyme, & salt to taste. If desired, 3 ears of corn, scraped off the cob, may be added.

CORN-ON-THE-COB — Boil ears of corn for six minutes until tender. Make sure the water is boiling before adding the husked corn. Eat while hot, with tamari, right off the cob. Better yet, leave in the husks or wrap in tin foil and bake in an open fire.

SUCCOTASH — American Indian Recipe. Scrape kernels off cob after cooking, & add to lima beans or your favourite kind of beans.

CORN MUFFINS — Make a thick batter of freshly ground maize flour, salt, & water. Boil ears of corn. Cool. Scrape off & add to batter. Bake until golden brown.

VEGETABLE STEW ~ Simply chop into large pieces any of your favourite vegetables from the rich variety available this season. Fill a solid heavy pot with them, add just enough water to prevent them from burning, & simmer gently for an hour or so with a lid. Check occasionally & add water if necessary. Dilute a little miso in water, & add to the stew when vegies are very soft. Many other things can be added to the stew, seaweed, barley, left-over grains...

DESSERTS

APPLE CHARLOTTE ~ Lay bread crumbs or slices of bread, sliced apples & sultanas, a pinch of salt & a little water alternately in an oiled baking tin. Finish with a layer of bread crumbs & nuts. Bake until golden brown.

APPLE CRUMBLE ~ Lay slices of apples, sultanas or raisins, roasted nuts, cinnamon, & a little water in an oiled baking dish. Make a crumble out of oat flakes & a little flour. Add a little salt, mix, then distribute a generous amount of oil throughout the mixture, rubbing in well with the hands. Lay the crumble on top of the apples & bake in a hot oven till golden brown.

STUFFED APPLES ~ Core apples, leaving a little core intact at the bottom. Stuff with a mixture of roasted nuts, dried fruit, tahini, & salt. Bake till soft. Alternatively, wrap stuffed apple in pie dough & bake until crisp.

BLACKBERRY CRUMBLE ~ Make a dry crumbly mixture of oats & salt. Work in a little oil with your hands, & moisten with just enough water to press half the mixture into a tin. Make a thick layer of blackberries & top with the crumble. Press firmly & bake until golden. Any other seasonal fruits can be used.

GRANNY'S PUMPKIN PIE ~ Make a basic pie crust adding some raisins & chopped nuts. Put into an oiled pie tin & bake lightly. Make a filling of pureed, sautéed squash or pumpkin, a little honey, 2 T tahini, & cinnamon, nutmeg, allspice, & cloves. Decorate with nuts & raisins. Bake 30 min.



STORING VEGETABLES

Onions can be plaited & hung up.
 Root crops: carrots, beetroots, turnips, parsnips, swedes, etc. can be stored in dry sand or peat. A box can be used with a layer of sand, a single layer of roots, another thin layer of sand & so on until the box is filled.

CLAMP — They can also be kept in straw in the garden. In a dry spot, put a layer of straw, then heap the roots in a cone shape or, if a large quantity is stored in a ridge about 3 feet wide at the bottom. Cover with about 9" of straw, with the straw all going one way. Dig a trench all around & turn the soil onto the straw until the heap is covered with 9" of earth. Pat down smoothly & clear trench to allow water to run away from clamp.

Marrows, Squashes, & Pumpkins can be hung in nets from the roof.

Peas & beans can be left to dry in their pods or on the plant, or podded & layed out to dry. Kernels can be scraped off corn & allowed to dry.

Maple leaves have a preserving effect when used in layers with apples or vegetables.

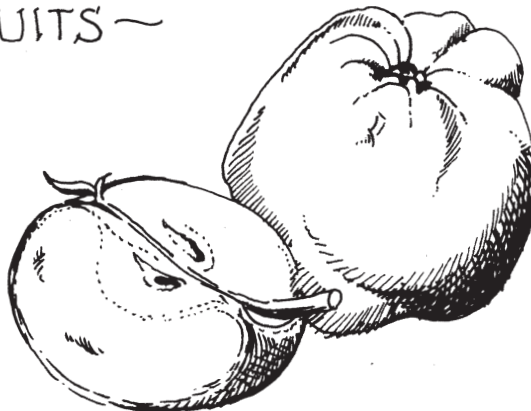
This is the time of year to pick & dry your herbs. Hang in a warm dry place in the dark, if possible, & when dry, seal tightly in a jar. Store in a cupboard or a dark place.

Rosehips, found this time of year & throughout the winter can be used to make tea after drying, — or fresh, they can be made into rose-hip jam.

DRYING APPLES & FRUITS ~

Apples can be dried quite easily by removing the core & slicing into rings, about 1/2" thick.

Dip into salt water & string up in the kitchen to dry. When they are dehydrated, store in jars for many uses.



You can experiment with other fruits: pears, plums (firm, but ripe.), cherries, gooseberries, etc.

If the fruit is subject to dampness or is slow to dry, it may be dried in a very low oven. The best way is to pre-heat the oven, then turn it off. Herbs may be dried in this way as well.

Marrows can be sliced & hung up & dried in this way & you can experiment with other vegetables too.



Mushrooms can be threaded onto a string with knots in-between, like well-spaced beads, & hung in a dry place or over a radiator or stove.



Green beans can be threaded on a string to dry, but pick them when young. To use them, soak until they have swelled to their original size, then cook until tender.

Any green, leafy vegetables, spinach, cabbage, kale, parsley, etc. can be dried in the same way you dry herbs. Hang in small bunches or string up each leaf individually. When thoroughly dried, crumble a little & store in jars. May be added to soups, stews, etc. throughout the winter.

PRESERVING

Here are a few ways to preserve fruits & wild berries when they are in season & in abundant supply.

Apples & plums contain natural pectin, & i have found that in following any jam recipe, adding $\frac{1}{3}$ of chopped apples to any fruit will thicken it.

A BASIC JAM RECIPE ~ Take any fruit or berries in season, chop if necessary (adding $\frac{1}{3}$ the quantity of apples or plums), and add just enough water to prevent burning. Bring to a boil. Simmer gently for one hour or so, stirring frequently. An asbestos pad is useful to prevent burning. Add just enough honey to take away the sourness, & simmer slowly, whilst stirring, for $\frac{1}{2}$ hour longer. If it is not thick enough, you can strain off a little juice (& drink it), or make it thicker by adding kuzu or arrowroot (diluted). Sterilize kilner jars & lids & fill $\frac{1}{2}$ " from the top. — Seal tightly.



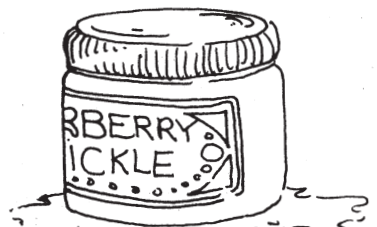
APPLE SAUCE ~ Slice & core apples — a sweet variety is better as added sweetening will not be necessary. Do not peel. Add a little water & simmer gently, stirring frequently, until apples become soft or like a purée, depending on the consistency you want. Add more water if necessary. Eat as a sweet or store in kilner jars & use throughout the winter for filling pies, making sweets — sprinkle with roasted nuts, add raisins, etc.

APPLE BUTTER — Simply continue to cook apple sauce until it becomes a rich brown colour (an asbestos pad may be useful). Stir it constantly towards the end to prevent burning. Add spices such as cinnamon, ginger, allspice, or coriander to taste. Simmer 5 minutes & seal into kilner jars. Use as a spread for bread or sweetening porridge.

CHUTNEY — Apples, dates, Marrows, onions

Chop ingredients — simmer together in a little cider vinegar, stirring until they become soft. Add a pinch of ginger, allspice, coriander, turmeric, & salt. Store in sterilized kilner jars.

ELDERBERRY PICKLE — 1 LB. Elderberries
 1 T Honey
 1 small onion
 1/2 tsp ground ginger
 1/2 tsp mixed spice
 1/2 pint apple-cider vinegar
 pinch of salt



Wash berries. Take away stalks & mash well. Put ingredients into an enameled pan. Bring to a boil, cook slowly till thick, stirring frequently. Bottle into sterilized kilner jars. (NORTHUMBERLAND)





"When icicles hang by the wall
And Dick the shepherd blows his
nail,
And Tom bears logs into the hall
And milk comes frozen home
in pail;
When blood is nipp'd and ways be fow
Then nightly sings the staring owl,
To-whit!
To-who! a merry note,
While greasy Joan doth keel the pot."

WILLIAM SHAKESPEARE

WINTER

Winter is a time to get warm by the fireside. The land is bare & cold & little is growing. Nature is sleeping & gathering energy for the spring, & all her creatures are warm in their holes with their stores for when they wake up feeling like a feast.

We too use winter as a time to regenerate, going out less & doing all those things that the busy days of summer made it difficult to do — reading, knitting, working at crafts, etc. But we should enjoy winter, the exhilaration of walking & playing in the cold refreshing air, & coming home happily to warmth & tea by the fire.

WINTER SOUPS

MISO SOUP — Is one of the most basic of all our soup recipes. It is strengthening & warming; a nutritious soup which can be eaten every day in winter with amazing results. It builds up your resistance to the cold.

Miso soup can be made simply with onions, carrots, & cabbage, or any other vegetables. Whole brussel sprouts & cauliflowerettes are delicious in it.

In a heavy pot, sauté the vegetables in a little oil for a few minutes. Rinse some wakame or dulse seaweed in water, chop in small pieces & add to the vegetables. (Sprouts or cauliflower do not need to be sautéed & can be added now.) Pour on water just to cover the vegies & simmer 5 minutes. Now add as much water as desired to the soup, & simmer for about 20 minutes. Puree some miso in a little of the liquid from the soup & add. Let the soup stand for a couple of minutes after adding the miso, but do not boil, as this will destroy valuable enzymes which miso contains.



WINTER CABBAGE

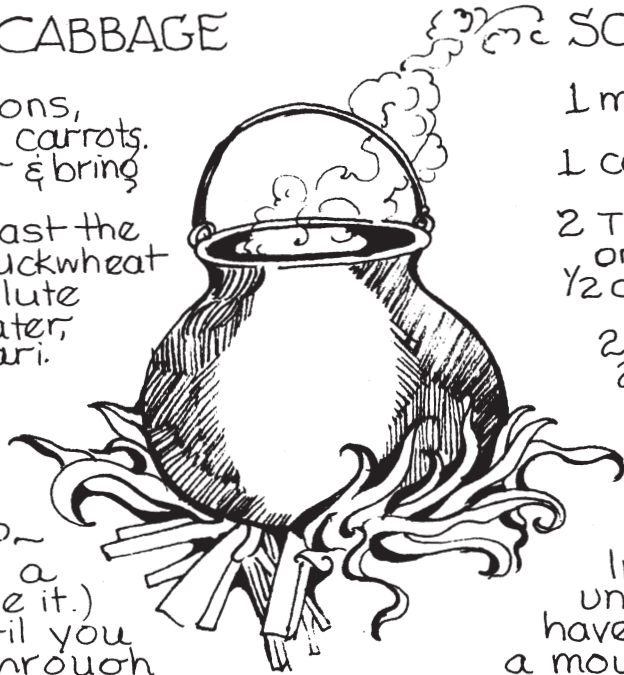
Sauté onions, cabbage, & carrots. Add water & bring to a boil. Lightly roast the flour & buckwheat groats. Dilute in $\frac{1}{3}$ c water, salt, & tamari. Simmer for one hour.

CARROT SOUP~

carrots in a (if you have it.) Blend until you or pass through water & a pinch of thyme. Bring to a boil and simmer. This soup should be quite thick. To thicken if too thin, roast a little WW or rice flour in oil till browned, dilute in water & add. Roasted sesame seeds are tasty in it & you can add pieces of carrots, cooked, but not blended. Make croutons by roasting small pieces of bread in oil till crisp. Place some in a bowl & pour on soup. Top with a little parsley & roasted sesame seeds.

LENTIL SOUP~ Wash one cup of split red lentils thoroughly & add to 6 cups of water. Bring to a boil, being careful not to let it boil over, & simmer gently. After a half-an-hour, sprinkle in a handful of oat flakes & stir to give body to the soup, especially if too thin. Chop & sauté some onion & add, with salt, towards the end of cooking. Serve with chopped parsley.

Thick lentil "dahl" is an Indian dish made by using less water. When soft, the lentils can be put through a blender or mouli. Dahl is very good flavoured with a little miso.



SOUP~

1 medium cabbage
1 carrot, finely diced
2 T WW flour or rice flour
 $\frac{1}{2}$ c buckwheat groats
2 onions
2 T oil
5 c water
3 T Tamari
 $\frac{1}{2}$ tsp. salt

Sauté the little oil (sesame) until very soft. have a puree a mouli. Add

PEA SOUP — Soak dried whole or split peas overnight. The next day, cook in the soaking water till tender. Sauté two onions, add to soup & cook 1/2 hour. Add 2 T tahini & salt & simmer till creamy. It can be blended.

THICK BEAN SOUP —

<p>Soak soybeans, barley, & wheat overnight. Put in a large kettle & add onion, garlic & bay leaf. Bring to a boil & simmer two hours. Add seasoning or herbs if desired. Add split peas & lentils. Cook until tender & add salt. Add shredded Kale & tamari to taste.</p>	<p>1 c soybeans 1 c whole barley 3/4 c cracked wheat water — sea salt 1 clove garlic, chopped 1 onion, chopped 1 bay leaf 1 c mixed split peas & lentils 2 c shredded Kale</p>
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GARLIC BREAD is delicious with soups or anytime at all. Chop garlic cloves finely or crush & add to a little oil. Brush on thick slices of WW bread & toast in the oven until golden or slice a loaf, oil the slices well & place the loaf back together & bake in a bread tin. Your favourite herbs can be added to the oil too.

SAVOURY RECIPES

KASHA LOAF — Kasha is roasted buckwheat. Mix cooked kasha with some cooked rice or left-over grains. Chop onion & parsley & mix in. Add some water & tamari generously, flavour with sage & add a little WW flour to hold it together. Pour into an oiled baking dish, & bake at mark 3 or 4 till done (about 1 hour.) Serve in slices. Tastes like shepherd's pie.

BUCKWHEAT ROLLED IN CABBAGE LEAVES-

Cook buckwheat. Add sautéed onions, sunflower seeds, salt, & 1 tsp caraway seeds. Steam 12 cabbage leaves. Put 3 T buckwheat on each leaf Roll. Bake 15 minutes. Serve with bechamel sauce.

BUCKWHEAT-MISO STEW — The best winter stew to warm you through & through. In a heavy pot, sauté some of your favourite vegies until fairly well-cooked. Add enough water to make soup, bring to a boil & simmer gently. Add some roasted buckwheat & allow to cook for at least 20 minutes. The stew should be thick & mushy. When the buckwheat is cooked, place a generous amount of miso in a bowl, take a little of the stew & mash it well with the miso. Add this to the stew but do not let it boil. Adjust the amount of miso to taste.

BUCKWHEAT CROQUETTES — Mix left-over buckwheat with any left-over beans, cooked vegies, fried onions, etc. Add a little WW flour & water, if necessary, to hold the mixture together. Form into balls, press flat, & fry thoroughly in a little oil, on both sides till browned. Add a few drops of tamari when nearly cooked.

WOODLAND CASSEROLE — 6 oz. chestnuts, pre-cooked & cut into coarse pieces; 2 leeks, cut into rings; 2-3 stalks fresh garlic, chopped, (or) 1 clove garlic & 2 spring onions, chopped, 6 oz. fresh or dried mushrooms, (soaked, if necessary.).

Fry leeks in a little oil, add garlic. Add mushrooms & cook 5 minutes. Add chestnuts & salt. Put vegies in a casserole, make a bechamel sauce with rice flour & pour over the vegies. Bake uncovered at 400° for 1/2 hour.

HOME-MADE NOODLES — 1/2 c WW flour
1/2 c Buckwheat flour
1 organic egg
Put the flours in a bowl. Add a little salt & mix well. Break in the egg & stir. Add flour slowly & enough water to make a firm dough. Knead well. Roll out thin. Dust with flour & roll round a chopstick. Take out the stick & slice across into thin strips. Drop into salted boiling water. Simmer 10 minutes. Drain & rinse in cold water. Use left-over water for soups or bread.

BAKED BEANS ~ Soak haricot beans overnight & cook until tender with enough water to make 2 cups of juice. Add 2 T miso, 1 T molasses, & 1 T tamari to the juice. Chop onions, carrots, & apples in cubes sauté, & add to the mixture. Salt the beans to taste & bake an hour or more in a hot oven.

ARTICHOKE PIE ~ Sauté red cabbage in a little oil. Sauté 1 onion, chopped, & Jerusalem artichokes for 10 minutes. Add 1 cup of water & simmer gently till very soft. Dilute unroasted rice cream in a little water & add to the vegies. Stir well & cook for 15 minutes. Add tamari while cooking. This can be used as a thick, creamy filling for a pie.

BAKED BEETS ~ 6 fresh beets. Simmer in 2 c water till tender. Slice into a casserole. Mix 1/4 c flour with 3 T oil and 1 tsp. salt. Stir in beet juice & cook until thick. Pour over beets & bake 20 minutes.

BEEF BREAD ~ 1 c beets, (cooked).
1/4 c beet juice.
Blend or mash these well.
Mix together: 1/4 c soy flour,
1/2 T salt, 5 c WW flour, 1/4 c oil,
1 T yeast dissolved in 1/4 c water,
1 T dried parsley, 1/4 c sesame seeds,
& 2 T honey. Add beets. Follow yeasted bread recipe. Bake at 375° ~ 50 minutes.



SPROUT-BURGERS ~ 1 cup sunflower seeds - (sprouted)
1 c brown rice
1/2 c tahini-miso sauce
1 c sautéed onions
1/2 c WW flour
salt - 1/2 tsp basil

Mix together.
Shape & fry in oil on both sides until browned.
On the next page is an easy way to make sprouts.

SPROUTS

Sprouts are a most economical & nutritious winter vegetable. You can sprout many seeds, grains, & beans. Among these are: wheat, sunflower seeds, whole lentils, mung beans, (chinese bean sprout), alfalfa seeds, & chick peas.

Alfalfa is an ancient cultivated grass. "Al-fal-fa" meaning "father of all foods."

There are numerous ways to sprout seeds, but the easiest way I have discovered is to use a Kilner jar with a screw-on outer lid. Lay some cheesecloth or screen over the jar to fit, screw on the rim, & use as a sieve to wash & drain the sprouts.

In your sprout jar, put:

2 T seeds
& enough water to cover —
Soak in a warm, dark place overnight, or until they barely begin to sprout. Then drain. Rinse & drain thoroughly 3 to 4 times every day.

When they are 1"-2" long (depending on the kind of seed,) place in the sunlight for a few hours to absorb chlorophyll from the rays. Use in salads, sandwiches, or sautéed with other vegetables.



Sprouts will keep in the refrigerator for a day or two without further growth.

If your water is heavily chlorinated, it may be better to boil it for awhile & let it cool & then use it for all your sprouting.

Wheat sprouts are good & are a wholesome ingredient when making whole-wheat bread.

* When draining the sprouts the first time, do not throw the water away. Drink it or use it in soups, etc. as it contains a lot of goodness.

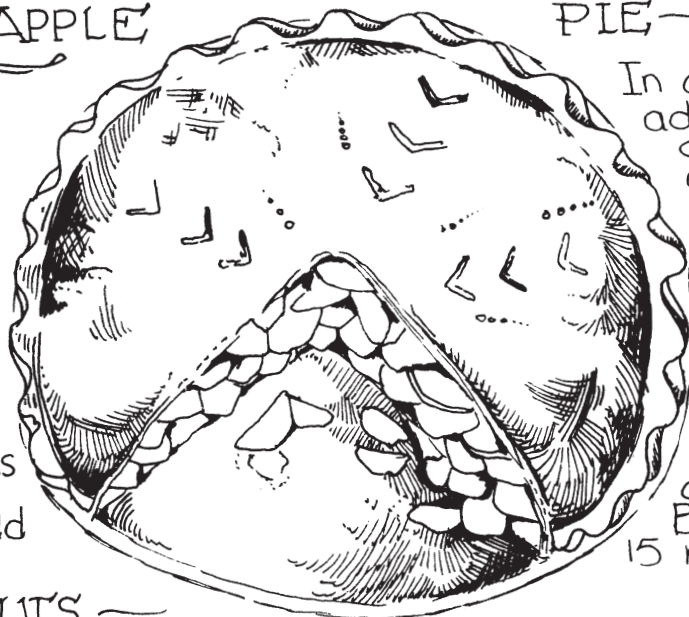
▷..... ~~~~~ SWEETS ~~~~~ ◁.....◁

APPLE-CARROT PIE ~ Follow the basic pie crust recipe, but substitute strong peppermint tea, chilled, for the liquid. For the filling, combine apples, chopped, (with the peelings on), 1 c carrot juice, (or) 1 c boiled & mashed carrots, 3 T apple butter, (see recipe), a pinch of salt, 1 tsp. cinchamon, 1 tsp. coriander, 1/2 c chopped almonds, & 1/3 c currants. Top with a crust, if desired, & bake at 400° 35-45 minutes.

ADUKI-APPLE

Make a flaky pie crust & roll out thinly. Bake until lightly browned.

Pre-soak & cook aduki beans until tender. Add salt.



PIE

In a bowl, add apples, chopped, currants, chopped nuts, to the aduki beans. Put the filling into the pie crust. Bake 15 minutes.

CHESTNUTS

Cut a slit in each chestnut (otherwise it will explode) & bake in front of a hot fire or under a grill or in the oven.

BOILED CHESTNUTS ~ Cut a slit & boil the chestnuts till soft.

CHESTNUTS IN DESSERTS ~ Use boiled, peeled chestnuts or dried chestnuts that have been soaked & simmered till soft.

APPLE & CHESTNUT PIE ~ Make a pie crust and partially bake. Cook chestnuts till very soft & puree until smooth. Chop & simmer apples in a little water & mix with chestnut puree. Fill pie crust & bake till edges are golden.

KASHA CAKE — In a bowl, mix WW flour, oat flakes, rice flour & raw buckwheat groats. (You may roast them lightly.) Add a pinch of salt & some cinnamon & ginger. Add some currants & lightly toasted cashew nuts. Mix well.

To the dry ingredients, add a little oil & mix well with your hands. Add some water, just enough to moisten the mixture, so it can be pressed into an oiled baking tin.

Bake quickly until browned on top in a hot oven. (Do not add too much liquid as it should be crisp & crunchy.)

PUMPKIN PIE — (Savoury) Chop pumpkins into large chunks & steam until tender, so it can be mashed easily with a fork or in a sieve.

Make a pie crust using sesame seeds. Place crust in a pie tin & bake lightly.

Make a filling with two sautéed onions, chopped in small pieces, add this to the pumpkin puree along with 2 T tahini, a pinch of nutmeg & salt.

Pour into pie crust & decorate the top with chopped nuts.

Bake until golden brown on top.

PUMPKIN BREAD — Cook pumpkin as in the previous recipe & mash well. Make a thick batter of WW flour, salt & water. Add pumpkin puree, 1 beaten egg (optional), & a little oil. Stir well.

Add a pinch of cinnamon, nutmeg, cloves, & allspice.

Add raisins or currants & chopped nuts. Stir & thicken with enough flour to make a very thick batter. Spoon into oiled tins & bake until done in the center & golden brown on top.

(The egg white may be separated & beaten until fluffy & added at the end to create lightness.)

YULE-TIDE

Christmas is traditionally a great time of feasting. Its fun to feast & overeat at times like this but its important to give a little thought to using good quality ingredients. This can make all the difference in how you feel in the days to follow.

MINCE PIE ~

4 c apples, in chunks
 2 c chopped walnuts
 1/2 c miso
 1 T orange juice
 2 c sultanas
 3 c water
 1 T orange rind,
 grated
 3 T arrowroot flour.

Let sit for a day before tarts & baking.

Place apples, sultanas, nuts, & water in a pot & simmer, covered, for 3 to 4 hours. Puree miso in 1/2 c of liquid from this & add to pot. Cook 15 minutes.

Dilute arrowroot in a little cold water. Add orange juice & peel. Cook, stirring, until the arrowroot is clear.

filling pie crusts or

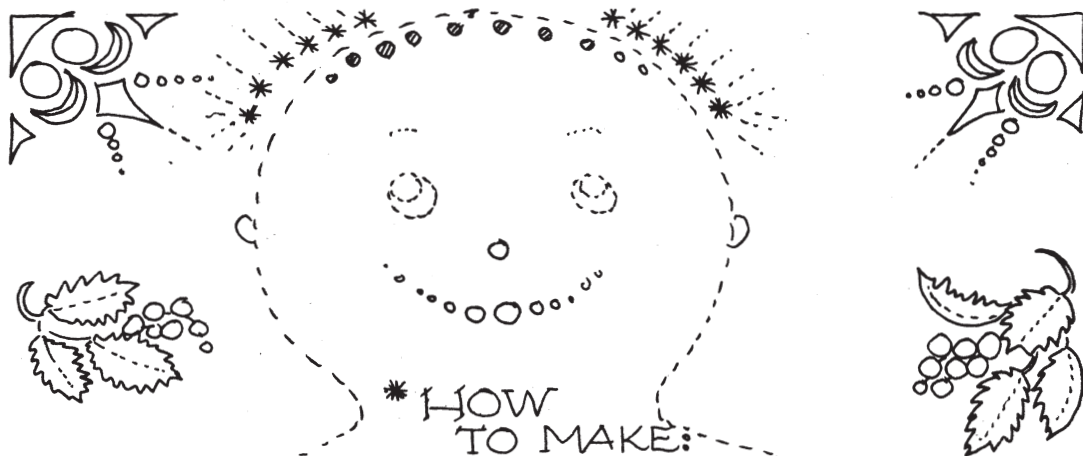
CHRISTMAS PUDDING ~ (DOUBLE RECIPE)

4 oz. flour
 8 oz. WW breadcrumbs
 8 oz. currants
 8 oz. raisins
 8 oz. sultanas
 4 oz. mixed peel
 1 oz. ground almonds
 4 eggs (free range, organic)
 rind of 1 lemon (grated)
 1/2 tsp. ground ginger
 1/2 tsp. mixed spice
 1/2 tsp. cinnamon
 salt
 pinch of grated nutmeg
 1/2 pint barley wine or guinness or homemade beer or wine
 8 oz. oil

Sieve all powders—
 Add breadcrumbs & fruit.
 Beat eggs & add.
 Add liquid & mix very well. You can add a little brandy. Pour into basins. (2 - 1 1/2 pints).

Cover with greased paper & cloth. (Secure.)

Steam for six hours in a saucepan half full of water. Use a lid. Steam a further two hours before you eat it.



* HOW TO MAKE:

* GINGERBREAD MEN:

Mix together: $\frac{1}{2}$ c oil, $\frac{1}{2}$ c honey,
 $\frac{1}{2}$ c water.
 Stir in enough WW flour to make a thick batter. Add 1 tsp. salt,
 1 tsp. allspice
 1 tsp. ginger
 $\frac{1}{2}$ tsp. cloves
 $\frac{1}{2}$ tsp. cinnamon.

Bake at 350° 15-18 minutes.
 Add more flour to make a stiff dough. Chill. Roll out very thick ($\frac{1}{2}$ ") Make a cardboard cut-out like this & cut around cookies. Decorate with raisins, currants, & nuts for eyes, etc.



* DECORATING THE TREE:

* Hang the gingerbread men on the tree after baking, & nibble on them when you're hungry.
 Make strings of popcorn & berries, nuts wrapped in silver foil, apples & oranges.

* Fill a child's stocking with apples & pears, raisins, peanuts, cookies, & home-made cake for a little bit of joy!

WINE & BEER MAKING

"Pity the nation that wears a cloth it does not weave,
eats a bread it does not harvest,
& drinks a wine that flows not from its own winepress."

KAHIL GIBRAN

Most beers and wines these days are brewed hastily with chemicals. For special celebrations it feels so good to go to your cellar & bring out some home-made grain beer, or blackberry wine made without sugar, & to make merry with your friends. What a wonderful feeling to get a little bit drunk on a wholesome brew.

"The meaning
of life
is the
celebration
of it."



MILD ALE — 1 LB. Malt Extract

$\frac{3}{4}$ oz. hops

1 tsp. granulated yeast

1 gallon of the best water.

Malt is produced by sprouting barley & then roasting it. In sprouting, the starch in barley is converted into maltose. Sweet malt extract is produced from this & feeds the yeast, allowing fermentation to occur. The hops I prefer are called Goldings — they have a full-bodied smell & taste & make excellent beer.

A clean stone jar or plastic bucket is needed for fermenting the beer, & screw top beer bottles in which to mature the beer are essential, for pressure builds up in the bottle & air must not be allowed to escape, or bacteria enter.

METHOD — First warm the jar of malt so that it will pour cleanly into the fermenting vessel. Add a quart of tepid water & stir until malt is dissolved. Meanwhile, put $\frac{7}{8}$ of the hops into a clean muslin bag, place this in one quart of boiling water & boil 10 minutes.

Strain the liquor onto the 'wort' in the jar or bucket & repeat the process twice more. The remainder of the hops should now be placed in a muslin bag & added to the wort.

Cover the vessel against dust & when cool add 1 tsp. granulated yeast. Fermentation is so vigorous that an airlock is unnecessary & undesirable, but keep it covered with a cloth. In a day or so, spoon off the froth on top. Leave to ferment for at least a week. When no more activity occurs siphon off the beer into clean bottles to within 2" of the screw top. Add not more than 1- $\frac{1}{4}$ tsp. honey to each quart & screw the lid on very tightly. Too much honey will cause the beer to explode or be too frothy to pour. Too little will make it flat & lifeless.

Beer can be used after 10 days. Pour gently into a jug — all in one go so as not to disturb the sediment.

"APPLES ARE RIPE
NUTS ARE BROWN
PETTICOATS UP
TROUSERS DOWN." ANONYMOUS

DRY CIDER — Use sour apples eg. a good mature cooking apple. Leave in a warmish place for several weeks until they begin to soften. Chop & pound into a pulp. Strain through muslin, pressing hard to extract all the juice. Keep in a warm place & allow to bubble. When bubbles rise to the top & the sediment drops, put into a cask. Cover tightly. Leave for 6-7 months in a cool place. Strain & bottle. Untried

PERRY — The same recipe as above, using firm, but juicy pears. Untried

MEAD — The best mead is kept for several years before being drunk.

1 gallon water
3 lbs. honey 1 oz. yeast (mead yeast, if obtainable)

Boil the water & let cool to approximately 130° F. Pour over the warmed honey & stir. Cool & add yeast.

Leave in a warm place to ferment. When fermentation ceases, leave in a cool place for 2 weeks. Siphon into a clean jar or cask. Store for 6 months, then strain into bottles. Untried

COWSLIP MEAD — To every gallon of water, allow 2 lb. of honey; boil for 3/4 of an hour, skimming well. Take one pint of the liquor & add 1 large lemon. Pour remainder into an earthenware bowl & put in one gallon of cowslip heads, stir well, cover, & set in a warm place 24 hours. Stir in lemon liquor, 2 sprigs of sweet brier (optional) & 1/4 oz. yeast (dissolved in a little honey). Set it to work for 4 days, then strain it into a cask. Keep in a cool place for 6 months. Bottle. Untried (NORTHUMBERLAND)

HERBAL REMEDIES

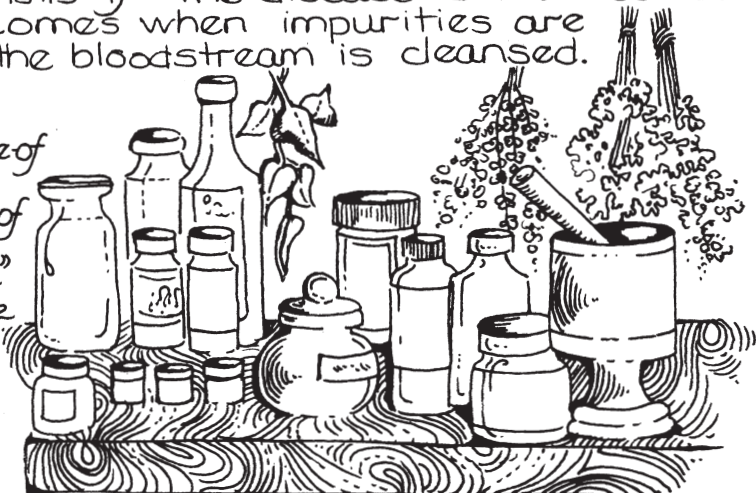
The healing virtues of herbal medicine reveal the wondrous works of Mother Nature.

Our body chemistry is still internally tuned to the rhythms of nature. Manmade substances do not get to the root of the problem, they only relieve the symptoms. The pain works like a barometer, to tell us we are under the weather physically.

Mental & physical disease go hand in hand. Constructive thoughts are vital to re-energize the body's life force. Negative emotions can cause serious ailments & dissipate energies.

Herbs eliminate poisons almost immediately through the intestines, skin, kidneys, & sometimes through the tonsils if the disease is more serious. True healing comes when impurities are eliminated & the bloodstream is cleansed.

"...& the fruit thereof shall be for meat, & the leaf thereof shall be for medicine..."
EZEKIAL 47:12



THY FOOD SHALL BE THY MEDICINE

HIPPOCRATES

Herbs are a preventative rather than a cure. Eating healthy wholesome foods & avoiding the unwholesome inorganic substances one finds on the market, is the best medicine of all.

Food either cleanses or clogs the system, degenerating it to a degree where a cure cannot be immediate.

INFUSIONS — Pour a pint of boiling water over an ounce of the herb, steep for 15-20 minutes — Strain.

* Always use a lid in preparing as the invisible healing powers that arise in the vapours will evaporate.

DECOCTIONS — Half an ounce of the root is simmered with one & one-half pints of water till the liquid is reduced by a third.

DOSES —: Wineglassful for adults.
Tablespoonful for children.

OINTMENTS — Heat vaseline in a pan, stir in ingredients. Leave for 1-1½ hours over low heat. Strain while hot into containers.

RECIPE —: 4 oz. herb (dried)
6 oz. vaseline
1 oz. beeswax

POULTICES — External applications of the herb as hot as can be borne & changed every fifteen minutes.

FOMENTATIONS — Towel dipped in an infusion or decoction & wrung out, applied hot & then cold alternately to the painful area.

The body contains within itself the power to heal. Herbs merely enable it to get into harmony with its internal chemistry. The medicines in herbs are derived from the cosmic forces of sunlight, moonlight, & starlight, from the wind, rain, & dew, & the earth's crust.

Man is the crown of creation but still suffers from all kinds of sicknesses. The other creatures of nature's kingdom still roam the earth in strength & vitality, embraced in the bosom of Mother Nature.

Domestic animals & untamed creatures of forest & field seek out some particular herb when their organisms are suffering from sickness. Nature has wisely implanted a definite instinct in them that man seems to have lost through becoming civilized.



CAMOMILLE



STINGING NETTLE



You may like to experiment with these everyday herbs & plants easily found on every kitchen shelf, or growing abundantly on hills, in woodlands & meadows, & along the wayside.

A book from your library is essential with the identification of wild plants, especially the more obscure varieties.

With a deeper study of their individual properties & uses, you can heal yourself with nature's botanical medicines.



DANDELION

ANGELICA* — (the root & seed is used.)
It is a good tonic for stomach trouble, gas, colic, colds, & fever. Loosens mucous from the chest. Root is chewed to improve the breath.

ANISEED — Good remedy for colic in infants.
Expels gas from the stomach.
Removes nausea. Aids digestion.
(The seeds should be bruised before making infusion)

BASIL — Cleansing & comforting. Good for suppressed menstruation, excessive vomiting, & nervous tension.
(For childbirth:) Expels afterbirth.
External: Soothing on insect bites.

BURDOCK — Decoction made from the roots & seeds purifies the bloodstream, cleanses & eliminates impurities & poisons quickly.

BORAGE — Relieves affections of the chest & lungs. Has a good effect on the glandular system. Valuable used in hepatitis
Expels poisons. Reduces fever.

BLACKBERRY — Infusion of the leaves or decoction of the root is good for diarrhea.
Fruits & flowers are very binding.
External: Healing to open sores & wounds.
Helps the piles, inwardly & outwardly.

CARAWAY — Stimulates the appetite.
Gives relief of upset stomach, gas.
External: A poultice of caraway seeds is an effective cure for anything to do with the ear.

Babies: For colic.
Nursing Mothers: Promotes secretion of milk.

CHICKWEED — Excellent in coughs, colds, sore throat, rheumatism. — Cleanses blood.
External: Healing & cooling. Dissolves tumours, boils, haemorrhoids.

*Unless otherwise stated; use an infusion of the leaves for these herbs.

CHAMOMILE — Good for indigestion, stomach pains, nervousness, fevers, & womanly disorders. Promotes menstruation. Promotes sleep, when mixed with rosemary or elder. Babies: Good when teething.

COLTSFOOT — One of the best herbs for lung & chest troubles. Loosens phlegm. Healing in stubborn coughs.

COMFREY — Internally, helps soothe coughs, sinuses, & asthma. Good for diarrhea & dysentery. External: Fomentation relieves pains & swellings, malignant growths, ulcers, boils, & eczema. Ointment heals cuts, burns, & bites.

CORIANDER — Good stomach tonic. — Expels gas from bowels.

CINNAMON — Reduces fever. Disinfects. Good for cleansing wounds. Used for diarrhea, colds, chills, & infections. Tea, at the beginning of the mumps, will reduce its potency & prevent complications.

CATNIP — Invigorating & strengthening. Quiets the nervous system. Soothes pain, fevers, colic, colds. Relieves gas. Children: Relieves the pain of mumps. Soothing for irritability & colds. Externally: Good for enemas, especially in children. Hot foot bath using catnip tea is good for colds.

CAYENNE — Antiseptic. Stimulating to the circulation, bowels, & secreting organs. Used in indigestion & chills. External: Good for toothache. Clean out cavity, place cotton saturated with oil of capsicum into it.

DANDELION — A mild & wholesome tonic. Purifies the blood. Destroys acids. Good for anemia, kidney & liver troubles.

ELDER — Excellent for headaches & colds.
Cleanses the bloodstream. Upon arising,
drink a cupful of tea made from the blossoms
as it purifies the whole system.
Nursing Mothers: Externally, apply a warm ointment
made of elderberry blossoms, on painful, caked
breasts when the milk is coming in. —

EYEBRIGHT — To improve & preserve the eye-
sight. Bathe eyes to clear &
strengthen. Wondrous for inflamed, sore eyes & lids.

FENNEL — Relieves gas. Eliminates poisons.
Excellent to increase menstrual
flow. Good for cramps.
Children: Hot infusion is good for stomach-aches.

FENUGREEK — Soothing to inflamed parts.
Reduces mucous. Lubricates intestines.
Externals: Poultice excellent for wounds.
Good gargle for sore throats.
Nursing Mothers: Commonly used to increase the
flow of milk.

GINGER — Highly medicinal. Stimulating,
warming, & soothing to digestion.
Healing in colds, sore throats, diarrhea, fermentation.
Mix with senna leaves for herbal laxative.

GINSENG — A good preventative against
all diseases. A cure-all, which
is effective in colds, coughs, digestion, constipation,
& lung troubles, to name only a few. Stimulates,
Cleanses, & promotes perspiration. (Root used.)

GOLDEN ROD — Remedy for hay fever.
Stays bleeding. Heals wounds.
Soothes poison ivy stings — Rub leaves externally
to affected skin & bathe parts.

HOPS — Herbal sedative. Blood-cleanser.
Soothes nervous tension, pain, & fever.
Sleep-inducing. Expels poisons & kills worms.
Children: Tea given to babies when teething.
— Soothing! —

HOREHOUND — (Purgative). Infusion mixed with honey & lemon is good for coughs. Loosens phlegm. Produces perspiration. Eliminates poisons and worms.
External: Excellent for earaches, apply warm with cotton wool.
Childbirth: Expels after birth.

HAWTHORN — Leaves & berries are a tonic for the heart. The flowers made into a decoction are an effective cure for a sore throat.

HEATHER — (Use leaves & buds.) Aromatic. Decoction used against the common cold, cough, general depression, & all nervous ailments. For a cough, a strong brew made from the flowers sweetened with heather honey.

HOLLY — Berries brewed, expel the wind, good for fevers. The leaves have different properties & are infused for a general tonic.

MARIGOLD — One of the best cleansing herbs. Drink a decoction of the flowers in all skin infections, eczema, & warts. Effective for measles, stomach aches, & varicose veins. Strengthening for the heart.

MARJORAM — A good tonic. Soothing for headaches & indigestion. Promotes menstruation. Expels gas & poisons from the body.

MISTLETOE — Brew decoction of young twigs & leaves. Strengthens. Relaxes nervous tension, hysteria, & delirium. Emetic - will cause vomiting. Mild heart tonic. Reduces blood pressure.

MUGWORT — Helpful in womanly disorders. External: Hot fomentation relieves cramps.

MULLEIN — (leaves & root used). Chest colds. Loosens phlegm. External: Hot fomentation good for sore throats, mumps, & tonsillitis.

LAVENDER — (Use flowers & top shoots).
Decoction is calming for headaches,
nervous stomachs, coughs, & colds. Strengthens
teeth & gums. Soothing to the kidneys.

NETTLE — (Use leaves & root). Opens passages.
Expels phlegm from lungs. Healing
for rheumatism, kidney trouble, fever, & diarrhoea.
External: Astringent — Good hair rinse. Removes
dandruff. For cuts, leaves will stop bleeding quickly.
Children: Good healthy tonic.

PARSLEY — (Use roots, leaves, & seed)
Healthy drink. Reduces fevers.
External: Poultice of leaves good for swollen
glands & breasts. Fomentation for insect bites.
Nursing Mothers: Dries up milk!

PENNYROYAL — Soothes nerves, hysteria,
fevers, headaches, & cramps.
Good for heavy chest coughs, & removing phlegm.
Pregnant Mothers: Never take pennyroyal
during pregnancy!
Children: Mild dose reduces fevers.

PLANTAIN — Very healing. Blood-purifier.
Clears head of mucous.
External: Antiseptic. Ointment is good for burns,
eczema, haemorrhoids, & sores.
Mixed with yellow dock is good for impetigo.
Leaves applied externally relieve bee stings.

PEPPERMINT — Aids digestion. Expels gas.
Good stomach tonic. Use in
place of aspirin for headache. Cleanses and
strengthens entire body. Checks vomiting & diarrhoea.
External: Apply on a cloth, to forehead & temples.
Children: Remedy for colic.

RASBERRY LEAVES — Tea is useful for
strengthening the whole system.
Relieves pain & cramps. Good for profuse menstruation.
Children: For diarrhoea.
Childbirth: Known to prevent miscarriage when
drunk freely during pregnancy. Eases painful
contractions in childbirth.

ROSEMARY — A good tonic for impure blood, headaches, colds, & nerves.
Promotes healthy deep sleep. Expels gas from bowels.
External: Good for dandruff.
Children: Soothes colic.
Nursing Mothers: The value of this herb is carried through the milk-flow to the feeding infant.

RED CLOVER — (Use flowers.) Cleansing & Purifying agent. Soothing for coughs, bronchitis, & nerves. Aids in eliminating destructive drugs from the body. Good for constipation.

SAGE — Good for head colds, coughs, fever, liver & kidney trouble, & nervous exhaustion.
External: Astringent. Tooth-cleanser. Tea is used as a gargle for sore throats mixed with honey & a pinch of cayenne.

SASSAFRAS — (Use inner bark of root.) Stimulating, cleansing, & purifying. Valuable in skin disorders, Expels gas.
Nursing Mothers: Good tonic after childbirth.

SAFFRON — Restoring tonic. Old home remedy for measles.

SHEPHERD'S PURSE — (Use the whole plant.) Soothing external aid. — stops bleeding.

SLIPPERY ELM — (Use inner bark.) Soothing on the mucous membranes of the throat & irritations of the stomach and intestines. Valuable in inflammations of lung, kidneys, & bowels. Neutralizes acidity and gas. Good in diarrhea & dysentery.
Cough Syrup: Decoction of slippery elm bark, liquorice root, horehound, juice of a lemon & honey.

STRAWBERRY LEAVES — Astringent. Cleanses stomach. Good for cramps, kidneys, eczema, womanly disorders, dysentery, & as an enema.
External: Juice of strawberries removes tartar on the teeth. Solution of tea good for eczema.

THYME — Improves digestion. Strengthens the lungs. Good for insomnia and headaches. (Disinfectant.)
Nursing Mothers: Good for mastitis and swellings of the breast.

WILD CHERRY BARK — (Use inner bark.)
Astringent. Reduces blood pressure. Infusion good for fevers, coughs, bronchitis. — Herbal sedative; induces sleep.

WINTERGREEN — Stimulates stomach, heart, respiratory tract & every cell. Good in rheumatic fever, bladder troubles, & skin diseases. Expels gas.
External: Healing to sores & wounds.

WITCH HAZEL — (Use bark & leaves.)
Herbal sedative.

Stops excessive menstruation, haemorrhages, & diarrhea.
External: Antiseptic — Astringent. Very Cooling.
Helpful on insect bites. Gargle for inflamed sore throats. For nose bleeds, put a solution of witch hazel on a cloth & plug the nose.
Useful for vaginal disorders & as an enema.
Fomentations relieve pain of varicose veins.

YARROW — Blood-purifier. Invigorating tonic. Brew good for the oncoming cold or flu. Healing for mucous membranes. To break up a cold, tea is infused with elderflowers & peppermint. Expels gas.
Mild fever herb — produces perspiration and opens up the pores of the skin. The job of a fever is to burn up impurities when the body is filled with waste matter.
External: Astringent. Chew herb for toothache.
Ear trouble is relieved by making a decoction, letting it cool, & dropping a few drops into the ear.
Children: for diarrhea.

RECIPE for COUGH MEDICINE —
Make a syrup by infusing hyssop, sage, horehound, & coltsfoot in equal proportions. Let stand two days. Strain; add honey to make a syrup.

~GENERAL REMEDIES~

Here are a few other simple & effective home remedies you may find useful. Experiment with them, develop them & invent others. Some work very well, Others may not work so well.

DIZZINESS - Direct your attention to the tip of your nose.

HEADACHE - First try to see why you have a headache. A headache is an early warning of an imbalance in your system. The imbalance should be cured as well as the headache. Often caused by too much sweet, rich food.

- Try:
- Eating a spoonful of gomasio.
 - Press the roof of your mouth with your finger.
 - Massage the painful spot you will find in the fleshy Mount of Venus on the palm of either hand.
 - Crush any greens - leaves, cabbage, leeks, etc. Wrap in muslin & lay on forehead. (also for fevers.)
 - Grate an apple, dip cotton in mushy juice & apply to forehead.
 - Grate ginger into sesame oil & rub into skin. Also good for aches in the joints.

HICCOUGHS - Hold your breath & take seven small sips of water. Continue to hold your breath for awhile, then inhale rapidly 2 or 3 times through the nose.

INSECT BITES - Rub with scallion (spring onion) juice or dampened tobacco.

NAUSEA - Direct your attention to your toes. If seasick, hold a little gomasio in your mouth.

SINUSES - Sleep with a small piece of carrot in each nostril. Will dislodge mucous.

SPOTS - Try eating less sweet, heavy, rich, oily food, or simply less food. Try drinking less, & eating less fruit. Experiment.

STYE - Rub with worn gold such as a ring.

TEETH — Dentie toothpowder is available commercially or you can make your own by roasting pieces of eggplant in tinfoil in an oven. Roast until black & crumbly. (Discard if white, it is overcooked.) Grind with an equal amount of salt. Use as a mouthwash or for brushing. Especially good for gum diseases & keeping the gums healthy. Apply to the teeth for toothache & teething troubles in children. Place on cuts to stop bleeding.

VAGINAL TROUBLES — Boil greens in water to make chlorophyll water. Bathe with it or add to a bath. Douche with diluted witch hazel.

OTHER USEFUL FOODS — :

BANCHA TEA — Brew tea with a tiny amount of salt & use to clean eyes, nostrils, & as a gargle, douche, enema, or for toothache. Add a little tamarí to bancha tea for general fatigue.

BRAN POULTICE — Wheat bran cooked in hot water with salt & oil for swellings, etc.

KAYU — Simmer cooked whole oats, barley, or rice with water till thick & creamy; Blend or mowli it. Good for people too sick to eat solid foods.

KUZU — A form of arrowroot. Cook simply with water or umeboshi juice. Add grated ginger or tamarí, if desired. Good for colds, flu, & stomach upsets.

MISO PLASTER — Mix with water, apply straight, or wrap in muslin to relieve swolleness & bleeding.

MUSTARD PLASTER — Mix powder with warm water, place mixture between two layers of waxed paper & wrap with a warm towel. For chest colds, especially in children.

RICE POULTICE — An all purpose poultice. Cook rice without salt & pound into paste with raw vegetables.

SALT COMPRESS — Roast salt in a hot oven, wrap in a towel whilst hot & apply. (Try also stones & sand.) For stomach cramps, diarrrhea, or intestinal pains. Reheat when cold.

SALT WATER — Make the strength of seawater & apply cold to burns till the pain goes. Then apply a little oil to the burn.

SESAME OIL — Use clean oil (boil & strain if necessary). For eye troubles, put 2 or 3 drops into eye before going to sleep.

NATURAL RECIPES for SKIN & HAIR

CUCUMBER LOTION — Cut six ripe cucumbers into slices $\frac{1}{2}$ " thick. Steam until soft enough to pass through a colander, then press through a piece of muslin. Measure the pulp; for every 3 ounces cucumber, allow $\frac{1}{2}$ pint of rose water, $\frac{1}{2}$ drachm of powdered Borax, 25 drops of tincture of benzoin. Dissolve Borax in rose water, add benzoin drop by drop, shaking frequently. Add rose water to pulp & shake again thoroughly.
(Good for weathered, rough skin.)

BUTTERCUP OINTMENT — Put $\frac{1}{2}$ lb of Pure Vaseline in a pan with as many buttercup flowers as can possibly be pressed into it. Allow to simmer (not boil) for $\frac{3}{4}$ hour. While still hot, strain through muslin into small pots. (Good for skin troubles.)

ELDERFLOWER CREAM — Follow directions for Buttercup Ointment.
(Good for chapped hands, insect bites, and baby's nappy rashes.)

Good infusions made up for face washes & astringents are:

lemon balm
lime flowers
elder flowers,
leaves, or
berries
watercress
cinquefoil



sage
witch hazel
marigold
coltsfoot
chamomile
Yarrow...

CHAMOMILE SHAMPOO — Simmer one cup of Chamomile leaves and blossoms in a quart of water for 10 minutes; Strain & add one ounce of pure Castile soap shavings.

NETTLE TEA RINSE — To give body to fine hair, for a general conditioner, & for dandruff prepare a strong infusion of nettle leaves; strain well & apply generously to scalp & hair after shampooing.

FOR TANGLES & SNARLS — Apply oil of rosemary to hairbrush.

Rosemary oil is the very best conditioner for all types of hair & will give it shine without making it oily.

An infusion of rosemary applied to the scalp daily is good for dandruff.



"Essential Oils" massaged into the scalp improve the condition of the hair, stimulate hair growth, & strengthen it.

An essential oil made from equal parts of lime flowers, Chamomile, & fennel, plus half parts of rosemary, Yarrow, & horsetail can be massaged into the scalp before washing.

To Make Your Own Oil: Crush the herb finely with a mortar & pestle or in a blender. Put 2 T of the crushed herb in a half pint bottle & fill it 3/4 full with corn or sunflower oil & 1 T of wine vinegar. Cork the bottle & place it in hot sunlight. Shake the bottle frequently, at least once a day for three weeks. Then strain off the herbs, press the oil out, & put oil back into bottle. Repeat the same process by adding more herbs. If there isn't enough sunshine, the bottle can be put in the top of a double boiler for several hours a day for a week. It will be strong smelling when done—



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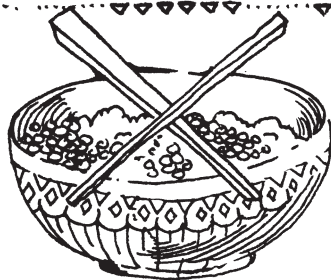
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Be thankful for the simple little things
..... thoughts on the origin of our food
Where it comes from,
the growth & unfolding of the seed,
& the mystery of the seed itself



Cultivating a reverence for the gifts so
abundantly borne to us from the great
Mother.

Being happy & satisfied with the simplicity
of what is before us.

A wooden bowl full of brown kernels of
wheat, nurtured from the seed by wind,
rain, & sun.

Harvested from the field and cooked by
loving hands, to grow into our every cell,
tissue, hair, & fingernails.

“And when you eat, have above you the angel
of air,
and below you the angel of water.

Breathe long & deeply at all your meals,
that the angel of air may bless your repasts.
And chew well your food with your teeth,

that it may become water,
and that the angel of water turn it into
blood in your body.

And eat slowly as if were a prayer
you make unto the lord.”

JESUS, FROM THE ESSENE GOSPEL
OF PEACE

PRAISE THE EARTH FROM WHOM ALL BLESSINGS FLOW.





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