

POEM TO BE READ:

-----  
-----  
-----  
-----  
-----  
-----

INGREDIENTS:

- CHAMOMILE       SAGE  
 ROSEMARY       ROSE  
 SPEARMINT       LAVENDER  
                          THYME

MIXTURE NAME:

-----  
-----  
-----  
-----  
-----  
-----

HOW TO USE:

- -----  
-----  
-----  
-----  
-----
- SCENT     SPICE     SALVE

TIME OF DAY TO USE:



SCENT  
SPICE  
SALVE



## CHAMOMILE

**LOOK FOR** White flowers with yellow centers and thin, spidery leaves.

**USES** A chamomile tea treats indigestion, stress and insomnia.

**PREPARATION** Dried flowers can be boiled to make a calming tea.

## LAVENDER

**LOOK FOR** Lilac-colored flowers and thin, finger-like leaves on long stalks.

**USES** Lavender's strong scent makes it a popular ingredient in perfume, candles and potpourris (it's also moth repellent). Its scent is soothing and mood-lifting.

**PREPARATION** Lavender can be consumed either fresh or dried, and to flavor desserts, beverages, and preserves.

## ROSE

**LOOK FOR** Beautiful, aromatic flowers on thorny stalks.

**USES** One of the most popular perfume ingredients. The heavily-scented petals can also be dried and used as potpourri. Rosewater can be used to flavor food and beverages, or as a gentle skin toner.

**PREPARATION** Rosewater is made by steeping the petals in water.

## ROSEMARY

**LOOK FOR** Pale blue flowers and needle-shaped leaves.

**USES** Great herb for cooking, pairs well with meat, potatoes and other root vegetables.

**PREPARATION** Add leaves or entire stalks to dishes.

## SAGE

**LOOK FOR** Shrub plant with velvety leaves and blue flowers.

**USES** Great herb for cooking, it pairs well with breads and meats. Fried sage can be added to dishes as a garnish. It also has antiseptic properties and can be used as a compress on wounds or as an ingredient and natural mouthwash.

**PREPARATION** Its leaves can be added to dishes fresh or dried.

## THYME

**LOOK FOR** Numerous small leaves, purple-blue flowers.

**USES** Great herb for cooking, particularly in combination with sage and rosemary. Can also be used as a moth repellent in potpourri.

**PREPARATION** Strip the small leaves off of the stems. Strong flavor doesn't lose potency with cooking.

## SPEARMINT

**LOOK FOR** Ridged leaves and a minty scent, purple-blue or white flowers in summer.

**USES** Believed to be a stimulant, anti-inflammatory and pain-relieving. Oil derived from the plant is used in toothpaste and chewing gum.

**PREPARATION** Can be used fresh or dried to make tea, and is used in cocktails, salads and many Mediterranean dishes.