MIXTURE NAME: ____________________________

HOW TO USE:
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TIME OF DAY TO USE: ________________________

POEM TO BE READ:
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INGREDIENTS:
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SCENT  SPICE  SALVE

CHAMOMILE  ROSEMARY  ROSE
SAGE  THYME  LAVENDER

SCENT  SPICE  SALVE

CHAMOMILE  ROSEMARY  ROSE
SAGE  THYME  LAVENDER
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.

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.

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.

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.

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.

HERB LIST

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