



Herbal Rituals: Recipes for Everyday Living

Judith Berger

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This book records a year-long journey into the earth's natural cycles as they unfold in New York City. Each monthly section discusses one herb in detail -- how and where it grows and what it does -- and presents recipes for simple teas, lotions, and foods, along with rituals appropriate to the season that can bring your life back into harmony with the moods of nature. Even in the city, the constant presence of the natural world and the use of herbs can be a touchstone to lead both body and soul back to a natural cadence.

Herbal Rituals: Recipes for Everyday Living Details

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From Reader Review Herbal Rituals: Recipes for Everyday Living for online ebook

Lindsay says

I actually took the time to read one chapter at a time (which is paired with a corresponding month) over the course of a year. Its pages are steeped in seasonal awareness, legends, herbal lore and knowledge, and herbal recipes. I'm an herbalist and so the content resonates with me deeply. However, anyone with an interest in food, herbs, nature, or wellness will absolutely adore this book! I hear that an ebook is coming out soon. That's a good thing because the paper copy is hard to track down. Another book I recommend is Jessica Prentice's book "Full Moon Feast." These two books would actually be paired well together for a seasonal exploration!

Amber Magnolia Hill says

My favorite herb book!

Karina says

I loved this book, from the front cover design to the end...

As I was nearing the end, I was sad, as I had so enjoyed my journey through the herbal seasons with Judith...

Signe says

This book is so beautiful!

Lois says

An absolute delightful read...lots of good herbal recipes... written beautifully! Month by month rituals.

Jordan says

Pure Magic.

Bernadine Rosso says

I love the way this book is written. It makes you want to slow down and roll in the plants & earth...mmmm!
