

Cookbook celebrations, new courses and lots of wild food!

Neantóg Celebrates

It's been far too long since my last newsletter but I hope to be back with a more regular offering for you! Coming soon on my website will be Youtube videos of the Garrai Glass series in which I feature.

And I'm so excited to be able to say that **Neantóg Cookbook** now celebrates 1000 copies in print, with the 4th Edition now available from selected book and health stores and my website www.neantog.com.

Go Wild!

So many things happened over the last couple of months: I presented workshops, talks and cooking demonstrations at the SO Sligo Food festival, the Herbfest, the Bundoran Lobsters & Lettuce Festival, and the Garden Party and the Second International Cloud Festival at The Organic Centre in Rossinver. I visited numerous Donegal primary schools and Garden Groups.

The main theme of all events was close to my heart – “**Foraging/Identifying and Using Wild Herbs culinary and medicinally**”.

I believe it is important to re-connect with our hunter/gatherer instincts and be able to find wild foods we can eat and enjoy. It's all out there for us and it's free.

Meadowsweet

Meadowsweet is in full bloom now and just waits to be harvested for use in your home-made lemonade (see recipe). This herb is one of the best for treating stomach acid problems, benefits the joints and urinary system. It is also effective for headaches and pain relief generally; hence its name 'herbal aspirin' containing salicylate salts.

The flowers and tops are beneficial as a herbal tea or tincture to help with an upset stomach or diarrhoea. Unlike pure aspirin which can cause stomach pain and ulcers, meadowsweet's balanced combination of organic compounds is soothing for heartburn, hyperacidity, as well as

August Recipe: Meadowsweet Lemonade



Meadowsweet Lemonade-Champagne

Ingredients (for 3 ½ to 4 litres)

- 3 ½ litres of water
- 100g of honey
- 7 tablespoons of cider vinegar
- 9 Meadowsweet flowers (or 100 Dandelion flowers or 8-9 Elderflower heads)
- 2 organic lemons

Method

Pour the water in a large jug or pot (ideally earthenware), add the honey and vinegar. Squeeze the juice from one lemon, cut one lemon in pieces and add both to the mixture.

Then put the meadowsweet flowers into the jug. Stir well. Cover and leave in a warm place for 24 hours. The meadowsweet lemonade is ready after 1 day. Just strain and serve ice cool.

To make champagne, leave the meadowsweet to ferment in the liquid for another 2-3 days. Then strain and bottle in champagne bottles with secure corks or other strong bottles. Leave for a minimum of 4 weeks. The taste even improves after a longer period of time. Best before 1-2 years.

ulcers.

You can mix the champagne with apple juice, mineral water or add ice cubes. It is a most refreshing summer drink.

Home preserving: Fermentation and cultured foods

Hans and I are excited to be giving this brand new course together at The Organic Centre in September.

Cultured foods are “superfoods” celebrated around the world for their health benefits (digestive tonics, probiotic, antioxidant rich). They are delicious and easy to create.

Among the recipes we will cover in class are **Kombucha** (fermented tea), **Sauerkraut** (lacto fermented cabbage), **Kim-chee** (Korean fermented vegetables), **Kefir** (fermented dairy drink), **Rejuvelac** (fermented grains), **Yoghurt** and **Sour Cream**. The class is hands-on with lots of tastings.

Enjoy!

Foraging and Cooking with Wild Foods Course

Autumn is a great season for foraging wild foods. I'll be giving this new course at The Organic Centre alongside Alan McCluney. Find wild foods with Alan on a foraging tour around the centre like rosehips, elderberries, hawthorn berries, nettle seeds, dandelion roots and more and return to use and cook them with me. There will be lots of tastings and recipes to take home. Please bring rainproof gear!

Live Life - Stay healthy – Back by popular demand!

Prevention of and alternatives to conventional treatment of cancer and other degenerative diseases – An uplifting approach! This course will take place at Neantog in October. More details in September Newsletter.

BOOK NOW!

New courses at The Organic Centre

1. Home preserving: fermentation and cultured foods

Saturday 9 Sept, 10am to 4pm €75
(plus small charge for materials)

2. Foraging and Cooking with Wild Foods

Saturday 29 Sept, 10am to 4pm €75

For more info and bookings
www.theorganiccentre.ie email
info@theorganiccentre.ie
Or phone 071 9854338

DIARY DATE:

'Live Life – Be Healthy'

Sunday 7 October 10am-4pm

Neantóg, Ballincastle, Clifffoney,
County Sligo

Bookings:

www.neantog.com

email: gaby@neantog.com

Or phone 071-9166399

GARDEN TIPS

It's still time to sow vegetables to fill 'the hungry gap' time between March and May/

You can sow now leeks, cauliflower, spring cabbage, kale and parsley. In August you can sow chard and sprouting broccoli.

I start them all indoors in seed trays to speed up the process until ready to be planted out. Check out suitable varieties in seed catalogues!

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