

Neantog Newsletter July/August 2011

News from Neantog!

I've spend the last few months giving wild herb walks, talks, and demos in some of Donegal's primary and secondary schools. It was amazing to explore the different areas, but one herb was definitely growing everywhere I came – the herb silverweed. You practically can't avoid walking over it. So I decided to explore it a little more (see article below).

In the last few weeks I was preparing for some filming with Garrai Glas, researching about Calendula and how to make cream out of it, Silverweed and how to add it to recipes (see recipe beside), Flower Liqueur and Oat straw tincture – watch out for new series coming soon in TG4. All the recipes will then be published on their website!

Silverweed is bursting with Vitamin C!

The leaves of silverweed are very soft and the underside is quite silvery in appearance giving this herb its common name. It is the favourite food of cattle, horses, goats, pigs and geese, and only sheep decline it.

It's 8 times as high in Vitamin C then chickweed, 4 times as high as dandelion and broccoli and it contains 402 micrograms per 100 grams of edible part.

As we know Vitamin C can help to increase the resistance to infections, helps with the absorption of iron, acts as an anti-histamine, and helps with lots of other body functions.

The whole herb is very high in minerals and acts as a tonic for the whole body.

June/July Recipe: Broccoli Salad with Raw cashew mayonnaise and silverweed

This salad is super high in Vitamin C and just delicious. And it's so easy to make!

1-2 heads broccoli (or mix of broccoli and cauliflower)
1 small red onion, chopped finely

Dressing:

Raw cashew mayonnaise

130g/1 cup Cashews (soaked for a couple of hours, rinsed and drained)
2 tbsp Lemon juice
Pinch of Sea salt
1 tbsp Chopped spring onions
125ml Water
1 tsp Honey or Agave syrup
1 tsp Cider vinegar
A pinch or two of Cayenne pepper

Bunch of Silverweed, chopped finely

Blend all ingredients beside the silverweed in a high speed blender until smooth. Add silverweed and blend very briefly.

Directions:

Cut up broccoli florets (or/and cauliflower) into bite-sized pieces, leaving just a little stem. Add chopped red onion and cashew mayo and mix well. Either serve immediately or cover, and marinate for a couple of hours in the fridge. Decorate with edible flowers like nasturtiums, calendula or heartsease or a couple of rose pedals and some red onion rings just before serving. Enjoy!

Note:

This is just a basic recipe. You can also add finely sliced celery, olives, sunflower or pumpkin seeds or any other ingredients of your choice.

New exciting course planned for October

Are you looking for an alternative to the conventional treatment of cancer or other degenerative diseases; Or for support for side effects of chemotherapy and radiation? Or do you simply want to strengthen your immune system, find out about herbs, diet and lifestyle choices to stay healthy. This is the course for you. Uplifting and revitalising, it's all about change, staying grounded and having fun in your life.

Bring your partner or family member of your choice. There will be a discount available for additional members of the family, or if there is a group booking.

Date: 23rd October at Neantog, Ballincastle, Cliffoney, Co. Sligo

Time: 10-4pm

Price: ?

BOOK NOW**Course at Neantog**

18th September Uplifting raw desserts and heavenly living desserts 10-3pm

23rd October Prevention of and alternatives to conventional treatment of cancer and other degenerative diseases – An uplifting approach! 10-4pm

Ring 071 9166399 or email

gaby@neantog.com

www.neantog.com

DIARY DATES

Electric Picnic 3rd/4th September – Watch out for my *wild herb talk and tasting* in the

Body/Mind/Spirit area at HerbBis Dome – for details nearer to the date www.herbisireland.ie

Waterford Harvest Festival 10th/11th September – as part of the GIY conference I will give a cooking demo: *“Cooking with weeds and wild food”*

GABY'S JULY/AUGUST GARDEN TIPS

There is still time to sow: Dill, Parsley and Coriander, different varieties of lettuce like Lollo Rossa, Winter Puslane, Baby Leaf Salad mix, Little Gem; also calabrese and perpetual Spinach, some varieties of beetroot and carrots.

Harvest your courgettes when they are about 10cm/4” for best taste. Use for making Hummus, in Soups, Cakes, Breads.

Harvest leaves of herbs just before flowering and dry or preserve in oils or vinegars or freeze.

