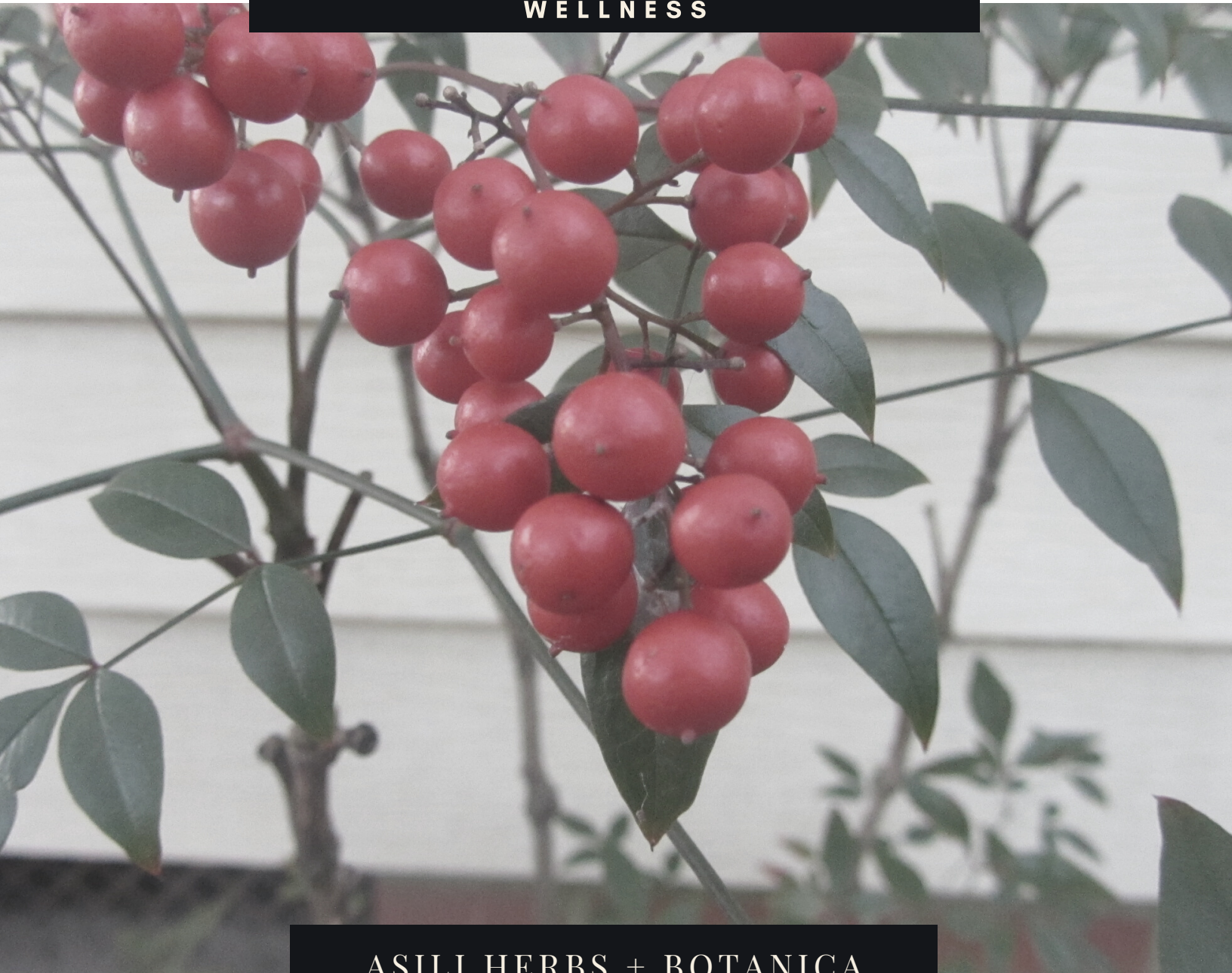


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# HERBACEOUS HEALING

YOUR WINTER GUIDE TO  
WELLNESS



ASILI HERBS + BOTANICA



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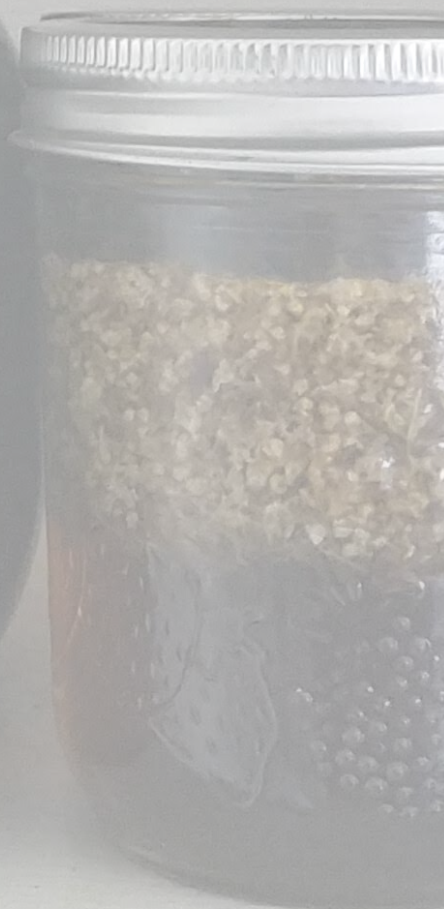
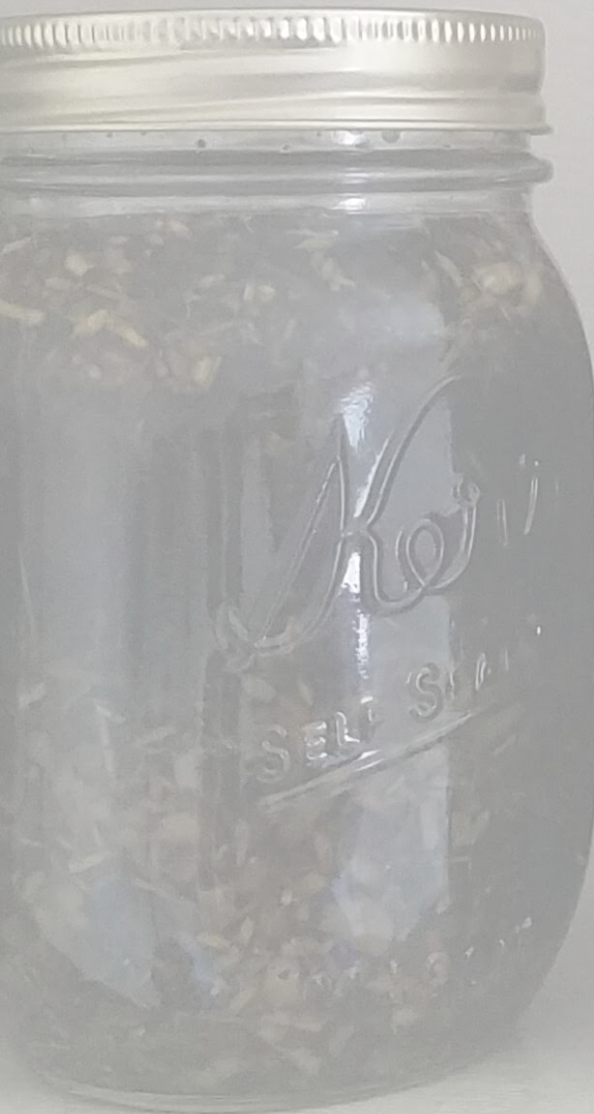
Drops

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Cacao






A hand is holding a clear glass jar filled with dried, crushed purple and yellow flowers. The jar has a silver-colored metal lid. The background is a blurred indoor setting, possibly a shop or a home, with various items visible, including a container labeled 'BATH SALT' and some small jars in the foreground. The text 'LONG TERM HEALTH IS DEPENDENT ON EVERY DAY DECISIONS' is overlaid in a bold, black, serif font, centered over the jar.

**LONG TERM  
HEALTH IS  
DEPENDENT ON  
EVERY DAY  
DECISIONS**





## YOUR NEIGHBOR HOOD HERBALIST

As Earth awakens, so do we.

WRITTEN BY GLORIA KILONZO DUCHAINE  
PHOTO BY GLORIA KILONZO DUCHAINE

It is as though the Earth stands still as we await for flowers to blossom, longer days, and the humming crickets. Winter is a wonderful time to wind down, access, and reflect what's important for you right now. Plants follow this natural cycle, retreating and conserving their energy in the roots. If we pause long enough, we may receive life lessons from nature.

Rooted botanicals have been discussed extensively on [Herbaceous Conversations](#) throughout the winter months. They tend to be tenacious and nutritious, even delicious! I hope this guide inspires you to dig deep with roots.



# Chocolate Rose Cake with a twist

Homemade desserts not only taste good, but it gives you control as to how much sugar to add. Although the AHA recommends up to 6 teaspoons of sugar per day, the average American consumes nearly 60 pounds of added sugar per year. You don't need to change your lifestyle overnight. However, being aware of your decisions pertaining to your health will allow you to dictate change as needed.

This rich chocolate cake has become a staple in our home over the years, so I'm sharing this family recipe with you! This variation includes spaghetti squash, which is a perfect alternative for those with coconut allergy. It holds a similar texture as coconut would, but doesn't carry the mild taste of spaghetti squash.

Bonus: kids eat their vegetables!





## RECIPE

### INGREDIENTS + MATERIALS:

1.5 cup all purpose flour  
1 cup cacao powder  
2 cups natural sweetener (1 cup molasses +  
1 cup maple syrup was used in this recipe)  
1 cup organic rolled oats (save some for top)  
pinch of salt  
1/3 cup of cooked spaghetti squash  
1 cup of milk  
2 eggs  
1 tsp rose extract

**A bowl and mixing utensil**

### DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix the dry ingredients together.
3. Incorporate the wet ingredients.
4. Mix well. Add more flour if necessary so the cake isn't too moist.
5. Pour into an oiled baking container.
6. Sprinkle rolled oats on top.
7. Bake for 30-50 minutes, until it's dry on the inside.

Allow for the cake to cool before cutting.

You may adapt this recipe into cupcakes as well!

Cacao is naturally rich in iron and a little protein.







# AS WITHIN, SO WITHOUT *natural* HEALING SALVES



# Herbal Cough Drops

The upper respiratory system is in the spotlight during this time of the year, as we transition from Pisces to Aries, dry to warm, winter to spring.

To soothe the mucus membranes that lay there, expectorants and moist plant allies are the best to incorporate. A mixture of expectorants and antivirals isn't a bad idea as the flu season closes (now extended thanks to COVID-19).

These homemade herbal cough drops include a mixture of antibacterial, antiviral, and expectorant substances.





## RECIPE

### INGREDIENTS + MATERIALS:

2 cups raw honey  
1/3 cup strong herbal tea  
1 cup powdered natural sugar  
parchment paper or beeswax paper  
candy making mold (optional)

For strong herbal tea:

2/3 cup water  
2 Tbsp echinacea  
2 Tbsp rosemary  
2 Tbsp slippery elm

### DIRECTIONS:

1. Add all ingredients for strong herbal tea into a small pot.
2. Bring to a boil; reduce to a simmer for 30 minutes
3. Add the honey into the pot and stir
4. Simmer for 25-30 minutes, or until the sugar has melted. At this point it may become frothy.
5. Prepare your mold container whilst it's simmering. If you're using a mold, skip this step.
6. Line a glass bakeware container with powdered sugar.
7. Create dips with your finger tips, spoon, or any device to create space for the drops to form in the sugar
8. Pour the syrup into the mold
9. Allow to sit for 12-24 hours.
10. Store in an airtight container; separate cough drops with parchment paper so they don't stick together

Keeps in the fridge for 3-6 months

Pairs well with the Daily Essentials Extract







TEA BLEND

## NUTRITIONAL INFUSION

A combination of herbs proven to alleviate allergy related symptoms and boost immune function

WRITTEN BY GLORIA KILONZO DUCHAINE  
PHOTO BY GLORIA KILONZO DUCHAINE

10 | Herbaceous Healing

What may seem invasive to us may be an abundant blessing from Mother Nature.

Weeds serve an important ecological purpose besides thriving in creavases and lawn spaces. With their intertwining root system, they add air into the soil and uproot nutrients deep in the soil. Do you know what weeds thrive in your area?

This is a great indicator as to the soil characteristics around your property.

There are some that are edible and nutritious! The wispy dandelion, clover, comfrey, amaranth, and many other serve up a wholesome concoction. The infusion above may be consumed by the young and the old, and everyone in-between to support the body's natural detoxification process and administer vitamins and minerals



A bronze bowl containing dried rose petals and two green eggs, with a third egg hanging from a cord above it.

# UNCHAIN THE WOMB

**CREATE WITH PURPOSE.  
LIVE WITH INTENTION.**

BEGIN THE SOVEREIGN WOMB JOURNEY



# RESTORATIVE HOT CACAO

Clearly the theme throughout this guide is **CHOCOLATE**, and rightfully so.

Chocolate beans are **rich in antioxidants** (hello glowing skin & radiant heart!), **iron** and **magnesium**; vital nutrients that assist with balancing the mood, nerve, and brain support.

This cuppa hot cacao includes the **cooling and nutritious plants** of pine needle and burdock root. Pine (and many of its family trees) contains a high amount of vitamin C and vitamin A. Vitamin C **replenishes** and builds tissues in conjunction with other nutrients such as collagen and iron. An excellent source of protein, calcium, phosphorus, potassium, and folate, research suggests burdock root may support the immune system and support healthy weight as it **lowers the intestinal pH**.

For an 8oz hot cacao, mix 1 tablespoon of cacao, 1-2 teaspoons of a natural sweetener, 1 teaspoon of chopped pine needle, and 1 teaspoon of burdock root. Bring 1 cup of water to boil and mix in all the contents. Sip & enjoy!

*If honey is the natural sweetener of choice, wait for the drink to cool before adding so the beneficial nutrients remain their integrity.*  
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