

HERBS  
with ROSALEE

# HERBAL RECIPES FOR IHS 2025



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# Lemon Balm Cake

BY ROSALEE DE LA FORÊT



1 1/2 CUPS ALL-PURPOSE FLOUR



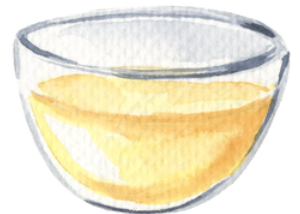
2 EGGS



1 CUP JUST-BOILED WATER



1/2 CUP FRESH  
LEMON BALM LEAVES



1/2 CUP BUTTERMILK  
OR THIN YOGURT



1/2 TEASPOON  
VANILLA EXTRACT



1 TABLESPOON  
ARROWROOT POWDER



1 1/4 TEASPOONS BAKING POWDER



2 TEASPOONS  
POPPY SEEDS



1/2 CUP HONEY



1/2 TEASPOON BAKING SODA



1/2 CUP OIL (SUCH AS OLIVE OIL)



1/4 TEASPOON SALT



# Lemon Balm Cake

BY ROSALEE DE LA FORÊT

Gather the heart-lifting lemon balm from your garden (or farmers market or friend's garden) and infuse it into this delicious-tasting lemon balm cake. Serve it with lemon balm tea and make it an event with a simple picnic on your lawn, balcony, or community green space.

## Ingredients

### Cake:

- ½ cup fresh lemon balm leaves
- 1 ½ cups all-purpose flour
- 1 ¼ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup oil (such as olive oil)
- ½ cup honey
- ½ teaspoon vanilla extract
- 2 eggs
- ½ cup buttermilk or thin yogurt
- 2 teaspoons poppy seeds

### Icing:

- ½ cup fresh lemon balm leaves (or ¼ cup dried)
- 1 cup just-boiled water
- ¼ cup honey
- 1 tablespoon arrowroot powder
- More poppy seeds for sprinkling
- Lemon balm leaves for garnish (optional)

## Directions

### Cake:

1. Preheat the oven to 350° F. Lightly grease a baking pan.
2. Finely mince the lemon balm. (I use a food processor for this but a knife is fine too.)



# Lemon Balm Cake

BY ROSALEE DE LA FORÊT



## Directions (cont.)

### Cake:

3. Mix together the flour, baking powder, baking soda, and salt in a medium bowl.
4. In a large bowl, mix together the oil, minced lemon balm, honey, and vanilla extract. (I use a cake mixer for this step.)
5. Add the eggs, mixing them in one at a time, and then the buttermilk (or yogurt).
6. Bake until it is brown around the edges and a toothpick inserted in the center comes out clean, about 30 minutes for a cakelet pan or 60 minutes for a loaf pan.

### Icing:

1. Steep the lemon balm in 1 cup of just-boiled water for 5 minutes.
2. Strain into a small pan. Add the honey and stir until it is dissolved.
3. Separate two tablespoons of the lemon balm and honey mixture into a small bowl and allow to cool. Once cool, add the arrowroot powder and stir well.
4. Add this mixture back into the small pan with the lemon balm and honey.
5. Heat the pan on medium-low heat. Whisk the mixture continuously until it begins to thicken. Pull it from the heat just as it starts to thicken; otherwise, it will continue to thicken and become overly gel-like.
6. Spoon the icing over the cake. Sprinkle poppy seeds on top. Garnish with fresh lemon balm leaves if desired.

# Rest and Digest Tea

BY ROSALEE DE LA FORÊT



1 TEASPOON  
DRIED OATSTRAW



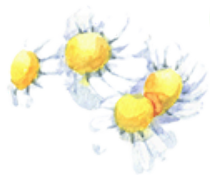
PINCH OF DRIED  
LAVENDER FLOWERS



2 TEASPOONS  
DRIED LEMON BALM



1 TEASPOON  
DRIED ROSE PETALS



1 TEASPOON DRIED  
CHAMOMILE FLOWERS



1/2 TEASPOON  
DRIED PEPPERMINT



14 OUNCES WATER

# Rest and Digest Tea

BY ROSALEE DE LA FORÊT

This tea is lightly floral, delicious, and calming.

## Ingredients

- 2 teaspoons dried lemon balm
- 1 teaspoon dried chamomile flowers
- 1 teaspoon dried rose petals
- 1 teaspoon dried oatstraw
- ½ teaspoon dried peppermint
- Pinch of dried lavender flowers



## Directions

1. Steep the herbs in 14 ounces of hot water, covered, for 5 to 20 minutes.
2. Strain. Add honey if desired.
3. Enjoy!





# Violet Syrup

BY ROSALEE DE LA FORÊT



2 CUPS JUST-BOILED WATER



LEMON JUICE  
(SMALL AMOUNTS, OPTIONAL)



1 1/2 CUPS FRESH PURPLE  
VIOLET FLOWERS



1/4 CUP TO 1 1/2 CUPS OF YOUR  
SWEETENER OF CHOICE

# Violet Syrup

BY ROSALEE DE LA FORÊT



This gorgeous gem-colored syrup is a delicious way to bring smiles to everyone around you. From foraging the purple blooms to creating a colorful potion, every step of preparing violet syrup is beautiful and soothing. Enjoy this in beverages, drizzled on desserts, or simply by the spoonful.

**Yield:** roughly 2 cups

## Ingredients

- 1 ½ cups fresh purple violet flowers
- 2 cups just-boiled water
- ¼ cup to 1 ½ cups of your sweetener of choice
- Lemon juice (small amounts, optional)



## Directions

1. Place the violet flowers in a pint-sized glass jar and fill the jar with just-boiled water. Stir well and then cover.
2. Let this sit for 30 minutes (or until the color has drained from the flowers).
3. Strain off the flowers.
4. If desired, add a few drops of lemon juice to change the color of the mixture.
5. Next add your sweetener of choice. If you want a syrup that is less sweet add about a ¼ cup (note that you will need to use this syrup up quickly).
6. For a longer shelf life for your syrup, measure the total liquid, add an equal volume of honey or sugar, and use within a month. So if you have two cups of liquid you would add two cups of honey or sugar.
7. Store your finished syrup in the refrigerator and discard if it develops mold.

# Burdock in a Formal Dress

PATTIES:

BY MARGI FLINT, RH, HM

SAUCE:



1 EGG, WELL BEATEN



1 TEASPOON OLIVE OIL



2 TABLESPOONS ORGANIC  
LIGHT BROWN SUGAR



1/2 CUP SLICED  
ONIONS OR LEEKS



1/2 CUP DRIED  
BREADCRUMBS



2 TABLESPOONS ARROWROOT



1/4 CUP WARM WATER



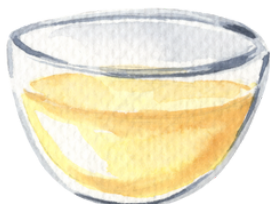
PURE HIMALAYAN, CELTIC, OR HAWAIIAN  
SALT TO TASTE



4 CUPS BURDOCK ROOTS



1/4 CAN FROZEN ORGANIC ORANGE JUICE  
CONCENTRATE, THAWED



BUTTER/GHEE  
(IF PAN-FRYING THE PATTIES)



1 TABLESPOON  
FRESH PARSLEY



THIN SLICES OF ORGANIC ORANGES,  
CLEMENTINES, OR MANDARINS



1/4 CUP BRANDY



# Burdock in a Formal Dress

BY MARGI FLINT, RH, HM

Fancy dinner patties with a brandied orange sauce.

**Yield:** 8-10 patties with sauce

**Hint:** Eat every bit, use a squeegee to get all the sauce or lick your plate.

## Ingredients

### Patties:

- 4 cups burdock roots
- ½ cup sliced onions or leeks, minced
- 1 egg, well beaten
- ½ cup dried breadcrumbs
- Pure Himalayan, Celtic, or Hawaiian salt to taste
- 1 tablespoon fresh parsley
- 1 teaspoon olive oil
- Butter/ghee (if pan-frying the patties)

### Sauce:

- ¼ can frozen organic orange juice concentrate, thawed
- 2 tablespoons organic light brown sugar
- 2 tablespoons arrowroot
- ¼ cup warm water
- ¼ cup Brandy
- Thin slices of organic oranges, clementines, or mandarins



# Burdock in a Formal Dress

BY MARGI FLINT, RH, HM

## Directions

### Patties:

1. Wash and slice the burdock roots thinly on the diagonal. Cover sliced burdock roots with 1 quart water, bring to a boil and simmer until tender (20 - 30 minutes). When done, strain burdock and set aside the cooking water for tea.
  2. Simmer the minced onions or leeks until tender, then strain.
  3. Press strained burdock through a food mill to remove stringy portions.
  4. Mix burdock with onions or leeks, egg, breadcrumbs, salt, and teaspoon olive oil.
  5. Shape into patties, sprinkle with parsley, and press into desired shape about ½ inch thick.
  6. Place in an AirFryer at 375° F for 5 minutes or until crispy.
- Or if pan-frying, heat butter or ghee in skillet over medium heat, and fry patties until golden brown. Do not move too much.

### Sauce:

1. Combine orange juice with brown sugar and simmer for 5 minutes.
2. Mix arrowroot with water and add to juice mix.
3. Add brandy and simmer 10 minutes.
4. Pour over burdock patties.
5. Garnish with orange slices.



# Liver Love Hot Chocolate

BY SELIMA HARLESTON LUST



2 CUPS WATER



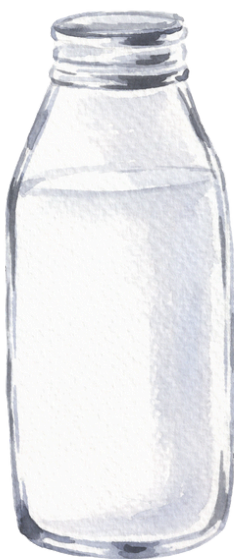
1/2 TEASPOON  
VANILLA EXTRACT



4 TABLESPOONS UNSWEETENED  
COCOA POWDER



1 CINNAMON STICK



MILK (OPTIONAL)



1 TEASPOON DRIED,  
CUT CHICORY ROOT (OPTIONAL)



1 TABLESPOON DRIED,  
CUT BURDOCK ROOT



RAW SUGAR  
(TO TASTE)



1 TEASPOON ROASTED,  
CUT DANDELION ROOT (OPTIONAL)



# Liver Love Hot Chocolate

BY SELIMA HARLESTON LUST

Liver Love Hot Chocolate invites you to get rooted inside yourself and clear the stagnation, so you can make space and usher in the joy.

**Yield:** 1 ½ cups

## Ingredients

- 1 tablespoon dried, cut burdock root
- 1 teaspoon dried, cut chicory root (optional)
- 1 teaspoon roasted, cut dandelion root (optional)
- 1 cinnamon stick
- 4 tablespoons unsweetened cocoa powder
- ½ teaspoon vanilla extract
- Raw sugar (to taste)
- 2 cups water
- Milk (optional)



## Directions

1. Pour water over herbs in a small saucepan. Cover with a lid.
2. Bring to a boil, then reduce heat to lowest setting.
3. Let simmer for 45 minutes.
4. Let rest for another hour or so. Strain. Reheat.
5. Add your preferred milk, if you like, and enjoy!



# Bug-Bite Salve

BY ROSALEE DE LA FORÊT (FIRST PUBLISHED ON LEARNINGHERBS.COM)



1 1/4 CUP OLIVE OIL (OR OTHER OIL  
OF YOUR CHOICE)

1 OUNCE BEESWAX (BY WEIGHT)



40 DROPS LAVENDER ESSENTIAL OIL  
(OPTIONAL)



LARGE HANDFUL OF FRESH  
PLANTAIN LEAVES



LARGE HANDFUL OF FRESH SELF-  
HEAL LEAVES AND FLOWERS



LARGE HANDFUL OF FRESH YARROW  
LEAVES AND FLOWERS

# Bug-Bite Salve

BY ROSALEE DE LA FORÊT (FIRST PUBLISHED ON LEARNINGHERBS.COM)

Make this herbal first-aid ointment and you'll have a safe, effective, and super simple remedy to use on bites, stings, bumps, bruises, burns, and clean scrapes and cuts.

## Ingredients

- Large handful of fresh plantain leaves
- Large handful of fresh yarrow leaves and flowers
- Large handful of fresh self-heal leaves and flowers
- 1 ¼ cup olive oil (or other oil of your choice)
- 1 ounce beeswax (by weight)
- 40 drops lavender essential oil (optional)
- Tins or containers



## Directions

1. Harvest your plants one day ahead. Lay them in a single layer in a cool and dark place overnight to allow them to wilt and lose some of their water content.
2. The next day finely chop the fresh herbs. For this recipe, you'll want ⅓ cup of each plant, chopped.
3. Place the wilted and finely chopped fresh plants in the top of a double boiler (or a bowl placed over a pot of water). Pour in the oil.



# Bug-Bite Salve

BY ROSALEE DE LA FORÊT (FIRST PUBLISHED ON LEARNINGHERBS.COM)

## Directions (cont.)

4. Gently heat the oil via the double boiler. You can use a thermometer to measure the exact temperature, ideally around 100° F . I just keep a close eye on it and turn off the heat once the oil is warm to the touch. Continue to heat the oil several times a day for 3-5 days. You'll know you've extracted the plants well when the oil has turned green and it has the aromatics of the plants.
5. Strain off the plant material and measure out one cup of oil. (If you have more than 1 cup, you can use the remaining amount as a nourishing body oil; if you have too little, add a bit more oil until you have 1 cup).
6. On low heat, very gently heat the beeswax in a small pan. Once it's melted, add the oil and stir well. It's normal for the beeswax to harden slightly in this stage. Stir until everything is melted and combined.
7. Remove from heat. Add the optional lavender essential oil. Stir well.
8. Immediately pour into salve containers.
9. Let stand until thoroughly cooled and solidified. Store in a cool place and use within a year.
10. For clean up, wipe down all oily surfaces with a paper towel before using hot soapy water to wash everything.





# Herbal Love Pancakes

BY LUCRETIA VANDYKE

## DRY INGREDIENTS:



1 1/2 CUPS  
ALL PURPOSE FLOUR



1 TABLESPOON FINE RAW SUGAR,  
WHITE SUGAR, OR SWEETENER  
SUBSTITUTE



3 1/2 TEASPOONS  
BAKING POWDER



1/4 TEASPOON SALT

1 1/4 CUPS MILK OR YOUR FAVORITE  
NON DAIRY MILK (ADD A LITTLE  
MORE IF TOO THICK)



## WET INGREDIENTS:

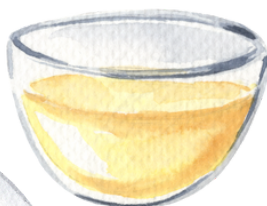


1 1/2 TEASPOONS VANILLA EXTRACT



1 EGG OR EGG SUBSTITUTE SUCH AS  
1 1/2 TABLESPOON OF VEGAN MAYO

3 TABLESPOONS BUTTER, MELTED



## HERBS:



1/2 TABLESPOON DRIED OR FRESH  
(STEMS REMOVED, FINELY CHOPPED)  
HOLY BASIL



1/2 TABLESPOON DRIED OR FRESH  
(STEMS REMOVED, FINELY CHOPPED)  
LEMON BALM



1 TABLESPOON DRIED ROSE PETALS



# Herbal Love Pancakes

BY LUCRETIA VANDYKE

These pancakes are full of energetic heart healing herbs that embody love. Infused with lemon balm, holy basil, and rose, then topped with a delicious maple syrup, these botanical beauties make one amazing brunch for your closest beloveds!

**Yield:** 8 servings

## Ingredients

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- ¼ teaspoon salt, or more to taste
- 1 tablespoon fine raw sugar or white sugar
- 1 ¼ cups milk or your favorite non dairy milk
- 1 egg or egg substitute such as 1 ½ tablespoon of vegan mayo
- 3 tablespoons butter, melted and cooled
- 1 ½ teaspoons vanilla extract
- ½ tablespoon dried or fresh (stems removed, finely chopped) Holy Basil
- ½ tablespoon dried or fresh (stems removed, finely chopped) Lemon Balm
- 1 tablespoon dried rose petals

## Holy Basil Infused Syrup:

- 2-3 tablespoons of dried or fresh Holy Basil
- 1 cup Maple Syrup
- 1 tablespoon butter



# Herbal Love Pancakes

BY ROSALEE DE LA FORÊT

## Directions

1. Remove any stems from fresh herbs. Add dried herbs and chop slightly. (I pulsate them in my designated herb coffee grinder.)
2. In a large bowl, sift together the flour, baking powder, salt, and sugar. Make a well in the center and pour in the milk, egg, vanilla extract, and melted butter; mix until almost smooth. Add in herbs and continue mixing until smooth.
3. Heat griddle or frying pan over medium-high heat. Add butter to grease the pan. Scoop or pour the batter onto the pan, using approximately  $\frac{1}{4}$  to  $\frac{1}{2}$  cup (I like bigger pancakes) for each pancake. Brown on both sides and serve hot with holy basil infused maple syrup!!

## To make the Holy Basil Infused Syrup:

1. Melt butter in a small pot.
2. Add Holy Basil and maple syrup.
3. Cover and simmer on low for 20 minutes.
4. Strain herbs and serve warm over pancakes.



# Phytonutrient Breakfast

BY ROSALEE DE LA FORÊT



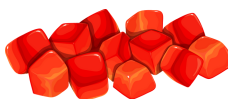
2 CLOVES GARLIC



1/4 CUP OLIVE OIL



3 TABLESPOONS ROASTED SWEET PEPPERS,  
CHOPPED



1/3 CUP PRE-COOKED GREEN LENTILS



1/4 TEASPOON WHOLE  
CUMIN SEEDS



1/2 MEDIUM ONION, DICED



2 EGGS



A PINCH OF FRESHLY GROUND  
BLACK PEPPER



1 SMALL POTATO, DICED



2 CUPS RED CABBAGE, CHOPPED



1/2 TEASPOON FRESHLY GROUND  
CORIANDER SEEDS



1 1/2 TEASPOON CURRY POWDER



SALT TO TASTE





# Phytonutrient Breakfast

BY ROSALEE DE LA FORÊT

This delicious breakfast is filled with phytonutrients. If pressed for time you can make the veggies the night before, then heat and add the eggs the following morning. If you use the curry powder blend from Mountain Rose Herbs there are over 15 sources of phytonutrients in this meal.

## Ingredients

- 2 cloves garlic
- ¼ cup olive oil
- ¼ teaspoon whole cumin seeds
- ½ medium onion, diced
- 1 small potato, diced
- salt to taste
- 2 cups red cabbage, chopped
- 3 tablespoons roasted sweet peppers, chopped
- ⅓ cup pre-cooked green lentils
- 2 eggs
- a pinch of freshly ground black pepper
- ½ teaspoon freshly ground coriander seeds
- 1 ½ teaspoon curry powder

## Directions

1. Mince the garlic and set aside.
2. Heat the olive oil in a large skillet on medium heat until it shimmers. Add the cumin seeds. When they start to sizzle, add the onion and potato. Stir until well coated. Add a pinch of salt.
3. Cook uncovered for about 10 minutes, stirring occasionally to prevent sticking. Add the cabbage, garlic, and another small pinch of salt.
4. Stir, cover, and cook for another 10 minutes, stirring occasionally to prevent sticking. Add the pre-cooked lentils and roasted peppers. Stir, cover, and cook for 5 minutes. Add the eggs, small pinch of salt, ground pepper, ground coriander, and curry powder. Stir until everything is well combined. Cook for an additional 5 minutes.
5. Serve with your topping of choice like kimchi, chili sauce, or chives.

# Apple and Berry Concentrate

BY JIM MCDONALD (EXCERPT FROM WILD REMEDIES)



1 GALLON APPLE JUICE,  
FILTERED OR UNFILTERED



1 POUND BLUEBERRIES,  
FROZEN OR FRESH



1 POUND DRIED HAWTHORN BERRIES



# Apple and Berry Concentrate

BY JIM McDONALD (EXCERPT FROM WILD REMEDIES)

This mixture concentrates both the delicious flavor and the medicinal qualities of apples, blueberries, and hawthorn (*Crataegus spp.*). Think of it as an antioxidant-rich spoonful of yumminess that you can take as is or drizzle on yogurt, bread, or ice cream. Hawthorn berries can be foraged or purchased dried from apothecaries.

**Yield:** 1 quart

## Ingredients

- 1 gallon apple juice, filtered or unfiltered
- 1 pound blueberries, frozen or fresh
- 1 pound dried hawthorn berries



## Directions

1. Combine the apple juice, blueberries, and hawthorn berries in a pot. Bring to a very low simmer and reduce the juice to about half a gallon. This may take 90 to 120 minutes.
2. Strain out the berries.
3. Return the juice to the pot and, again over low heat, reduce the juice down to 4 cups. This may take 45 to 90 minutes.
4. Transfer to a container for storage. This syrup will last in the refrigerator for 2 weeks. Consider reserving some for immediate use and freezing the rest for later. Take 1 to 2 spoonfuls a day, or as desired.



# Apple Cinnamon Friendship Bread

BY ROSALEE DE LA FORÊT



3 CUPS FLOUR  
OF CHOICE



3 TEASPOONS  
BAKING SODA



1 TABLESPOON  
GROUND CINNAMON



1 CUP NUTS OF  
CHOICE (OPTIONAL)



4 EGGS, ROOM  
TEMPERATURE



1 CUP HONEY



1 CUP OAT  
BRAN



1/2 TEASPOON  
SALT



2 TEASPOONS  
CARDAMOM



1 CUP BUTTER (SOFTENED)



2 CUPS CHOPPED APPLES  
(SKIN REMOVED)



4 CUPS APPLESAUCE



# Apple Cinnamon Friendship Bread

BY ROSALEE DE LA FORÊT

This is quickly becoming the new favorite recipe in our house. Not overly sweet, yet still a delicious dessert, this simple bread is easy to bake up. This recipe makes two loaves of bread: one for you and one to share and brighten someone's day. We love this bread warmed, but it is also delicious at room temperature. Store on the counter in a tightly sealed container. It's best within 4 days. It can be sliced and frozen for later enjoyment.

## Ingredients

- 3 cups flour of choice
- 3 teaspoons baking soda
- 1 tablespoon ground cinnamon
- 1 cup nuts of choice (optional)
- 1 cup honey
- 2 teaspoons cardamom
- 4 cups applesauce
- 2 cups chopped apples (skin removed)
- 1 cup butter (softened)
- ½ teaspoon salt
- 1 cup oat bran
- 4 eggs, room temperature



## Directions

1. Preheat oven to 350° F. Grease two 9"x5" loaf pans very well with butter or other oil.
2. In a medium sized bowl, mix together the flour, oat bran, baking soda, cinnamon, cardamom, and salt.
3. In another medium sized bowl, combine the butter, honey, eggs, and applesauce and whisk together to combine.



# Cardamom, Cinnamon, and Apple Bread For Two

BY ROSALEE DE LA FORÊT

## Directions (cont.)

4. Add the dry ingredients to the wet ingredients and stir to combine. Don't over-mix.
5. Fold in the chopped apples, along with your nuts of choice (if you're including any).
6. Evenly divide the batter between the loaf pans and bake for 65-75 minutes, or until a toothpick inserted in the middle comes out clean.
7. Let cool for 10 minutes in the pan, then remove to a cooling rack to cool completely.
8. Enjoy a loaf for yourself. Gift a loaf to a friend.



# The Fabulous Recipe Authors



## Margi Flint, RH, HM

Margi Flint, RH, HM, owns and operates Earthsong Herbs in Marblehead, MA. Her filters of wisdom include over twenty years of labor coaching, certification in Polarity Therapy and Reiki, and forty-plus years of herbal practice. She has been caught lecturing at numerous amazing herb schools, Bastyr University, Tufts Medical School, and Massachusetts College of Pharmacy. She is author of *The Practicing Herbalist IV*. You can find more from Margi at her website, [EarthsongHerbals.com](http://EarthsongHerbals.com). You can also find her on [Instagram](#), [Facebook](#), [X](#), [Youtube](#), [LinkedIn](#), and [Alignable](#).

**LISTEN TO THE PODCAST EPISODE**

## Selima Harleston Lust

Selima Harleston Lust is a wife, mother, survivor, and co-founder of Iwilla Remedy. In her signature online mentorship, Herbal Medicine for the Soul, she teaches adults how to reclaim their wellness naturally while addressing the emotional root cause of pain using the CALYPSO Healing Method™. She's a proud graduate of Spelman College (BA), Teachers College Columbia University (MA), the Peace Corps, and Sacred Vibes Apothecary Herbal Apprenticeship. Find more from Selima on Instagram [@iwillaremedy](#) and at her website: [iwillaremedy.com](http://iwillaremedy.com).

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# Lucretia Vandyke

Lucretia Vandyke has worked and trained with many internationally known spa and skin care companies. She is a Holistic Educator, Speaker, Herbalist, Sacred Sexologist, Ceremonialist, Spiritual Coach, Intuitive Energetic Practitioner, Diviner, Author, and world traveler. She brings her vivacious spirit and her message of ancestral connection in herbal practices to inspire others to embrace their unique relationship with the plants. You can find more from Lucretia on [Instagram](#). You can also find Lucretia on her website, [LucretiaVanDyke.com](http://LucretiaVanDyke.com), and on [Facebook](#).

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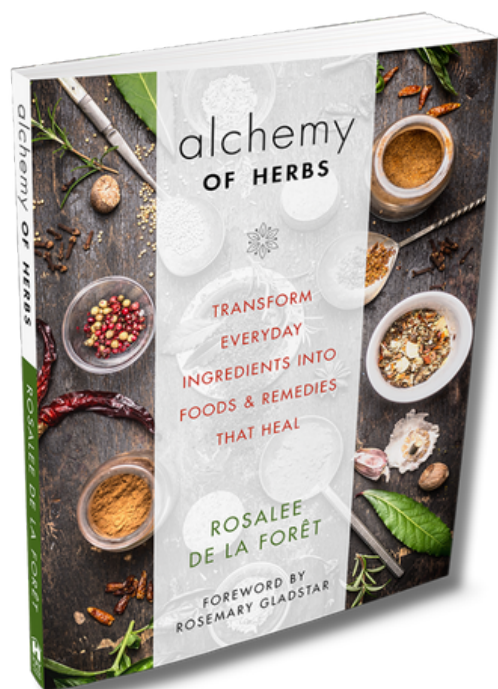
## jim mcdonald

jim mcdonald is an herbalist in southeast Michigan (that cool state that looks like a mitten you can see from space) where he teaches, sees clients, wildharvests, and concocts a plethora of diverse herbal formulas. His approach to herbalism blends European folk influences mixed up with a bit of 19th century eclectic and physiomedical vitalism, which he tries to spice up with a bit of humor and discretionary irreverence so as not to appear to be too serious about life. jim hosts the websites [www.herbcraft.org](http://www.herbcraft.org) and [herbcraft.podia.com](http://herbcraft.podia.com) which list his offerings and convey his thoughts of plants and herbalism. You can find him on [Facebook](#) and [Instagram](#).





# Get more healing herbs in your life with these books by Rosalee de la Forêt

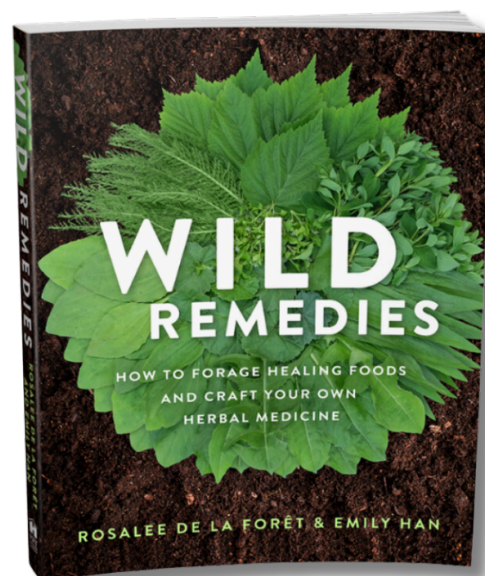


Explore how to transform everyday ingredients into foods and remedies that heal with *Alchemy of Herbs*.

Get your bonuses at  
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Forage your own healing foods and learn how to handcraft herbal medicines with *Wild Remedies*.

Get your bonuses at  
[WildRemediesBook.com](http://WildRemediesBook.com)





Hi! I'm Rosalee de la Forêt, and I'm passionate about inspiring you to embrace the healing gifts of medicinal plants and deepen your connection to the living world around you.

For over 20 years, I've guided countless beginners to become confident herbalists through my engaging online courses.

In addition to being an herbal teacher, I'm a registered herbalist with the American Herbalist Guild, a best-selling author, and host of the Herbs with Rosalee Podcast.

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Text by Rosalee de la Forêt unless otherwise noted.

Illustrations by Tatiana Rusakova

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