

Let's Make Slow Food Easy...

Recipes and Ideas from Ancient Wisdom

Slow Growing

Who has time to garden? I don't! So where do I start?

- Herbs – Delicious herbs to grow in your window include basil, cilantro, oregano, parsley, and thyme. Easy medicinal herbs (to use in making tea or tinctures) are lavender, chamomile, chaste tree, Echinacea, lemon balm, mint, pennyroyal, St. John's wort, and blessed thistle. Grow them in a container or by your back door. So easy!
- Vegetables and Fruit – Make a list of your favorites, things you purchase week after week at the grocery store. Order a seed catalog and order! I love the company Seeds of Change (<http://www.seedssofchange.com>)
- What's in season? *Simply in Season* (<http://tinyurl.com/simplyinseason>) and *Animal, Vegetable, Miracle: A Year of Food Life* (<http://tinyurl.com/animal-veg-miracle>).
- Gardening books – A great book is *Lasagna Gardening* (<http://tinyurl.com/lasagna-gardening>). Also check your local bookstore for how-to books on gardening that will fit your style and location. Maybe container gardening is perfect for you!
- Links – Visit me at <http://www.anneshomeyplace.com/gardening.shtml> for more great ideas.

Slow Preservation & Enzymes

- Books on preserving foods – *Putting Food By* (<http://tinyurl.com/puttingfoodby>), *Preserving Food Without Freezing or Canning* (<http://tinyurl.com/preservingfood>)
- Books on fermentation – *Wild Fermentation* (<http://tinyurl.com/wildfermentation>), *Nourishing Traditions* (<http://tinyurl.com/ntcookbook>), *Enzyme Nutrition* (<http://tinyurl.com/enzymenutrition>)
- You can purchase freeze-dried vegetable and dairy culture starters from Wilderness Family Naturals (<http://tinyurl.com/bc9qnp>)
- I recommend the sourdough starters and great information available from Teresa Greenway at Northwest Sourdough (<http://tinyurl.com/nwsourdough>)
- Enjoy the e-book, *Creatively Simple: How to Make Butter*, by Penny Raine (<http://tinyurl.com/makebutter>)
- Visit the websites at the **bottom** of this page <http://anneshealthplace.com/recipes.shtml> (although the entire page is packed with helpful recipes).
- Ask questions and learn a bunch from the folks at the yahoo group, Native Nutrition (<http://health.groups.yahoo.com/group/native-nutrition/>)

Slow Cooking

- Books – *Nourishing Traditions* (<http://tinyurl.com/ntcookbook>), *The Revolution Will Not Be Microwaved* (<http://tinyurl.com/microwavedrevolution>)
- Recipes -- <http://www.culinate.com>, or visit the websites at the bottom of my page at <http://anneshealthplace.com/recipes.shtml>

Slow Drinking

- Try kombucha! Purchase GT's Kombucha (<http://www.gtskombucha.com>) at a local store, or try making it yourself with help from Laurel Farms (<http://www.laurelfarms.com>).

Slow Enjoyment

Books –

- *Table Talk: Creating Meaningful Conversations with Family and Friends* - <http://tinyurl.com/tabletalkbook>
- *What is a Family* - <http://tinyurl.com/what-is-a-family>
- *The Hidden Art of Homemaking* - <http://tinyurl.com/hiddenart>
- *Creating a SenseSational Home* - <http://tinyurl.com/sensesational>