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## **Vibrant Health ...**

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Gladstar's Fire

Cider Recipe.  $\frac{1}{2}$

cup grated fresh

horseradish root.  $\frac{1}{2}$

cup or more fresh

chopped onions.  $\frac{1}{4}$

cup or more

chopped garlic.  $\frac{1}{4}$

cup or more grated

ginger. Chopped

fresh or dried

cayenne pepper 'to

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taste'. Can be whole or powdered. 'To Taste' means should be hot, but not so hot you can't tolerate it.

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color and  
fragrance, add zest  
to food, and  
promote well-being  
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by. Rosemary

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is the best-selling  
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on her 40-plus  
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studying and teaching about the healing properties of herbs. She is a world-renowned educator, activist, and entrepreneur, and the founding director of Sage Mountain Herbal Retreat ...

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Add the grapes and the remaining 1 1/2 tablespoons rosemary to the pan. Reduce the heat and cook, stirring frequently, until the grapes soften, about 8 minutes. Step 3

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**Lamb Chops with  
Rosemary and  
Grapes Recipe -  
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Rosemary Gladstar  
is one of the  
people responsible  
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here in the U.S.  
You can read her  
long list of  
accomplishments  
elsewhere, from

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authoring many books on herbalism, founding the United Plant Savers and the International Herbal Symposium, carrying on the New England Women's Herbal Conference for 30 years, and bringing thousands of

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people back home  
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herbalist Rosemary Gladstar provides safe and effective, time-tested natural therapies and herbal remedies in Herbal Recipes for Vibrant Health (Storey Publishing, 2013). This ...

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emergencies such

as the flu, colds,

burns, and etc. The

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rest of the book covers specific herbal recipes for body care, women, men, children, and the elderly.

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