

EVERBLOSSOM FARM RECIPES

BY JODÉ LEMMON

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BASIL BATH SALTS

When you walk into Elaine and John's greenhouse you're greeted by a big, perky green bed of basil – so bright and fragrant. The sight and smell just lifts my spirits. So I was excited to find this recipe in a Fall 1997 issue of Herb Quarterly. It seems that it's not just a look; basil can actually make us *feel* bright and perky. Basil is said to stimulate the memory, relieve stress, and cure depression. Mix some up with that **bonus basil** and maybe it will help you get through the long winter nights until our Everblossom wonder-boxes come back to us each week. See you next season.

Basil Bath Salts

Serves up 8 baths

1 cup sea salt
1 cup Epsom salts
1 cup baking soda
2 tablespoons dried herbs or ¼ cup fresh herbs

Mix all ingredients together.

To use, fill a bathtub with warm water, pour ½ cup of bath salts into the water; stir well to dissolve. Step into bath, close eyes, relax!

Store the remaining salts in a dry container with a lid.

Kitchen Notes: Try it with other herbs too: Chamomile & Lavender – relaxes and calms nerves, Rosemary – stimulates the memory, Sage – invigorates the body

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

JOHN AND ELAINE BRANIGAN

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