

WILD MEDICINE ACADEMY NEWSLETTER



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WMA
website

HAPPY NEW START!

Hello Green Niblets, we're back! Woohoo!

May 2021 unfurl gracefully for you May you bloom!
To help you feel all INVIGORATED for the year ahead, I have a delicious Dandelion & Fetta quiche recipe for you here, and for your green heart, a bit of LOVE LATTE. Hmm hmmm.

Our vision remains to educate, inspire and to round out formal training. New courses are in the making, stay tuned, and stay well

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THIS ISSUE

- Our FREE webinar series starts February 2021. Read on to find out what's on offer.
- Recipes: boost those neurochemicals with this Love Latte, and boost your detox potential with this Dandelion and Fetta Quiche
- Coming up: The Art of the Infusion webinar, The Family Myrtaceae.
- Anyone currently studying natural medicine or planning to would benefit from reading 'Insights into E-Learning with Complementary Medicine' based on the ATMS forum where you can hear from key herbalism schools in Australia.



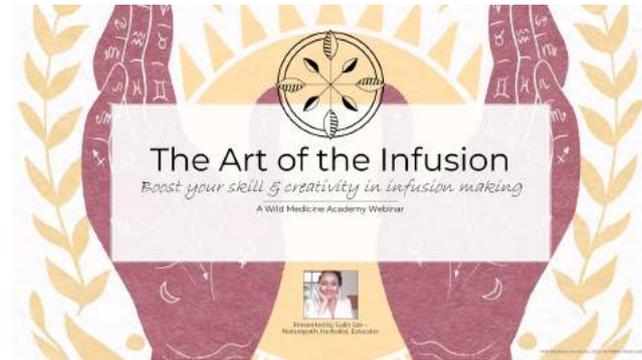
LET'S GET TOGETHER

Our Free Webinars presented by yours truly commence Feb 2021. To attend, follow the links to signup/register. You'll be emailed with further details. Registration required.

THE ART OF THE INFUSION

Step into my bewildering world of herbalism, where creativity abounds and the possibilities are endless. Prepare to be AMAZED by the number of ways you can prepare and use herbal infusions in your daily life to boost your vigour, nourish your insides, and even to self-connect and ultimately, to heal.

Everybody is welcome to register using the button below where you can read all about it!



DETAILS: THURS 11 FEB 2021 - START: 10:00am END: 11:30am - REGISTER BY 9 FEB MIDNIGHT
 LEVEL: ALL LEVELS - ESPECIALLY FOR: HERBALISTS, NATUROPATHS, TEA LOVERS

Register FREE for
 Art of the Infusion



THE MYRTACEAE FAMILY

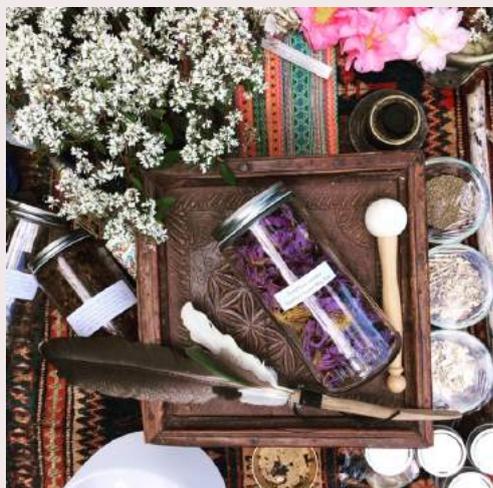
An introduction to native Australian medicine. Join me for this free webinar to learn all about medicinal plants in the Myrtaceae family, their qualities, history, chemistry and applications in contemporary herbalism.

Everybody of all levels herbal-wise are welcome to register using the button below where you can read all about it!

DETAILS: THURS 25 FEB 2021 - START: 10:00am END: 11:00am - REGISTER BY 16 FEB MIDNIGHT
 LEVEL: ALL LEVELS - ESPECIALLY FOR: HERBALISTS, SKINCARE, BOTANISTS

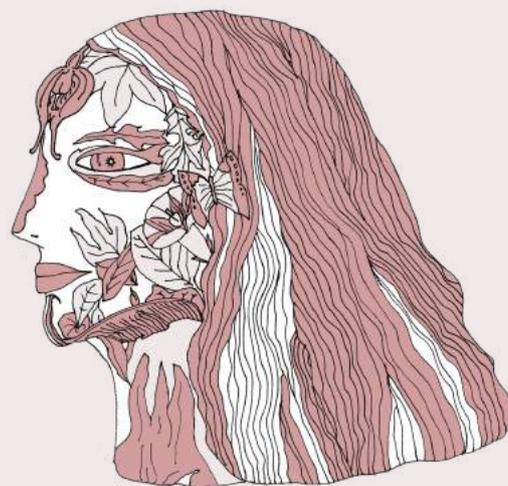
Register FREE for
 The Myrtaceae Family

MEDICINE MAKING COURSES YOU CAN DO WITH US ANYTIME - ANYWHERE.



ELIXIRS

History, alchemy, introduction to materia medica, herbal manufacture, and transformation of self and plant medicine through the medicine making process. The Plant Seeker's dream course!



HEROINES OF HERBALISM

Great women herbalists, the concepts they created and brought to life, their stories and medicines, and re-creating their trademarks formulae with a modern twist. A course for all home herbalists.

SLIMMING DANDELION & FETTA QUICHE

Forgive me! I just had to add the 'slimming' in because that's what Dandelion leaf does SO well. By stimulating renal activity, Dandelion leaf rids your body of excess fluids that make you feel heavy and sluggish. What would we do without this detox herb? This is a quick and easy dish, it just requires a bit of chopping. I bake the onions and vegetables first and then add the more delicate ingredients towards the end with the eggs. I have to jump onto the photography as this quiche is literally gobbled up :) What you'll need is to first pop an oven tray into a preheated 180deg C oven with:

- 1 brown onion, chopped
- 2 tsp ground cumin and coriander seeds
- 4 small bay leaves
- 6 garlic cloves chopped in half
- 1/2 zucchini, chopped small
- 1/4 capsicum of your choice, chopped small
- Olive oil - enough to coat the ingredients

After 25 minutes, take out the tray and...



QUICHE CONT....

Add these ingredients next:

8-10 large fresh Dandelion leaves, chopped
150-300g Danish fetta, crumbled

Cover with 8 eggs, whisked with a fork

Add salt and pepper as you please

Bake for 30 minutes or until the egg is cooked, and then serve warm with a side of Chutney or Relish.

It. Is. Delicious.



I didn't have any at the time to spare, but olives go nicely with Dandelion. Don't believe me? Check out my Dandelion and Olive bread. No doubt about it, my Dandelion plant and I have been in a sizzling culinary affair for many years now. Handsome lil man that he is!

I.LOVE.DANDELION



LOVE LATTE

Inspired by the delicate and sensuous rose, here is your love latte, perfect for those dreamy days or nights where you want to flood your body with expansive and tonifying plant chemicals. You can add a few drops of the anti-ageing REJUVENATE elixir. Learn how to make the elixir in ELIXIRS.

You can expect the colour to be mildly pink, however the colour transfer from the rose petals does not yield red or pink infusion, so expect it to be more muddy in colour. Adding more strawberries will give you a pinker hue.

Ingredients:

- 2g dried red Rose petals
- 1 chopped large strawberry
- 5g dried currants
- 1 cup milk in a saucepan
- 1/4 cup milk for frothing
- 1 tsp honey
- 1 tsp Rose water
- Sprinkle of fresh flowers for dressing



Directions: Gently warm the petals, strawberry, currants and milk on medium heat for 15 minutes. Then strain, add rosewater, and add frothed milk.

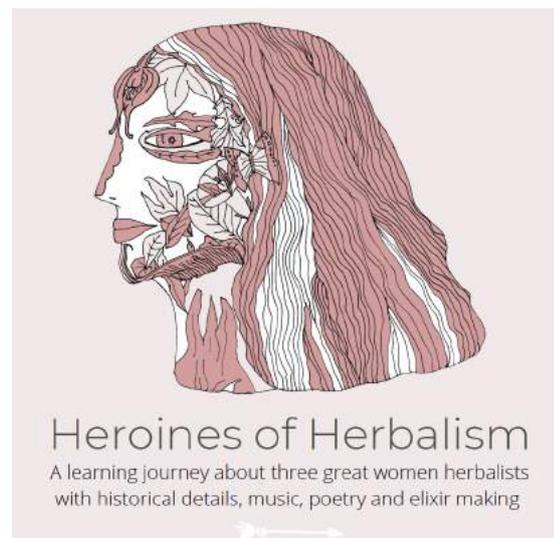
Top with powders or herbs of your choice.

This recipe makes one serve.. I like to add honey, sometimes vanilla essence, as rose itself is quite astringent and cooling, it helps to balance out the qualities.

HEROINES OF HERBALISM

Women in herbalism don't get enough recognition! In this course dive into the lives, achievements and approaches to medicine of three great women herbalists: Hildegard von Bingen, Lydia Pinkham and Juliette de Bairacli Levy. It's a short and sweet 3 unit course with beautiful recipes, downloadables, video demos and a bonus mystery fourth unit.

Perfect for a summer holiday experience and the herb kits and module books are both available for purchase too! Watch my introduction to the course [here](#). This would make a beautiful present :)



ELIXIRS: TRANSFORM YOUR HERBALISM PRACTICE

The [ELIXIRS](#) course is a comprehensive study of the art of medicine making. Imagine rediscovering herbalism since ancient times not through the eyes of a phytochemist, but through the eyes of an elixir maker - not bound to any doctrine of medicine, and informed by the sacro-religious aspects of plant medicine.

The course is self-paced and flexible, and is a joy to move through in your own natural time. It's written to be enjoyed and is definitely content rich, but you can explore that content at your own pace. It's also initiatory in nature and feel, and covers all foundational aspects of herbalism so is suitable for all levels beginners to professional. Consider joining before our next group meeting, now in Feb 2021, so you can participate in that too!



Until the next newsletter...
Love & Light to you all!

X Sufin