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Rosemary 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

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more chopped garlic. $\frac{1}{4}$ cup or more grated ginger. Chopped fresh or dried cayenne pepper 'to 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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Rosemary Gladstar is the best-selling author of Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide and Rosemary

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Add the grapes and the remaining
1 1/2 tablespoons rosemary to
the pan. Reduce the heat and

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cook, stirring frequently, until the grapes soften, about 8 minutes.

Step 3

Lamb Chops with Rosemary and Grapes Recipe - Quick From ...

Rosemary Gladstar is one of the

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people responsible for reigniting western herbalism here in the U.S. You can read her long list of accomplishments elsewhere, from authoring many books on herbalism, founding the United Plant Savers and the International Herbal Symposium, carrying on

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Their recipe for herbal shampoo is

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