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Carpark Pesto Recipe

Ingredients you need to make Carpark Pesto:

Chickweed - a good handful, make sure you wash it. (substitute with basil or any other greens)

1 tablespoon pine nuts

1 clove of garlic

Olive oil

Salt & Pepper

You can add a tablespoon of Parmesan or leave it out if you are vegan

To prepare Carpark Pesto:

1. Finely chop your chickweed (greens).
2. In a mortar and pestle, smash a clove of garlic.
3. Add your chickweed and grind. (Also add parmesan now if you are using it)
4. Add pine nuts and a drizzle of olive oil, season with salt and pepper.

Chickweed is recognised by its hairy stems, oval leaves, and small, daisy-like blossoms with five crenelated petals.

A natural appetite suppressant, the saponins in Chickweed have been found to emulsify fat cells and flush them from the body. This versatile herb also supports healthy thyroid function which is essential in the smooth running of the body's metabolism. It contains natural lecithin which specifically aids in fat metabolism.

Folklore and history

Chickweed has a varied and magical history, steeped in folklore and myth. In European folklore and magic, Chickweed was used to promote fidelity, attract love and maintain relationships. Carrying a sprig of Chickweed was believed to draw the attention of one's intended beau or ensure the fidelity of one's mate.

According to the 17th century herbalist Culpeper, Chickweed is under the dominion of the moon, and is therefore associated with feminine energy, love and fertility. Due to its presumed ability to attract the perfect mate it was a common ingredient in love potions.



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ajwain kadha Recipe

Ingredients you need to make ajwain kadha:

1 tbsp ajwain roasted seeds

500 ml of water

1 lemon/1 tbsp apple cider vinegar

1 tsp turmeric

Pinch of black salt

1 tbsp honey

To prepare ajwain kadha:

1. Add water and ajwain to a pan. Boil it till it becomes half.

2. Take a glass and pass this mix through a sieve. Add lemon or apple cider vinegar, honey, and black salt. Stir it and sip it slowly.

You can have this water regularly for 15-20 days to boost your metabolism and lose weight.

Ajwain is rich in carbohydrates, fat, protein, fiber, tannins, glycosides, moisture, saponins, flavone, and minerals like calcium, phosphorous, iron, cobalt, copper, iodine, manganese, thiamine, and riboflavin. All of these contents make this tiny seed a health wonder.

Ajwain smells like thyme because it contains the same aromatic oil, thymol. Compared to thyme, ajwain is brighter, stronger, and less subtle. It is slightly bitter and very sharp, akin to black pepper but more etheric in quality.

The vitality (prana) and lightness of ajwain is intrinsic to its taste. Its aromatic oils disperse blood and dilate blood vessels, while its pungent spiciness stimulates the heart for an altogether refreshing effect on the circulation.

Ajwain rivals asafoetida in its ability to relieve gas and bloating. It warms up cold digestion and relaxes intestinal cramping due to colic. Use with any foods that take a long time to digest. Its fiery nature increases bile, aggravating hot Pitta constitutions. Overuse in summer may cause you to sweat, aggravating dryness in Vata.