

CUNNINGHAM'S
ENCYCLOPEDIA OF
WICCA IN THE
KITCHEN



SCOTT CUNNINGHAM

Food has played a significant role in human celebrations of all kinds. In earlier times, the Earth and its bounty were connected with goddesses and gods. Fruit, seed, root, and flower were all manifestations of divinity.

As we've lost the knowledge of the old magics, so too have we forgotten the mystic lore of food. But timeless energies still vibrate within our meals. They wait for us to sense and use them.

About the Author

Scott Cunningham practiced elemental magic for more than twenty years. He was the author of more than thirty books, both fiction and nonfiction. Cunningham's books reflect a broad range of interests within the New Age sphere, where he was highly regarded. He passed from this life on March 28, 1993, after a long illness.

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The Truth About Witchcraft Today
Wicca

Biography

Whispers of the Moon
(*written by David Harrington and deTraci Regula*)

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TABLE OF CONTENTS

Preface | xv
Introduction | xvii

PART ONE: the magic in your kitchen

Chapter one
Food Power! | 3

Chapter two
Magic | 7

Chapter three
The Tools of Food Magic & Magical Cooking | 13

Chapter four
The Ritual of Eating | 19

Chapter five
Vegetarianism | 23

Chapter six
The Practice of Food Magic | 29

Chapter seven
Festival Foods | 33

PART TWO: the magic of food

- Introduction to the magic of food* | 43
- Chapter eight*
Bread & Grains | 47
- Chapter nine*
Cakes, Sweetened Breads, Cookies, & Pies | 61
- Chapter ten*
Vegetables | 75
- Chapter eleven*
Fruit | 101
- Chapter twelve*
Spices & Herbs | 127
- Chapter thirteen*
Honey, Sugar, Chocolate, Carob, & Maple Syrup | 153
- Chapter fourteen*
Nuts & Alleged Nuts | 165
- Chapter fifteen*
Salt, Vinegar, Soup, & Noodles | 175
- Chapter sixteen*
Food from Sea & River | 181
- Chapter seventeen*
Beer, Wine, & Alcoholic Beverages | 187
- Chapter eighteen*
Tea & Coffee | 197
- Chapter nineteen*
The Mystic Egg | 201
- Chapter twenty*
From the Dairy | 207

PART THREE: magical food diets

<i>Introduction to magical food diets</i>	217
<i>Chapter twenty-one</i>	
Love	221
<i>Chapter twenty-two</i>	
Protection	229
<i>Chapter twenty-three</i>	
Health & Healing	237
<i>Chapter twenty-four</i>	
Money	243
<i>Chapter twenty-five</i>	
Sex	249
<i>Chapter twenty-six</i>	
Spirituality	255
<i>Chapter twenty-seven</i>	
Psychic Awareness	261
<i>Chapter twenty-eight</i>	
Peace & Happiness	267
<i>Chapter twenty-nine</i>	
Purification	273
<i>Chapter thirty</i>	
Weight Loss	279
<i>Chapter thirty-one</i>	
Other Magical Food Diets	285

PART FOUR: scott's favorite recipes

Introduction to scott's favorite recipes | 293

Chapter thirty-two

Appetizers | 295

Chapter thirty-three

Beverages | 299

Chapter thirty-four

Desserts | 303

Chapter thirty-five

Main Dishes | 307

Chapter thirty-six

Salads | 313

Chapter thirty-seven

Soups | 315

Chapter thirty-eight

Vegetables & Side Dishes | 319

PART FIVE: supplemental material

Tables | 323

The magical uses of junk food | 335

Symbols | 341

Mail-order Resources | 345

Glossary | 349

Bibliography | 355

Index | 369

PREFACE

Food is essential to our lives. For many of us, the art of cooking and eating is a chore. For others, it is a great delight. And for some, the culinary arts and their products are indulgences. Food is substituted for love. Food is an excuse. Food is a god.

You're about to embark on a journey into a familiar yet exciting realm. This book is a guide to choosing, ritually preparing, and eating foods to manifest necessary changes in our lives. The only tools that are necessary to practice this ancient branch of magic are food, common kitchen implements, and yourself. Food magic is a natural art, in which we unite our own energies with those that exist in food.

Part one of this book consists of introductory material: the processes of magic and cooking; foods associated with ancient festivals; vegetarianism; and a step-by-step guide to the practice of food magic.

Part two is an encyclopedia of magical foods. Concise articles explore the spiritual backgrounds and magical uses of hundreds of foods, including bread, fruits, vegetables, ice cream, tofu, sugar, chocolate, seafood, spices and herbs, nuts, coffee, tea, and alcoholic beverages. Many common

and exotic foods are discussed. Why is bird's-nest soup so prized by some Asians? What magical energies lie within apple pie, sprouts, oatmeal, and chocolate bars?

Part three could be called "The Magical Diet Book." Eleven chapters describe fifteen diets, each designed to create a different change within the diner's life: protection, love, money, psychic awareness, health, magical weight loss, and much more.

In part five I've collated some of the information contained within part two into tables for easy reference. A list of foods ruled by the signs of the zodiac and a table of the magical properties of fast food complete this section.

Finally, two appendices discuss magical symbols and mail-order sources of unusual foods, herbs, and spices.

This isn't a book of gourmet cooking; nor is it a cookbook. It is a guide to transforming our lives with the foods that we eat. It's a practical introduction to an ancient subject.

A Note on Notes

I've chosen to use this method rather than standard footnoting with good reason: it doesn't burden the pages of the text with lengthy footnotes, yet it allows the reader to easily check the sources of any information.

Some statements aren't followed by a number. I've lost the source for a few of them. Others are part of the knowledge that I've accumulated over years of study. Still others stem from oral sources or from the results of my own experience. In any case, a published work is unavailable for these few statements.

Numbers following a statement in this book refer to a specific entry in the bibliography. To find the source of the information contained within the statement, see the number list of books in the bibliography.

INTRODUCTION

Food is magic. Its power over us is undeniable. From the sweet, rich lure of a freshly baked brownie to an exquisitely steamed artichoke, food continues to seduce us.

Food is life. We can't continue to live without its magic. Food, however, also harbors energies. When we eat, our bodies absorb those energies, just as they absorb vitamins, minerals, amino acids, carbohydrates, and other nutrients. Though we may not be aware of any effect other than a sated appetite, the food has subtly changed us.

In times of scarcity as well as plenty, peoples around the world have subjected food to religious reverence. Rice in Asia; fruit throughout Europe; grains in Africa; pomegranates and beer in the Near East; acorns and pine nuts in the American Southwest; bananas and coconuts in the Pacific; vegetables in tropical America—these foods have all played significant roles in religious and magical rituals.

Sacred meals are shared with the goddesses and gods (or their priestesses and priests). Today, eating with others is still an act of energy sharing, bonding, and trust.

The magic of the hunt and the sacredness of gathering rituals in fields and groves are still remembered by a few isolated peoples. Most of us now, however, buy presliced

bread, gather our fruits and vegetables from gleaming counters, and hunt in refrigerated cases.

As we've lost the knowledge of the old magics, so too have we forgotten the mystic lore of food. But timeless energies still vibrate within our meals. They wait for us to sense and to use them.

Lengthy magical spells aren't required, though a simple ritual is necessary to boost the food's effectiveness. If you have little knowledge of magic, follow the instructions presented in this book. You'll soon discover its power.*

I've tried to speak to all tastes in writing this practical food magic manual. It isn't strictly vegetarian, nor is it concerned solely with healthy or organic food. You'll find the magic of wine, sugar, and hotcross buns here, along with that of seaweed, carrots, and tofu. This book has something for everyone.

Eating is a merging with the earth. It is a life-affirming act. Ritually preparing and eating specific foods is an effective method of enhancing and improving our lives.

It's also fun. Magic pretzels? Sacred chocolate? Passionate pickles? They're all part of the magic of food, and the spells to create them begin in your own kitchen.

*Magic is a positive, loving art. Magic isn't supernatural, evil, or dangerous. See chapter 2 for more information.

PART ONE

*the magic in
your kitchen*

Food Power!

The woman bent over the stone hearth, adding twisted branches to the embers that glowed behind the andirons. Once they'd sprung into flickering life, she stepped outside to pump water into the old iron pot.

She returned to her house and placed the heavy cauldron directly over the fire, positioning its three long legs evenly around the blaze.

As the water warmed, she carved a small heart on to a beeswax candle, placed it in a pewter holder on the kitchen table, and lit its wick. She uncovered the baskets of strawberries that she had gathered that morning. Removing one, she placed it on the cutting board.

"Love . . . for . . . me," she murmured.

Working slowly and deliberately, she transferred the luscious fruits to the board, placing them in a pattern. She soon had created a small heart fashioned of strawberries.

The woman made another heart around the first, then another and another, until her supply of strawberries was exhausted. She smiled and chopped the strawberries, imagining what her life would be like once she'd met a man.

While waiting for the water to boil, she took an apple from a string hung from the ceiling. She carefully carved a heart into its peel with a white-handled knife, saying:

“Love for me!”

The woman stared at the apple, smiled, and bit into the fruit. The sweetness refreshed her. She slowly ate the apple, biting clockwise around the fruit from where she’d first penetrated it, slowly consuming the heart.

Later, the woman rose from her spinning and checked the pot. It was nearly boiling. She took the cutting board to the open-faced hearth and, using the white-handled knife, slid the chopped strawberries into the rustling water. As the fruit dropped into the cauldron, she said:

“Love for me!”

The cake of sugar had sat undisturbed in its ceramic pot for three months, but now was the time. The woman gently added it to the simmering, fruit-filled cauldron. It absorbed the water and melted.

She sat beside the fire and took up a spoon made of cherry wood. Slowly stirring, and moving the spoon in the direction of the sun, the woman cooked her strawberry jam. As it boiled, she said, over and over again in a voice barely audible above the crackling wood and the bubbling water:

“Love for me!”

The practice of folk magic* utilizes a variety of tools to empower simple rituals. These tools include visualization, candles, colors, words, affirmations, herbs, essential oils, stones, and metals. Other tools, fashioned by our hands, are also used, but these are merely power-directors. They contain little energy save that which is provided by the magician.

Another magical tool is at our disposal, a tool that contains specific energies which we can use to create great changes in our lives. This tool is all around us. We encounter it every day without realizing the potential for change that exists within it; without

*See glossary for unfamiliar terms.

knowing that, with a few simple actions and a visualization or two, this tool can be as powerful as the rarest stone or the costliest sword.

What is this untapped source of power?

Food.

That's right, food. The oatmeal you had for breakfast, your salad-and-seafood lunch, even the chocolate ice cream that topped off your evening meal, are all potent magical tools.

This isn't a new idea. From antiquity, humans have honored food as the sustainer of all life, a gift from the unseen deities who graciously provided it. Food played an important role in religious rituals for most cultures of the Earth as they entered the earliest stages of civilization. Its essence was offered up to the deities that watched overhead, while its physical portion, if not burned, was shared by the priestesses and priests. Food became connected with rites of passage such as birth, puberty, initiation into mystical and social groups, marriage, childbirth, maturity, and death.

Not only was food linked with all early religions; it was also understood to possess a nonphysical energy. Different types of food were known to contain different types of energy. Certain foods were eaten for physical strength, for success in battle, for easy childbirth, for health, sex, prosperity, and fertility.

Though food magic was born in an earlier age, it hasn't died out. Foods are used in magic in both the East and West, though the rationale for including them may have changed. Birthday cakes are an example. Most birthday cakes contain iced wishes of good luck. Why should we eat words? Originally, the words were thought to contain the energies associated with them. So the birthday celebrant was believed to enjoy both the cake and the energy of the words. Birthday cakes are a contemporary form of food magic, whether or not those who perpetuate this ritual are aware of it.

While food magic has suffered from neglect in most of the Western world (outside of religious connections), there are many places where food is still viewed as a tool of personal transformation. In Japan and China, specific foods are eaten to ensure long life, health, love, even a passing grade on an examination.

Such rituals have continued for 2,000 to 3,000 years because they are effective.

In my twenty-year excursion into the realm of magic, I've realized that no part of our lives is divorced from its power. I began researching the magical uses of food about seventeen years ago, when I was struck with the knowledge that it, too, was a tool of magic and could be used to create positive, needed change.

Many of my peers expressed disbelief when I first explained the premise of this book. Locked into one particular viewpoint concerning magic, they couldn't grasp the simple idea that food itself could be a force for magical change. Most of them agreed that herbs contain energies. All right, I said. If herbs are properly chosen and used, the magician can release their energies to manifest a specific change. Right? Correct, they said. Well, herbs are plants. Plants are food. And if food is properly chosen and used, couldn't the magician release its energies for magical purposes?

Of course they could, and they do. Doesn't it make sense that the rosemary a magician burns during a love ceremony could be used in other magical ways—in cooking, perhaps? Since lemons have been used for centuries in purifying rituals, can't we bake a lemon pie and internalize its cleansing energies?

This is the magic of food.

Both familiar and strange dishes can be found on these pages. Their magical energies are clearly stated. Where needed, directions for preparation are also given. I've included recipes where I felt they were appropriate, though you've probably prepared, or at least eaten, most of these dishes.

Every meal and every snack offers us a chance to change ourselves and our world. We can empower our lives with the energies of food. With knowledge and a few short rituals, we can spark the powers naturally inherent in food, transforming them into edible versions of the stones, woods, and metals used by magicians.

We must eat to live. Similarly, we must take control of our lives to be truly happy. The tools for doing just this are in your cupboards, in your refrigerator, and on your kitchen table.

Turn the page, and discover the magic that awaits!

Magic

Some words are necessary here regarding the practices described in this book. This information is vital to the correct practice of food magic.

"Magic is supernatural."

"Magic is evil."

"Magic is dangerous."

"Magic is illusion."

These statements, all false, have been passed down to us by earlier generations of nonpractitioners. Only those who haven't worked magic believe these ideas to be true. All of the statements have also been made about many other practices in earlier times: mathematics, chemistry, psychology, psychics, astronomy, and surgery. These and many other arts and sciences have been pushed from the darkness that lurks behind such statements into the light. They are no longer considered to be supernatural, evil, too dangerous, or illusionary.

At least two aspects of our lives haven't yet been ushered into this august group: *magic* and the *religious experience*. Hardline scientists and those sharing their worldview lump these two together because, to them, they're fantasies with

no basis in fact. Magic, to them, can't possibly be successful, because there are no known laws governing the mechanism at work in magic, and no known force that could empower it. They often view the religious experience with a similar mixture of amusement and contempt.

Unfortunately (for these scoffers, that is), magic works, and the religious experience does exist. Telling an individual who has established a personal relationship with deity that deity doesn't exist will produce predictable results. The same is true of magicians: they don't *believe* that magic is effective; they *know* that it is.

The basis of magic is power. Though magicians have used it for thousands of years, we still don't know exactly what "power" is. But we do know how to work with it.

Magic is the movement of natural but subtle energies to manifest needed change. These energies exist within ourselves, within our world, and within all natural objects on it. These energies, whether in avocados or in our own bodies, share a common source, even if their specific manifestations are quite different. What is this common source? Each religion has given it a different name.

Three types of energy are used in magic. These are *personal power*, the energy that our bodies possess; *earth power*, that which resides within our planet and within plants, stones, water, fire, the atmosphere, and animals; and *divine power*, which has not yet been brought to Earth in specific forms.

Magic always utilizes personal power. In folk magic, Earth power is used as well: the magician arouses (or awakens) her or his own power through visualization or physical exertion. Then Earth power (the energy that resides within natural objects) is awakened through visualization. Visualization (the process of creating images in the mind) fine tunes these energies, altering them in order to make them useful for a specific purpose. Once this has been accomplished, and it is easily done, the magician blends the two types of energies. This is usually done through visualization, but there are other techniques available. Food magic is unique in offering a very natural method of uniting these two energies.

For example: Marjorie wants to increase her income. She's working hard at her job and brings home a regular paycheck, but she can't seem to get ahead of her bills. She has a need: more money.

Being familiar with food magic, she decides to add one money-energizing food to each of her meals. She checks part three of this book and comes up with three foods for the first day: oatmeal for breakfast, a peanut butter-and-grape jelly sandwich for lunch, and fresh tomatoes for dinner. This won't be all that she'll eat, of course; Marjorie will simply include these foods in her meals.

The next morning, Marjorie lights a green candle in the kitchen. As the wick catches the flame and burns, Marjorie sees her self free from financial strain. She visualizes herself paying her bills on time and enjoying the use of more money. Marjorie doesn't hope that this happens—she sees it as if it has already occurred.

She continues to visualize as she pours water into a glass pot and measures the oatmeal. Once the measuring cup is full, she sets it on the kitchen counter and places her hands on either side of it. Marjorie visualizes as strongly as she can. She then adds the oatmeal to the water and cooks it as usual.

As she's waiting, Marjorie sections a grapefruit and pours a glass of low-fat milk. These foods aren't related to her magical need; they simply provide nourishment.

When the oatmeal has cooked, she moves the green candle to the kitchen table, spoons the cooked cereal into a bowl, pours a dab of maple syrup over it (another money food, she thinks), and looks down into the oatmeal. She may say this before she eats:

*“Oats of prosperity and gain,
lift away my financial pain.
I'm flooded with prosperity;
This is my will, so mote it be!”*

Marjorie may also not say anything, but simply renew her visualization. Then she finally eats the oatmeal. With every hot bite she feels money energy pouring into her body. She also senses her

body responding, welcoming both the nourishing food and its prosperous energy.

Marjorie pinches out the candle flame and returns the taper to a kitchen drawer until her next magical meal. She repeats the same ritual for at least one food per meal. Though she'll have the peanut butter and jelly sandwich at work, she'll prepare it with the same care and visualization, and will eat it in the same way during her lunch break.

As she wipes her lips, she decides to add money foods to her meals for at least a week to give the magic time to do its work.

So that's an example. What exactly did Marjorie do?

- She recognized that she had a problem.
- She found the tools (foods) that could help her solve it.
- She tuned her own personal power to a prosperous pitch through visualization.
- She also used visualization to attune the earth power contained within the oats.
- She used a short, rhymed chant to strengthen her resolve and her visualization.
- She moved the prosperous energy that resided within the oats into her body by eating them.

The green candle that she lit is a physical manifestation of the change that she wished to make: green is an ancient symbol of growth, prosperity, and abundance. In our modern world, it is also a color of money and of the things that money can bring us.

Folk magicians say that burning a candle releases energy into the surrounding area. The type of energy is determined by the color of the candle. By lighting the green candle, Marjorie added extra money-attracting energy to her ritual. The candle isn't necessary, but it can be used if desired.

Visualization is important in any type of magic. Most of us can visualize what we've already seen quite well. Close your eyes for a minute or two, and see in your mind's eye a picture of a favorite food, your pet, or your next-door neighbor. Don't just think about

these things; try to see them as if you were actually looking at them.

In magic, we use visualization to create images of the change that we've decided to make. It wouldn't have helped Marjorie to visualize stacks of unpaid bills, to see herself scrounging in her purse for her last few pennies, or to picture being thrown out of her apartment. These are symptoms of her problem, *and problems are never visualized.*

Instead, the solution to the problem and the outcome of the magical ritual is visualized. This is why Marjorie saw herself paying her bills and enjoying extra money. This isn't positive thinking, though that does play a part. Magical visualization is actually positive *imagining.*

On a subtle (but real) level, images created and sustained in the human mind affect us as well as objects around us. In visualizing, our heroine was setting both Marjorie-energies and oat-energies into motion and giving them purpose. The final step was introducing those energies into herself, which she accomplished by eating the oatmeal at breakfast.

Visualization is the most advanced magical technique necessary for the successful practice of food magic. Many good books are available on the subject. Read them if you feel you need help in this matter*, or attend a class if one is held nearby.

This is food magic. It consists of choosing foods, cooking or preparing them with a purpose, and eating them. Since we all have to eat to survive, why shouldn't we make our meals more than nourishment rituals?

Consider again the four statements that opened this chapter. Judging from the example I've given, it's obvious that the energies involved in magic aren't supernatural. On the contrary, they're the energies of food and our own bodies—and of life itself.

Magic certainly isn't evil, except to a minority of folks who, for religious reasons, have decided that it is. These same folks often consider exercise, psychological analysis, self-improvement, and

*Among the finest is Melita Denning and Osborne Phillips' *Practical Guide to Creative Visualization.*

many other aspects of personal growth to be evil as well. Though their bias is clear, it's meaningless to those who don't accept their religious views.

Is magic dangerous? No more dangerous than any other part of life, from taking a shower to using a ladder. The idea that this ancient practice is dangerous stems from the concept that "magic is evil." Magicians don't contact demonic energies, perform sacrifices, or worship fallen angels (see chapter 22).

The fourth statement, that magic is illusion, is also false. This idea is accepted by most of those who haven't practiced it and who don't belong to a fundamentalist religious group. It is difficult or impossible to prove to these cynics that magic is effective precisely because magic utilizes energies that these cynics haven't yet fully investigated.

Still, the effects can be seen. Magic doesn't produce miracles; it produces needed changes. Disbelievers usually discount the fruits of magic as coincidence, as accidents, or as pure psychology. These three explanations are quite handy, but if magic produces the desired results time and time again, and if its practitioners find within its simple rituals ways of improving the quality of their lives, then it isn't illusion, no matter what others may say.

The only way you can discover this is by practicing it. Don't believe that magic works. Try it, so that you'll know that it does.

The Tools of Food Magic & Magical Cooking

Food magic is a direct and simple form of self-transformation. Its most important tools are food and the magician's personal power. Other implements, however, are necessary to prepare and to cook empowered dishes. This chapter describes the magical qualities of these tools and some basic magical cooking tips. Since this isn't a gourmet cookbook, no unusual objects are required. Your own kitchen should provide virtually everything you'll need.*

Cups, Bowls, and Pots

The earliest form of food container must have been cupped hands. Later, leather was shaped in imitation of this form and used to contain liquids and solid foods. In some parts of the globe, basketry was tightly woven into bowls and storage units. Baskets made of fresh leaves are still quite common in tropical parts of the world.

Clay was also shaped into bowls, and these forms were subjected to heat to firm their shapes and to prolong their

*Information about the elements and the planets can be found in part four.

lives. Gourds have been used as containers around the world for hundreds of years. Carved wooden bowls were in common use until quite recently.

With the coming of the Bronze and Iron Ages, peoples that possessed the knowledge of metalworking used these materials to create their bowls. Silver and gold vessels were also common grave goods in royal tombs in the ancient world.

Cups, bowls, and pots are certainly receptive; they *contain*. As implements related to the element of water and to the earth's moon, they possess loving energies and recall the loving cups—trophies—still awarded to exceptional individuals and teams.

Earlier cultures identified the pot as a symbol of the Great Mother. This concept is almost universal.⁷⁸ Rounded pots and bowls, associated with goddess energy, were also used to prepare food. Thus, a goddess symbol physically nourished humans. The Zuni, for example, saw the bowl as the emblem of the earth, which they described as “our Mother.” They drew food and drink from the bowl, as does a baby from its mother's breast. The bowl's rim was as round as the horizon of the earth.²¹

Pottery was invented by women, and pottery remained a feminine craft among virtually all culturally unadvanced early peoples. One of the hallmarks of “advanced” culture was the forced transference of this women's art to men.⁷⁸

Throughout the world, pots have been used for magical purposes. In Panama, a pot shaped like a human being was placed on the roof of a house for protection. In West Africa, shamans trapped the winds and rains in huge jars,⁶⁰ and ancient Hawaiian deities are said to have done much the same thing with gourds.

Chinese New Year's festivities often included stuffing a clay pot with stones and bits of iron, which represented the ills of the past year. Gunpowder was added to the pot, along with a fuse. The pot was buried, the fuse was lit, and the resulting explosion wiped out the evils of the past year.⁶⁰ On their ceremonial pots, the Pueblo Indians of North America rendered animals that are found near springs. This was done to ensure a steady supply of water.⁹

Any cup or bowl can be used in magic, as long as it's not made of plastic or aluminum. Earth colors (browns, beiges, and whites) are most appropriate for a container. Choose cooking pots of the same colors, and made preferably of glazed ceramic, glass, enameled metal, or stainless steel.

Avoid using aluminum implements in magical cooking.

The Oven

The oven is another symbol of the divine.²⁹ It encloses, performs a transformative process (cooking), and is warm and bright. Humans have used many types of ovens, from the mud-brick ovens of the Middle East to the earthen ovens used in both North America and Polynesia. Some cultures honored an oven goddess, such as Fornacalia of ancient Rome.²⁹ Others, like the Chinese, see a male deity within its sun-like warmth. In Europe, the oven didn't come into common use until the eighteenth century; the cauldron, a kind of portable oven, was used in its place.⁷¹

The oven's purpose is to retain heat from the burning fuel and to provide the even temperature necessary for proper cooking. Gas or electrically heated ovens are fine for magical cooking. Modern microwave ovens work on a completely different principle to heat the food. As food magic is a traditional practice, it's best to avoid microwaves and utilize the time-honored, traditional tools of food preparation.

The Cauldron

Long linked with Witches in the popular imagination, cauldrons were once the common cooking pots used throughout Europe. Made of iron, marked with ribs used for measuring, and standing on three long legs, millions of cauldrons have swung or stood on hearths to cook the family meal¹⁰⁴—the stockpot so loved by contemporary cooks has its origins in the lowly cauldron. The cauldron's association with Witches derives from the infamous "three Witches" scene in Shakespeare's *Macbeth*. To use an iron pot for

brewing (such as in making teas) or cooking wasn't unusual in the sixteenth century. What *was* unusual, and what attracted the public's attention, was the *type* of cooking being done by these three women.

Among modern Wiccans, the cauldron is honored as a symbol of the Mother Goddess, just as bowls, jars, and pots have been. Cast-iron, three-legged pots are still produced for decorative and occult purposes, but I don't recommend trying to cook in a cauldron unless you have an open hearth and plenty of time. It takes hours to boil water in one of these big iron pots.

Plates and Platters

Plates were probably used before bowls. The first plates were flat pieces of wood or stiff leaves, which came in handy for holding and slightly cooling cooked food prior to eating.

Plates are ruled by the sun and the element of earth. Generally speaking, they represent the physical world, money, and abundance. Any plate made of natural materials can be used for magic.

Mortar and Pestle

The blender and food processor of earlier times, the mortar and pestle is still used by some cooks to crush or to grind herbs and nuts. Prehistoric mortars have been found among the archaeological remains of many peoples dating back to Neolithic times.¹⁰⁴ Mortars identical to those used by preconquest Mexican peoples are still used in contemporary Mexico.

Many Indian tribes of southern California fashioned mortars by grinding holes into huge rocks. A round stone was used as the pestle. As a child, I often threw acorns into such *mortars* in the Laguna Mountains near San Diego. I even tried to grind the acorns, as had the Digueno Indians.

Food processors are important tools for many of us, and they do save time. They, or the mortar and pestle, can be used if you wish. Grinding two cups of almonds with a mortar and pestle is a lengthy business; but while doing so we can pour our personal power into the food and concentrate on its eventual use.

Pantry

Pantries were once common to every home. Today, most of us fill cupboards with staples and canned foods. The pantry is ruled by the element of earth and the moon; because it is a container that houses food, it's intimately linked with the Mother Goddess. For our purposes, your kitchen cabinets constitute a pantry.

The magical cook should keep a stock of basic culinary ingredients: salt; sugar (if you use it); honey; maple syrup; herbs and spices; whole grains; flours of all types; corn meal; vinegar; and vegetable oils and other similar foods, stored in airtight containers.

As a place where food is stored, the pantry should be protected. A rope of braided garlic or chili peppers hung in or on the pantry will serve it well. While hanging the rope, visualize the vegetable's forceful energies driving away anything that would contaminate the food.

Spoons and Spatulas

The spoon is a bowl with a handle. As such, it is related to the moon and to the element of water.

Spoons have been used for thousands of years. Until quite recently in Japan, the *shamoji*, or rice-spatula, was considered a magical object. Small spatulas were nailed over the front door of a house to guard it, and in the hope that its inhabitants would never go hungry for lack of rice.⁵⁴

Forks

Though they are commonly found on Western tables today, forks were once used solely for noneating purposes such as spearing fish, working with hay, and digging. The first fork was probably a forked stick. Until late in the seventeenth century, most Western peoples ate with their fingers. Though the fork was introduced into Europe in the eleventh century, it took five hundred years for it to gain widespread use.⁶⁹

The fork is ruled by Mars and the element of fire. As a tool for eating, it has been regarded as sacred, and bent forks played a role in European protective rituals. They were buried in gardens or placed inside walls to ward off negativity.

Knives

Knives were first created by flaking flint, jasper, and other cryptocrystalline quartzes into finely edged tools. The knife is ruled by Mars and the element of fire. This tool has been used both for life-threatening (stabbing) as well as life-affirming (cooking) purposes. It was the first implement used for eating, for it could both cut food as well as transfer it to the mouth.

A Note on Magical Cooking

- When preparing foods for specific magical purposes, cook with purpose and care. Keep your goal in mind. Know that the food contains the energies that you require.
- Always stir clockwise. Clockwise motion is thought to be in harmony with the apparent movement of the sun in the sky, and has been linked with life, health, and success.
- Cut foods into shapes symbolic of your magical goal; i.e., hearts, stars, or circles (see chapters 21 through 31 for specific ideas).
- If you're cooking food that will be consumed by others as well as by yourself, don't load the whole dish with energy. Prepare it as you normally would. Then, just before you eat, charge your own portion with visualization. Failing to separate your empowered share is treading on the dangerous ground of manipulative magic.
- Cook with love.

The Ritual of Eating

Eating is a simple practice. We put food into our mouths, then chew and swallow it. Nothing mystical about that, right?

Perhaps not. But because of food's importance, it has been linked with politics, social structures, legal systems, health maintenance, magic and, oh yes, religion.

Our lives still contain vestiges of these earlier practices. Prayer (or "saying grace") before meals is perhaps the most common. It is popular not only in Christianity but also in many other religions. The urge to give thanks for food prior to eating has its origins in the Pagan sacrifices common in ancient Egypt, Sumer, Greece, Rome, and many other cultures. Portions of the food were burned or placed in offering bowls. The food is now simply blessed.*

The idea today is the same: verbally or psychologically linking food with deity. Long ago, humans spent most of their time ensuring a steady supply of food, which could be wiped out by fires, droughts, insect infestations, torrential rains, storms, and unseasonal freezes. Unable to physically prevent such catastrophes, humans naturally turned to their deities for protection.

*People continue to offer food to deities in a variety of religions around the world, especially on feast days. This is even found in some Christian groups.

When the harvest had been spared, our ancestors thanked their deities with offerings of food. This may have been buried, flung into the air, or tossed into a fire. The portion earmarked for the deities wasn't consumed by humans.

Even today, with tremendous botanical knowledge and global weather reporting, farmers in most parts of the world are still at the mercy of natural forces. The increased knowledge and tools available to farmers and agribusinesses can't stop such events from destroying their crops.

In many parts of the world that suffer food shortages, food has become a tool of politics. People *are* starving on every continent and within our own borders. Emergency supplies shipped to the hungry are often held up by government intervention, or are funneled to those in power.

These two factors—the uncertainty of our food supply and its scarcity in many parts of the world—should deepen our appreciation of food.

Our ancestors* worshipped food, seeing it as a gift from the hands of their deities. Food magicians don't worship food, though we respect it as a life-sustaining substance containing the energies of the earth. Food is a manifestation of divine energies that's vital to our survival. Approaching food from this frame of mind makes it easier for us to utilize it as a tool of self-transformation.

About prayer: if you don't subscribe to any particular religion, and haven't been in the habit of praying before meals, there's no reason for you to begin to do so. Prior to eating, simply attune with the food (all of the food, not just that which you're eating for magical purposes). You can easily do this by placing your hands on either side of your portion of the food before beginning to eat. Sense their energies for a few seconds. You need say nothing. This simple act, which you can do in front of those who know nothing about your magical studies, prepares your body to accept the food. You absorb its essence (power) before absorbing its manifestation.

*Everyone's ancestors: African-Americans; Asians; American Indians; Arabs; Pacific Islanders; Caucasians—everyone's!

If it is your custom to pray before meals, continue to do so. Religion and magic have always been closely linked—religion worships the energy that created all things; magic utilizes the energies in those things that have been created.

You can also include a prayer to your deity while eating, or address your conception of deity during the magical preparation and consumption of the food. Though this may seem to be a new idea, it isn't. It's performed around the world by millions of non-Christian, nonWestern peoples.

Eating (and the resultant digestion) is an act of transformation. Our bodies change food into the fuel necessary for our continued physical existence. Be aware also of the higher aspects of food every time that you eat.

Vegetarianism

Many magicians are strict vegetarians. They shun meat, poultry, and fish; some even avoid eggs and milk products. They often believe that spiritual advancement and magical ability can only be obtained with such a diet.

There are many kinds of vegetarians. Those who follow a macrobiotic diet eat little more than grains. The more common type, commonly called “vegans,” add fruits, vegetables, and nuts to their diet. Some more broad-based vegetarians also consume milk (usually goat’s milk), cheese, and even eggs. A few “vegetarians” will also occasionally eat fish and seafood, or even poultry, but never red meat.

Most vegetarians rigidly adhere to their diets in the face of overwhelming odds. Their degree of adherence is usually determined by their reasons for adopting a vegetarian diet. Many of them see living creatures as our sisters and brothers—of different forms, but from the same source. They make a commitment not to ingest them.

Another rationale for vegetarianism seems to be that meat is a poison. It’s true that much of the meat eaten today in the United States is injected with growth hormones and is too fatty for sustaining good health. But meat isn’t poison. If it was, the entire world’s population would have died out thousands of years ago. As members

of a largely affluent society, many of us eat too much meat; but this dietary imbalance can be quickly corrected and need not preclude the ingestion of all meat.

Spirituality is the other major reason for following a strictly vegetarian diet. Some believe that if they eat meat, they're no higher than the animals that do the same thing. Therefore, they feel, they'll never receive true enlightenment. Many vegetarians are also following spiritual teachings or a religion that forbids eating meat.

This is sacred ground to many people. Still, it's a topic that must be discussed in a magical food book. I'm not trying to offend anyone—vegan or not—so don't be offended by the words that follow.

We're all separate, distinct persons, connected with the rest of our fellow creatures and with the universe, and yet apart. No one diet is correct for everyone, just as no single type of haircut, food, or religion is suitable for all.

Opinions vary, but it seems that people of most earlier cultures ate meat. One food scholar²⁹ states that no exclusively vegetarian society has ever been discovered. Certain members of a society may have avoided eating meat, but theirs wasn't the usual diet. The reason for this may be that a strictly vegetarian people would have disappeared long before they could have left any traces.

Many Westerners point to modern-day India, with its taboos against eating beef, as an example of a vegetarian society. This teaching is said to date back thousands of years. It does, but the Indian avoidance of beef-eating has had a checkered past.

The Brahmins, the highest caste of India, ate beef in about 1000 B.C.E.* The religious veneration of the cow began in India around 2,000 years ago, but it wasn't until India's independence in 1949 that cows gained legal protection against slaughter.²⁹ Vegetarianism among Buddhists is also common worldwide.

*I use B.C.E. ("Before the Common Era") in place of B.C. and C.E. ("Common Era") instead of A.D. throughout this book. These terms are nonreligious in nature.

But most Buddhists in India do eat dairy products, and the low yields of milk from the scrawny Indian cows provide a major source of protein for the Indians. Even Buddhist priests in Sri Lanka, Thailand, and other Buddhist countries eat meat. Most people of the lower castes in India, many of whom are starving, won't turn down meat when it's offered to them. In some cases, an empty stomach can overrule religious convictions.²⁹

Still, there have always been vegetarians, and there have also always been omnivores (though most earlier cultures ate far less meat than we do today). Neither way is more "correct" or "ancient" or, indeed, spiritual, although many are likely to disagree with this statement.

Those in the West who feel that vegetarianism is necessary for magical and spiritual work are correct—for themselves. If they've made this commitment, it's best that they keep it. No one can make a commitment for another, however, and no one way is satisfying for everyone.

Life feeds on life. Our bodies cannot survive unless something else gives up its existence to sustain us—whether it's plankton, soybeans, or a chicken. This may seem cruel, but it's not. It's the reality of physical existence.

What you decide to eat or not to eat isn't as important as why you make this decision. If you're vegetarian because you feel that it's the only way in which you can achieve any form of spiritual enlightenment, fine. If you're vegetarian because you've decided that you can't practice magic if you eat meat, again, fine. But others can make alternate decisions. They can decide to be omnivores, achieve spiritual enlightenment, and still successfully practice magic. Neither position, once again, is correct for all.

Personally, I seem to be somewhat eclectic regarding foods—I enjoy different types. Though many of my friends are vegetarians, I'm not. That doesn't mean that I'll periodically run to the kitchen and fry up a steak, or that I'm psychologically addicted to eating meat. It simply means that I haven't made a commitment not to eat it.

I did, indeed, once try a strict vegetarian diet, under the guidance of a long-time vegetarian and ceremonial magician. He taught me how to combine proteins so that I wouldn't undernourish myself. It was an interesting experience avoiding all animal proteins and fat (did you know that lard is an ingredient of Oreo cookies?), but I quickly realized that it wasn't right for me. By the second week of my diet, my head was constantly bumping into the ceiling. Walking became a mystical experience. Colors were brighter, I felt lighter, and my awakened psychic abilities were always present. This was pleasantly surprising, but I soon had an experience that changed my feelings.

I was in a friend's occult supplies shop one night as she was closing. It was just after dark. I stood staring at a painting in my by-now usual "wow, man!" attitude as she turned off the lights. Though plenty of light shone in through the windows from the street, the painting dissolved into blackness. There, where the picture used to be, I saw something that I can't describe. It scared the heck out of me.

My friend's store was under physical and psychic bombardment from an evangelical, fundamentalist Christian organization that occupied an adjoining suite. Someone had recently thrown a brick through her store's window. In the inky painting, I saw an image of all the hatred being sent her way. In my completely opened psychic state (which was a direct result of my strict vegetarian diet), this manifestation of negative energy shocked my entire being. I went outside as soon as I could, shook it off, calmed myself, and went about my business.

Soon, I went back to my normal diet. Even though I'd been receiving the proper amount of protein, even though I'd been taking vitamin and mineral supplements, even though my food intake was being closely monitored by a vegetarian who'd followed a similar regimen for over fifteen years, the diet left me so spiritually and psychically open that I couldn't handle it.

Many naturally psychic persons have the same problem. They have years to learn ways to protect themselves. Taken completely by surprise, I had about fifteen seconds.

Despite my harrowing journey into vegetarianism, this book's main focus is on grains, vegetables, and fruits. Vegetarians can use the information contained within it to good effect. If you don't eat fish, choose other foods with similar energies. The same is true if you avoid dairy products.

Meat is rarely mentioned in this book for three reasons. First, meat was and still is scarce in many parts of the world. Most earlier people's daily diets revolved around dairy products, grains, fruit, and vegetables. Meat was usually reserved for special occasions and was not part of the normal diet.

Secondly, there's less ritual and magical information available regarding meat. In researching this book, I've found hundreds of references to corn, rice, beer, apples, and many other foods, but few concerning meat.

Also, many of us involved in magic are vegetarians, and I wanted this book to be useful to all. Therefore, save for a few isolated references (in parts three and four), this is a wholly non-meat book.

To close this chapter, I'll tell you a story I heard from Carl Weschcke, president of Llewellyn Worldwide. When I was visiting his home in Minnesota several years ago, he told me of a frantic phone call he'd received. A woman called him at the office screaming that she was under "psychic attack." Someone had cast an evil spell on her. She couldn't sleep, she was losing weight, and she could feel evil energies surrounding her. The curse had disrupted her entire life. She was weak and could do nothing to stop it. Wouldn't he help her?

Carl Weschcke asked the woman if she was a vegetarian. Surprised, she answered that she was. He promptly suggested that she eat a hamburger. The woman, desperate to end this attack, went to a fast-food restaurant, bought a hamburger, and ate it. The meat made her sick to her stomach, but it also ended the "psychic attack." She was fine after that and returned to her normal vegetarian diet.

Her problem may have been a lack of protein, which could have diminished her body's natural defenses. It might also have

been a complete lack of grounding (connection with the physical world), or simply the product of an overactive imagination. In any case, the meat acted not only as a purgative but also as a shock to her system. Her problem—whatever its cause—vanished.

The Practice of Food Magic

As with any art, food magic should be practiced according to a few basic principles. My system of food magic, however, isn't rigid; it can be altered to fit your own lifestyle and changed for various occasions (i.e., eating in restaurants; eating with others; eating while camping; and so on). Following the basic structure presented here will produce the maximum results.

Though some of this material may seem to repeat parts of chapter 2, it is of such importance that I felt it deserved its own section. Chapter 2 discussed magic in general, with food as an example. This chapter is a practical guide to practicing food magic in particular. Additionally, putting all this information into one chapter makes it easier to find if you should need to reread it.

Here is the step-by-step process of food magic.

—**Decide what you wish to change about yourself.** This can be a minor problem, such as temporary depression, whose magical treatment can vary from meal to meal. If you need, however, to make a more important change, you should probably put yourself on a magical diet (see the introduction to part three for more information).

This major change may be one of the following (but is certainly not limited to this list):

Clearer thinking	More satisfying sexual activities
Protection	More energy
Money	A loving relationship with another
Purification	A loving relationship with yourself
Greater health	Peace and happiness
Magical strength	Physical strength
Spirituality	Breaking addictions
Fertility	Psychic awareness
Beauty	Success in your endeavors
Weight loss	Celibacy
Wisdom	“Luck”

As you can see, most of these are changes of ourselves. They don't affect others; in fact, food magic should never be used to affect others *without their permission*. Don't serve lust foods to an unsuspecting date with the purpose of coercing him or her to have sex with you. This probably won't be effective, since your belusted one isn't prepared to receive these energies. Such practices are manipulative and contrary to the very nature of magic, and they're a waste of time and energy. Seduction has its own form of magic that doesn't rely on food.

You can do many things to create these changes, and your magical work *must* be backed up by conscious effort and physical or mental exertion on your part. Telling your food what to do, eating it, and then expecting it to change your life isn't enough. You must involve yourself in the process.

—**Select foods that contain energies suitable to your desired change.** This book mentions many such correspondences. For quick reference, glance through chapters 22–31. Read chapters 8–20 for other ideas, or check the index under the appropriate heading.

- Choose foods that you enjoy.** Why eat foods that you dislike or even detest just for their magical value? Still, you should eat a balanced diet. We can't perform effective magic if we're fueling our bodies with nothing but junk food.
- Prepare the food with visualization.** Preparation may mean simply peeling a carrot or picking fruit from a tree. It may also involve chopping, slicing, and cooking. However the food is prepared, use your visualization to awaken the needed energies within yourself and those within the food. Charge food with your purpose through the powers of your mind.
- Attune with all food prior to eating.** This prepares it and you for the transformative process. This can be accomplished through prayer or with a simple awareness of the food's energies.
- Visualize as you eat.** Even if you're carrying on a conversation with someone else, keep in mind what you're trying to accomplish. If necessary, draw a small picture of your goal and glance at it while eating.
- Accept the energy that the food offers to you.** Make it a part of yourself.
- Give the food time to do its work.** We didn't create our problems overnight, so we can't expect them to disappear overnight. Eat foods linked with your magical change for at least a week until they've had time to take effect.*

That's about it. Every food at every meal doesn't have to be geared toward your magical goal. As long as you eat with purpose and visualization, magic will be at work.

*This is one of the questions I'm asked most often about all forms of magic: "How long should I do it?" There's no set answer. Continue until the change has manifested. That's it!

Festival Foods

Food has played a significant role in human celebrations of all kinds. In earlier times, the earth and its bounty were connected with goddesses and gods. Fruit, seed, root, and flower were all manifestations of divinity.

Throughout Western Europe, the times of planting, flowering, maturation, and harvest were observed by the common folk with festivals that celebrated the fertility of the land. Foods came to be associated with certain seasons and days. Some of this old food lore has survived to this day in a suitably whitewashed form.*

The human diet was once routine and unimaginative. Grain cooked in every conceivable manner made up the bulk of the food consumed by persons who sometimes worked sixteen hours a day just to survive. Save for the upper classes, meat was a luxury.

Specific days of the year, however, were set aside for riotous feasting. Every resource was called upon to provide a memorable meal or two that lingered in the mind until the next feast day.

*Most of the festivals mentioned in this chapter are of European origin, but many of them originated in the Middle East. Virtually every culture has celebrated similar occasions.

These days were largely determined by astronomical phenomena and agricultural cycles, which were and still are closely linked. Planting and harvesting prompted the people to feast, as did the coming of spring, summer, fall, and winter. Persons living in harmony with the earth used its seasons as a natural calendar that structured their otherwise routine lives.

These festivals were more than times of heavy eating after the work had been finished. Such feasting revels were religious as well as secular in nature. In the frenzied baking, cooking, and eating was a real thanksgiving to the mysterious powers that created and watched over the fertility of the earth.

Only on such spiritual days (and nights) did the people expand their diets to include all manner of festive foods. Only then could they truly enjoy the fruits of their intensive food-producing labors.

These festival days are still with us. Some of them are sacred in the old Pagan sense of the word (see glossary). Others are seemingly secular rites with religious roots. This chapter is a guide to food magic throughout the year, with suggestions of dishes we can eat on feast days that attune us with the energies at work within the earth.

If you decide to prepare and eat any of these foods, do so with the meaning of the holiday in mind. Remember that these dishes link us with the endless cycle of the earth's fertility. Eat with knowledge and peace.

Most of these celebrations actually began on the night before the festival date. This originated during the age of lunar calendars. Beltane rituals, for example, were performed on April thirtieth and continued into the actual day itself. This practice dates to the time when lunar calendars were observed.

We'll begin our journey at the festival of Yule.

Yule

(circa December 21)

Yule—the winter solstice—is an old solar ritual that has been preserved in the Christian observance of Christmas. Its origins lie deep in the past, in the Mediterranean lands of the sun. The birthday of Mithras, an ancient solar deity, was celebrated on the winter solstice. Later, this holiday was brought to Europe, and an astonishing collection of folk rituals became associated with it.

Yule occurs during the depths of winter. Though some of us live beyond the reach of snow flurries and zero-degree temperatures, this is still the season in which the earth pauses to regenerate herself for the coming spring.

This holiday (holy day; sacred day) astronomically marks the waning of winter. After the winter solstice, the hours of light increase each day. Therefore, Yule is associated with the returning warmth of the sun.

Before the intercontinental shipment of food, this precious substance was usually meager at Yule. Most of it was preserved, dried in the sun; salted; put up in crocks; submerged in honey; buried in the earth; kept covered in baskets; or laid in the snow for natural refrigeration. Because of its scarcity, food was given a high degree of sacralness.

Over the centuries and in various countries, a wide variety of foods have been associated with Yule. Here are a few of them.

Apples are sacred foods, associated with many ancient deities (see chapter 11). Earlier peoples hung apples on Yule trees (the forerunners of the modern Christmas tree) to symbolize the continuing fertility of the earth. Mulled apple cider is a fine drink to sip on Yule while watching the fire. Any dishes that contain apples are also appropriate, as is wassail.

Gingerbread is the modern version of ancient cakes made of grain and honey, which were offered as sacrifices to the goddesses and gods at Yule. These cakes were also buried with the dead to ensure the passage of their souls into the other world.

When ginger was introduced into Europe from Asia, it was soon incorporated into the ritual Yule cake. This was the origin of

gingerbread. Though ginger was once more expensive than diamonds, this spice is now easily within reach of us all.

You may wish to create a gingerbread house at Yule. If so, make it in the image of your own home. If this isn't possible, visualize your home while mixing, baking, forming, and decorating the house. See your household filled with warmth, love, and happiness—all gifts of ginger and the sun. Eat the house on Yule, sharing it with others who live under your roof, and invite its loving energies into yourself.

Cookies are standard Yule fare. If you wish to make the ubiquitous sugar cookies, cut them into shapes associated with the season: circles (symbolic of the sun); bells (originally used to drive away evil in pre-Christian times); stars (for protection against negativity); and, of course, trees (representing the continuing fertility of the earth during winter). For more cookie lore, see chapter 9.

The idea of creating and eating specially shaped desserts on Yule isn't new. Prehistoric graves in northern Europe contain cakes modeled in the rough shapes of deities, animals, suns, stars, and moons, and these cakes may have been consumed at the winter solstice in those frigid regions.

The New Year

(January 1)

Many cultures celebrate the New Year, but not always on the same date. Japanese and Chinese New Year festivals, for example, fall on different days each year (according to our calendar). The pre-Christian cultures of Europe didn't always celebrate New Year's on January 1. It has been observed on the evening of November 1 and at Yule. The actual date matters little, for the rituals performed at the beginning of the New Year remain quite similar.

New Year's was once a time full of magic. Many of the old customs concerned food and its abundance. Past concerns and cares were ritualistically swept away, and good was invited into the home. It was once thought that whatever occurred on the first

day of the year forecast the next 364 days, and people acted accordingly.

In the United States, many people eat cabbage on New Year's Day. It is often cooked with a small piece of silver. The green color of the vegetable, along with the silver, ensures plenty of food and money in the coming year.^{46,66}

Black-eyed peas are another traditional favorite for "luck" in the New Year, particularly in the southern United States. Carrots eaten on the first day ensure a sweet year.⁴⁶

An old ritual: on New Year's Eve, place a loaf of bread and a penny on a table. Leave overnight. This will provide plenty to eat in the coming year.

Be sure to have a well-stocked pantry at this time.

Imbolc

(February 2)

Imbolc is an old festival connected with the coming of spring and the growing warmth of the sun. In some areas of Europe, this day marked the emergence of a few brave plants from beneath the snow. As such, Imbolc was an occasion for feasting.

Because the sun was usually seen as the source of the earth's fertility, Imbolc (known in Catholicism as Candlemas) was a solar festival. Practitioners of pre-Christian religions lit fires and carried torches in ceremonial processions to urge the sun's "return."

Appropriate foods for Imbolc are spicy and hot, in honor of the Sun. Those utilizing garlic and chili peppers are suitable, as are curried dishes.

Ostara

(circa March 21)

Ostara, the spring solstice, marks the astronomical start of spring. This was a time of joyous celebration, for the killing months of winter were over. Plants sprang from the ground in ways that seemed miraculous to our ancestors.

Because the burgeoning growth hasn't yet fruited, sprouts are very appropriate. Seeds of any kind (including pine nuts, sesame, poppy, sunflower, and pumpkin) and green, leafy vegetables also vibrate with the season's energies.

Flower dishes are also traditional. Rose, mustard, squash blossom, nasturtium, carnation—all can be added to more conventional dishes to bring the flavor and energies of the season into your diet. Never use flowers that have been sprayed with pesticides.

Eggs are a welcome addition to the diet. If you wish, color them red, yellow, and gold in honor of the sun. Flavor foods with sage for good health.

Beltane

(May 1)

We still observe May Day, a contemporary version of an ancient European Pagan religious celebration. In earlier times, Beltane was connected with the dairy, and so ice cream, yogurt, cheese, custard, quiche, and all other dairy foods are appropriate fare.

Oatmeal cookies and oatmeal bread also fit the symbolism of Beltane, the high point of spring. This customary food comes from Scotland. Many centuries ago, oatmeal cakes known as bannocks were used in Scottish rituals.

May wine is a tasty drink. It is made from white wine, fresh woodruff, and strawberries.

Midsummer

(circa June 21)

The summer solstice is an ancient time of magic. Great fires were lit on hilltops in honor of the zenith of the sun's strength.

Fresh fruits (which are increasingly available as autumn nears) are fine midsummer foods, as are any dishes that use fruit as a major ingredient.

In keeping with the heat of this holiday, flaming foods are also appropriate.

Lughnasadh

(August 1)

Lughnasadh is the first harvest—the promise of spring’s planting realized. Sometimes known as the Feast of Bread, Lughnasadh is a time for kneading, baking, slicing, and eating this basic food. Lughnasadh originally marked the first-harvest festivals of earlier European peoples, for whom it didn’t fall on a specific date.

Prepare a few whole-grain loaves on this day if you make your own bread. For something simpler, yet in keeping with the energies at work, make some corn bread.

Other traditional foods include all berries, crab apples, and grains. Barley soup, popcorn, and even beer (due to its ingredients) are also appropriate foods.

Mabon

(circa September 21)

Mabon marks the second harvest. The bounty of nature is dwindling. Earth begins to pull her fertility from the land. Humans and wild animals alike scramble to gather as much food as possible in preparation for the hard winter ahead.

Grains are appropriate for Mabon—particularly corn. Corn chowder, boiled ears of corn, and creamed corn fit Mabon symbolism well.

Beans, squash, and all other fall vegetables are also perfect for this festival.

Samhain

(November 1)

This ancient Celtic festival lives on in the United States and in other countries as Halloween, a degraded version of both the earlier Pagan holiday as well as the later Christian variant—All Hallows’ Eve. The word “eve” in the Christian name reminds us that this festival begins the night before its calendar date.

Samhain marks the close of the year. Skies may still be blue, but the wind is chilly and crisp. Apples are ripening. Red, yellow, orange, gold, and brown leaves skip across the ground. Nuts fall. The earth prepares for winter.

On this night, the souls of the dead were thought to walk the earth. All manner of fantastic customs and rituals were carried out on Samhain. One of these has continued to the present day. Many people leave a plate of food outside the home to provide nourishment to the souls of the dead.

Samhain foods include root crops such as potatoes, beets, turnips, and carrots. Grain, nuts, mulled wines, and ciders are also appropriate to Samhain.

In the United States, the pumpkin is the one food most frequently associated with this holiday. This vegetable, a squash, is usually served in the form of pumpkin pie. Many cookbooks also have recipes for pumpkin custard, pumpkin soup, and other dishes. Roasted pumpkin seeds are perfect Samhain fare.

Pomegranate seeds are linked with Samhain due to their connection with the underworld in classical mythology. They can be eaten raw or used in a variety of recipes. Apple dishes of all kinds—cakes, pies, salads—are also consumed with relish on the night of Samhain.

PART TWO

*the magic
of food*

Each chapter in this section discusses a specific type of food. I use this format rather than my usual alphabetical listing because foods naturally fall into tidy groups. Those few that refused to be pigeonholed have been thrown together into chapter 15. Aside from this, the format is much the same as that used in my other books. Generally speaking, each listing contains the following information:

Common name, usually in English.

Specific name, in Latin, the nomenclature used by scientists around the world.

Ruling planet, one of the seven “planets” known to the ancients. Briefly, each plant (and food) is thought to be governed by a heavenly body. This ancient system of magical correspondence is one method of grouping foods. Knowledge of a food’s planetary ruler provides information concerning its magical uses. See part four for descriptions of the energies of the sun, moon, Mercury, Venus, Mars, Jupiter, and Saturn. By the way, I’m aware that the sun and the earth’s moon aren’t planets. But early skywatchers didn’t know this. The sun and the moon were included in what they called the “wanderers”—the planets.

Ruling element, simply another method of classifying items used in magic. The powers of the elements—earth, air, fire, and water—are discussed in part four.

Energies, each food's dominant energies and, thus, its magical uses.

Lore, historical, mythological, cultural, ritual, and magical uses of the food. Uses listed in this section aren't necessarily recommended. I've included bits of historical information to remind us of the importance of these foods in earlier times.

Magical uses, or the specific changes that can be brought about with each food, and suggestions on usage.

I feel it necessary to mention that food magic is a personal art. If a food isn't mentioned here, look in the listings in part four, or use common sense and intuition to determine its magical properties.

Here are some clues:

- Is the food spicy? If so, it's probably protective.
- Is the food citrusy? Purification is probably its best magical use.
- Is the food sweet? Loving energies are probably locked inside it.

Once you begin to think of foods from a magician's view, the process of determining their magical uses becomes second nature.

Some magicians will quibble about my selections for planetary and elemental rulers of certain foods, and will even point out that in previous books I've made different selections. Isn't it cut-and-dried?

No. After twenty years of study and practice, I'm still learning. As I increase my knowledge of the uses of plants (particularly diets) and of the dishes in which they're used, I may reassign some foods based on this expanded knowledge.

It isn't wrong to say that carrots are ruled by Venus, or that bay leaves are better suited to Mars, but I choose to place them under the rulership of different planets. Don't be confused by

such seeming inaccuracies. They are minor matters. Just read, visualize, eat, and enjoy the fruits of food magic.*

Some of the chapters, such as chapter 16, aren't quite arranged in the fashion described here. Please be flexible.

*I had to mention this once again due to the number of letters I receive about the subject.

Bread & Grains

Humans have eaten bread for at least 8,000 years.¹⁰⁴ We have made it round, oblong, square, and triangular; flat as a pancake or fat as a loaf. Bread has been twisted into a symbol of the winter solstice, spiced, sweetened, garlicked, and filled with fresh vegetables. Though it has been made of every grain, it was the raised wheaten form that first inspired human and divine palates.

Bread has long been worshipped as the “staff of life.” But in the West today, bread is usually encountered in plastic bags, presliced and stripped of nutrients, bran, and wheat germ. It is “fortified” with just enough vitamins to satisfy government standards and may be artificially flavored and preserved. Perhaps the greatest indignity to which our bread is subjected is being pumped with air. This creates what is known in the grocery trade as “balloon bread.”

Not long ago, bread was a divine substance, directly linked with the goddesses and gods of the earth, lovingly crafted with grain and water. Flat, unleavened breads sustained millions of humans. Due to our forerunner dependence upon bread, these loaves also played important roles in birth celebrations, spirituality, and death.

Before the advent of agriculture, humans gathered wild grains and hunted. This forced them to live nomadic lives in small family groups. Eventually women—who had always gathered grain—discovered agriculture. As fields were planted with grain, people began putting down roots. Life stabilized and civilization began. Grain, most often eaten in the form of bread or grain paste,¹⁰⁴ soon became far more important than meat.

Earlier European civilizations dedicated grain to state deities: Inanna in Sumer; Ishtar in Babylon; Osiris in Egypt; Indra in India; Demeter in Greece; Spes and Ceres (from whose name we take our word “cereal”) in Rome; Xipe, Cinteotl, and Mayauel in ancient Mexico; and various forms of the corn mother throughout the Americas.

Bread, the basic product of grain, was offered to the deities. Ishtar, Shamash, and Marduk were each given thirty loaves a day in Sumer.^{24,51} Ra, Amon, Ptah, and Nekhbet received their share in Egypt.²⁹ Demeter, the Greek goddess of bread, grain, and agriculture, was also similarly honored. The Phoenicians stamped Astarte’s loaves with a horned symbol (linked with the moon) to deify the bread.²⁹

The ancient Egyptians, whom Herodotus described as “the bread eaters,” probably invented leavened bread. Along with onions and beer, it became a basic part of their diet.^{29, 104} The Egyptians offered bread to the deities and to sacred animals (including cats), and stocked tombs with enormous amounts of the divine food for future use by the deceased. They are said to have baked fifty varieties of bread in numerous shapes. Some were heavily spiced and salted, though the priests and priestesses dedicated to certain deities avoided salted breads.²⁹

Bread pigs formed from dough were sometimes sacrificed in place of live pigs by those too poor to afford the real thing. The bread pig was accepted as a suitable sacrifice in ancient Egypt.²³

Eventually, wheat (or barley) bread became a symbol of life itself. “Breaking bread” was more than a process of nourishing the body; it became a meal that bound together all those who ate it. Eating a simple meal was a part of many Pagan religions, and

such a ritual meal, transformed into the ritual of communion, later became an established part of Christian ritual.

Bread has also had its magical uses. In seventeenth-century England, a loaf of bread was floated on the surface of water to find the body of a person who had drowned. Midwives placed bread into a woman's bed while she was in labor to prevent the theft of both the woman and her baby.⁸²

In contemporary Greece, men being inducted into the army are sometimes given pieces of bread, which are thought to confer protection and victory in battle. Field workers in Greece may pack a bit of bread with their lunch. It isn't eaten at midday, but only upon safe return to the home each evening. A small piece of bread secreted under children's pillows guards them while they sleep.²⁹

In other parts of Europe, bread is formally presented to children as soon as they recognize it. This ritual blesses the infant with food for its entire lifetime.⁶⁸ Carpathian Gypsies carried small pieces of bread in their pockets to avoid danger and trouble during their continuing journeys.¹⁴

British and American folklore still acknowledge the potency of bread. When moving into a new home, many carry in a loaf of bread and salt, for continued food and luck, before moving any thing else.⁴⁶ Other superstitions related to the baking, slicing, and eating of bread still survive in our technological lives.⁴⁶

The techniques and information contained within this chapter have been gathered from around the globe and from every period of recorded history. Both grains as well as some products made from them are examined here.

Food historians speculate that humans have eaten bread in one form or another since at least the late Stone Age.⁷¹ Raised (yeast) breads were probably first made in Egypt in around 4000 B.C.E.⁷¹ As we rediscover the value of grains and add them to our diets, it's enriching to know the wonders once ascribed to these simple food stuffs that have been worshipped as life-giving gifts from the forces that watch us from above.

Barley

(*Hordeum* spp.)

Planet: Venus

Element: Earth

Energies: Money, fertility, sex

Lore: Barley was an important grain to the ancient Egyptians, who used it as a medium of exchange and stocked it in tombs, most notably that of Tutankhamun. Thutmose III offered barley to Ra every day, as well as on the New Moon and on the sixth day of every month.²³ According to one Egyptian legend, barley grew out of men (as wheat grew out of women). This was apparently linked to the genders of the words in the ancient Egyptian language.²³

The Sumerians made barley a staple of their diet. Eight different types of barley beer were made. This drink was manufactured under the auspices of the goddess Ninkasi.¹⁰⁴

In ancient India, barley was sacred to Indra, known as “He who ripens barley.” This grain was used for rituals relating to childbirth and marriage, and played a role in funerals as well.¹²⁰ The Vedas state that barley was also used with fresh water for healing ceremonies.⁹⁶

The Babylonians were brewing beer with barley as early as 2800 B.C.E., and the Greeks planted it around temples to Demeter while asking for human fertility.²⁹ In China, barley is a symbol of male sexual potency.¹²⁰

Magical uses: As a wholesome food, barley is currently experiencing new popularity. It is useful for prosperity diets—those designed to bring additional money when needed or to generally boost your financial state. Awaken this energy through visualization while preparing and eating barley dishes.

Add barley to diets if fertility or male sexual potency is a problem.

Buckwheat

(*Fagopyrum esculentum*)

Planet: Jupiter

Element: Earth

Energies: Money

Lore: Buckwheat pancakes are common enough in the United States, but few seem to know the magical history behind buckwheat itself. In Japan, this grain is used to make *soba*—buckwheat noodles. These are eaten on the Japanese New Year for “money luck,” i.e., the ability to amass large amounts of money in the coming year.¹²⁰

Buckwheat noodles are also served on other festive occasions. Upon moving into a new home, the owners may give *soba* to the neighbors on each side and to the three houses across the road. This is a gift of good fortune and friendship.¹²⁰

Japanese goldsmiths have long used buckwheat dough to collect gold dust in their shops. This ageless practice has firmly connected *soba* with the promise of riches.¹²⁰

Magical uses: Because all grains are connected with abundance in one form or another (fertility, money, life), eat buckwheat pancakes to attract this energy. For even more money power, pour on a bit of maple syrup.

Corn

(*Zea mays*)

Planet: Sun

Element: Fire

Energies: Protection, spirituality

Lore: Corn has played a central role in North and Central American religion for thousands of years. The Quiche Mayas of Guatemala and the Navajo believed that the first humans were created from corn.¹¹¹ The Mayas, Incans, Aztecs, and nearly

every American Indian tribe ate corn and incorporated it into their religious beliefs and rituals. The corn mother was perhaps the most widely worshipped deity in the pre-Columbian Americas.¹²⁰ As a symbol of life, fertility, eternity, and resurrection, corn was a sacred gift of the Mother Goddess.

To the Zuni, various colors of corn were related to the four directions:

Yellow corn—north

White corn—east

Red corn—south

Blue corn—west

Blue corn was often considered to be the most sacred form, and so was the most useful for spiritual rituals.⁹⁰

The Hopi offered corn meal during religious rituals of all types in thanks to the corn mother.¹¹¹ Divination with corn was common throughout the Americas and Mexico, and a corn-divination ritual from early Mexico has survived. Originally used to diagnose illness or the extent of a sickness, this ritual can also be called upon to answer other types of questions.

Fill a small bowl with exactly thirty dried kernels of corn of any color. Concentrating on a specific question, take a random number of kernels from the bowl. Place them on the floor (or the table) and divide them into groups of four. If you create an even number of piles with an even number of leftover kernels, the answer is favorable. However, if you form an odd number of piles with an odd number of kernels, the answer is negative. Finally, if you come up with an even number of piles, but an odd number of leftovers, no answer can be given.¹⁰⁹

Another form of corn divination was apparently practiced by the ancient Aztecs. During a preliminary curing session for a severe illness, a priestess would lay a piece of white bark cloth before an image of the god Quetzalcoatl. A bowl of corn was then placed before the cloth. Inspired by the god,

the priestess would take a handful of the corn kernels and scatter them on the cloth. If the corn was evenly scattered, the patient would eventually attain good health. If the corn was separated into two portions, death would eventually result from the illness.¹⁰

Corn was one of America's priceless gifts to the world. As it was introduced into other countries, its sacredness was forgotten; but it still feeds millions of persons, especially vegetarians who combine beans with corn to form a complete protein.

It is still used in magic. A curious Ozark ritual for curing hiccups consists of naming three kernels of corn for three friends, placing these into a vessel of water, and holding it above the head.⁸⁷

Many still feel that corn is sacred, and that wasting it will cause poverty. This belief is similar to the Asian taboo against wasting rice.

Magical uses: Place ears of blue corn on the altar or hang them in the home to induce spirituality. Scatter corn meal around outdoor ritual sites for blessings and heightened spiritual rituals.

Now that blue corn is being offered for retail sale, utilize it in spirituality producing diets. Blue popcorn and blue cornbread are two possibilities (see appendix 2 for possible sources).

Place ears of red corn in baskets on the floor to protect the home. Corn is also added to protection diets. To make cornbread for this purpose, run a knife through the top of the unbaked dough in the shape of a pentagram.* Bake and eat with visualization.

Maize (from the Haitian or Cuban name for corn) is known as corn only in the United States. In other English-speaking countries, "corn" refers to any grain except maize. Maize is not an Indian term.

*The pentagram is a five-pointed star, with one point up and two points down. It is an ancient symbol of protection and has no connection with the modern, spurious practice of Satanism.

Lentil

(*Lens culinaris*)

Planet: Moon

Element: Water

Energies: Peace

Lore: In 1085 B.C.E., Egyptians traded lentils for the prized cedars of Lebanon. During Graeco-Roman times, the Egyptians offered lentils to Harpocrates.²³ This wonderful food was also eaten by the Sumerians.¹⁰⁴ The Roman naturalist Pliny prescribed lentil soup for creating an even temper.⁸⁶

Magical uses: Lentil soup is a warm, nourishing staple of many diets around the world. Eat it for peace. The Romans believed that lentils hindered sleep, so it might be better to eat them at midday.

Millet (*Panicum miliacaenum*)

Planet: Jupiter

Element: Earth

Energies: Money

Lore: In ancient China, grains of millet were used as a unit of measure: ten millet grains placed end to end constituted one inch, one hundred grains was the measurement of one foot, and so on.⁷⁶

Magical uses: If you find it difficult to enjoy this grain, visualize millet as compact, concentrated money energy before eating.

An old German custom: eat millet on the first day of the year to bring riches into your life.²²

Oat

(*Avena sativa*)

Planet: Venus

Element: Earth

Energies: Money

Lore: In Scotland, cakes known as *bannocks* were baked and eaten at Beltane, the old Pagan observance of May Day. Oat cakes are still eaten during some contemporary Wiccan rituals.

Magical uses: Use only whole-grain oats.

Remember Marjorie from chapter 2? We can prepare and eat oatmeal first thing in the morning to bring money and prosperity into our lives. Other magical possibilities include oat cookies and oat bread.

Pretzel

Planet: Sun

Element: Fire

Energies: Protection

Lore: You may be surprised to see this food listed here, but pretzels have a long magical history.

According to legend, the winter solstice was observed with a special bread in Europe during the Middle Ages. This bread was circular, in honor of the sun, but twisted at the center to form an equal-armed cross symbolic of the four seasons. This was called a “bret-zel” or “pretzel,” and was a familiar festival food denoting the rebirth of the sun in European folk religion.

Our pretzel is the direct descendant of these early breads. Its shape reveals Pagan origins, although it has been slightly altered. The salt seems to be a later addition.²⁹

Magical uses: Though pretzels can be enjoyed at any time, eat them on the winter solstice in honor of the sun. Also, pretzels are appropriate to protective diets due to their planetary ruler, the salt, and the bread's twisted shape.

Rice

(*Oryza sativa*)

Planet: Sun

Element: Air

Energies: Money, Sex, Fertility, Protection

Lore: Rice is to Asia what corn is to the Americas. It has been laboriously cultivated and eaten in the East for thousands of years. Linked with deity and served at every meal, rice was and still is a vital staple food for many peoples.

More than half of the world's population regularly eats rice. It's of central importance in China, Japan, and throughout the Pacific area. Because of this, numerous rituals and customs have been attached to rice.

Among some peoples, if a man and a woman eat rice out of a common bowl, it is a binding declaration of marriage.³¹ In China, rice is thrown at newlywed couples to confer luck and many children. This is the origin of our similar custom.³

The Japanese, who still revere rice, eat it with red beans (*azuki*) to bring good fortune. Interestingly enough, these are the same beans added to shaved ice (a flavored ice treat) enjoyed in Hawaii; and red beans and rice is an old Cajun luck food in Louisiana. In Japan, red rice, produced by cooking a special type of rice with azuki beans, was once eaten on the first and fifteenth days of each month for good luck, as well as on birthdays and festivals. Red is a color of joy.⁵⁴

Wasting rice, to a Japanese, is an inexcusable action. In feudal times, rice was used as money to pay salaries, allowances, and retainers.¹²⁰

The Japanese used rice to startle and scatter “evil spirits.” In the past, one spirit in particular was believed to disturb babies who cried in the night without apparent cause. A bowl of rice was always placed near the infant. When trouble began, the mother or father threw a handful of rice from the bowl onto the floor. This frightened away the spirit and allowed the child to peacefully sleep all night.

Ancient magic clings to rice. In cooking rice, if a ring forms around the edge of the pot, the owner will become rich.²² Cooked rice, mixed with sugar and cinnamon (a common treat), is believed to “make a man skillfull in his relation with the ladies.”⁵⁹

Magical uses: Though white rice has outstripped brown rice in popularity, choose the brown variety for the best nutritional and magical effects.

Rice cakes, those cute circles of pressed, puffed rice, are a deliciously simple way to bring rice energy into your life. Hold a plain rice cake in your hand and visualize money, enhanced sexuality, fertility, or protection. Eat the cake while retaining the visualization.

Before cooking brown rice (never use the quick-cooking type), pour some of the rice to be used onto a clean, flat surface one grain thick. While visualizing, use a finger to trace an image of your needed change in the rice (a heart for luck, a dollar sign for money, and so on).* Cook and eat this charged rice.

Rye

(*Secale* spp.)

Planet: Venus

Element: Earth

Energies: Love

*See Symbols, pages 341–344, for magical symbols and runes.

Magical uses: The familiar taste and smell of rye bread comes from the caraway seeds used in its creation, not from the rye. Rye, however, is a powerful addition to diets designed to increase your ability to give and to receive love. Caraway fits in here as well.

Tamales

Lore: Tamales (corn meal wrapped around a filling and cooked in a husk) were used in Zuni healing ceremonies. These tamales were presented as gifts to the shaman about to perform the ritual. Prayers accompanied the offering of the tamales. Those receiving them returned the gesture with further prayers.¹¹¹ Tamales are still offered to the deities by contemporary Huichols in Mexico.

Tortilla

Planet: Sun

Element: Fire

Energies: Spirituality, protection

Lore: Tortillas are a standard Mexican food. They are still made in the same way as they were during Aztec times. Round, containing sacred corn, tortillas are an indispensable part of the Latino diet.

The Huichols of Mexico also offer tortillas to their deities. Tortillas made of yellow corn are believed to be more satisfying and to give more energy to the body than those of other colors.¹⁰⁹

Magical uses: Corn tortillas are best. Wheat tortillas, which were first made in northern Mexico, simply don't have the same symbolism or energies as corn tortillas

If you buy tortillas prepackaged, check the label. Choose only those that contain no artificial preservatives. They can be made at home (any good Mexican cookbook has directions) or, in many U.S. towns, can be purchased at tortillerias.

Warm tortillas, with butter or cheese, are wonderful foods at any time, but are particularly satisfying after intense magical workings. They instantly nourish the body and refuel it.

Round tortillas can also be added to spirituality diets. Warmed and spread with garlic butter, corn tortillas are a delicious part of a protective diet.

Wheat

(*Triticum* spp.)

Planet: Venus

Element: Earth

Energies: various (see below)

Lore: Wheat has long played a part in the human diet. After rice, it's the second-most commonly used grain for human food, and was first cultivated during the Neolithic age.¹²⁰

The Egyptians, Sumerians, Babylonians, Hittites, Greeks, and Romans all worshipped harvest deities associated with wheat. Wheat is particularly a symbol of the Mother Goddess. She taught the secrets of agriculture to women, the grain's first farmers and cultivators.

In ancient Greece, newly married couples were pelted with sweetmeats and grains of wheat.³¹ The Romans crowned brides and grooms with wreaths of wheat and with lilies to symbolize purity and fertility.⁷⁵

Magical uses: Whole wheat is best for magical (and nutritional) purposes. Bleached wheat has had more than its vitamins, minerals, and bran removed: it also lacks magical energy. Though white bread was eaten by the Roman upper classes, it's a spiritually dead food.

Eat wheat-based foods (breads and all dough products) to bring prosperity and money into your life.

Before baking a loaf of bread, use a sharp knife to ritually incise a symbol of a specific energy that you wish to bring into your life. Do this with visualization. Various types of

wheat bread have diverse energies and magical uses. Here are some of them:

Twisted breads (any bread-recipe book contains directions) are fine additions to protective diets. The more twists, the more protection. Visualize as you braid the dough.

Egg breads are baked and eaten, with visualization, to promote physical fertility.

Saffron bread enhances spirituality. To a lesser extent, so too do all round loaves.

Sprouted bread is excellent for increasing psychic awareness.

Pita bread (also known as “pocket bread”) is a fine spirituality food.

Seven-grain bread (or its eight-grain cousin) is a fine money attractant.

Dill bread promotes love.

Garlic bread, created by slathering slices of bread with garlic-flavored butter, is a delicious and powerful addition to protection diets.

Most European countries produce **sweetened breads** for use during spring festivals (which are now connected with later Christian holidays such as Easter). Sweetened breads are discussed in chapter 9.

Cakes, Sweetened Breads, Cookies, & Pies

Humans have always eaten sweetened foods. Honey has been in use since at least 8000 B.C.E. Cave paintings of humans gathering honey attest to this.⁷¹ Date syrup and grape syrup were also commonly used throughout Mesopotamia and the Mediterranean region for sweetening purposes.²⁹ Until fairly recently, only India and Hawaii used sugar as their major sweetener (see chapter 13 for further information about sweeteners).

Sweetened breads and cakes have always been linked with religion and folk magic. The history of these foods is a journey through dozens of cultures and peoples around the globe.

Babylonians baked cakes for the goddess Ishtar in the shape of male and female human genitalia, and served them during fertility festivals.¹² Selene was honored with crescent-shaped cakes; Hermes with those in the form of a herald's rod.⁹³ Cakes marked with the images of the horns of the moon were offered to Astarte.²⁹ The Greek goddess Artemis was honored each month with round cakes, upon which burning candles were placed.¹²⁴

In China, moon cakes are baked in honor of the autumn moon festival. A small table is placed on a patio and piled

with the round cakes and fruit. Family and relatives eat them in sight of the lunar orb.³

In Teutonic Europe, sweetened breads were formed into the images of humans and animals and were offered in place of living sacrificial victims. The twisted breads now made in Germany have a religious and magical origin. They were made and given to the goddess Holle by her worshippers to avoid her punishment: rumpling of the hair.⁹³

Serbian Gypsies transferred the power of edible cakes to their symbolic form. To cure headaches cakes, roosters, suns, knives, snakes, and acorns were embroidered upon the affected person's clothing. These symbols dispelled the evil eye, once believed to be the true cause of headaches.¹⁴

All cakes and sweetened breads are ruled by the planet Venus and the element of water, and so are imbued with loving energies. Today, cakes and sweetened breads are still important symbolic foods at birthdays, weddings, and religious festivals throughout the world. Here is some of this magic.

Birthday Cakes

Offering a special cake to a person enjoying a birthday is a custom of obscure origin, but almost certainly is meant to magically ensure that the recipient won't suffer poverty or hunger during the coming year. Birthday cakes may also be related, in some way, to astrology, for the sun is (obviously) in the same position in the zodiac on the day of birth every year. Small candles might have originally been placed upon the cake in the shape of the person's zodiac sign. Created from sacred foods (grain, butter, sugar, and eggs), cakes are uniquely linked with the divine and are perfect gifts on birthdays.

Why do we write on special-occasion foods, such as birthday cakes? This involves the idea that the act of eating words (even those created out of icing) magically transfers the energies represented by those words to their eaters. "Happy Birthday" and "Good Luck" carefully written on cakes were originally more than kind gestures—they were ritual assurances of just these things.

Some scholars claim that our modern birthday cakes, topped with candles, are related to those once created for Artemis.¹²⁴ The lit candles are reminders of the sacred fires of this goddess. Additionally, when a child woke on its birthday, German peasants lit cake-borne candles.

Blowing out the candles and “making a wish” are obviously remnants of forgotten magical rituals—perhaps those performed to gain the favor of Artemis. The next time you’re presented with a candlelit cake, visualize your wish as you blow.

The color of the candles is important. Use white candles for protection and purification; pink for spiritual love; red for sexuality; blue for peace and healing; purple for healing and spirituality; green for growth, abundance, and money; yellow for clear thinking, and orange for energy.

Round cakes represent spirituality, while square and rectangular cakes symbolize prosperity. If you make a cake for a friend’s birthday, put much love and positive energy into it. Ice it with appropriate symbols, and words, visualizing all the time. If you wish, place the candles on the table around the table, instead of on top of the cake.

All-natural cakes, sweetened with honey, frosted with honey icing, and containing whole grains, can be served to those who forgo conventional “junk foods.” Fresh, chopped fruits can also be added while keeping their magical energies in mind (see chapter 11).

Wedding Cakes

The history of wedding cakes is quite long. These nuptial goodies have their origins in the ancient custom of couples ritually eating sacred foods during the marriage rite. At some times and in some places, a couple needed only to eat or drink food together to be married.

It seems that the wedding cake is descended from the Roman *confarreatio*. This special cake was crumbled over the bride’s head during marriage feasts to ensure fertility and plenty during the couple’s life together.³¹ The cake was, of course, sweetened with

honey. Guests kept pieces of the cake, much as wedding guests of our own time take home slices for “good luck.”⁴⁶ In the Victorian era, unmarried English women placed pieces of wedding cake under their pillows for dreams of their future husbands.⁸²

Some American Indian tribes made cakes for marriage celebrations. An Iroquois bride, for example, baked a cornmeal cake and gave it to the groom. This was an important part of the ceremony.³¹

The roses so often found decorating wedding cakes today are symbolic wishes for love. They are probably the modern form of the crystallized rose petals and violets that were once placed on the completed cake.

Such an important part of an important ceremony is still fraught with superstitions: the bride should never make her own wedding cake; neither bride nor groom should taste it until the appropriate time;⁴⁶ the bride should keep a piece of the cake (as long as she has it, she’ll have the love of her husband); spice wedding cakes denote a spicy relationship.

In 1861, the wife of Horace Mann wrote *Christianity in the Kitchen*, a curious conglomeration of information based on the theory that an unhealthy diet hindered morals. Among her astounding conclusions: since wedding cake is difficult to digest, it is immoral and un-Christian.¹⁰⁴

Is it just a coincidence that the two substances most often used to flavor wedding cakes, chocolate and vanilla, are both powerful love stimulants?

Sweetened Breads

The major difference between cakes and sweetened breads is that the latter usually contain yeast, whereas cakes do not. As soon as the art of leavened bread-making became popular, honey or date syrup was certainly added, along with spices and other ingredients, in order to produce a pleasing variety.

Sweetened breads are still baked during religious festivals in Europe (especially for Easter) and Mexico (for All Soul’s Day). Certain cakes baked for Halloween and Christmas are quite popular in Scotland, and German *stollens* are well-known. Pre-Christian

Brits baked cakes for spring festivals. One of these breads is still with us today, in a conveniently sanitized form.

Hot-Cross Buns

Long before the advent of Christianity, Europeans celebrated the coming of spring with rituals dedicated to the sun and to the earth, which were viewed as symbols of the God and the Goddess. The spring solstice, which falls on a day between March 21 and March 24 each year, was a welcome breath of life after the chilling months of winter.^{29, 44, 114}

In these rituals, some of which were dedicated to Eostra (from which our word “Easter” is derived), small, sweetened buns were baked and eaten to encourage the returning fertility of the earth. These ritual breads, created with carefully stored grain and honey, were marked with phallic symbols as visual representations of the sun’s fertilizing influence upon the earth and humans.^{29, 44, 114}

As Christianity spread across Europe, the uses of these Pagan breads was altered by the new faith. The phallic symbols, regarded with unnatural horror, were transformed into more “seemly” crosses.*¹²⁵ Hot-cross buns became a part of Easter celebrations and were dedicated, if a bit tardily, to the Christian story of resurrection. The conversion was so complete that hot-cross buns were even given to religious pilgrims traveling through English villages.¹¹⁹

Perhaps not curiously, hot-cross buns retained their mystic energies in the popular mind. They were eaten on Good Friday to bring a year of good luck. They were used to cure certain illnesses. Hung in the house, they guarded it from fire and evil of all kinds and were said to last indefinitely without getting moldy. (In Cornwall they were hung from the bacon-rack.)¹¹⁴ Sailors believed that having one on board prevented shipwrecks, and hot-cross buns were even placed in granaries to keep out rats. A modern American superstition states that placing a hot-cross bun in a

*Which are themselves phallic symbols.

cupboard on the spring equinox ensures that “you’ll know no hunger for ages.”⁴⁶

The magical properties ascribed to the simple hot-cross bun are memories of a time when they were much more interesting symbols firmly linked with the old Pagan religions of Europe.

Pan de Muerto

On November 2, All Soul’s Day, many Mexicans visit family graves to perform a ritual rooted in pre-Christian times. Along with orange marigolds, they bring a special sweetened bread baked only for this occasion.

This joyous time includes a feast in which the dead are invited to participate. The feast affirms the inevitability of death in the minds of the living and reaffirms the value of the departed. This is quite a healthy ritual.⁸³

In the United States, All Soul’s Day (a Catholic holy day) is exoterically celebrated as Halloween, with its attendant masquerades, parties, and occult themes. Some of the European-based motifs have been transferred to Mexico, but the honoring of the dead is of ancient, pre-conquest origin.

In late October, bakeries throughout Mexico and the southwestern United States offer *pan de muerto*, “bread of the dead.” I’ve long relished the unique flavor of this specialty food. If you have Mexican bakeries (*panaderia*) in your part of the world, check them during this month for pan de muerto. If they don’t have it, ask for it. If you still can’t find any, make some yourself next Halloween—and revere.

Pan de Muerto

- 1 teaspoon anise seeds
- 3 tablespoons water
- 1 package dry yeast
- ½ cup warm milk
- 3½ cups sifted, all-purpose flour

- 1 teaspoon salt
- 1 cup melted butter
- 6 eggs lightly beaten
- 1 tablespoon orange flower water
- Grated rind of 1 orange
- 1 egg, beaten
- Coarse or red sugar (for topping)

The night before, place anise seeds in 3 tablespoons of water in a pan. Bring to a boil, turn off heat, and let stand overnight. On the following day, strain out seeds and discard. Sprinkle yeast over warm milk to soften. Add anise water to the yeast. Add enough flour to make a light dough. Knead and shape into a ball. Let stand in a warm place until doubled in bulk (about 1 hour). Sift together the remaining flour with salt and sugar. Beat in melted (and cooled) butter, eggs, orange flower water, and grated rind. Knead on a lightly floured board until smooth. Add the dough ball. Knead together until smooth and elastic. Cover with cloth and let the dough rest for 1½ hours, or until doubled in bulk.

Pinch off 2 walnut-sized chunks of dough (for decoration). Divide remaining dough and shape into round loaves. Place on greased baking sheets. Roll out some of the reserved dough with a rolling pin into 4 thin ropes about 5 inches long. Stretch out ropes, flattening ends until they resemble bones. Allow to rise. Cross two bones on each loaf, attaching with beaten egg (to resemble crossed bones). Roll remaining dough into another thin rope. Cut off small pieces, shape into teardrops, and attach to loaf with beaten egg between bones.

Remember, as you do this, to recall the symbolism of the season—the deepening of winter and the lessening of the earth's fertile energies. Recall passed loved ones and friends with happiness, not sadness.

Cover lightly with a cloth and let stand until just doubled in bulk. Lightly brush loaves with beaten egg. Sprinkle with coarse sugar (or red-dyed sugar). Or, leave plain. Bake in preheated 375°F (190°C) oven for about 30 minutes. Yield: 2 loaves.

Cookies

Cookies are sweetened, distant relatives of the flat breads served by our Neolithic predecessors. Cookies have always been baked into specific shapes for ritual and magical purposes.

Sugar Cookies

Many of us have eaten cut-out sugar cookies at Yule. As mentioned in chapter 7, bell-shaped cookies were once eaten for protection and to drive away evil. Cookies in the shapes of animals represent the sacrifices that were once offered to the goddesses and gods.

If you make simple sugar cookies, cut them into specific shapes representing your magical goals. Such cookies make strong magical tools. Remember to visualize as you mix, cut, and slide them into the oven (see *Symbols*, p. 341, for more ideas).

A wide variety of cookie cutters is available. Specialty cutters available at Yule and Halloween offer a wealth of possibilities. Crescents, stars, brooms, “Witches,” suns, and many other styles are available. Use your imagination (and, if all else fails, a sharp knife) to carve your magical symbols.

Fortune Cookies

Ah yes, those ancient Chinese divinatory devices! Actually, fortune cookies were probably invented to advertise a Chinese restaurant in California during the 1920s. Still, they bear a resemblance to an ancient Roman practice. This method, known as aleuromancy, consisted of writing messages on slips of paper that were enclosed in balls of flour paste. These were mixed together and randomly distributed in order to reveal their receiver’s fortunes.

The modern version is more pleasing to the palate. Making your own gives you the opportunity to truly personalize the fortunes, and it’s a good way to spend a rainy afternoon. Try it—your fortune cookies will be the hit of your next party, dinner, or ritual gathering.

Take a large piece of clean white paper. Cut into 48 strips of paper, each about ½ inch wide and 3 inches long.

Sitting before them with a pencil, close your eyes and clear your mind. Contact your psychic awareness. Allow it to send messages to your conscious mind.

Then start writing the fortunes. Write whatever pops into your head. Write neatly. If nothing comes to you, here are some samples that you can use to spark your imagination:

- Those who wait, do not*
- Luck lies around the corner*
- Speak not to strangers*
- Wait until the wind rises*
- Happiness is found within*
- You will not want*
- Love is on the breeze*
- Rippling water answers you*
- The stars shine upon you*
- You are blessed*
- Wealth lies before you*
- Do it!*

Or, if you're as bad at writing fortunes as I seem to be, draw one magical symbol on to each slip of paper.

Now, to making the cookies. The “secret” here is to use soft, clean cotton gloves. These are indispensable (unless you're really into pain) for the process of folding the cookies. Cardboard (*not plastic*) egg cartons are also essential. Here's how to do it:

Fortune Cookies

- ½ cup melted butter
- 3 egg whites
- ¾ cup sugar
- ⅓ teaspoon salt

¼ teaspoon vanilla extract

1 cup flour

1 teaspoon instant tea

2 tablespoons water

The fortunes

Burn a light blue candle in the kitchen as you work. Mix together the egg whites, sugar, and salt in a bowl. Stir in vanilla, flour, tea, water, and melted butter individually. When well mixed, chill for at least thirty minutes. Heat oven to 350°F (177°C).

Drop a rounded teaspoon of the chilled dough onto a greased baking sheet. Using the back of the spoon, spread the batter until it makes a thin, 3-inch circle. Repeat to form a second circle—but form no more than two at a time. Bake 3 to 5 minutes or until the edges turn brown. Just before they're done, put on the cotton gloves. Remove the pan from the oven. Using a spatula, lift one cookie from the sheet. Place on a clean, unfloured surface. Working quickly, lay one fortune across the center of the cookie. Lift one edge and fold over to form a half circle. Holding the cookie at the ends, place the middle of the fold over the rim of the cardboard egg carton. Bend down the ends. Carefully place the cookie into an egg hole in the carton to cool. Quickly repeat this entire process with the second cookie.

Continue until you've used up the dough. Bake no more than two cookies at a time; otherwise they'll stiffen and you'll be unable to bend them.

Pies

Pastry probably originated in ancient Greece.¹⁰⁵ It was learned by the conquering Romans, who spread the art throughout their empire. Pastry isn't used only to hold sweet foods, of course; English pasties and dough-wrapped fish come to mind. The lore of sweet pies, however, is so compelling that I'm limiting my remarks to them.

Pies were once illegal. Oliver Cromwell, that humorless gent who ruined countless English parties in the 1600s, banned all pies in the Commonwealth. Why? Because they gave people pleasure, which was the last thing this tyrannical, fanatical Puritan wanted. Fortunately, Charles II ascended to the throne in 1660 and restored the enjoyment of pies throughout the land. A new royal was rarely so well-received.¹⁰⁵

Why are American pies round and not square? This custom began during colonial times in the United States (I guess our Puritans were open to some forms of pleasure). The deep square or oblong pans used in Europe required far too much precious fruit, so the corners were cut off and the pan was made shallow. Hence, our round pies.¹⁰⁵

Magically speaking, round pies induce spirituality, and square pies promote prosperity. Pies topped with intricate lattice-work crusts are useful in protective diets. The choice of fruits is important when making (or even buying) a pie. Choose them for their magical energies. Here's a quick list of some of the more common pies and their magical qualities (fruit is more thoroughly discussed in chapter 11):

Apple: Love, healing, peace

Apricot: Peace

Banana cream: Money

Blackberry: Money, sex

Blueberry: Protection

Chess (custard): Spirituality

Chocolate cream: Money, love

Coconut cream: Spirituality

Cherry: Love

Key lime: Love, purification

Lemon: purification, love

Mince: "Luck," money

Peach: Love, health, happiness, wisdom

Pecan: Money

Pineapple: Love, healing, money, protection

Pumpkin: Money, healing

Raspberry: Happiness, love, protection

Rhubarb: Protection, love

Strawberry: Love

This magical information also relates to tarts, cobblers, and turnovers. Visualize as you mix, bake, and eat!

Mince pie is a special case. Throughout England and Europe, mince pies are baked and served on New Year's Eve. Just after midnight, a piece is eaten, with a wish (and attendant visualization). This also bestows money on the eater.

While baking pies, lightly mark a pentagram on the upper crust (if it has one; if not, mark on the lower crust before baking. This guards the pie during the baking process. Or, cut slits. Alternately, lightly trace symbols related to your magical goal into the pie's crusts (see "Symbols," page 341).

At one time, pastry left over from forming the crusts was baked and left as an offering to the spirits who were thought to inhabit the kitchen. I remember my mother baking these remnants, sprinkled with sugar and cinnamon, and serving them to us. They often seemed to taste better than the pies themselves.

Pancakes

To close this chapter, a short look at pancakes—those bubbly, light-brown things that fly off the griddle and often hit the bottom of our stomachs like a pound of granite.

Pancakes are "luck" foods around the world. In England, Shrove Tuesday is known as Pancake Day. To eat a pancake on this day ensures a year with plenty of money, food, and luck. This custom stems from pre-Christian roots.

Before the destruction of their folk practices, Russians used to celebrate the coming of spring with a special ritual. They drove an image of Masslianitsa, the goddess of butter, on a sledge around

the villages, singing and enjoying themselves. The decorated figure was then burned (ouch!) and the celebrants feasted on *blinni*, a traditional Russian pancake, to end this Pagan festival.⁷⁹

Today, many groups still call upon the power of this basic dish. They do this by having fund-raising pancake breakfasts that dimly echo the wild feasts of earlier times.

Pancakes are linked with the two most important gifts of the earth—grain and milk. No wonder they've been honored. Here's some of my pancake magic:

For Money

Short on cash? Make up some buckwheat pancakes. Pour them onto the griddle in the shape of a dollar sign. Visualize. Cook, flip, and serve with maple syrup (another money-attractant).

An All-Purpose Pancake Ritual

While visualizing, quickly pour any pancake batter onto the griddle in the reversed shape of some magical symbol (such as a pentagram). Flip, cook, and eat.

A Pancake Divination Ritual

Several years ago, I ran across a simple and delicious pancake divination that I've shared with many friends.

Make the batter from scratch, stirring clockwise and visualizing your question. If you have no specific question, simply blank your mind.

Pour the batter onto the griddle. Push the rounded tip of a wooden spoon into the center of the uncooked pancake against the griddle. Randomly move it, asking your question.

When it's time, remove the spoon and flip the pancake. Symbols will appear on the browned side. Use your psychic awareness. Interpret them to give you a glimpse of possible tomorrows.

Vegetables

“**W**ait a minute!” you might be thinking. “Vegetables aren’t as interesting as other foods!” Perhaps. These green (red, purple, brown, white, yellow, and orange) foods, however, are just as important as desserts in magic. We’ve been trained by our society to desire sweet foods and to ignore veggies. Despite our transient desires, we can’t limit ourselves to eating only sweets.

That said, read on and enjoy yourself.

Artichoke

(*Cynara scolymus*)

Planet: Mars

Element: Fire

Energies: Protection

Lore: Greek legend states that the first artichoke was originally a beautiful woman. Some angry god (frankly, I don’t know which) was so jealous of her beauty that he transformed her into an artichoke.⁹²

The artichoke seems to have originated in the Mediterranean region and in the Canary Islands. This vegetable was enjoyed in ancient Rome as a luxury food.

The Romans preserved it in brine or vinegar (much as we pack artichoke “hearts” in oil).^{53,92}

Magical uses: The artichoke is certainly delicious. Because it is a member of the thistle family, and due to its flower’s sharp points, the artichoke is eaten as part of protective diets.

Flavor with garlic or bay leaves for additional protective energy.

Asparagus

(*Asparagus officianlis*)

Planet: Mars

Element: Fire

Energies: Sex

Magical uses: As you prepare the asparagus to be cooked or steamed, visualize yourself enjoying sex. Eat with power.

Bamboo

(*Bambusa* spp.)

Planet: Sun

Element: Air

Energies: Protection, psychic awareness

Lore: Bamboo is an ancient symbol of longevity in China and Japan.³ It is also planted around homes to guard them. Hawaiian religion is rife with bamboo lore.⁷

Fresh bamboo shoots are poisonous. They must be cooked before they can be safely eaten.⁷¹

Magical uses: Bamboo shoots are added to protective diets. To further empower them with protective energy, mark a small pentagram on each shoot with a knife before adding it to food.

Bamboo shoots are also eaten to enhance psychic awareness. Use in salads with fresh sprouts to open your deep mind.

Bean

(*Phaseolus* spp.)

Planet: Mercury

Element: Air

Energies: Money, sex

Lore: Beans were a major part of the diets of many Mesoamerican cultures, including the Maya and the Aztecs. They're still an important food throughout Latin America.

Plutarch states that beans were given in sacrifice to Harpocrates (the Graeco-Roman deity) in the month of Mesore. Apollo was also offered beans in sacrifice. The Egyptian king Ramses III offered 11,998 jars of shelled beans to the deities on one occasion.²³ Several ancient religions forbade priests and priestesses to eat beans.

The Romans offered beans to the dead at certain festivals. The Greeks and Romans also used beans for ballots: white beans for yes, black beans for no. Apollo was offered beans in sacrifice.

Beans were long thought to promote sexual desire if eaten. The famous English herbalist Culpeper recommended them for this purpose, while a father of the Church, Saint Jerome, forbade nuns to eat beans because they "tickled the genitals."⁷¹

In England, insanity was thought to be the result of sleeping overnight in a bean field.⁹⁹ The white flowered beans, however, have long been sacred to the Goddess and were revered by many peoples.

Colonists learned the art of cooking Boston baked beans from American Indians.²⁹

Magical uses: Add beans to diets designed to increase wealth.

If you make your own baked beans, add a touch of ginger,

maple syrup, and other money-attracting foods during their preparation, and visualize as you mix and cook. Or, eat beans with the appropriate visualization to increase your interest in sexual activity.

Hot chili with beans is a protective dish.

Beet

(Beta vulgaris)

Planet: Saturn

Element: Earth

Energies: Love, beauty

Lore: Beets have been eaten for centuries by persons wishing to lengthen their life spans. Aphrodite, the ancient Greek goddess of love, was said to have used beets to maintain and increase her beauty.⁵⁶

The redness of this food dictates its use during harvest and for winter religious festivals such as Lughnasadh (August 1) and Samhain (November 1).

Magical uses: Folk magic states that if a man and a woman eat from the same beet, they'll fall in love with each other. While this may not be the case (love is far more complex), beets should be added to love-attracting diets.

Cook and eat beets while visualizing yourself enjoying increased beauty. Remember: beauty is internal as well as external.

Broccoli

(*Brassica* spp.)

Planet: Moon

Element: Water

Energies: Protection

Magical uses: Broccoli is a fine addition to protective diets.

Season with basil, garlic, and mustard seed for increased power.

Brussels Sprouts

(*Brassica* spp.)

Planet: Moon

Element: Water

Energies: Protection

Lore: Legend has it that brussel sprouts were created from wild forms of cabbage growing in Babylon. Nebuchadnezzar relied on cabbage to prevent or to cure the hangovers that usually resulted from his fabulous, excessive feasts. He was naturally disturbed that no fresh cabbage was available during the winter.

According to this myth, he ordered his head gardener, Brusel, to devise a method of growing cabbage year-round. By hybridizing, Brussel eventually succeeded in creating today's brussel sprouts, which, indeed, are small cabbages and belong to the cabbage family.⁵⁶

Magical uses: Eat Brussels sprouts as a part of protective diets. Adding a bit of salt to them is fine, since salt is also a protective substance, but too much of anything (especially salt) results in ill health. Ill health leads to a lack of our body's normal psychic protections. As an alternative to salt, try basil, dill weed, and mustard, all of which are protective flavorings.

Cabbage

(*Brassica* spp.)

Planet: Moon

Element: Water

Energies: Protection, money

Lore: Superstitious persons once placed cabbage leaves on their foreheads on the dreaded Friday the 13th to keep evil far from them—and, most probably, to keep them far from everyone else.⁵⁶

Around 621 B.C.E., officials in Greece passed a law calling for the death penalty for anyone caught stealing cabbages, a favored food.⁵⁶ Also, in Greece, the sad idea arose that eating several heads of cabbage everyday would cure insanity and nervous conditions.⁵⁶

Magical uses: Cabbage is a fine lunar food. Serve it by the light of the Full Moon after magical and spiritual rituals.

Like brussel sprouts and broccoli, cabbage is eaten to internalize protection. Flavor it with basil and mustard for this purpose. Or, eat salty sauerkraut for protection.

Green cabbage is added to money-drawing diets. For this purpose it is cooked with a solid silver coin. Or, flavor with dill seeds to attract prosperity. Cabbage soup is a tasty way to bring money energy into your life. The Roman naturalist Pliny recommended cabbage before sleep to prevent nightmares.

Carrot

(*Daucus carota*)

Planet: Mars

Element: Fire

Energies: Sex

Magical uses: Carrots have been consumed since the days of ancient Greece to induce the desire for sexual contact. Prepared and eaten with the correct visualization, carrots may play a part in overcoming psychological impotency.

Cook them with parsley and caraway for the best results.

Cauliflower

(*Brassica* spp.)

Planet: Moon

Element: Water

Energies: Protection

Magical uses: Eat fresh or cooked cauliflower as part of a protection diet. To increase its effectiveness, cook cauliflower with dill, mustard seeds, or rosemary.

Celery

(*Apium graveolens*)

Planet: Mercury

Element: Fire

Energies: Sex, peace, psychic awareness, weight loss

Lore: Roman women ate celery to increase their sexual appetites.

Magical uses: This plant's aphrodisiac powers have long been celebrated. Celery soup was one of Madame de Pompadour's favorite dishes for this purpose. Curiously, heated celery seems

to emit a type of pheromone, the chemical sex-attractant naturally secreted by humans and animals. This could be why celery has been favored for this use for 2,000 years.⁵²

If you make celery soup, cook it with visualization. Such sex-stimulating foods are, of course, only effective if *you* eat them. They will have little or no effect when served to others.

With a different visualization, eating fresh or cooked celery is soothing and brings peace.

Add celery seed (as a seasoning) to foods to strengthen psychic awareness. Celery is also a part of weight-loss plans.

Chervil

(*Anthriscus cerefolium*)

Planet: Mercury

Element: Air

Energies: Weight Loss

Lore: Folk magicians once boiled chervil with pennyroyal. The resulting brew was thought to cause its drinker to see double.⁵⁶ The plant was named *cerefolium* to honor its ancient use in festivities directed to Ceres, the goddess of grain and vegetation.⁹⁴

In earlier, rougher times, many died from combat wounds due to infection. In the 1500s, wounded men were given chervil juice to drink. If they kept it down the chervil predicted that they would live. If they “cast it up,” the wound was mortal.⁵⁶

Magical uses: Chervil can be hard to find, but is well worth seeking, especially as it can be of help when trying to lose weight. Juice a bit of this plant every day, visualize, and drink to maintain or to regain your desired figure. For added power, eat in a salad with chickweed.

Chili

(*Capsicum* spp.)

Planet: Mars

Element: Fire

Energies: Protection

Lore: From archaeological evidence found in Mexican caves, chili peppers seem to have first been cultivated 9,000 years ago.^{29,90} The Aztecs are said to have used chili peppers in rituals designed to exorcise spirits from possessed persons.¹⁰⁰

Chili peppers were recently banned from one state's prison system because the burning vegetables could be used as weapons. Curiously enough, during the seventeenth century, Spanish invaders were repelled in some parts of South America by the smoke from burning chilis.²⁹ In contemporary New Mexico, the core of a red bell pepper is still burned on a Friday night to prevent evil from harming humans.⁸⁰

Magical uses: Though there are dozens of varieties, the most commonly seen in U.S. markets are jalapeno, cayenne, and "bell" peppers. Add any of these to diets designed to guard against negative energies. Chile rellenos, stuffed (vegetarian or otherwise) peppers, and jalapeno jelly are three examples of protective foods.

By the way, all peppers (except black pepper) are members of the same family. If you don't like extremely hot peppers, try the milder pepperoni (the ones served in Italian restaurants), a dash of cayenne, pimento, or the sweet, firmly fleshed bell peppers in your magical protective diet.

Chives

(*Allium* spp.)

Planet: Mars

Element: Fire

Energies: Weight loss, protection

Lore: Chives may have been first grown in what is now Siberia, near the shores of Lake Baikal, one of the deepest lakes in the world.⁵⁶ Chives were considered to be powerful aphrodisiacs.⁵⁶

Magical uses: The great herbalist Gerarde stated that eating chives would surely “attenuate or make thinne,” and these mildly flavored onions are worth trying if you’re adopting a weight-loss way of life. Though they are difficult to find fresh in grocery stores, they are easily grown at home. Chives even grow well in containers.

For protection, tie a chive into a knot, add to food, and eat. Do this with visualization!

To be rid of a nasty habit or some personal problem that has been vexing you, tie the problem into a chive with a knot and bury. Do not uncover it.

Cucumber

(*Cucumis sativus*)

Planet: Moon

Element: Water

Energies: Peace, healing

Lore: Fresh cucumbers were once placed under swooning women’s noses (remember swooning?). The odor was supposed to rouse them from their faint.

In Africa, the Nuer sometimes consecrate a small wild cucumber and sacrifice it in place of a treasured ox during important ceremonies.²⁹

Magical uses: Add cucumbers to peace-inducing diets. Peel and munch on one of these raw, whole fruits for quick relief from stress. Or, eat cucumbers while recovering from illness to speed the healing process. Visualize as you eat.

Eggplant

(Solanum meloena var. esculentum)

Planet: Jupiter

Element: Earth

Energies: Spirituality, money

Magical uses: These natives of China were originally small, egg-shaped and white, unlike our massive purple specimens. Eat cooked eggplants to increase spirituality. If you're fine in this department, visualize increased money while dining on the vegetable.

Many people dislike the strong taste of eggplant. If you happen to be one of them, you'll be happy to hear that you don't even have to eat this purplish food to benefit from its energies. To manifest additional money in your life, split an eggplant into two equal pieces. Place a one-dollar bill between the pieces, tie them together, bury them in the earth, and never dig them up. Money will come to you (but you'll be out a buck).

Endive

(Cichorium endivia)

Planet: Jupiter

Element: Air

Energies: Physical strength, sex

Magical uses: Endive is overlooked today as a salad green.

This is a shame, because it can be eaten to promote physical strength (and is certainly safer than steroids).

Endive is another of the many foods that are thought to create sexual desire. Who am I to argue with long-standing tradition?

Greens

In general: Greens are linked with fairies in Scotland and Ireland. This may be one reason why green has long been thought to be an unlucky color. Additionally, greens were once rarely found at wedding feasts and receptions for the same reason—the celebrants didn't wish to offend the little people.³⁵

In folk magic, greens of all kinds are eaten for money.

Leek

(*Allium* spp.)

Planet: Mars

Element: Fire

Energies: Protection, physical strength

Lore: Leeks are steeped in myth and folklore. In twelfth-century Persia they were worn over the left ear to prevent intoxication. Gerarde, who lived in sixteenth-century England, thought they produced nightmares. In his time, a leek was hidden inside a black cloth and placed under the pillow of an ill person to effect a cure.⁵⁶ Leeks were also regarded as solemn protection against fire and lightning.

Magical uses: Leeks are good protectants, as you might expect from a member of the onion family. Make leek soup or add leeks to a stew for this purpose.

Additionally, they can be eaten for increased physical strength. According to tradition, Welsh soldiers rubbed fresh leeks on their bodies for success and vigor in battle. They also believed that the magic juice would protect them from wounds. The leek is still a national symbol of Wales.¹¹⁴

Lettuce

(Lactuca sativa)

Planet: Moon

Element: Water

Energies: Peace, money, celibacy

Lore: Lettuce was sacred to the god Min in ancient Egypt. Min, whose graphic depictions as a phallic god were deemed obscene a hundred years ago, also ruled over vegetation of all kinds.²³

Lettuce seems to have been his favorite due to its greenness and the fact that the core, when squeezed, exudes a milky sap that was probably associated with semen. Lettuce was naturally related to the act of procreation and to fertility. It was commonly stocked in tombs and offered to Min.²³

At least one Roman emperor was so enamored with this vegetable's restorative properties that he had an altar, complete with a statue, built to the plant.¹⁵

Magical uses: A Mexican woman once told me that when her young children were "crybabyish" or hyperactive, she'd simply put them in a bathtub with lettuce leaves. This calmed them.

Wild lettuce contains opiates and the juice was once drunk to bring on natural sleep. Today, lettuce is eaten with visualization for peace and tranquillity, even though the common head lettuce found in grocery stores contains virtually no opiates.

Like other salad greens, lettuce is added to money-attracting diets. Use in a salad with fresh dill weed for increased money.

Lettuce is also eaten (in direct contrast to most other foods) to cool sexual desire and, curiously enough, to prevent seasickness.

Mushroom

Planet: Moon

Element: Earth

Energies: Psychic awareness

Lore: Pharaohs in ancient Egypt ate mushrooms, but the common people did not. Romans believed that mushrooms provided strength to the body.⁵³

Mushrooms, like all fungi, have long been regarded with suspicion. Their seemingly miraculous appearance overnight after a good rain, their mysterious ways of propagation, and their eerie appearance have put them into a thousand magical spellbooks and fairy tales.

Some mushrooms are delicious and quite safe to eat. Others are delicious and quite deadly. Accidental deaths still occur each year when amateur mushroom hunters pick the wrong kind of wild mushrooms to enjoy in natural meals.

Mushrooms containing hallucinogenic substances have been used for ritual purposes in Mexico, South America, Siberia, and in many other parts of the world.¹²³ They remain a popular (and illegal) street drug in parts of the United States.

Magical uses: Add normal culinary mushrooms to meals to heighten psychic awareness.

Olive

(Olea europaea)

Planet: Sun

Element: Air

Energies: Spirituality, health, peace, sex

Lore: The olive was sacred to Aten in ancient Egypt.⁶⁹ Olive oil, which was in great demand in the ancient world, actually led to the downfall of Greece. Farmers began growing olives

almost exclusively while ignoring food crops. This began Greece's dependence on imported foods. When import lines were cut, Greece and its populace suffered.¹⁰⁴

Oil was used in hundreds of ways in the ancient world, but it was always linked with religion. It was necessary for the creation of the scented oils used in both religious and magical rituals. In Greece, olive oil was the most popular ingredient for these purposes.

The Romans disdained the use of butter in cooking. They moistened bread with olive oil (as we use butter) and also cooked food in oil.¹⁰⁴

Magical uses: Add olives or olive oil to spirituality inducing diets. Olives are perfect for post-ritual feasts.

Small amounts of olive oil can be added to health diets. Visualize!

Olives are also eaten for peace and for the release of stress. If this isn't a problem, olives (and the oil) are suitable for arousing sexual desire.

Onion

(*Allium cepa*)

Planet: Mars

Element: Fire

Energies: Protection, weight loss

Lore: The great city of Chicago was named for the local Indians' word for the wild onions growing in the area—*chicago*.⁵⁶

According to ancient Egyptian incantations, onions were included in charms designed to keep potentially harmful ghosts from children.²³ Celebrants at winter solstice festivals in Egypt wore onions around their necks.²³ Onions also played a role in the mummification process.⁶⁹ Though it has often been written that the pyramids were built by onion- and garlic-fed slaves, all Egyptians ate onions in those days. Onions, bread, and beer made up the basic ancient Egyptian diet.¹⁰⁴

In old Rome, the naturalist Pliny wrote that runners should eat onions daily for speed and endurance.⁸⁶ About 1394, an Arab writer recommended onions boiled together with green peas and spiced with cardamom, cinnamon, and ginger to create sexual desire.⁵⁶

Three hundred years later, the English herbalist Gerarde prescribed the use of onions in weight-loss diets; their low caloric content makes them ideal for this. Even if they are well boiled, he states, onions will not lose their “attenuating” quality.³⁶

In contemporary Guatemala, men eat onions to retain virility and to procreate children, even into advanced age.

Magical uses: This sharply scented plant has long been revered and utilized in magical ritual. In general, onions are eaten to boost our protective armor, which is created by a flow of energy from the body. They can be used in any form whatsoever for this purpose; the sharper the taste, the more effective the onion will be. Onions have long been kept in the kitchen, halved, to absorb evil.

Or, as Gerarde recommended, eat onions daily as part of a weight-loss plan.

Pea

(Psium sativum)

Planet: Venus

Element: Water

Energies: Love

Lore: During the Inquisition, peas were thought to be standard food for “Witches.” They have always been sacred to the Mother Goddess.

Magical uses: Cook peas with basil, coriander, dill, or marjoram. Cook while visualizing this simple food as a powerful love attractant. Then eat.

Poke

(*Phytolacca americana*)

Planet: Mars

Element: Fire

Energies: Protection

Magical uses: All parts of this Native American plant are poisonous, save for the young shoots. These are cooked and eaten for protection.

Potato

(*Solanum tuberosum*)

Planet: Moon

Element: Earth

Energies: Protection, compassion

Lore: The potato is a native of Peru, where it was first cultivated by about 34000 B.C.E.¹⁰⁴ It was introduced to Spain (and subsequently throughout Europe) in 1534.¹²⁰ It was immediately claimed that the potato was a sure-fire cure for impotency. At times, it was sold for the equivalent of 1,000 dollars a pound.¹⁰⁴

Potatoes lost favor in 1728 in Scotland, where cultivation of the potato was prohibited because it was an *unholy* nightshade that wasn't mentioned in the Bible.¹²⁰

Practitioners of American folk medicine carried potatoes in their pockets to cure rheumatism.⁴⁴ In England, toothache sufferers carried a piece of potato to vanquish the pain (this was probably most effective while going to see a dentist).³⁵ Those who dine on new potatoes are granted a wish.⁶⁸

Magical uses: As with many root crops, potatoes are added to protective diets. They should be seasoned with onions, chives, dill weed, rosemary, or parsley for the strongest effect.

Additionally, owing to this vegetable's lunar rulership, potatoes can be eaten to instill compassion.

Pumpkin

(*Curcubita* spp.)

Planet: Moon

Element: Earth

Energies: Healing, money

Lore: According to early American lore, if half a pumpkin is left exposed in the kitchen, negative energies will arrive to spoil the cooking.²²

The pumpkins carved with faces and lit with candles on the last night of October in the United States are related to the similarly prepared turnips carried by children in the U.K. They are created to scare away evil.

Pumpkins are sometimes featured in Samhain celebrations by Wiccans as symbols of the fruitfulness of the earth and of the God's death beneath the sickle of time. These round, orange vegetables are also symbols of the Mother Goddess.

Magical uses: Add pumpkin dishes to health diets. Dry, roast, and eat the seeds, or enjoy such delicious treats as pumpkin pie and pumpkin bread.

Pumpkin is also a nutritious money-attractant. Make a pumpkin pie and add cinnamon, ginger, and nutmeg to flavor it with money-drawing energies.

Radish

(*Raphanus sativus*)

Planet: Mars

Element: Fire

Energies: Protection

Lore: Wild radishes, eaten before breakfast, were once thought to protect the diner from being flogged and to enable one to overcome all obstacles and enemies.

Magical uses: Slice thinly and eat for protection, especially in salads with onions, bell peppers, and other protective foods.

Rhubarb

(*Rheum* spp.)

Planet: Venus

Element: Earth

Energies: Love, protection

Magical uses: Rhubarb is native to China, where it is still used in medicinal herbalism.¹⁰⁴ All parts of the plant are poisonous save for the red stalks.

Rhubarb is a love food. The zingy taste ensures zingy, exciting relationships, if rhubarb is prepared with visualization. Rhubarb or rhubarb/strawberry pie is one of the ultimate love foods. The addition of sugar (necessary if rhubarb is to be enjoyed) seals the loving qualities of this Venusian vegetable.

A wedge of rhubarb pie makes an excellent protective dessert.

Seaweed

Planet: Moon

Element: Water

Energies: Weight loss

Lore: Seaweed (more correctly, sea vegetables) are surprisingly nutritious foods that are rarely found in Western diets, except as processed food additives (such as carageenan).

In Cornwall, pieces of a seaweed known as Lady's Tresses were placed on small stands near the chimney to guard sea-side cottages from fire.³⁵

Seaweed is eaten throughout the year by the Japanese, who also serve it on their lunar New Year for happiness.⁴⁶

Magical uses: Add seaweed to your diet if you wish to lose weight. Seaweed has been prescribed for this purpose since ancient times. Dried kelp (a generic term for seaweed) is available in all health-food stores.

Soy

(Glycine max)

Planet: Moon

Element: Earth

Energies: Protections, psychic awareness, spirituality

Lore: We know soy in two forms: soy sauce and tofu. While soy sauce has always enjoyed popularity in the West as a flavoring for Chinese food, tofu is only now gaining ground as a nutritious alternative to meat. It is especially popular with vegetarians.

The Chinese have eaten soybeans for at least 2,000 years and the Japanese for 1,000.⁹⁸ People in both cultures usually eat them in the form of tofu. In Japan, two deities, Ebisu and Daikoku, are involved in the old-style preparation of tofu. Symbols of these deities are burned into the side of the wooden

boxes used to measure the soybeans to be processed into tofu. This blesses them with the energies of Ebisu and Daikoku.⁹⁸

Throughout Japan, fried tofu is an acceptable offering at the *inami*, agricultural shrines that dot the countryside. These shrines are dedicated to agricultural deities.⁵⁴ On the Japanese New Year, handfuls of roasted soybeans are scattered onto the floor in homes and temples. These “beans of good fortune” are then thrown through an open window to the chant of “Out with evil; in with good fortune!”^{54, 60}

In the 1600s, the Emperor Nintoku established the Women’s Mass for Needles. In this ceremony, a cake of tofu is situated on the household altar. Women push all the needles which have been bent or broken in the past year into the cake of tofu. This is done to give the needles—thought to be the spirits of people whose bodies have been sacrificed in service—a gentle resting place.⁵⁴

Magical uses: Add soy sauce or tofu to protective diets. Soy sauce is ideal for this due to its extreme saltiness (though too much is, of course, hazardous to good health). For protection, stirfry tofu with onions and other vegetables of similar energies.

Tofu is also eaten for psychic awareness (particularly if one is searching for alternatives to meat), and to induce spirituality.

Spinach

(*Spinacea oleracea*)

Planet: Jupiter

Element: Earth

Energies: Money

Lore: In the United States, spinach is remembered as the favorite food of a popular cartoon character, upon whom it magically bestowed great physical strength. This green, leafy

vegetable seems to have been introduced from Persia (present-day Iran) to Europe in the fifteenth century; it was soon used on fasting days.⁴⁵

Magical uses: Steam spinach and eat as a part of prosperity diets. Flavor with sesame seeds or nutmeg for added power.

Spirulina

Planet: Venus

Element: Water

Energies: Physical energy

Lore: After they'd arrived in what is now known as Mexico, the Spaniards observed the Aztecs eating what was described as "green foam" or "green mud." The custom disappeared as the lakes surrounding what is now Mexico City were drained, and the food remained a mystery for hundreds of years.

It seems that the Aztecs ate large quantities of spirulina, the "modern" wonder algae that thrived in the lakes. Spirulina, which is nearly 70 percent protein, contains all the amino acids necessary for human life, as well as seven vitamins.²⁹

Magical uses: Spirulina is available in tablet and powder form. It can be added to food or eaten alone, with visualization, to boost physical energy. All health-food stores stock it.

Sprouts

Planet: Various

Element: Various

Energies: Various

Magical uses: Though sprouted seeds have long been a part of Asian cooking,⁷¹ we've only recently introduced them to our salads and breads.

Generally, all sprouts are fine for promoting psychic awareness. Here's a list of some specific sprouts and their energies:

Alfalfa (Venus, earth): Money, psychic awareness

Bean (Mercury, air): Protection

Mung (Mercury, air): Spirituality

Soy (Moon, earth): Spirituality, psychic awareness, protection

Sunflower (Sun, fire): Protection

Squash

(*Curcubita* spp.)

Planet: Sun

Element: Fire

Energies: Spirituality

Lore: Squash was cultivated in the Americas as early as 4000 B.C.E.¹⁰⁴ Several American Indian tribes honored this plant. One striking Hopi kachina is depicted with a squash head, and squash-blossom necklaces are modern reminders of the original sacredness of this simple plant.

Magical uses: Eat this vegetable in dishes designed to increase awareness of the nonphysical reality around us. It is a fine spirituality-inducing food. At least for magical purposes, a squash is a squash, baked or fresh, acorn, hubbard, or zucchini.

Many people, of course, dislike squash. If you're one of them, avoid this food or eat sweetened zucchini bread.

Sunflower

(*Helianthus annuus*)

Planet: Sun

Element: Fire

Energies: Protection, success

Lore: Sunflowers were viewed as symbols of the sun by the ancient Incas of Peru. Gold crowns inspired by this flower were reportedly worn by solar priestesses during rituals.⁹⁰

Many Mexican gardens contain sunflowers, since their presence is thought to confer “luck.” Women still eat sunflower seeds for help in conceiving a child. In the United States, the seeds are gathered at sunset and eaten to gain a wish.

Magical uses: Hold your hands over a small bowl of roasted sunflower seeds. Visualize them bursting with the energies of the sun—protection, success, triumph. Then eat them to bring these powers inside yourself. Or, add to protective salads and other dishes.

Sweet Potato

(*Ipomoea batatas*)

Planet: Venus

Element: Water

Energies: Love, sex

Lore: An English cookbook of 1596 includes the preparation of a sweet potato tart intended to excite sexual desires.²⁹

Those sweetened, orange tubers often served at Thanksgiving are actually sweet potatoes, not yams. Yams certainly do exist and are eaten in large quantities in Africa, Central and South America, and the West Indies, but not in the U.S. True yams are massive tubers, growing to as long as seven feet and tipping the scales at more than one hundred pounds. Compare these to our “yams” of November and you’ll readily see the difference.

Magical uses: Cook and eat sweet potatoes to expand your ability to receive as well as to give love. Flavor with cinnamon, ginger, and a dash of honey or sugar to further empower them with loving energies.

Or, prepare them with visualization and share with a mate for enhanced sexuality. Inform your partner of the food’s power.

Tomato

(*Lycopersicon* spp.)

Planet: Venus

Element: Water

Energies: Health, money, love, protection

Lore: Known as *zictomatl* by the Aztecs,⁸³ the tomato is an ancient food. When it was introduced into Europe in the sixteenth century, the tomato was regarded with suspicion. It is botanically related to nightshade, which is obvious from studying the plant's leaves, flowers, and even fruit. Everyone assumed that its fruits were also poisonous, despite the tales of the inhabitants of New Spain (Mexico) eating it and surviving.¹⁰⁴

The fruits became known as "love apples" and were finally accepted into the dietary regime. At some point in the past, the tomato was considered to be a lucky food, and the red tomato pincushions that are still made today are a survival of this idea.

Lonely women once dried tomato seeds and enclosed them in a piece of cloth. They wore this charm around their necks in the hope of attracting men.²⁵

Magical uses: Tomatoes can be used in a number of ways. Tomato sauce, tomato juice, and the popular Italian combination of sun-dried tomatoes, mozzarella cheese, and basil are just some of them.

For health, eat fresh tomatoes, or cook them with sage and rosemary.

Mixing basil, cinnamon, or dill weed with tomatoes creates an especially potent, money-attracting food.

For love, season tomatoes with rosemary, or eat them while they're fresh and bursting with juice.

To bring protective energy inside yourself, flavor tomatoes with black pepper, bay, dill, or rosemary.

Truffle

(*Tuber melanospermum*)

Planet: Venus

Element: Water

Energies: Love, sex

Magical uses: The Romans believed that truffles were created by thunder.²⁷ Add truffles to foods designed to increase your ability to give and to receive love. If that's not the important issue, eat truffles to increase sexual desire.

Watercress

Planet: Mars

Element: Fire

Energies: Protection, fertility

Lore: In the ancient world, watercress was thought to strengthen the conscious mind. The Greeks (who knew the plant as *kardamon*) ate watercress to gain wit.⁵⁵ Classical Romans munched the spicy green leaves to stimulate their brains.⁸⁶

Magical uses: Add watercress to protective diets. The sharp taste and the plant's habit of growing near flowing water makes it ideal for this purpose. Eat with visualization, as always.

Watercress is also eaten to promote physical fertility.

Fruit

Naturally sweet, refreshing and fragrant, fruits of all kinds have given humans millions of hours of culinary enjoyment.

It once surprised me that the Buddhist altars I'd seen in San Diego, Los Angeles, San Francisco, and throughout Hawaii usually contained offerings of fruit, not vegetables. Oranges are perhaps the most favored of these.

Why is fruit favored over vegetables? Perhaps because vegetables (and grains) have been the mainstays of the human diet. They grow in or on the ground. Fruit, however, generally grows on trees. Perhaps it seemed "higher," more exalted than other foodstuffs. Fruit's unique sweetness probably has something to do with this reverence as well.

The pomegranate of Mesopotamia; the strawberries of the Teutons; the coconut and banana of the Pacific Islanders; the apples of Avalon; the pear and peach of China—these are some of the fruits that have been revered as direct links with deity.

I've tried to list the most popular fruits in this section, as well as a few that are only now appearing in our grocery carts and at farmer's markets. But even the most familiar fruit assumes a new importance in the realm of food magic: its potential as a tool of self-transformation.

Apple

(*Pyrus malus*)

Planet: Venus

Element: Water

Energies: Love, health, peace

Lore: The peoples who inhabited the prehistoric lake dwellings of Switzerland enjoyed apples, as shown by apple remains found there.¹⁰⁵ Apples may have been eaten as long ago as the Paleolithic era.

They were a valued food in ancient Egypt. Ramses III offered 848 baskets of apples to Hapy, the Egyptian god of the Nile.²³ Among the Norse, Iduna safeguarded a store of apples. When eaten, the apples gave the gift of perpetual youth to the goddesses and gods.⁹⁰ It is said that certain Norse priests were forbidden to eat apples, due to the fruit's legendary lustful properties.⁶² Apples are still offered to Chango among the Yoruba.

Apple trees once grew around the sacred island of Avalon in England, and apples were intimately linked with spirituality in the British Isles.

At one time, apples were always rubbed before they were eaten to remove all the demons or evil spirits that were thought to reside within them. Even the smell of fresh apples was thought to bestow longevity and restore flagging physical strength.

Magical uses: *Love.* Simply eat a fresh apple. Carve a heart into the skin before devouring it. Drink apple cider. Bake an apple pie (flavored with cinnamon, ginger, and sugar). Share an apple with a lover.

Health. Place a glass of apple cider between your palms. Visualize health and healing energies flowing into it between your hands. Visualize your body's natural healing ability gaining in strength. See yourself as being healed. Then drink the cider. Or, cut an apple into three parts with a sharp knife while visualizing. Eat all three parts.

Peace. Add applesauce, apple cake, apple dumplings, or some other cooked form of apples to your diet.

Apricot

(*Prunus armeniaca*)

Planet: Venus

Element: Water

Energies: Love, peace

Lore: Apricots probably originated in China, where they were cultivated as early as 2000 B.C.E.⁷¹ They arrived in England by 1562 C.E.⁵³

Magical uses: These fleshy fruits are ideal additions to love-expanding diets. They can be used fresh or cooked. Apricot nectar, a combination of fruit pulp, sugar, and water, can be drunk for love.

Love sauce. Stew ripe apricots with warm water until soft and mushy. Taste and add a bit of honey or sugar if desired. Run through a blender or food processor until smooth. Pour on to vanilla ice cream for a love-inducing treat.

Also, eat apricots in any form for peace.

Avocado

(*Persea americana*)

Planet: Venus

Element: Earth

Energies: Beauty, love

Lore: Avocados have been enjoyed in Central America for at least 7,000 years.⁷¹ The Aztecs made a type of guacamole with avocado, tomato, and chili peppers that is similar to the dish we enjoy today. The Aztecs also considered avocados to be aphrodisiacs.

Magical uses: To promote beauty, hold a ripe avocado in your hands. Visualize your new appearance as strongly as you can. Maintain your visualization as you peel and eat the avocado. Eat at least one a day (plain) for blossoming beauty. Avocados are also a useful love food.

Banana

(*Musa* spp.)

Planet: Mars

Element: Air

Energies: Spirituality, love, money

Lore: The banana is mentioned throughout the sacred books of India, and is still considered to be a holy food. A valued offering to Hindu deities, the banana's leaves are used to decorate marriage altars.²

Stalks of the banana plant (it is not a tree) were sometimes offered in place of humans during sacrificial rites in the Pacific.⁷ Polynesian legends tell of the creation of the original banana plant from the bodies of slain heroes.⁷

In old New Orleans, the plants were grown for luck near the home. In Hawaii, food wrapped in large banana leaves was thought to be safe from intruding negativity.⁷

Though we know little of the banana's origins, it's certain that people in India were enjoying the slippery fruits in about 2000 B.C.E.; that bananas arrived in Africa in 500 C.E., in Polynesia around 1000 C.E., and in tropical America during the fifteenth and sixteenth centuries.⁷¹ Bananas were introduced to consumers in North America at the 1876 Philadelphia Exposition. Not long afterward, thousands of tons were being imported and purchased by an appreciative populace.² Most of the bananas we eat today are grown in Ecuador.

During the 1960s, banana peels were sometimes smoked as a replacement for marijuana. Though this had little or no effect

beyond suggestion, it is curious that banana peels actually do contain minute amounts of the psychoactive substances serotonin, norepinephrine, and dopamine.^{52,71} Fortunately, smoking the peels had little effect and the fad quickly died out.

Don't eat bright yellow bananas. Those who dislike the taste of bananas may have never eaten a ripe one. Bananas are ripe only when the peel has begun to turn brown. The more brown spots, the more sugar that has been formed within the fruit.

Magical uses: The fruits form upward on the stalk, reaching toward the sky. Eating bananas stimulates spirituality. Choose fresh bananas, baked bananas, or that exquisite Chinese treat, candied (toffied) bananas.

Also add the fruit to love and prosperity diets.

Blackberry

(Rubus villosus)

Planet: Venus

Element: Water

Energies: Money, sex

Magical uses: Blackberries are traditionally eaten during the harvest festivals.

Bake a blackberry pie, eat blackberry jam, or consume fresh blackberries to draw money. A bowl of oat cereal topped with fresh blackberries is a delicious money-charged breakfast. Or, eat the delicious, seedy berries to increase your interest in sex. Visualize!

Blueberry

(*Vaccinium frondosum*)

Planet: Moon

Element: Water

Energies: Protection

Magical uses: This delicious Native American food is a welcome addition to the arsenal of protective foods. Eaten with visualization, it increases our magical defense systems.

Here are some suggestions: eat blueberry pie. Add the fruits to coffee cake with protective spices (see chapter 12). Have a dish of blueberry ice cream. Sprinkle fresh blueberries onto a bowl of cooked rice or corn flakes for a doubly protective breakfast.

To make a protective kitchen charm, crush fresh blueberries. With a finger dipped into the juice, mark the sign of the pentagram (see appendix 2) on to a piece of white paper. Keep this in the kitchen (it doesn't have to be in plain sight) to guard the room itself as well as the food that is stored and prepared there. Wash your finger after making the sign. It'll need it.

Carambola

(*Averrhoa carambola*)

Planet: Sun

Element: Fire

Energies: Protection

Lore: Carambola (starfruit) is one of the "new" fruits that have only recently begun appearing in our markets. A native to Indonesia,⁸⁹ carambola ripens and is available during the winter months. It's commercially grown in Florida, Texas, and California. I've also seen it in stores from Denver to Hawaii.

The fruit itself is an unusual ribbed oblong of yellow flesh. When sliced, it produces star-shaped sections. The flesh is usually sweet, firm, and crisp. Seeds, peel, and all can be eaten.

Magical uses: The first time that I saw a starfruit, I was amazed at its resemblance to the pentagram. This tasty fruit should be sliced with visualization, then simply eaten or added to protective dishes. A protective fruit salad can be made with carambola slices, whole blueberries, mango chunks, pineapple slices, whole raspberries, and tangerine sections. Carambola slices can also be used to garnish other protective foods.

Cherry

(*Prunus* spp.)

Planet: Venus

Element: Water

Energies: Love

Magical uses: The sight of cherry blossoms portends further delights once the round red fruits have matured.

Make a killer cherry pie using as much love-visualization as you possibly can. Lightly trace a heart on the bottom crust before baking. Eat one piece of the pie each day until it is gone, while creating a mental image of yourself involved in a loving relationship.

Citron

(*Citrus medica*)

Planet: Sun

Element: Fire

Energies: Strength

Lore: Citron was first used in Egypt in the second century C.E.²³ Though we may not encounter this fruit except in Yuletide fruitcakes, citron was once accorded a lofty place in the

world. Pliny wrote that it was grown around temples dedicated to Amon in ancient Egypt. Citron was thought to have been created by Ge (the Egyptian god of the earth) to celebrate the wedding of Zeus and Hera. This myth was obviously formed during the influx of Greek thought into Egypt.²³

In Mediterranean countries, citron is still used to drive away the “evil eye.”

Magical uses: Fresh citron is rarely available, but the candied fruit can be added to foods designed to strengthen your physical body.

Cranberry

(*Vaccinium oxycoccus*)

Planet: Mars

Element: Water

Energies: Protection

Lore: Cranberries, native to North America and Europe,⁵³ were eaten by Indians long before being introduced to the Pilgrims.⁵³

A close relative of the cranberry lives in Hawaii. The *ohelo* (*Vaccinium reticulatum*) grows on short plants found at higher elevations.⁵⁸ The juicy red fruits, which taste like cranberries but are sweeter, are made into jam and are the central ingredient in the famous ohelo berry pie served at Volcano House, on the rim of Kilauea crater on the Big Island.

Magical uses: The sourness of cranberries makes them an ideal protective food. Eat sweetened cranberry sauce during protective meals.

Date

(*Phoenix dactylifera*)

Planet: Sun

Element: Air

Energies: Spirituality, strength

Lore: The date palm may have grown in some areas as early as 48,000 years ago. Humans have always eaten the fruit.¹⁰⁴

Dates were once thought to be eaten by the spirits of the dead.³⁵ Babylonians dried dates and ate them as we eat candies.¹⁰⁴ They also offered them to their deities. Dates from both Babylon and Dilmun, presented on a slice of bread soaked in oil, were given to Anu, Ea, Shamash, and Marduk were similarly offered this food.^{24, 51} Date syrup was a popular sweetener in Mesopotamia, and date wine was another sacred food.¹⁰⁴ The date tree was an ancient symbol of fertility.

Magical uses: If you enjoy the taste and texture of dates, add them to a spirituality enhancing diet. Switch to date sugar for sweetening purposes. Or, simply eat the delicious fruits one at a time.

Also, consume dates to increase your physical strength.

Dates are an important part of fertility diets.

Fig

(*Ficus carica*)

Planet: Jupiter

Element: Fire

Energies: Strength, money, sex

Lore: Figs are often depicted on Egyptian tomb paintings and reliefs. At ancient Thebes, Pharaoh Ramses III offered 15,500 measures of figs to Amon-Ra.²³ They were also apparently eaten during certain rituals, such as those in honor of Thoth.²³

The fig was sacred in ancient Greece and was associated with many deities, including Dionysius and Juno.

A fig isn't actually a fruit; it is a hollow, bud-like object filled with immature flowers and mature seeds.⁹⁰

Magical uses: Eat figs as the Greeks did, to gain both physical strength and energy. Or, add them to money-attracting diets.

Figs can also be eaten to boost sexual desire and fertility. Figs regained their reputation as an erotic food during a scene in the Ken Russell film *Women In Love*.

Fig Newtons, the popular, prepackaged food, can be used for any of these purposes.

Grape, Raisin

(*Vitis vinifera*)

Planet: Moon

Element: Water

Energies: Dreams, fertility, money

Lore: Most ancient Egyptian tombs were stocked with grapes.²³

On one occasion, Ramses III offered 11,872 jars of raisins, which the Egyptians created by drying grapes in the sun.²³ In Greece and Rome, grapes were sacred to Dionysius and Bacchus, respectively.

Magical uses: Eat grapes to produce dreams.²² Grapes are also eaten to encourage physical fertility. When planted in temperate gardens, they strengthen the other plants situated nearby.

Surround a bunch of green grapes with solid silver coins. Hold your hands over the grapes and visualize money coming into your life. Then eat the grapes. Or simply add grape juice or grape jelly to your diet.

Raisins. Due to the sun-drying process used to create them, raisins are ruled by the sun and by the element of fire. They're eaten to develop the conscious mind.

Grapefruit

(Citrus paradisi)

Planet: Sun

Element: Water

Energies: Purification

Magical uses: The grapefruit has been cultivated in India and Malaysia for 4,000 years.⁵³

Drink the juice or enjoy a half grapefruit for purification.

Guava

(Psidium guajava)

Planet: Venus

Element: Water

Energies: Love, purification

Lore: The guava is native to Mexico, Central America, Brazil, and Peru. Though we often associate guavas with Hawaii, they were introduced there just over a hundred years ago. Still, they have already made their way into Hawaiian folk magic. To purify themselves, Filipino families returning home from funerals in Hawaii often wash their feet with water that has been boiled with guava leaves.¹⁸

Magical uses: Fresh guavas are rare in most mainland U.S. markets. Other closely related fruits are now appearing here, such as feijoas (but these aren't true guavas). Guavas are, however, occasionally found at farmer's stands, especially near the Mexican border. If you have no luck, guava jelly and guava nectars are readily available. (See appendix 2 for mail-order sources.)

In Hawaii, many bakeries offer such delicacies as guava chiffon cake—an unforgettable taste sensation. Mexican cooks use guava paste in their culinary efforts.

This is another love food. Drink guava juice or nectar with visualization. The sweetness of the fruit foretells the sweetness of the coming relationship.

Guava nectar is also drunk for internal purification.

Kumquat

(*Fortunella* spp.)

Planet: Sun

Element: Air

Energies: Money, “luck”

Lore: These small, golden-orange fruits are native to China. The Chinese exchange small sprays of kumquat leaves and fruits at their New Year’s festivities to ensure good fortune and money during the coming year.

Magical uses: Add these fruits to diets designed to bring “gold” into your life. Alternately, eat kumquats to stimulate good fortune.

Lemon

(*Citrus limon*)

Planet: Moon

Element: Water

Energies: Love, happiness, purification

Lore: Probably native to China, lemons first gained notice in the West when British sailors were given rations of the vitamin C-rich lemon juice to prevent scurvy on long voyages. Later, lime juice (just as effective, but less expensive) replaced the lemon, subjecting these British seamen to the derogatory term “Limeys.”¹⁰⁴

Lemon-flavored foods are used in Wiccan lunar feasts.

Magical uses: Lemon is a love fruit, but should be mixed with sugar for maximum results. Lemon pies, the British lemon curd, and lemon puddings are all love-inducing. Women once served lemon pies to their husbands to keep them home at night. As the cads ate the dessert, they'd feel their wives' love for them.

Lemon dishes (such as lemon chicken) spread warmth among friends when shared at intimate dinners. They also promote happiness.

For an internal purification, squeeze half a lemon into a glass of water. Sip or drink this straight down. The acidic juice is not only good for you, it will also give you a boost of physical energy as well.

Also, drink this mixture during all rituals designed to banish negative habits and thought patterns.

Lime

(*Citrus limetta*)

Planet: Sun

Element: Fire

Energies: Love, purification

Lore: In present-day Peru, shamans use sweetened lime juice in purification rituals.⁹⁷

Magical uses: Lime is used in precisely the same way as lemon—to promote love and purification.

Key lime pie, a traditional Florida dessert, is an evocative love enhancer and one of my personal favorites. If you make this pie, visualize as you mix. You might cut out small hearts from the green portion of lime peel and place these onto the pie before serving.

Mango

(*Mangifera indica*)

Planet: Mars

Element: Fire

Energies: Protection, sex, love

Lore: The mango is native to India and Malaysia and has been cultivated in those countries for 4,000 years.⁵⁸ Around 600 B.C.E., in India, a special mango grove was presented to Buddha as a quiet place for meditation. Vedic magicians used mangos in preparing love philtres.¹⁰⁶ Today, Hindus use mango leaves as symbols of prosperity and happiness in various religious festivals.⁵⁸

The mango is extremely popular in Central America and Mexico. In Guatemala, women eat the juicy, fleshy fruits to promote sexual excitement. In Hawaii, dreams filled with the fruit indicate prosperous times ahead.¹⁰²

Eating this goeey fruit involves all the senses: the texture of the peel and the meat; the golden-reddish color of the flesh; the scent of the juice; the sound of the fruit squishing between your teeth; and the delicious taste. I've often ended up completely drenched with mango juice after a particularly satisfying encounter with this sacred fruit of India.

Magical uses: Mangos are useful in protection diets. It is a, however, member of the poison ivy and poison sumac family; some people develop rashes when touching the sap in the fruit's skin. Never eat the skin! Simply peel and enjoy.

Eat fresh mangos to stimulate the desire for sex, or to promote love. Recall the importance of visualization in food magic. Simply eating mangos with no visualization won't create sexual desire within the diner. The visualization is what causes the magical change. Yes, it's safe to serve mangos to young children!

May Apple

(*Podophyllum peltatum*)

Planet: Mercury

Element: Fire

Energies: Love, money

Lore: The may apple is also known as the American mandrake. It grows wild throughout the eastern and midwestern states.

In my files I have recipes for may apple pie and may apple jam. Although the fruits are safe, the root is poisonous and should never be taken internally. May apple roots were used in suicide teas among the Huron and Iroquois Indian tribes.

Magical uses: Eat the “apples” for love and money.

Melon

Planet: Moon

Element: Water

Energies: Healing, purification

Lore: The honeydew and cantaloupe were being eaten as early as 2000 B.C.E. Melons are native to Africa and India.⁵³ Egyptians are believed to have been eating honeydew melons in 2400 B.C.E.⁵³ Among continental Gypsies, melons were used as love-inducing foods.¹⁴

Magical uses: In general, melons are added to health-bestowing diets. Eat fresh melons once a day with the proper visualization. Any kind can be used—crenshaw, musk (also known as cantaloupe), honeydew, cassava, and so on. Melons are also eaten for purification, especially when trying to break a negative habit or way of thinking. See also the entry for *Watermelon* in this chapter.

Mulberry

(*Morus rubra*)

Planet: Mercury

Element: Air

Energies: Wisdom, fertility, psychic awareness

Lore: These curious, tree-borne berries were once thought to be sacred to Minerva.⁹⁰ Ray T. Malbrough, in an unpublished paper on Cajun herbal medicine and magic, states that mulberries are eaten before acts of divination for better glimpses of the future. They're also used for fertility.⁶⁷

Magical uses: Eat ripe mulberries to gain wisdom, or as a part of fertility diets. Also, add mulberries to diets designed to increase psychic awareness.

Nectarine

(*Prunus* spp.)

Planet: Venus

Element: Water

Energies: Love

Magical uses: The name of this fruit has its origins in the Greek word *nekter*, the drink of the gods.⁵³ The nectarine is actually a smooth-skinned peach.

Add fresh nectarines to diets that promote love.

Orange

(*Citrus sinensis*)

Planet: Sun

Element: Fire

Energies: Love, purification

Lore: Probably native to China, the orange was used in imperial sacrifices to the deities. Oranges are exchanged at the

Chinese New Year to spread happiness and prosperity³

Oranges were once eaten to prevent drunkenness. It is curious that a slice of fresh orange is still added to many mixed drinks.

Magical uses: Those who have seen orange blossoms used at weddings won't be surprised to learn that this fruit is an age-old love stimulator. It can be added to love diets; however, the juice, when taken internally, is thought to "hinder lust." Orange juice and the fruit itself produce spiritual love, like that shared by friends and family.

For a quick internal purification, drink orange juice every morning while visualizing the refreshing juice cleaning your system from the inside out. Fresh-squeezed juice is best.

Orange flower water can be used in desserts for love. Flavor whipped cream with orange flower water; stir a bit into vanilla ice cream; or add to all types of food. Use only genuine orange flower water (check gourmet stores).

Papaya

(*Papya carica*)

Planet: Moon

Element: Water

Energies: Love

Lore: Papaya seems to be native to the tropical Americas. The Incas and Mayas ate it, and it is still a popular fruit in Mexico.⁸⁵ It was introduced to Hawaii about one hundred years ago and quickly became a standard food there as well.

Papayas taste like flowers. Many dislike the aroma of the fruit, but this has never been a problem to me. Papaya contains the digestive enzyme papain. Skindivers and bathers in Hawaii use it (or meat tenderizers consisting largely of papain) to remove the pain of Portuguese man-of-war stings. In Guatemala, men eat papaya as an aphrodisiac. Women use the mango.

Magical uses: Eat the fruit or drink the juice (usually in the form of sugared “nectars”) for love. Use papaya-seed dressing on salads to further stimulate love.

Passion Fruit

(*Passiflora edulis*)

Planet: Moon

Element: Water

Energies: Love, peace

Lore: This vine is a native of Brazil.⁸⁹ Christian folklore associates the unusual flowers of this tropical vine with the crucifixion. This is curious, since the plant doesn’t grow in biblical lands.

The Cajuns, among others, use passion fruit to calm anger and to promote friendships.⁶⁷

The fruit is about the size of an egg, and is usually purple and wrinkled when ripe. Each fruit produces less than a tablespoon of juice. Fresh passion fruits are sold in many markets in the United States.

Magical uses: Known as *liliko’i* in Hawaii, passion fruit produces an exquisitely tart juice. When diluted and sweetened, its taste becomes rich and mysterious.

Add passion fruit to love diets. Fortunately, passion fruit juice is currently a popular flavoring ingredient in mixed “tropical punches,” and so some form of passion fruit is readily available.

The sweetened juice is also drunk for peace.

Peach

(Prunus persica)

Planet: Venus

Element: Water

Energies: Love, health, happiness, wisdom

Lore: The famous Chinese heroine Ho Hsien-Ku, who lived in the seventh century C.E., was transformed into a fairy by eating a supernatural peach. Thereafter she lived on a diet of powdered mother-of-pearl and moonbeams, which caused her to be immortal.³

The peach has always been a sacred tree to the Chinese, whose longevity deity is sometimes depicted emerging from a peach tree. The “pits” are carved into lock shapes and given to children as amulets against death. Sprays of peach blossoms are placed over the front door to guard it against negativity during the Chinese New Year.^{3,114}

Magical uses: Eat fresh peaches, peach jam, or peach pie to expand your ability to give and to receive love. Peaches are also eaten (with appropriate visualization) to induce health, happiness, and wisdom, as they have been in China for centuries.

Pear

(Pyrus communis)

Planet: Venus

Element: Water

Energies: Longevity, money

Lore: Pear trees can continue to bear fruit for as long as 300 years, according to ancient Chinese lore. Due to their extraordinary longevity, pears are eaten to impart magical life extension to humans.

Athena was worshipped as the mother of pear trees in ancient Greece; in Russia, cows were protected with pear charms.¹¹² In the U.S., pears are eaten for good “luck” on Thanksgiving.⁴⁶

Magical uses: These fruits are eaten for longer life and for money. They can be used fresh or in the form of pear bread, pear tarts, and other desserts.

Persimmon

(Diospyros virginiana)

Planet: Venus

Element: Water

Energies: Happiness

Magical uses: This native of North America produces large orange fruits. Add persimmons to your diet for happiness and joy. Eating persimmon jam is a pleasant way of adding this fruit’s energy to your life.

Pineapple

(Ananas comusus)

Planet: Sun

Element: Fire

Energies: Healing, money, protection, love

Lore: In early America, the pineapple was a symbol of hospitality. Its image was often carved into furniture and into household items such as newel posts. The fruit is used in Mexican healing rituals.¹⁰⁹

Magical uses: Add fresh or cooked pineapple to healing diets. Eat the fruit to garner money.

Pineapple is useful for two seemingly contradictory but inked magical changes: protection and love.

Plum

(*Prunus* spp.)

Planet: Venus

Element: Water

Energies: Protection, sex

Lore: Plum tree branches were placed above doors and windows to keep negativity from European homes.³⁵ In China, the fruit was eaten to guard against evil. It was also consumed for long life. Prunes, the dried form of plums, are thought to be sexually arousing. They were served free to customers in Elizabethan brothels (probably the only thing in these establishments that was free).²⁹

Magical uses: Eat these tartly sweet fruits for internal protection and to stimulate the desire for sex. Visualize!

Pomegranate

(*Punica granatum*)

Planet: Mercury

Element: Fire

Energies: Fertility, creativity, money

Lore: Throughout Mesopotamia and the Mediterranean, this many-seeded fruit was linked with deity. The Hittites attributed the pomegranate to Ibritz, their god of agriculture. The Greeks depicted Zeus holding a pomegranate;²³ the redness of the seeds also suggested that the fruit sprung from the blood of Dionysius. The pomegranate also played a symbolic role in early Judaic symbolism.²³

Representations of pomegranates abound in the art of antiquity, such as the famous pomegranate-shaped silver jar found in Tutankhaman's tomb. The fruits were used as money—barter and cash—in ancient Egypt.²³

Pomegranates were served at Babylonian marriage banquets. Pomegranate seeds were also offered to guests during Asian weddings, much as we put out bowls of nuts.

In contemporary American folklore, these are “lucky” fruits. A wish is always made before eating the fruit’s first seeds.

Magical uses: A fine food for autumn seasonal festivals, particularly Samhain (Halloween); the redness of the juicy flesh surrounding the seeds symbolizes the blood of life that will continue during the coming winter months.

The pomegranate was used in fertility magic due to its numerous seeds. While this was perhaps “superstitious,” pomegranate seeds can be added to diets geared toward physical fertility. Simply eat with visualization. Alternately, eat pomegranate (or drink the sieved juice) to stimulate creativity (there are many forms of fertility).

Eat pomegranates with visualization to promote increased income. Or, rub fresh pomegranate seeds on to money before spending it to ensure its return. Don’t try this at the checkout counter, however.

Prickly Pear

(*Opuntia* spp.)

Planet: Mars

Element: Fire

Energies: Protection

Magical uses: Prickly pears, known as *tunas* in Spanish, produce deliciously juicy fruits. They are sometimes available in Southwestern markets, or can be picked straight off the plants—but take care not to prick your fingers on the spines. (Those for sale in stores have been despined.)

The fruit is surprisingly sweet and quite delicious. Eat it as a part of protection diets. Prickly pear jelly and jam are sometimes available in grocery stores, and can also be eaten for protection.

Quince

(*Cydonia* spp.)

Planet: Saturn

Element: Earth

Energies: Love, Protection

Lore: The Roman naturalist Pliny wrote that the fruit of the quince wards off the influence of evil.⁸⁶ The quince was also a symbol of love and happiness in ancient Greece. Newly married couples often ate the fruit.⁶⁴ Some groups of European Gypsies used the quince for love magic.¹⁴

Magical uses: Many people today have never eaten a quince, but that's no cause for fear. It must be cooked to be enjoyed. Simply eat foods containing quince to stimulate love. Alternately, add quinces to protective diets.

Raspberry

(*Rubus idaeus*)

Planet: Venus

Element: Water

Energies: Happiness, protection, love

Magical uses: There's something magical about a rambling tangle of raspberry brambles. The white flowers, scarlet fruit, and painful spines add to the mystery of this common fruit, which has been introduced throughout the world. It even grows untended on the lonely trails that lace through the Hawaiian islands.

The scent of the ripe berries, even if they're packed in a carton, can be cheering. Smell and eat for happiness. Raspberries are also useful in promoting both protection and love.

Strawberry

(*Fragaria vesca*)

Planet: Venus

Element: Water

Energies: Love

Lore: The strawberry is native to both the Americas and Europe.⁷¹ Romans planted it in their gardens,⁷¹ and the fruit was sacred to Freya in old Europe.

Magical uses: This delicious fruit is useful in love diets. Some examples? Strawberry ice cream. Chocolate-dipped strawberries. Sliced strawberries and whole raspberries mixed with a few fresh, shredded mint leaves. I'm sure you can think of other love-inducing strawberry delights.

Tamarind

(*Tamarindus indicus*)

Planet: Saturn

Element: Water

Energies: Love

Magical uses: The tamarind is native to India. It is a long, bean-shaped fruit that is rather distressing in appearance, but it produces a refreshing, sweet drink known in Mexico as *tamarindo*. I'm not sure if it is drunk there to stimulate love, but it should be.

Tangerine

(*Citrus* spp.)

Planet: Sun

Element: Air

Energies: Protection

Lore: I was once walking through a heavily Asian neighborhood to the grocery store. As usual, I was being nosy, looking into the cars that were parked along the road. One of the cars stood out. The usual red-and-gold ornament, placed there for protection, hung from the rearview mirror. Beside it, the car's owner had suspended a small branch with dried tangerines still attached to it. I did a double take and smiled, knowing that the tangerine is a fruit of protection throughout Asia. It is also a common offering on contemporary Buddhist altars.

Magical uses: Tangerines, solar fruits, are drenched with the energies of the sun. Eat for internal personal protection. Alternately, place a fresh tangerine on your kitchen table (or household altar, if you have one) to guard your home, particularly during short vacations and trips. Replace with a fresh tangerine as needed. Bury the used tangerines in the ground.

Watermelon

(*Citrullus vulgaris*)

Planet: Moon

Element: Water

Energies: Healing

Lore: What could be a more all-American food than watermelon? Many plants, in fact, including wild rice, corn, and potatoes. The watermelon is native to Africa and was brought to our continent during the saddest and most savage time in our history—the time of trafficking of human beings.²⁹

The watermelon was introduced to Egypt in about 2000 B.C.E.⁷¹ Ancient Egyptians mixed watermelon juice with wine and gave this drink to ill persons who were believed to be possessed by illness-causing demons.⁶⁹ Watermelon was mythological related to the god Set, and Egyptian women may have eaten watermelon in prescriptions designed to cause weight gain.⁶⁹

In Hawaii, a watermelon is sometimes rolled out of the house through the front door to ease the spirit of a deceased person into the next world.¹⁸

Watermelon is sacred to the goddess Yemaya in the various manifestations of the Yoruba religion.

Magical uses: Nothing is more refreshing on a hot summer day than ice-cold watermelon. This is a healing fruit. Simply eat with visualization. Like all melons, the scent alone is also healing.

Spices & Herbs

Spices were once more costly than gold. They were imported at great expense from distant lands. China produced cinnamon. Ceylon (now Sri Lanka) grew black pepper. The Molucca Islands were home to cloves. India and Zanzibar produced ginger. Banda exported nutmeg.

In their homelands, spices were liberally used to spark up otherwise drab meals. But the cost of spices in Europe forbade their use in cooking. Instead, these treasured substances were used solely for medicine and for ritual. In Egypt, Greece, and Rome, spices were burned in sacrifice to the deities and were added to remedies. It took hundreds of years and sharp drops in cost before Europeans began flavoring food with spices.

Those bottles of cloves that we find so expensive today (approximately three dollars per ounce, retail) would have at one time started wars. Men* killed and were killed for them.

The bloody history of spices is fraught with political struggles and with slavery. Only in the last fifty or so years have spice plantations been successfully founded in lands

*My use of the sexist term here is deliberate.

near the equator. Crops have increased in volume and prices have fallen.

Though Western nations no longer use these fragrant treasures in religious ceremonies, spices continue to spellbind us.

Herbs

What's an herb? Few experts can agree. Originally "herb" referred to perennial, woody-stemmed plants. Today it is usually applied to all plants possessing strong fragrances, flavors, and/or medicinal properties.

The first medicines were composed of plants. So, too, were the first offerings to the goddesses and gods that watched over early peoples. Throughout the centuries, the cupboards of village wise women and magicians were crammed with aromatic flowers, leaves, seeds, and barks—the materials of a thousand-and-one mystic rites.

In our times, herbs have largely been limited to the status of luxury items. At one time, every household had a kitchen garden. Today, chefs rush to markets to purchase fresh herbs. The scented products, such as air fresheners, used in our homes usually derive their fragrance from laboratory compositions, not plants. The medicinal properties of plants are synthesized and combined in unnatural formulations.

But the continuing awareness of the value of herbs for healing, ritual, and cooking has brought many of these fragrant plants into the light once again.

Spices and herbs are more than simple flavoring materials. Chosen with care and added with visualization, they can be used to fortify a number of dishes with specific energies related to magical goals.

This chapter examines some versatile herbs, with tips on how they can manifest necessary changes. Here's a quick guide to incorporating them into magical cooking:

- Use the appropriate herbs and spices for each dish: love herbs and spices in love foods, protective flavorings in protective dishes, etc. Adding, say, horseradish (a protective flavoring) to a love food cancels out the food's desired effect.
- Herbs and spices should subtly enhance the flavors of foods, not drown or disguise them. Add sparingly to taste.
- If using fresh herbs while making recipes that call for dried herbs, use two and a half times the amount of the fresh herb.
- Before using any dried herb or spice, measure it and pour onto a clean, flat plate or countertop. Visualize strongly. Place the index finger of your projective hand (the hand that you write with) into the middle of the spice. Draw a symbol that represents your goal in the spice while continuing to visualize (see Symbols, p. 341). Add to the dish as usual.

Allspice

(Pimenta officinalis)

Planet: Jupiter

Element: Earth

Energies: Money, healing

Magical uses: Allspice is native to the West Indies and to tropical America. Its small, round berries are said to combine the flavors of cinnamon, nutmeg, and cloves.

Add allspice to money and healing foods.

Anise

(*Pimpinella anisum*)

Planet: Jupiter

Element: Air

Energies: Love

Magical uses: Use anise to flavor wedding cakes. This helps to ensure continuing love for the couple. Anise cookies (recipes can be found in any cookie cookbook) are also useful for promoting love and establishing relationships.

Basil

(*Ocimum basilicum*)

Planet: Mars

Element: Fire

Energies: Love, protection, money

Lore: The magical history of this Indian herb is long and fascinating. As soon as it was introduced into Europe, it was used for magical as well as culinary pursuits.

The famous herbalist Culpeper states that “women in early pregnancy should never smell its [basil’s] scent which could quickly expelleth birth [the fetus].”⁵⁶ Another famous belief concerning basil was that smelling it too long might breed a scorpion in the sniffer’s head—perhaps meaning a headache.⁵⁶

Some Latina women in the United States and in parts of Mexico sprinkle their bodies with powdered basil in an attempt to halt their wandering husbands’ infidelity.¹⁰¹

Magical uses: Basil-flavored foods create loving feelings. Pesto sauce (containing basil and pine nuts, among other ingredients) over noodles (made with wheat, ruled by Venus) is an excellent love food.

For protection, eat basil-flavored foods prepared with the proper visualization. Also add to money foods.

Use fresh basil for the strongest effects. (Most supermarkets contain a section of fresh herbs. Ask in the produce department.) The dried herb can be used in a pinch, but will be less effective.

Bay

(*Laurus nobilis*)

Planet: Sun

Element: Fire

Energies: Protection, psychic awareness, healing, purification.

Lore: Long associated with Greek and Roman deities, bay (laurel) leaves were used to crown Olympic victors. Bay was dedicated to many deities in the classical world.

In the United States, any diner who received a bay leaf in her or his bowl of food made a wish. The bay leaf made the wish come true.⁴⁶

Magical uses: Bay leaves are just as powerful today as they were in the past. Sparingly add the dried leaves to protection, psychic awareness, healing, and purification foods.

Black Pepper

(*Piper nigrum*)

Planet: Mars

Element: Fire

Energies: Protection, purification

Lore: Though you may casually ask the waiter to add a few grinds of black pepper to your salad, or sprinkle some of the spice onto your food without a second thought, black pepper is an ancient plant with a long history.

Used medicinally in Greece as early as 500 B.C.E.,¹⁰⁴ the most common food flavoring of our times was used there for gynecological problems.¹⁰⁴ Pepper has been in use for cooking and medicine in Asia for over 4,000 years. It just took us awhile to catch up with the rest of the world.

As soon as I learned something of black pepper's history, I became fascinated by it. I finally had the pleasure of seeing a living black pepper vine in 1984 at Foster's Botanical Gardens in Honolulu, Hawaii.

Black pepper isn't related to chili peppers.

Magical uses: Add black pepper to protective foods, such as chili, tomato juice, and nachos. Sprinkle with visualization. Naturally, freshly ground pepper is best.

Black pepper is also used in purification diets. It's powerful. Don't overuse this or any other spice.

Caraway

(*Carum carvi*)

Planet: Mercury

Element: Air

Energies: Sex, love

Lore: The remains of caraway seeds were found in the prehistoric lake dwellings of Switzerland, proving that this commonplace herb has been in use for thousands of years. In about 500 C.E., Persians sometimes paid taxes with bags of the most sought after currency: caraway.⁵⁶

Magical uses: Caraway fruits (commonly misnamed "seeds") have long been celebrated as promoting the desire for sex. Chew them or add to food to create the effect. Naturally, expectation of the caraway producing the result you desire comes into play. But if used with visualization, caraway might bring you what you need. Also add to love foods.

Remember that giving someone a food laced with caraway seeds won't make them jump into bed with you—unless the person already wanted to do so.