



SORCHIA'S
KITCHEN
WITCHERY
CHALLENGE

Nourish Your Spirit

And

*Transform your kitchen
into a cauldron of magic*

Hello Dearie

WELCOME!

I'm so happy you're onboard for this challenge. First, let me tell you there are no hard rules and there will NOT be a test at the end.

I'm S.K. Dubois, a gardener, reader, lollygagger, mum of two grown kids, and author of fantasy and mystery novels. My website, [Sorchia's Universe](#), promotes like-minded writers and is a haven for people searching for a way to inject more magic into their lives.

I've created this challenge for anyone interested in the magic of cooking. Even if you don't consider yourself a great cook or a magical person, incorporating a few magical ingredients and a little whimsy is easy, and the rewards can be... well, magical.

You will find everything you need to bring the magic of herbs into your kitchen:

- *A list of herbs and their uses, along with suggested dishes*
- *A list of gratitude rituals*
- *A printable planner, and more.*
- *Access to the Kitchen Witchery Facebook group where we can chat and share successes and challenges.*

Start anytime. Do as much as you want. Enjoy the journey.

Note: I include suggested recipes and links, but you can simply incorporate your herb of the day into any dish you want to. The magic will be even stronger if you follow your heart--and your taste buds.



Are you ready?

LET'S BEGIN!

Sorchia

SORCHIA'S KITCHEN WITCH CHALLENGE

[Join the Kitchen Witchery FB Group](#)

If you have questions or comments, you can post them in the group, or you can contact

me at Sorchia@SorchiaDubois.com



"Magic is really very simple, all you've got to do is want something and then let yourself have it."

—

MAGGIE CROMWELL
(FROM THE MOVIE
"HALLOWEENTOWN")

Getting Started

STEP ONE

1

DECIDE TO DO IT!

I don't believe in coincidences, so this challenge didn't slip into your life by accident. You're ready for a little magic. Magic starts with a DECISION. Decide to use the ideas in this challenge and to stick with it. Just by making that decision, you put the magic to work.

STEP TWO

2

TAKE ACTION

Once you DECIDE to work with this challenge, cut yourself some slack. Magic and stress do not go together. Start anytime. If you miss a day--oh well--pick it up tomorrow. The important thing is to TAKE ACTION and get started. Use the planner to get ready and then jump in.

STEP THREE

3

HAVE FUN

Magic really does grow on trees--or in the garden--or at the corner market. It doesn't matter if you use fresh herbs from your own garden or if you grabbed a bottle of dried herbs at the supercenter. Some dishes will work; some won't. Serendipity is our friend, so try whatever tickles your fancy. FUN is the most important part of any spell.

Ready to get started? Good, let's do it...

Say Hi in the [Kitchen Witchery Facebook Group](#).

Sorchia's

Kitchen Witchery

Let's cook up some magic! Here are 5 things to reflect on and to do every day during the challenge. Adapt as needed. I find that the more I practice these 5 things, the more I WANT to do them. After 30/31 days, your kitchen will sparkle with magic. And most importantly, you'll discover or maybe rediscover the absolute joy of kitchen witchery.

1. SET YOUR INTENTIONS EVERY MORNING

Start your day with intention by setting aside a few moments each morning to focus your thoughts and energies. Visualize your goals, desires, and intentions for the day ahead. Reflect on the herb you'll be using today and how you want this herb to improve your day. By aligning your mindset with your magical intentions, you'll infuse your day with purpose and positivity, transforming even the simplest tasks into magical rituals. I've included a list of affirmations to get you started.

Set
intentions

2. CLEAN AND CHARGE KITCHEN TOOLS

Keep your kitchen space energetically clean and charged by incorporating a weekly cleansing and charging ritual for your cooking tools. Gather your utensils and tools and cleanse them with smoke from sacred herbs such as sage or Palo Santo. Visualize any stagnant or negative energy being released, leaving behind a clean and purified space. Charge your tools with positive energy, infusing them with your intentions for delicious and nourishing meals. By regularly cleansing and charging your kitchen tools, you'll create a harmonious and magical space for your culinary creations.

BTW: A spotless kitchen is NOT a requirement for magic.



3. MINDFUL MEAL PREPARATION



Turn meal preparation into a sacred act by approaching it with mindfulness and intention. Before you begin cooking, take a moment to connect with the ingredients and express gratitude for the nourishment they provide. Infuse each step of the cooking process with love and intention, visualizing your desired outcomes. By imbuing your meals with positive energy, you'll nourish not only your body but also your soul, creating a truly magical dining experience. Experience the process, the smell, the taste of magic with every meal.

4. GRATITUDE RITUAL BEFORE MEALS

Cultivate a sense of gratitude and abundance by incorporating a simple gratitude ritual before each meal. Take a moment to express thanks for the food on your plate, the hands that prepared it, and the nourishment it provides for your body and soul. Say "Thanks" to the cook. If you ARE the cook, give yourself a pat on the back and a hearty, "Well Done!" Shift your focus towards abundance and attract positive energy into your life. Give thanks any way you choose, but I've included 5 simple gratitude rituals you might like to try.



5. END THE DAY WITH THE FRAGRANCE OF MAGIC



Incorporate the magic of herbs into your daily routine by creating herbal infusions with intention. Choose an herb that aligns with your intentions or needs, such as chamomile for relaxation or rosemary for clarity. As you steep your herb in hot water, infuse it with your desired intentions, focusing your thoughts and energy on your goals. End your day with a cup of herbal tea or the relaxing odor of a simmering pot of herbs. Reflect on the day's events. Release your intention for this day and rest.

31 Daily Intentions

1. **Protection:** "I am surrounded by a shield of safety and protection as I cook with **rosemary**."
2. **Love:** "Love flows freely into my life as I incorporate **basil** into my meals."
3. **Abundance:** "I welcome abundance and prosperity into my life with every dish I infuse with **thyme**."
4. **Healing:** "My body and spirit are healed and restored as I cook with **sage**."
5. **Clarity:** "My mind is clear and focused, enhanced by the refreshing energy of **mint** in my cooking."
6. **Joy:** "I embrace joy and happiness in every bite infused with **lemon balm**."
7. **Strength:** "I am empowered with inner strength and courage as I use **garlic** in my recipes."
8. **Balance:** "Harmony and balance flow effortlessly into my life through the soothing essence of **lavender** in my cooking."
9. **Success:** "Success and achievement are drawn to me as I add **bay leaves** to my dishes."
10. **Psychic Awareness:** "My intuition is heightened and my psychic abilities are enhanced with each meal infused with **mugwort**."
11. **Grounding:** "I remain grounded and centered, connected to the earth's energy through the presence of **thyme** in my cooking."
12. **Creativity:** "My creativity flourishes and inspires as I incorporate **dill** into my culinary creations."
13. **Prosperity:** "I attract wealth and financial abundance with every sprinkle of **basil** in my meals."
14. **Cleansing:** "I purify and cleanse my spirit with the cleansing energy of **rosemary** in my cooking."
15. **Courage:** "I embody courage and fearlessness, fueled by the fiery energy of **chili pepper** in my dishes."
16. **Intuition:** "My intuition is sharp and clear, guided by the wisdom of **bay leaves** in my recipes."

31 Daily Intentions

17. **Peace:** "I cultivate inner peace and tranquility with each meal infused with the calming essence of **chamomile**."
18. **Happiness:** "I radiate happiness and positivity with every taste of **lemon verbena** in my food."
19. **Focus:** "I sharpen my focus and concentration as I cook with **sage**."
20. **Luck:** "Luck and good fortune are drawn to me as I sprinkle **parsley** into my dishes."
21. **Harmony:** "I nurture harmony and balance in my relationships through the presence of **basil** in my cooking."
22. **Spiritual Growth:** "I embrace spiritual growth and enlightenment, guided by the gentle energy of **lavender** in my meals."
23. **Energy:** "Every dash of **ginger** in my recipes fills me with vibrant energy and vitality."
24. **Fertility:** "I welcome fertility and new beginnings with every sprinkle of **cilantro** in my cooking."
25. **Emotional Healing:** "I heal and open my heart to love and healing energy with the presence of **rose petals** in my dishes."
26. **Protection from Negativity:** "I am shielded from negativity and harmful energies with the protective power of **bay leaves** in my cooking."
27. **Gratitude:** "I cultivate gratitude and appreciation for life's blessings with the comforting aroma of **cinnamon** in my meals."
28. **Manifestation:** "I manifest my desires and dreams into reality with the potent energy of **mustard seed** in my dishes."
29. **Empowerment:** "I empower myself and others with the strength and vitality of **garlic** in my culinary creations."
30. **Vitality:** "I am filled with vitality and energy, nourished by the revitalizing essence of **parsley** in my food."
31. **Transformation:** "I embrace personal transformation and growth with every dish infused with **basil**."

Magical Herbs and How to Use Them

Herb	Cooking Use	Some Magical Attributes	Suggested Dish
Anise Hyssop	Adds sweet, licorice-like flavor to teas and desserts	Protection, healing, psychic awareness	<u>Anise Hyssop Infused Honey</u>
Basil	Adds fresh, aromatic flavor to Italian dishes	Love, prosperity, protection, purification	<u>Caprese Salad with Fresh Basil Vinaigrette</u>
Bay Leaves	Adds subtle, herbal flavor to soups and stews	Protection, purification, psychic awareness	<u>Beef Stew with Bay Leaves</u>
Borage	Adds cucumber-like flavor to salads and beverages	Courage, protection, psychic powers	<u>Cucumber Salad with Borage flowers</u>
Chamomile	Adds floral flavor to teas and desserts	Relaxation, tranquility, purification	<u>Chamomile Poached Pears</u>
Chives	Adds mild onion flavor to salads and egg dishes	Protection and Prosperity	Chive and Goat Cheese Omelet
Coriander (Cilantro)	Adds citrusy flavor to Mexican and Asian dishes	Love, protection, healing, prosperity	<u>Cilantro Lime Chicken Tacos</u>
Dill	Adds tangy flavor to pickles and potato dishes	Protection, love, prosperity, clarity	<u>Creamy Dill Potato Salad</u>
Fennel	Adds sweet, licorice-like flavor to salads and seafood	Protection, purification, healing	<u>Fennel and Orange Salad</u>
Fenugreek	Adds nutty, maple-like flavor to dishes	Abundance, prosperity, fertility	<u>Vegan Red Lentil Soup with Fenugreek</u>
Lavender	Adds floral flavor to desserts and teas	Love, peace, relaxation, purification	<u>Lavender Honey glazed Salmon</u>
Lemon Balm	Adds citrus flavor to teas and desserts	Love, happiness, protection	<u>Lemon Balm Tea Cake</u>
Lemon Basil	Combines basil and lemon flavors	Love, happiness, protection	<u>Lemon Basil Pesto Pasta</u>
Lemon Thyme	Combines lemon and thyme flavors	Cleansing, purification, mental clarity	<u>Lemon Thyme Roasted Vegetables</u>
Lemon Verbena	Adds intense lemon flavor to desserts and teas	Love, purification, happiness	<u>Lemon Verbena Sorbet</u>

Herb	Cooking Use	Magical Attributes	Suggested Dish
Lemongrass	Adds lemon flavor to Asian-inspired dishes	Purification, protection, psychic awareness	<u>Lemongrass Chicken Stir Fry</u>
Lovage	Adds celery-like flavor to soups and salads	Love, purification, protection	<u>Lovage Potato Soup</u>
Marjoram	Adds sweet flavor to soups, stews, and meat dishes	Happiness, love, protection, healing	<u>Marjoram Roasted Vegetables</u>
Mint	Adds refreshing flavor to beverages and desserts	Healing, prosperity, protection, clarity	<u>Watermelon Mint Salad</u>
Oregano	Enhances flavor of Italian and Mediterranean dishes	Joy, courage, protection, vitality	<u>Margherita Pizza with Fresh Oregano</u>
Parsley	Adds fresh flavor and color to salads and sauces	Protection, purification, fertility	<u>Chimichurri Sauce for Grilled Steak</u>
Rosemary	Enhances the flavor of roasted meats and potatoes	Remembrance, protection, purification, mental clarity	<u>Rosemary Roasted chicken</u>
Rue	Adds bitter, citrusy flavor to Mediterranean dishes	Protection, purification, healing	<u>Crustless Quiche with fresh herbs</u>
Saffron	Adds rich golden color to dishes	Love, happiness, prosperity	<u>Saffron Risotto with Shrimp</u>
Sage	Commonly used in stuffing and poultry dishes	Wisdom, immortality, protection, purification	<u>Sage Butter Pasta with Butternut Squash</u>
Savory	Adds peppery flavor to soups and stews	Protection, healing, happiness	<u>Summer Savory and Garlic Green Beans</u>
Sorrel	Adds tangy flavor to soups and stews	Love, prosperity, protection	<u>Creamy Sorrel Soup</u>
Tansy	Adds bitter, slightly floral flavor to dishes	Longevity, protection, purification	<u>Apple Tansy</u>
Tarragon	Adds sweet, licorice-like flavor to sauces	Protection, healing, psychic powers	<u>Chicken Tarragon Salad Sandwich</u>
Thyme	Adds earthy flavor to soups, stews, and roasts	Courage, strength, purification, psychic powers	<u>Lemon Thyme Roasted Potatoes</u>

5 Gratitude Rituals

Herbal Blessing

- Before beginning your meal, take a moment to hold the magical herb you've incorporated in your hand.
- Close your eyes and take a few deep breaths, grounding yourself in the present moment.
- Express gratitude for the herb's presence and the energy it brings to your meal.
- Visualize the herb's properties infusing your food with blessings, nourishment, and positivity.
- As you eat, savor each bite mindfully, appreciating the flavors and the nourishment it provides to your body and soul.

Herbal Gratitude Candle

- Light a candle infused with essential oils or dried herbs before the meal.
- As the flame flickers, invite everyone to take a moment to silently reflect on something they're grateful for.
- Encourage each person to visualize their gratitude as a warm, glowing light surrounding them.
- Together, offer a simple blessing or expression of thanks for the meal, the company, and the abundance in your lives.
- Allow the candle to burn throughout the meal as a symbol of gratitude and warmth, and extinguish it together once the meal is finished, carrying the spirit of gratitude with you into the rest of your day.

Gratitude Meditation with Herbal Infusion

- Brew a cup of herbal tea using your chosen magical herb before the meal.
- Find a quiet place to sit comfortably with your cup of tea.
- Close your eyes and take a few deep breaths to center yourself.
- With each sip of tea, reflect on something you're grateful for, whether it's a person, a moment, or simply the gift of being alive.
- Allow the warmth of the tea and the soothing properties of the herb to deepen your sense of gratitude and connection to the present moment.

Herbal Blessing Spray

- Create a simple herbal blessing spray using water infused with your chosen magical herb.
- Before the meal, gather everyone around the table and invite them to close their eyes.
- Spritz the herbal blessing spray lightly over the table and around the room, setting the intention for gratitude and blessings to fill the space.
- As the mist settles, invite each person to share one thing they're grateful for, allowing the energy of the herb-infused spray to amplify the sense of appreciation and connection.

Herbal Offering

- Place a small amount of your chosen magical herb on a plate or in a bowl at the center of the table before the meal.
- As each person sits down to eat, invite them to take a moment to express gratitude for something they're thankful for.
- Encourage each person to pick up a pinch of the herb and offer it as a symbol of their gratitude, either silently or by speaking it aloud.
- Once everyone has made their offering, take a moment to collectively acknowledge and appreciate the abundance in your lives before enjoying the meal together.

Sorchia's Kitchen Witchery Challenge

Print and Copy this sheet to record your progress.

Day	Intention	Herb	Meal Plan
Notes:			
Notes:			
Notes:			
Notes:			
Notes:			
Notes:			

You've made it!



I hope this simple challenge has helped you find the magic in your kitchen and in yourself. Taking time to create change in our lives sets us on a new trajectory. Who knows what new magic you'll find tomorrow!

If you enjoyed the challenge, consider checking out [my blog](#).

I'm a witchy kind of gal and I write witchy kinds of books. Find my books [here](#).

This is the first challenge I've created! I'd love to hear your experiences. Visit my Facebook page or the Kitchen Witchery Group and leave a comment or post.

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