



The Quarterly Incantation

June 2022



Happy Summer Solstice!

The Summer Solstice is a significant date because it marks the longest day of the year! Historically, it was the time between planting and harvest where people could pursue other ventures. The word solstice comes from Latin solstitium or sol (the sun) + -stit-, -stes (standing). The summer solstice occurs when the sun is directly over the Tropic of Cancer, which is located at 23.5° latitude North, and runs through Mexico, the Bahamas, Egypt, Saudi Arabia, India, and southern China.

The sun will be directly over the Tropic of Cancer at 3:43 pm MDT on June 20, 2020.



Summer Barbeques

Homo erectus began cooking meat with fire about 1.8 million years ago. The word barbacoa was used by the Taínos who inhabited Hispaniola, Jamaica & Cuba which is now commonly known as barbecue. The process in early colonial times was often reserved for poor cuts of meat left for enslaved and low-income peoples.

In 1897, a man named Ellsworth B. A. Zwoyer patented a design for charcoal briquettes. However, many accredit the invention of the briquette to the Kingsford company when Henry Ford was looking for a way to reuse wood scraps and sawdust.

Upcoming Events!

- ◆ **Sylvan Beach Pirates Fest**
July 16th - 17th
- ◆ **Rome Canal Fest**
August 5th - 7th
- ◆ **Clinton Arts & Music Fest**
August 27th
- ◆ **Oneida Historical Society Craft Fair**
September 10th - 11th

Get Growing!



Heat loving summer herbs include chilies, basil, chives, mint, lemongrass, beebalm & thyme. Chilies, Basil & lemongrass are annual plants zones 8 and less, however worth the yearly commitment. Chives, mint, beebalm and thyme are perennial in zones 4-10. Plant once, enjoy for many years!

Energetic commonly used purposes:

- Basil:** luck, money, and prosperity
- Beebalm:** Restfulness, calming & contentment
- Chilies:** Passion, energy, & lust
- Chives:** Protection, ward off negativity, & healing
- Lemongrass:** Cleansing, healing, & enhancing
- Mint:** luck, prosperity, glamor, & success
- Thyme:** healing, honoring the dead, & courage

[Click Here for Tips on Drying Herbs!](#)

Rose Lemonade Recipe

- 1 1/2 cups freshly squeezed lemon juice**
- 1 cup rosewater (made w/ the simmer/heat method)**
- 1 cup granulated white sugar**
- 4-6 cups water, or to taste**
- lemon slices to garnish and to add in the pitcher**
- food-grade, edible rose petals, for garnishing**
- ice cubes for serving**



DROP A LINE!



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