

WFWP Stuttgart, Germany: Women's Brunch and Herbal Presentation

Gabriele Schickert und Ute Lemme

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Herbs in the Kitchen and Medicine was the theme of a brunch meeting attended by ten women, on 22 May 2019 in the UPF Center, Stuttgart. Gabriele Schickert had invited her neighbor, Ilse Gremmelspacher to give a presentation on this topic, on which she is an expert.

After a second breakfast, Mrs. Gremmelspacher began her presentation. She introduced fourteen fresh herbs that she had collected and brought along. She told us about their distinguishing features, where they can best be found, their use in medical conditions, and in enhancing the menu.

We were impressed that simple and common herbs such as English plantain, dandelion, ground-elder and dead-nettle have many uses. And we learnt that many 'weeds' are useful for salad, spinach, as a filling for bread and butter, as well as a remedy for allergies, women's complaints, all kinds of colds, to reduce cramping, in gout and rheumatism, for sedation, to name but a few.

We all made many notes and we were so impressed that we asked Mrs. Gremmelspacher to give another presentation on this topic, on a Saturday afternoon. Each of us received a written summary about some of the most important and common herbs.

Then followed the practical part of the presentation: in our kitchen, Mrs. Gremmelspacher prepared a tasty curd cheese with herbs which we enjoyed with jacket potatoes as a kind of lunch. Additionally, a cough-suppressant tea was freshly brewed for us.

After this presentation, we will surely view herbs and 'weeds' from a different perspective. We are astonished and grateful for all that is available to us in the natural world.

Reported by

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(English: Catriona Valenta)

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