

Free Sample - Drying & Dried Recipes



*Get a little taste of my e-book full of recipes,
drying tips and inspiration from nature*

By Naomi · MyAmazingFinds

Introduction Page



Hi there!

I'm so glad you're downloading this free sample ♥.
Drying is one of the oldest ways to preserve food. You capture the seasons in little treasures you can use months later.
In my complete e-book you'll find more than 35 recipes, handy checklists and a practical drying calendar.
Here you already get a sneak peek with 3 recipes from the book.

Calming Blend

A gentle night tea to soothe body & mind



Ingredients:

- 1 tbsp dried linden blossom
- 1 tbsp dried chamomile
- 1 tsp dried lavender
- 300 ml hot water

Instructions:

1. Mix herbs.
2. Use 2 tbsp per cup, steep 8–10 min.
3. Strain & enjoy.

Wild Wisdom

Linden and chamomile were called “sleep herbs” — nightly comfort for restless souls.

Herbal Lore

Linden and chamomile were bedtime comforts, lavender a charm against nightmares. Together, they were cherished as a nightly invitation to peace.

Shelf Life

- Chamomile: 6–9 months airtight.
- Linden: 4–6 months, delicate.
- Lavender: 8–10 months
- Brewed: up to 1 day fridge.

Variations & Twists

- Add lemon balm for extra soothing.
- Sweeten with honey & cinnamon.
- Brew stronger, then cool for iced bedtime tea.

Serving Ideas

- Drink before bed.
- Use as base for calming syrup.
- Share at family bedtime for a ritual.

Mini Ritual

Write one worry on paper, set aside, then sip slowly.

Strawberry Chips

Crispy bites of pure summer



Ingredients:

- 300 g strawberries

Instructions:

1. Wash strawberries, remove stems.
2. Slice into 0.5 cm rounds.
3. Dry 8–12 hrs at 55 °C until crisp.

Wild Wisdom

Strawberries symbolized love and luck in folklore.

Herbal Lore

Strawberries were sacred to summer festivals and the goddess of love. Their red fruits were shared as lucky charms of affection and joy.

Shelf Life

6–9 months airtight, away from heat.

Variations & Twists

- Add vanilla or mint.
- Combine with banana chips.
- Dip in chocolate for treats.

Serving Ideas

- Sprinkle on yogurt or ice cream.
- Use as garnish for cakes.
- Carry as hiking snack.

Mini Ritual

Share the first chip with someone you love.

Chanterelle Chips

Golden and delicate

Ingredients:

- Fresh chanterelles

Instructions:

1. Clean gently with a brush.
2. Slice large chanterelles in half; leave small ones whole.
3. Dry 6–8 hrs at 50 °C until crisp.
4. Store airtight.



Wild Wisdom

Chanterelles were called “gold of the forest.”

Herbal Lore

Golden chanterelles were called ‘treasures of joy.’ Served at feasts, they symbolized festivity, delight, and the blessings of the forest.

Shelf Life

6–9 months airtight, away from moisture.

Variations & Twists

- Mix with porcini slices.
- Blend into mushroom salt.
- Combine with garlic powder.

Serving Ideas

- Snack as chips.
- Garnish creamy soups.
- Add to pasta sauces.

Mini Ritual

Hold one in your hand and whisper gratitude.



Drying Calendar – Your Seasonal Guide

January

- Citrus peel 
- Onion 
- Garlic 
- Sage 
- Thyme 

February

- Leek 
- Carrot 
- Shiitake mushrooms 

March

- Spinach 
- Parsley 
- Young nettle 

April

- Dandelion 
- Mint 
- Chives 

May

- Strawberries 
- Lemon balm 
- Elderflower 

June

- Cherries 
- Basil 
- Oregano 
- Calendula 

✨“This calendar shows which herbs, fruits, vegetables, mushrooms, and flowers are best dried each month. Use it as a guide, and always adjust to your own climate and harvest times.” ✨

Closing



This was a small preview from my e-book *Drying & Dried Recipes*.

In the full version you'll find:

- 35+ recipes with herbs, fruit, vegetables, mushrooms and flowers
- Practical drying & storage tips
- Inspiring mini-rituals
- The complete seasonal drying calendar

Do you want the full version (with 35+ recipes, checklists and the complete calendar)?



 [Download the full eBook here](#)