

NOTES

Genealogy and Age of the World

Aside from God being: Eternal (I Tm. 1:17), All-seeing (Pv. 15:3), All-present (Pra. 139:7-12), and All-knowing (Pra. 139:2,4,17,18; Yes. 55:8.9): Also God is the Pantocrator, the Almighty, the All-powerful (Rv.1:8), and therefore has power over time. He can: tachychronize, speed up time (Jn. 2:7-10), chronostat, make time stand still (Yeh. 10:12,13), and strephochronize, reverse time (II Me. 20:6-11; Yes. 38:5-8).

Beginning 6000 years up to Adam (1000 to 1 ratio, Gn.1:1,26,31, Ps.90:4, II Pt.3:8) Adam at 130 years had Seth (Gn.5:3) Seth at 105 had Enosh (Gn.5:6) Enosh at 90 had Cainan (Gn.5:9) Cainan 70 had Mahalaleel (Gn.5:12) Mahalaleel 65 had Yared (Gn.5:15) Yared 162 had Henoch (lived a godly life, raptured at 365 years old, Gn.5:18,24). Henoch 65 had Methuselah (Gn.5:21) Methuselah 187 had Lamech (Gn.5:25) Lamech 182 had Noah (Gn.5:28,29) Noah 500 had Shem, Ham, Yapheth (Gn.5:32); after 100 Flood came upon earth (Gn.7:6)= **7656 yrs.**

Flood for 1 year + 10 days (May 17th- Gn.7:11, after 1 year on May 27th- 8:13,14) Shem after 2 years had Arpachshad at 100 years old, after the flood (Gn.11:10) Arpachshad at 35 had Shelah (Gn.11:12) Shelah at 30 had Eber (Gn.11:14) Eber 34 had Peleg (Gn.11:16) Peleg 30 had Reu (Gn.11:18) Reu 32 had Serug (Gn.11:20) Serug 30 had Nahor (Gn.11:22) Nahor 29 had Terah (Gn.11:24) Terah 70 had Abram, Nahor, Haran (Gn.11:26) Abraham 100 had Yitzhack (Gn.21:5)= **393 yrs + 10 days**

Yitzhack at 60 years had Yaucob (Gn.25:26) Yaucob at 91 had Yoseph [Yoseph at 30 + 7 plenty years + 2 famine (Gn.41:46-57, 45:6)= 39, Yaucob at 130 goes into Egypt (Gn.46:1-7, 47:6-9) 39= 91] Yoseph at 39 years when Yaucob (Israel) goes into Egypt [Yoseph at 30 + 7 plenty years + 2 famine years= **190 yrs** (Gn.41:46-57, 45:6)= 39, Yaucob at 130 goes into Egypt (Gn.46:1-7, 47:6-11) 39= 91]

430 years= Israel's lodging in Egypt, then Exodus (She.12:40,41, Gal.3:17), **480 years**= From Israel's Exodus to the 1st building of the Temple, in Solomo's 4th year of his reign (I Me.6:1)

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Solomo reigned yet 36 years more (I Me.6:1, 11:42,43) Rahobaom reigned 17 years (I Me.14:21,31) Abyom reigned 3 years (I Me.15:2,8) Asau 41 years (I Me.15:10,24) Yahuushfat 25 (I Me.22:42,50) Yahuurom 8 (II Me.8:17,24) Ahazyahu 1 (II Me.8:26, 9:28) Etheleyah the Queen 7 (II Me.11:1-4,20,21) Yahuuash 40 (II Me.12:1,20,21) Amazyahu 29 (II Me.14:2,20,21) Ezaryahu 52 (II Me.15:2,7) Yothom 16 (II Me.15:33,38) Ahaz 16 (II Me.16:2,20) Hazackyah 29 (II Me.18:2, 20:21) Mnasheh 55 (II Me.21:1,18) Amoan 2 (II Me.21:19,26) Yashyahu 31 (II Me.22:1; 23:30) Yahuuahz 3 months (II Me.23:31,34) Yahuuyakim 11 (II Me.23:36, 24:6)

Yahuuyikin 3 months (II Me.24:8,15,16)= **419 yrs, 6 months**= From 1st building of the Temple to the captivity of Babylon.

70 years= Captivity in Babylon (II Chron.36:21, Yir.25:11, 29:10). **1 year**= Koresh' 1st year= Israel restored to freedom, and 2nd year of Koresh began to rebuild Temple (II Chron.36:22- Yec.1:1-4) **42 years** = Temple rebuilt the 6th year of Dariush (Yec.6:14,15, Jn.2:20). **1 year**= 7th year of king (Ezra 7:8). **25 years**= 32nd year of king (Nec.13:6)= **139 years**= From captivity of Babylon to Nehemiah's time.

483 years= From Decree to rebuild Jerusalem to coming Messiah (69 weeks= 69 x 7 years, Dn. 9:25)

In summation: 7656 yrs + 393 yrs + 10 days + 190 yrs + 430 yrs + 480 yrs + 419 yrs + 6 months + 139 yrs + 483 yrs= **there are 10,190 years, 6 months, and 10 days from the beginning of creation to Christ's birth on the night of December 25, 5 B.C.**, and there are 4,190 years, 6 months, and 10 days from Adam to Christ's birth on the night of December 25, 5 B.C.

[Following Mary's forty weeks of bearing, Christ was born during the chronicle time commanded by Caesar Augustus. The magi from the East brought gifts to baby Jesus to honor his day of birth, but shortly after the persecution of the early church the true date of Jesus' birth became uncertain. Cyril, bishop of Jerusalem in the mid 4th century A.D., requested to have the true date of Jesus' birth given to him from the original chronicle records which were kept in Rome. Cyril reported that December 25th was the date given to him from the chronicle documents. Thus Christmas was celebrated with confirmation by the Latin, Greek, and Hebrew Christians in Jerusalem at that time. And after publishing the first

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English Bible, Christmas began to be celebrated by the English Christians in Europe in 1400 A.D. Christian pilgrims arrived at Massachusetts in America on December 11, 1620 A.D., and thus would celebrate Christmas the following year in 1621 A.D. Christ was born in the second hour of night, between 7 and 8:00 p.m., on December 25th. His birth is (69 weeks= 69 x 7 yrs)= 483 years from the decree to rebuild Jerusalem (Danyal 9:25).

The decree was made the 7th year of Artaxerxes' 40 year reign= 458 B.C. (Ezra 7:8,13,21-23,27). Jesus began to minister at 30 years of age (Luke 3:23). Now count forward 483 years from 458 B.C. = 26 A.D. (1 is added because there is no date "0"); now count back 30 years= 5 B.C. (1 added again because there is no "0"). Thus, Jesus' birthday is December 25, 5 B.C.].

1 day=1000 yrs: Pra.90:4+ II Pt.3:8+ Gn.2:16,17+ 5:5.

Adam created on 6th day: Gn.1:26,31.

At the end of 6th day of the week, after all the land creatures created, being Friday before the sabbath, Adam was made: Gn.1:24-26,31.

Abib, April in spring, Adam was made: Gn.1:31+ 2:7-9,15+ She.12:2+ De.16:1.

For the year, add up all of the genealogies (from when the fathers sired their sons) and count them backwards, and we come to 4190 B.C. when Adam was made (ref: Adam at 130 years had Seth (Gn.5:3) Seth at 105 years had Enosh (Gn.5:6) Enosh at 90 years had Cainan (Gn.5:9), and so on through the whole old testament). Then 6000 is added to 4190 (for the 6th day, and being 1000 years to 1 day), and we get 10190 B.C. when the world was made.

On the sixth day Jesus created Adam, the first man, on Friday afternoon on April 1st, 4190 B.C. God's time is a 1,000 to 1 ratio, where 1,000 years on earth to man equals 1 day to God in heaven. Now adding 6000 to 4190, is 10,190. Thus Jesus created the world on the night of April 1st 10190 B.C.

3 Great Feasts (Ex.23:14-17)

1. April 15 to April 21, Unleavened Bread for 7 days (She.12:1-18).
Passover is April 14; Unleavened Bread is April 15 through April 21.
2. June 13, Pentecost 50th day or 7 Weeks after unleavened bread. Also called the "Feast of sevens"; Feast of Weeks; Feast of Harvest; or Feast of Firstfruits. (April 24 → June 13). Pentecost was celebrated since the time of Moses as recorded in Niq.23:15-22, but the Christian Pentecost began on Sunday June 13, 28 A.D. as recorded in Acts 2.
3. October 15, Tabernacles or Ingathering, live in huts or shanties for 7 days. Then on the 8th day, October 22, an offering by fire. (Niq.23:33-44+ Bad.29:12-40= Oct.15-22.) (Oct.22= Niq.23:36+ Bad.29:35-40).

Great Feasts celebrated today

1. Passover and Easter are two words for the same thing. Easter is an old word for Spring, and comes from the Lithuanian word "Aistra", meaning "Passion". But Easter is more correctly called Passover instituted on April 14, 1521 B.C. at 6:00 Mediterranean time when Moses was 80 years old. It consisted of eating unleavened bread, then the "Feast of Unleavened Bread" continued 7 days, from April 15 to April 21. The New Covenant Passover, called Communion, was instituted on Thursday April 14, 28 A.D. at 6:00 p.m. when Jesus was 32 years old. Passover Communion is when Christians celebrate Christ's arrest and personal sacrificial death for them. Early Sunday morning, three days after Jesus' last Passover supper, is Jesus' Resurrection Day, commonly called "Easter". In 26 A.D. Jesus began to minister at 30 years of age (Lk.3:23); and his birth is in December when he was quilt-strapped. We count that he ministered 3 years, attending 3 passovers, and he was crucified in Apr.28 A.D. (Jn.2:13+ 6:4+ 11:55+ 12:1+ 13:1+ Lk.22:53). Christians celebrate Christ's resurrection from the dead on the Sunday of or immediately after April 14. (ref: She.12:1-18+ Lk.22:1-22,47-53+ 24:1-12).
2. Thanksgiving, was marked from the signing of the Mayflower Compact on November 21, 1620 A.D.- America's first document of self-government. During the Battle of Gettysburg in 1863, President Abraham Lincoln issued his Proclamation of Thanksgiving on October 3, 1863 A.D. which observes the last Thursday of November for a day of Thanksgiving and Praise to God.
3. Hanukkah and Christmas. Hanukkah (Hb: Dedicating). Also called the

Feast of Dedicating, or Festival of Lights. Started by the Maccabees in 165 B.C., after their victory over the Syrians. It is an 8 day Jewish holiday starting on the 25th of Chisleu (December 25), commemorating the rededication of the Temple by Judas Maccabaeus. It is displayed by lighting the menorah (Hb: candlebranch; < meorah, "lights"), an 8 branched candlestand with the added 8th candle used to kindle the other candle or 7 candles in the menorah, on each successive night of the festival. Remarkably, 8 score after Hanukkah began, God laid the Cornerstone of The Temple, Jesus Christ the Light of the world, born on December 25. The three Oraclists followed the Daystar riding 783 miles across the desert to Jesus' birth. Christmas (from Greek: Christos + simeio, the mark or time of Christ). Christmas means, Festival of Christ, and is the celebration of Christ's birth. Zacharias performs the priest's duty of atonement in the 7th month at evening (ie: October 9- Niq.16:29-34+ 23:26-32). Six months later Elizabeth in her 6th month of pregnancy, when Mary conceives (from October, 6 months is March- Lk.1:24-27,36). From this time count 9 months later for Mary's pregnancy: April is 1 + May is 2 + up to 9 is December (Yeshayah 66:7). Christ's birth is (69 weeks= 69 x 7 yrs)= 483 years from the decree to rebuild Jerusalem (Dn.9:25). The decree was made the 7th year of Artaxerxes 40 year reign= 458 B.C. (Ezra 7:8,13,21-23,27). Jesus began to minister at 30 (Lk.3:23). Now count forward 483 years from 458 B.C.= 26 A.D. (1 is added because there is no date 0), now count back 30 years= 5 B.C. (1 added again because there is no 0). Thus, according to the Holy Scripture Jesus Christ was born at night between 7 and 8 o'clock Mediterranean time, on December 25, 5 B.C. Please Read- Heggai 2:15,18,19+ Yeshayah 28:16+ 53:2+ Luke 2:7,12.

Hebrew Alphabet

א	aleph	a,e,ae,au,eh,ea,eu,i,o,oa,ow,u
ב	beth	b
ג	gimel	g
ד	daleth	d
ה	he	h,ha,ya,e,ea,eh,a,ah,aw,i,o
ו	waw	w,uu,a,au,ah,uy,i,vv,u,o,oa,oe
ז	zayin	z,zz,ts,s
ח	heth	h,ha,he,heh,c,ca,a,ah,ac,i,o
ט	teth	t
י	yodh	y,i,yi,e,ee,a,ai,eh,h,au,u,uu,o
כ	kaph	k,kh,c,ck,ch,q
ל	lamedh	l,ale,aw,lö
מ	mem	m
נ	nun	n
ס	samekh	s
ע	ayin	o,oa,a,ao,au,ae,aia,e,i,u,ua
פ	pe	p,ph,f,gh,v
צ	sadhe	ts,s,tz,tiz,z
ק	qoph	q,c,k,ck
ר	resh	r
ש	sin	s
שׁ	shin	sh
ת	taw	t,tah,th

When two forms of Hebrew characters are written for one Hebrew letter, the first form is used at the end of a word.

Greek with Numeration

Α α	alpha	A a	(1)
Β β	beta	B b	(2)
Γ γ	gamma	G	(3)
Δ δ	delta	D d	(4)
Ε ε	epsilon	Ē, h	(5)
Ϝ ϝ	digamma	vav	(6)
Ζ ζ	zeta	Z	(7)
Η η	eta	E, a	(8)
Θ θ	theta	th	(9)
Ι ι	iota	I, i, y	(10)
Κ κ	kappa	K, c, x	(20)
Λ λ	lambda	L	(30)
Μ μ	Mu	M m	(40)
Ν ν	Nu	N n	(50)
Ξ ξ	Xi	X, ch	(60)
Ο ο	omicron	o	(70)
Π π	pi	p	(80)
Ρ ρ	rho	R r	(100)
Σ σ ς	sigma	S	(200)
Τ τ	tau	T	(300)
Υ υ	upsilon	u, v, y	(400)
Φ φ	phi	ph, f	(500)
Χ χ	chi	ch, k, x	(600)
Ψ ψ	psi	ps	(700)
Ω ω	omega	O	(800)

Jesus in Greek is IESOUS. According to Greek numeration, IESOUS= 8 8 8. Eight stands for eternity. And three together for the trinity:

I (iota)	= 10
E (eta)	= 8
S (sigma)	= 200
O (omicron)	= 70
U (upsilon)	= 400
S (sigma)	= <u>200</u> 888

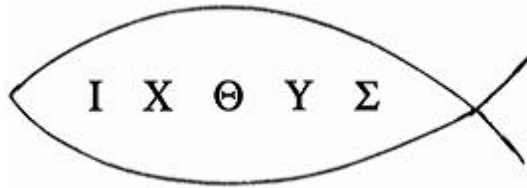
(ref: Acts 11:26; 2 Chronicles 7:14; John 3:3; Yechezkiel 9:4-6).

And, NEBUCHADNEZZAR = 6 6 6.

N (nu)	= 50
E (eta)	= 8
B (beta)	= 2
U (upsilon)	= 400
C (kappa)	= 20
H (eta)	= 8
A (alpha)	= 1
D (delta)	= 4
N (nu)	= 50
E (eta)	= 8
Z (zeta)	= 7
Z (zeta)	= 7
A (alpha)	= 1
R (rho)	= <u>100</u> 666

(ref: Danyal 3; Matthew 24 + Matthew 24:15; Revelation 13 and Revelation 13:16-18).

The Ichthus (ie: fish in Greek) was an early christian symbol used secretly among believers during a time of great persecution.



Five letters were written inside the fish symbol:
(iota) (chi) (theta) (upsilon) (sigma)
I ch th u s = ichthus

Incognito, and exclusively used by the followers, this symbol represented:
iesous chritos theos uios Soter = (in English it is, Jesus Christ God's Son Savior).

7 Spirits of God

Revelation 1:4= Yeshayah 11:2-4; Proverbs 1:2-4

spirit of Wisdom
spirit of Understanding
spirit of Counsel (or, Instruction, Proverbs 1:2-4)
spirit of Power (or, Justice, Proverbs 1:2-4))
spirit of Knowledge
spirit of Righteousness
spirit of Judgment

Catholic is not Christian

Catholic, from greek: "kata- + holos + -ikos" meaning, "of form or formality, follower of a cathedral". Applied to the Roman ecclesia in Rome in 1554 A.D. The catholic "Hails Mary", "Hailelu-Mary".
Christian, from greek: "Xristos + -ianos" meaning, "of Christ, follower of Christ". Applied to Christ's disciples in Antioch in 29 A.D. The Christian "Hails Iesous", "Hailelu-JAH"; he is The Lord and The Creator of Mary.

Moses, B.C. Levitical-Mosaic Law, & Iesous, A.D. Judaic-Messianic Law:

Moses on the mount with the 10 Old Commands- She.19:23–20:17.
Iesous on the mount with his 10 New Teachings- Mt.4:25–5:20.

Some Plants and Living Substances (botanical name: The origin class + specific type)

Alguum (Santalum album). Evergreen. This is white sandalwood (meaning, white sacred wood), also well-known as being the more fragrant Indian Sandalwood. Almuug (Pterocarpus santolinus). Evergreen. Also called red sanders. The heartwood is reddish and fragrant. Both trees are called sandalwood. It was used for pillars to the house of the Lord, and in making harps. It is used in opos, aftershave, cosmetics, and inhalants for cough sedation. It is antiseptic, and calms anxiety when burned for incense.
Almond (Prunus dulcis). Deciduous tree. Pitted stones are sweet almonds.
Aloes (Bursera aloexylon). Deciduous tree. Called Linaloe, steam distilled berries have a lemon scent. "Garden aloe" is the seed from the annual herb coriander. Aloe is an aphrodisiac.

Amber (Physeter macrocephalus) a sperm whale. Living amber is Ambergris, a waxy secretion from the sperm whale's belly floating on the ocean, which ages to a greyish brown and white, called "Floating Gold." It is ground into powder and diluted in alcohol for a terpenous-like opo. Also amber produced from the evergreen tree, sitka spruce (Picea sitchensis), is named after ambergris. Dwarf varieties are Sitka 'Tenas/Papoose'. The genus "Picea" comes from the Greek pissa, meaning "pitch" for the sap produced by the tree, and essential oil from the spruce needles is also called amber. Ambergris generally called Amber is called "chruson" in Greek, which means gold. In Hebrew the opo is called "Nakath", GN.37:25. "Ambre Tigré", by Givenchy, has amber in it. The gift of amber to the everlasting Holy Spirit, was offered by the Persian (ie: Iran) oraclist to Iesous.

Apple (Malus domestica; syn: Pyrus malus. Malus domestica grimes golden; winesap. "Malus" is greek for "apple"). Fruit. Called, "apples of gold". An old red apple variety is winesap. The fruit pulp heals skin acne.
Apricot (Prunus armeniaca 'Montrose'; P. armeniaca 'Chinese Golden').

Deciduous tree. *Prunus armeniaca* 'Montrose': a self-fertile semi-dwarf 10 ft. tall tree without pruning, with sweet almond-like pits; *Prunus armeniaca* 'Chinese Golden': self-fertile semi-dwarf 15 ft. tall. Sweet kernels are edible. Apricot fruits are said to promote longevity. The ripened mashed and blended fruits are made into a "nectar", "the drink of the immortals". A brandy is made from apricot. Used in opos. Almonds and almond oil comes from the trees of the same genus, called, *Prunus dulcis*. Artichoke globe (*Cynara scolymus violetto*). Perennial. In the sunflower (composite) family. Vegetable. Also remedy for liver damage. Avocado (*Persea gratissima* or *Persea Americana*). Evergreen tree. In the laurel family. Avocado has the highest protein of any fruit. Used raw for guacamolé. The expressed and unrefined oil of the fruit remedies dull skin. Cultivated varieties are Teague, Zutano, and Hellen. Balm 1. (*Populus nigra*). Commonly called, Black Poplar. 2. (*Populus balsamifera*); aka: *Populus candicans*; *Populus tacamahaca*), commonly called, Balsam Poplar. 3. (*Populus trichocarpa*; aka: *Populus balsamifera* ssp. *trichocarpa*), commonly called, Western Balsam Poplar. A deciduous tree. Balm is also called "balm of gilead". Medicinal uses: Anodyne, Antiinflammatory, Antiseptic, Antiscorbutic, Astringent, Diaphoretic, Diuretic, Expectorant, Febrifuge, Salve, Stimulant, Tonic, and Insect repellent. A resin obtained from the buds is made into a salve and used in home leaf bud remedies. The leaf buds are antiscorbutic, antiseptic, diuretic, expectorant, stimulant, and tonic. They are covered with a resinous sap that has a strong turpentine odor and a bitter taste. They are boiled in order to separate the resin, and the resin is then dissolved in alcohol. The resin is a folk remedy, used as a salve and wash for sores, rheumatism, wounds etc. It is made into a tea and used as a wash for sprains, inflammation, muscle pains etc. Internally, the tea is used in the treatment of lung ailments and coughs. The buds put in hot water are used as an inhalant to relieve congested nasal passages. The buds also contain salicin, a glycoside that changes into salicylic acid (ie: aspirin) in the body. They are taken internally in the treatment of upper respiratory infections and bronchitis, stomach and kidney disorders. Externally, the buds are used to treat colds, sinusitis, arthritis, rheumatism, muscular pain and dry skin. The buds are harvested in the spring before they open and are dried for later use. The stem bark is anodyne, anti-inflammatory, antiseptic, astringent, diuretic and tonic. The bark contains salicylates, from which aspirin is derived. It is used internally in the treatment of rheumatism, arthritis, gout, lower back pains, urinary complaints, digestive and liver

disorders, debility, anorexia, also to reduce fevers and relieve the pain of menstrual cramps. Outside, the bark is used to treat chilblains, hemorrhoids, infected wounds and sprains. The bark is harvested from side branches or coppiced trees and dried for later use. Called "Tsery" in Hebrew, GN.37:25.

Banana (*Musa acuminata*). Perennial plant. Bananas contain potassium which is good for the heart. A popular Banana liqueur is made from them. Barley (*Hordeum bulbosum*). Perennial barley. Bulbous barley refers to the bulbous swellings, the size of an onion set, at or just below ground level. These storage organs keep the parent plant going when seedlings fail in a drought year in the Mediterranean. The seed can be ground into a flour and used as a cereal in making bread, or cooked for porridge etc.

Bean (*Phaseolus vulgaris*). Annual vegetable. Some good varieties: Green: The Pride of Vermont, Maxibel; Dry Shell: Black Coco; Fresh or Dry Shell: Dark Red Kidney; Tiger's Eye. Dry beans or canned, used in bean dips. Bistort (*Polygonum bistorta*: bistort in Gk: bebaiao + strangos, make twisted, constrict). Perennial herb. Also called, alum; alum root. Used for astringent and styptic. Remedy for bleeding gums, phlegm, internal bleeding and infections, and diarrhea.

Black bakhoo, means "black incense". The greek "libanon" is "halibenah" in Hebrew. It is the root extract of: "Hemidesmus indicus". Deciduous vine. The root extract of Indian sarsaparilla is wintergreen-like, or the aroma is like root beer. In cooler climates is the deciduous sarsaparilla "bristly greenbrier" (*Smilax tamnoides*). This gift of "Black bakhoo" to the Ever Present Father, was offered from the Arabian (ie: Kuwait) oraculist to Jesus. A Black Bakhoo natural extract opo of 6 oz. is made from 4 oz. *Hemidesmus indicus* extract paste: Obtain 2 cleaned, 16 oz. salsa jars. Put a coffee filter on top of a clean empty 16 oz. salsa jar, and gently push the center down to form a small pouch and bend the edges of the filter to press tightly around the top edge of the jar. Put 3 Tb. extract paste in a ceramic bowl, heat $\frac{3}{4}$ Cup of 189 proof grain alcohol (94.5% ABV) until it starts to boil, and add it to the extract; by spoon smash and stir the black paste extract to dissolve. Pour and spoon liquid part through the coffee filter into the cleaned 16 oz. salsa jar; then heat another $\frac{3}{4}$ Cup alcohol to boiling, and add it to the extract, and continue to dissolve and pour liquid into the salsa jar, then discard solids. Continue this aforesaid process for the remainder of extract paste to dilute it into 2, 16 oz. salsa jars. Cover each salsa jar with a coffee filter, and secure with twistors or rubber bands and let sit at room temperature for 2 weeks. Then filter liquid again

into 2 clean 16 oz. salsa jars, secure filters, and let sit 2 more weeks. Do this process, filtering every 2 weeks for 2 months, for a total of 5 times within 8 weeks. After this filtering, being the 5th time, cover the jar twisting on the lid. Let set at room temperature for 1 month. Then filter one last time, being the 6th time, and pour the black bakhoo into one and one half 4oz bottles and cap. The pleasing-scented root of this hemi-vine was also used in a holy opo in Shemot 30:34.

Broccoli (*Brassica oleracea italic 'Calabrese'*). "Brassica" means, "cabbage". Grow as annual vegetable. "Broccoli" in Italian is plural for "tiny kale". It produces sulforaphane which kills ulcer, tumor and cancer causing bacteria. Broccoli and Collard are in the Cruciferae (ie: Cross-bearing, four-petaled flowers forming a cross shape)- Mustard family. calabrese is a good sprouting variety.

Caraway (*Carum carvi*). Biennial. Popular spice for foods and bread. Aids digestion and bloating. The essential oil is used in anointing oil.

Carrot [*Daucus carota sativa parisian (Tonda di Parigi)*]. Perennial root vegetable. Source of vitamin A to strengthen the eyes. Stimulant, antiseptic, treats colic and jaundice.

Cascara Sagrada (*Rhamnus purshiana*). Deciduous tree. The name is Spanish meaning, "Sacred Bark". It is in the buckthorn family. The remedy is an excellent gentle laxative.

Cassava (*Manihot esculenta*). Deciduous shrub. Commonly called Yuca and Tapioca plant. Hardy in winters of 20 to 60 degrees Fahrenheit. Vegetable tubers MUST be boiled in lightly salted water for 20 min. covered over medium heat to remove the toxins, and afterward drain off water and remove the string fiber running through the central core with a fork prong and discard it. Bitter varieties are soaked in water 24 hours to remove half of the toxins before cooking 20 min. After cooking, the cassava is seasoned with garlic powder, and also lightly with salt and cayenne pepper.

Cassia (*Cinnamomum cassia*). Evergreen tree. In the laurel family. The bark quills are used to flavor and scent food. Also used for incense, holy oil, and perfumes. Antiseptic and warming properties. Has attracting property. Cassia is stronger than regular cinnamon.

Cherry (*Prunus tomentosa 'Nanking Cherry'*). Deciduous bush. Produces red tangy cherries.

Chicory (*Chicorium intybus*). Biennial. The young root is steamed as a vegetable, or it is roasted and ground to use as a coffee substitute. It protects the liver. A salad variety is called, curly leaf Endive (*Chicorium endivia*). The leaves are a bitter Passover herb, and also yield a blue dye.

Cinnamon (*Cinnamomum verum*). Evergreen tree. Used like the stronger cassia. Has attracting property. Cinnamon seed oil may be used neat. And cinnamon leaf oil at 12% strength in a carrier oil is preferred over the bark, for skin and cosmetic applications.

Collard (*Brassica oleracea acephala*); acephala means= a, non + cephalic, head: a non-heading cabbage. Collard is in the Cruciferae, mustard, family of plants. The heirloom "Vates" is a well-known, high yielding variety.

Coriander (*Coriandrum sativum*). Annual. (< Heb. "carar adon" meaning, "heart of man", and called garden aloe). It is also called, Cilantro, a main ingredient in hot salsas, and used as a bitter Passover herb. The aloe berries-like seed is mildly narcotic, and its distilled oil is used in perfumes, incense, medicines, and toothpastes. The ground seed is a seasoning.

Corn (*Zea mays early golden bantam*; *Z.m. buhl*; *Z.m. howling mob*; *Z.M. double standard*). Annual vegetable. aka: "Maize". See Wheat. Discard husk, boil in salted water 15 min. Specie mays, named for sowing in May.

Cress, Upland (*Barbarea verna*). Biennial peppery flavored greens. Cold washed, then clipped into noodles, rice, or salsa, sandwiches and salads.

Cucumber (*Cucumis sativus japanese long*). Annual vegetable. Wash under cold water rubbing off spines and dirt. The flesh heals skin and burns. The essential oil cucumber gel is astringent, it protects and heals and moisturizes the skin. The fruit's cold pressed oil has a light scent.

Cumin (*Cuminum cyminum*). Annual. Dried ground seeds are a common spice used to flavor cooked beans or rice.

Fennel (*Foeniculum vulgare dulce*). Perennial. The seeds flavor breads, toothpaste, and aids digestion. Repairs liver from alcohol damage. Essential oil is somewhat like sweet garden myrrh, sweet marigold, and is called poor man's myrrh which offers a tranquilizing bath. Tranquilizing bath oil Rx: (1 part essential oil : 3 part meadowfoam seed oil)= 16 oz. RX: ½ Cup sweet fennel seed essential oil + 1 ½ Cup cold-pressed unrefined meadowfoam seed oil + ¼ teaspoon GSE (Grapefruit Seed extract). Mix well and cap. For bath, put a little dish soap into bath tub, and open faucets for warm water. After tub is about 1/3 full, pour some prepared poor man's myrrh into the palm of your hand (which is about 1 teaspoon oil) and put under running faucet. Fill the bath tub full with warm water. Soak well; afterward get out of tub and either air dry or lightly pat dry.

Fig (*Ficus sycomorus*). The sycomore fig is ever-bearing and a semi-deciduous fruit tree, because during the same time that the old leaves fall off more new leaves emerge. It produces fruit and flowers the whole year-round. The deciduous specie, Ficus glomerata (syn. Ficus racemosa),

produced the resin used in making the holy perfume in Shemot 30:34. The common fig, Ficus carica, yields rich edible fruits only once or twice in the year that are mildly laxative. Some good carica specie cultivars are: Ficus carica 'Florea', 'Black Zadar', and 'Cosenza'. Fig bars are a common cookie made from figs.

Garlic (*Allium sativum* ssp. *sativum*). Perennial vegetable in the lily family. "Allium" in greek means "salt lily", "a garlic" < yard or garden + leek. Heirloom varieties are: *Allium sativum sativum* lorz Italian; *Allium sativum sativum* polish white; *Allium sativum sativum* transylvania. Garlic has allicin and sulfur content. Antiseptic and mildly antibiotic for all intestinal infections. Purifies blood, helps control acne, reduces blood pressure and cholesterol and clotting. Kills flu bacteria.

Ginger (*Zingiber officinale*). Perennial. The dried, ground root is a warm spice to flavor food and drink.

Good King Henry (*Chenopodium bonus-henricus*). A perennial quinoa (pronounced, keen-wa). "Chenopodium" means "Goose foot", for the leaf resembles the shape of a goose foot. The small seeds ripen in the summer, which are used like rice and in making bread. They are blanched by stirring in very hot water for a minute, drained, then rinsed by stirring in cold water for a minute, then drained. The herb is emollient, laxative and vermifuge. A poultice of the leaves has been used to cleanse and heal chronic sores, boils and abscesses. The seed is a gentle laxative that is suitable for children. Good King Henry is also called, Lincolnshire spinach, for the edible young leaves which are picked and eaten as raw spinach.

Grape (*Vitis vinifera malbec*; *Vitis vinifera* 'Cabernet Sauvignon'). Deciduous fruit vine. Also called, "The tree of knowing of good and bad", of which "has set children's teeth on edge." The red sour grape contains tanic acid promoting longevity. Wine in the Bible is fermented, which is "yayn" in Hebrew, and "oinon" in Greek. But juice nonfermented, is "mys" in Hebrew, and "chumos" in Greek. In the Mediterranean the red grapes are harvested in the fall in October, and the Passover is commemorated in the spring in April. So the Passover communion cup is the preserved or fermented wine from the previous year. Wine from the grape vine is well known in both the Old and New Covenants recorded in the Holy Bible "...a certain Samaritan had compassion when he saw the wounded, and bound up his wounds, pouring in oil and wine. Drink no longer water, but use a little wine for your stomach's sake and your periodic debilities."

Lk.10:30,33,34+ I Tm.5:23. Made into red wine, and used in communion to represent the sacrificed life blood of Jesus. Raisins are dried grapes.

Eating food is a blessing, but gluttony is a sin: likewise, drinking wine is a

blessing, but drunkenness is a sin. Jesus himself says he drinks wine, "For John the Baptist came neither eating leavened loaf nor drinking wine, and you all say, He has a devil: the Son of man is come eating and drinking, and you all say, Here a gluttonous man, and a wino, a friend of worldly ones and sinners! Yet are justified, by the wisdom from all the children of him." Luke 7:33-35.

Grapefruit (*Citrus paradisi*, or *Citrus racemosa*). Evergreen tree. White Grapefruit is a natural sport offspring of a "pummelo" (*Citrus maxima*, or *Citrus grandis*). It is antiscorbutic [against Ascorbic Acid (vitamin C) deficiency], and for colds and influenza, disinfectant, antiseptic, antibacterial, astringent, stimulant, detoxifying or antitoxic, diuretic, reduces cholesterol, and purifies water. Used to scent food, cosmetics, and perfume, and has antidepressant properties. Extract from the leaf contains antibiotic properties. Grapefruit Seed Extract (GSE) is used as an antifungal remedy and is antioxidant and also an excellent preservative. Green Carpet (*Herniaria glabra*) perennial. Ground cover for sunny areas. Holy grass (peace/sweet) (*Hierochloa odorata*; syn. *Anthoxanthum nitens*). Perennial. It is braided and dried for incense. The florets are loose airy panicles spaced apart atop thin stems. This holy grass is not *Anthoxanthum odoratum*, which has compact dense tubular panicles atop rigid stems. Rx: Holy Grass ext. (3 ¾- 4 oz): Cut a bunch of fresh grass in the first month of fall. Rinse in sink of cold water. Stuff it into a large pickle jar, filling it about 1/3 full. Drain off water. Bring to boil 4 ½ cup of 189 proof (94.5% ABV) grain alcohol. Pour it over grass. Push grass down with large spoon into alcohol to cover grass. Cover with lid. Let sit in sunny window for 2-3 days (1 or 2 times a day remove lid and push grass down into alcohol with large spoon). Unfiltered extract will be very dark green. After the 2 or 3 days, pour liquid into 2, 16 oz. salsa jars, then with hands squeeze out extract clinging to the grass into the jars. Cover with coffee filters and attach to rim with a couple of bread or trash bag twisters together. Let sit on top of refrigerator or shelf for 2 weeks, then filter this liquid like the black bakhoor process. See black bakhoor listing. Continue the filtering process for 2 months. After the last filtering, being the end of the 8th week, strain into 4oz. glass bottle, and cap. Use this brown colored heavenly scent to sanctify or consecrate an area from negativity, or for aromatherapy. May also apply the fragrance personally to forearms, or to scent hair after showering by pouring a small amount of extract into palm of hand and rubbing hands together then work coated hands through wet hair, then comb the hair.

Halibenhah (*Hemidesmus indicus*). The root of this deciduous hemi-vine. Halibenhah was used in a holy opo in Shemot 30:34. It was pounded and put in front of the testimony in the assembly's tabernacle. Cross reference Halibenhah with the black bakhoor listing.

Hawthorn (*Crataegus coccinea*). Deciduous shrub in the rose family. Extract from the leaves and haw berries is a heart tonic and hypotensive. Some believe that hawthorn twigs were used for Christ's crown of thorns. Honeysuckle (*Diervilla sessilifolia*). Deciduous bush. An aphrodisiac. The edible vanilla scented flowers have a sweet-tasting nectar. Used in perfumes and cosmetics.

Hyacinth (*Hyacinthus orientalis*). Perennial flower. Fragrant spring flower. Common cultivars are: 'Blue Star' (blue), 'Aiolos' (white), 'Miss Saigon' (purple), 'Jan Bos' (red); 'Pink Pearl' (pink), 'Gipsy Princess' (yellow). Hyssop (*Satureja montana*). Evergreen shrub. For purification, sinners knelt and bowed and confessed their sin, and the levite sprinkled them with a hyssop twig dipped in water. Used in soap. It is antioxidant, bactericidal, fungicidal. Distillate is a topical at 10% strength (1/4 tsp. e.o. in 2 ½ tsp. carrier).

Jasmine (*Jasminum officinale*). A cold hardy deciduous shrub. Jasmine absolute is known as the "King of Oils". The flowers bloom in spring to summer and are picked at dusk at 6 pm, and a tiny amount of high priced oil is obtained by solvent extraction. (*Jasminum officinale grandiflorum*) is an evergreen or deciduous shrub growing in warm climates, and its flowers bloom in summer to fall in the early dawn at 6 am. And it takes 8,000 hand-picked blossoms to produce 1 gram (c. 1 ml.) of Jasmine Absolute. (*Jasminum sambac*) is an evergreen shrub growing in warm climates. It is popular in India, and called mogra. And in Hawaii it is called pikake.

Jojoba Golden (*Simmondsia chinensis*). A desert shrub with edible seeds having one of the most stable vegetable oils, a liquid wax that is resistant to oxidation and rancidity, and therefore it is one of the best carrier oils.

Kale (*Brassica oleracea acephala*). A biennial. The cultivars 'Chou Moellier' and 'Kale Walking Stick' are the Kale Trees. The plant grows 7 foot tall on a strong center stem.

Kelp (*Alaria esculenta*). Seaweed. Provides iodine. Helps prevent goiter.

Lavender (*Lavandula angustifolia krajova*; *Lavandula angustifolia* 'Ellagance Purple'; 'Lavance Purple'; 'Vicenza Blue'). Perennial shrub. Also called, "French Lavender". The flowers flavor jams and sweets, and a tea is anti-anxiety. The essential oil is a perfume and heals. An antiseptic, sedative, relaxant. It treats insomnia, depression, and high blood pressure.

Lettuce (*Lactuca sativa longifolia*). Annual. Eaten in salad. Good cultivars are: 'Green Towers', 'Sparx', 'Jericho'. Commonly called Cos, after the Greek island of Cos (Kos), off the coast of Turkey in the Aegean Sea. It is also called "Romaine." Antioxidants in Cos lettuce prevent cancer. It is also rich in vitamins A and K. The Greek name for salad, is "salata", and "salata" is also the same polish name for "cos" and "lettuce" and "salad".

Lily of the Valley [*Iris mesopotamia*; *I. pallida*; *I. trojana*; Gk: "mesopotamia" means, "in the dale between two rivers"]. Also called, "Aramai" (< Hb: "praised one"), "the white sweet iris." Iris cv. 'Crystal Canyon.' Perennial. Other white sweet-smelling irises: Iris cv. 'Second Wind'; 'Eternal Waltz'; 'San Juan Silver'; 'Rainier by Smith'. "Shushan", called lily of the valley in Song of Songs 2:1,2 describing Christ, and in Song of Songs 5:13 it describes the lips of Christ.

Lilies of the Field The iris. Perennial. Some good fragrant varieties & cultivars are: Tall Bearded Irises= purple bitones: 'Cool Controversy', 'Sir Knight'; short amoena= 'Mrs. Andrist'; blue: 'Blue Rhythm', 'Violacea Grandiflora'; purple: Iris pallida 'Dalmatica', called "pale lily"- this iris root is aged for three to five years to make "Orris" for perfume, flavoring and medicine; Other fragrant colors= pale violets: 'Conquistador', 'The Admiral'; purples: 'Grape Adventure', 'William A. Setchell'; yellows: 'Golden Majesty', 'Gold Bullion'; black: 'Old Black Magic'; orange: 'Melody Lane'; red: 'Exotic Fire'; pink: 'Pinkness'; fuchsia: 'Caprice'; Standard Dwarf Bearded Irises= purple: 'Flower Shower'; white: Iris 'Zero'; white-blue bicolor: 'Boo'; yellow: 'Scholar'; Pink: 'Fusspot'; Red: 'Smooth'.

Water Lily (*Nymphaea odorata*). bay perennial. The 'water lily' which lies upon the water is translated 'lōtus' in the Bible. "Bora Bora" for women, by Liz Claiborne has water lily. Botanists currently separate the water lily from the lotus (*Nelumbo nucifera*) which the lotus flower grows on a stem above the water. "Blue" for women, by Ralph Lauren has lōtus.

Lupine, Sunrise (*Lupinus perennis*; *Lupinus hartwegii sunrise*). Perennial. 3 foot tall plants, with fragrant spikes of lilac, purple and white flowers with yellow throats attracting bumble bees. Flowers last all June. Ornamental. Mandrake (*Ipomoea pandurata*). Perennial morning glory. The man shaped root was chopped and boiled twice with a change of water, then roasted and fed to a man to attract him like an aphrodisiac.

Mango (*Mangifera indica*). Evergreen fruit-bearing tree. Also called, "King of Fruit". Contains vitamin A for the eyes, and vitamin C to fight colds. Mangoes are antiscorbutic and antioxidant.

Meadowfoam (*Limnanthes alba* < Gk: limne, pool + anthos, flower= pool of

flowers). Perennial. Seed oil is liquid at room temperature. Cold-pressed, unrefined meadowfoam seed oil is one of the most stable edible oils with a high heat tolerance, and thus is one of the best carrier oils.

Milkweed, Swamp (*Asclepias incarnata*). Perennial. Blooms for a whole month in the middle of summer. Produces pink vanilla-scented flowers which attracts honey bees, bumble bees and Monarch butterflies.

Mint (*Mentha longifolia*, syn. *Mentha sylvestris*). Perennial. Called Wild peppermint or arabian mint. Mint is a mental or mind stimulant. It is cooling, and provides mental pep. Used in soaps, opos, candy, drinks, toothpastes and breath fresheners. The annual yellow flowering “Blue Tansy” (*Tanacetum annuum*) has a similar aroma to wild peppermint.

Muskmelon (*Cucumis melo reticulatus* mainstream); and the Honeydew (*Cucumis melo inodorus kolkhoznitsa* or collective farm woman. An annual fruit; called, “ambrosia”, meaning, “food of the immortals”. Muskmelon contains a wide variety of antioxidant and anti-inflammatory phytonutrients. One cup of muskmelon meets the daily recommended total requirements for vitamins A and C, and also supplies a third of the vital daily recommended amounts for the total of vitamin B complex.

Muskmelon is used in nutritional supplementation, cosmetics, and opos. The common name cantaloupe, is named from the eastern European variety “*Cucumis melo cantalupensis*.”

Myrrh sweet (garden) (*Artemisia dracunculus* ‘Sativa’; *Tagetes lucida*). Perennial. Sweet myrrh is French tarragon, or Sweet Marigold. Called “Loat” in Hebrew, GN.37:25. The opo Rx is 3:1.33 (3 parts essential oil to 1 ½ part meadow foam seed oil), add 2 drops G.S.E. to 4 oz. of opo recipe. It represents freedom. “Halston Woman” has sweet myrrh.

Sweet Myrrh (tree) (*Commiphora guidotti*). Deciduous tree. Called “Guidotti opopanax” (< Gk: opo-panax= juice to heal-all). The gift of sweet myrrh to the Son Jesus was offered by the Urian (ie: Iraq) oraclist. Nairdu (*Citrus aurantium*). Made from the white flowers of the evergreen bitter orange tree, and is called “Neroli.” It is used in soap, perfume and incense. The deciduous shrub called “Mock orange” (*Philadelphus lewisii*; *Philadelphus virginialis* ‘Snowbelle’: *Philadelphus* in greek is, Love of brother) have white jasmine-like blossoms that resemble theses flowers.

Olive (*Olea europaea*). Evergreen tree. Called, Olea. Fruits eaten; seeds produce oil for cooking, medicines, soap-making, anointing, and to burn in lamps. Oleaster, wild olive, (*Elaeagnus cordifolia* < Gk: Elaios, Olive + agnos, natural & cordi-, heart-shape + foliage, leaf: “Heart-shape leaved wild olive”; *Elaeagnus pungens*). Evergreen shrub. Bears ½

in. wide x 2/3 in. long ripe fruits in april-may which are made into a sweet sherbet. The fruit is a very rich source of vitamins and minerals, especially in vitamins A, C and E, flavonoids and other bio-active compounds. It is also a fairly good source of essential fatty acids, which is fairly unusual for a fruit. It is being investigated as a food that is capable of reducing the incidence of cancer and also as a means of halting or reversing the growth of cancers. A leaf extract treats shortness of breath, severe asthma, relieves cough, bronchitis, and other respiratory disorders, diarrhea, and piles or hemorrhoids. The leaves are dried in the shade and ground into a coarse powder by mortar and pestle, then water-extracted two times. They are decocted for 1 hour each time (Rx: ¼ cup powdered leaves in 2 cups of water boiled over low heat for 1 hour, then strain off herb, and add ¼ cup powdered leaves again to the filtered liquid and boil over low heat for 1 more hour, then strain off herb from the liquid extract. Drink right away, or refrigerate remaining extract for up to 3 days. Including the deciduous perennial specie *Elaeagnus angustifolia*, the flower essential oil is used in perfumery. The sweetly fragrant flowers are reminiscent of gardenia and bloom in oct-nov.

Onion (*Allium fistulosum*). Perennial. A type of scallion (< Ascalon, a city in Philistia, of southern Palestine), also called long green onion, having long hollow stems with bulbless root. Entire plant is edible. Related to the perennial “wild leek or wild onions”, called ramps (*Allium tricoccum*), which have a blended taste of onion and garlic.

Orange (*Citrus sinensis*). “Orange” (from Hebrew: naira raia, light aroma; Greek: aromatiikos, aromatic). Evergreen tree. The fruits are eaten, and neroli (*C. aurantium*) oil is distilled from the flowers. A cultivated variety is the navel orange ‘Glen’. There is the “Mandarin” also called

“Tangerine”, that is also called “Satsuma” (*Citrus unshiu*; *C. reticulata*), and common cultivars are ‘Kimbrough’ and ‘Changsha’. And the “Tangor” (named from “tang” in tangerine and the “or” in orange), and is also called “Temple Orange” (*Citrus reticulata* x *C. sinensis*), a natural cross of the sweet orange and the mandarin. Mandarins are usually yellowish-orange color, oval-like shape, smooth skin, with very “mild” taste and few or no seeds. Tangerines are usually deep reddish-orange color, round shaped, over-ticked or pitted skin, with robust “tangy” taste and has seeds.

Parsnip (*Pastinaca sativa* ‘Kral’; *Pastinaca sativa* ‘Avonresister’). Biennial grown as annual. The name comes from “Parse, part + nip, akin to turnip”. A par-boiled for 5 minutes. It is a white fragrant root vegetable.

Pepper, cayenne; jalapenó (*Capsicum annuum*). Annual or short-lived

perennial. A common pepper used for spicy salsas. The cayenne, or chili pepper stimulates appetite and secretion of saliva. It helps increase resistance at the beginning of a cold when some of it is eaten at the start or tickling in the throat. Sweet green bell pepper are sweet varieties, as Capsicum annuum staddon's select. Pepper, black (Piper nigrum). Perennial vine. The dried black berries, peppercorns, are ground for black pepper. The young green berries are distilled for an essential oil used as an ingredient in perfumery. Pineapple (Ananas cosmosus). Perennial evergreen plant. The fruit is rich in vitamins A, B, and C, and helps in urinary and digestive problems. Plantain (Plantago psyllium). Perennial. Seed husks absorb 25 times their weight in water. A bulk-producing laxative. Plum, Red (Prunus domestica; *prunus salicina* 'Methley'). Deciduous tree. Same properties as the apple. Prunes are dried plums and a mild laxative. Potato (Solanum tuberosum 'Irish Cobbler'). Perennial, grown as annual. Tubers are boiled, baked or fried. Winter squash 'Bush Delicata' (Cucurbita pepo) is used as a better thin skinned baked potato: Cover a cooking sheet with aluminum foil. Wash off delicatas, and cut them in half long ways. Remove seeds with strings using an ice cream scraper or spoon, and discard (or save for roasting later). Cut off the hard tip of delicata. Place delicatas cut side down on the foil lined cooking sheet. Roast in 350° F oven for 1 hour, when a fork easily pierces the skins. Remove from oven and let cool on top of oven for 10 min. Pull warm delicatas off sheet and place cut side up on a dinner plate. Sprinkle lightly with salt, pepper and garlic powder, and serve; or Cut halves long ways, then cut starting from the ends into 1½–2 inch bite size pieces and serve. Cover and refrigerate any left overs. Fairy Potatoes (Dioscorea batatas). Perennial vine. The Wild Yam produces tiny potatoes in the leaf axils. Grow on a tall fence. At the end of fall after the vine leaves begin to turn brown, the fairy potatoes may be gathered by laying a large towel at the bottom of the vines and lightly shake the vines to gather the dropped potatoes. Rinse them well and put them in a pan. Cover them with water and cover pan with a lid. Cook over medium heat c. 15 minutes. Drain and lightly season with salt and garlic powder. Or the fairy potatoes may be roasted in an oven. Pumpkin, squash (Pumpkin < Ger. a bump: Cucurbita pepo 'Connecticut Field'; 'Winter Luxury'; 'Jack-O-Lantern'; 'Spaghetti Squash', Cucurbita moschata 'Musquée de Provence'; Winter Squash < G. squatted: Cucurbita moschata 'Black Futsu', Cucurbita moschata 'Waltham Butternut'; Zucchini= Cucurbita pepo *grey*; C p *cocozelle*). Annual. Roast and the

purée for pumpkin pies, cooked and baked goods, sandwich spread. Winter squash 'Bush Delicata' (Cucurbita pepo) is roasted 1 hour, and seasoned with salt and pepper and garlic powder. Qadah (Myrica gale). Perennial. Deciduous wetland shrub. Also called kindle, candle berry, bay berry, sweet gale. Berries used to make candles. Qaneh Besom (Cytisus scoparius. Also known as Genista scoparius). Perennial deciduous shrub. Common Broom is the northern Scotch Broom. Red Raspberry (Rubus idaeus *heritage*). Fruit eaten; seed oil is edible, it is also a good skin oil and carrier oil for cosmetics. Red Beet (Beta vulgaris *detroit dark red*). Vegetable root. Cut off top and root stem, wash beets, chop in 1 inch pieces, boil in salted water 25 min. Rose, Damask (Rosa damascena). Deciduous bush. The damask rose is named after Damascus, Syria. An excellent rose steam distillate from China, Bulgaria, and Turkey is called, Rose Otto, formerly called Rose Attar. It is used for perfumes, for skin care, medicinally, and in foods and drinks. The fresh rose hips are rich in vitamins, C, B, E, and K. Rose of Sharon (Paeonia lactiflora: "Healing milky-flower"). Perennial. It is the peony. Also called the "King of flowers." Some good fragrant cultivars are: pink: 'Edulis Superba' (latin: 'deliciously superb'); reds: 'Peter Brand', 'General MacMahon' (also known as: 'Augustin d'Hour' and 'Maréchal MacMahon'); whites: 'Noemie Demay' (syn: fr. 'Fleur de Pêcher', eng: 'Peach Flower'); yellow: 'Golden Wheel'; anemone: red guard petals with cream centers, 'White Cap'. After cutting stems at an angle to put flowers into a vase of water, first plunge the cut flowers into a sink (or a bucket) of cold water to dislodge and remove any ants. Rosemary (Rosmarinus officinalis 'Madeline Hill'). Perennial. Herb used on boiled potatoes and other food. Antioxidant preserves against rancidity. Rue (Ruta graveolens). Evergreen shrub. Called, "Herb of Mercy". Stimulant, antispasmodic, insecticide, and germicide for wounds. Leaf wash used to refresh eyes of master artist Da Vinci and Michelangelo. Rutabaga (Brassica napobrassica *magres*). Annual. A Swede turnip. Wash, peel, and chop roots in 1½ inch pieces, put in a cooking pot. Sprinkle with salt and cover pieces with cold water. Cover, bring to boil, reduce heat to med., cook 50 min. Or for cooked Rutabaga & Turnip, cook rutabaga 40 min., add turnips quartered in 2-3 inch long pieces and cook 15 min. more. Sacred tobacco (Nicotiana rustica. Nicotiana= Night secret). An annual or biennial plant of the Solanaceae family, meaning "the sun's end"; informally called "the nightshade family", it refers to the flowers which scent the air in the evening. Small amounts of the leaf's essential oil are

used to scent perfume. Sometimes it was inaccurately called, Henbane, a plant of the same family. Tobacco was originally the Indian name for the tube-pipe used to smoke the shade-dried tobacco leaves in. Saint John's Wort (*Hypericum perforatum*; in Greek means, "Over pierced"). Perennial. The plant has a balsamic turpentine-like aroma. Flower tops are antiviral, astringent, and sedative. Used on inflammations, wounds, and burns. Internally it calms the nerves and is antidepressant.

Shauttah; Shauttim (plural) (*Acacia tortilis*; *A. nilotica*; *A. seyal*). Deciduous shrub tree. Shauttim, the wood was used to make the altar and parts of the tabernacle. "Acacia dealbata" is the Mimosa. Cassie perfume is distilled from the flowers of "Acacia farnesiana" and "Acacia baileyana". "Acacia senegal" is the main source of gum Arabic.

Spanish Moss (*Tillandsia usneoides*). *Usneoides* means, "looks like moss". Perennial flowering bromeliad. An epiphyte which grows on other trees for support, and hangs from their branches as chains of hair-like garlands. Also called graybeard or old man's beard. The tiny green flowers exude a sweet fragrance at night. Spanish Moss is used as packing material, mattress and cushion stuffing, garden mulch, flower pot bedding, area calming aroma. Stacte (*Styrax benzoin*; *Styrax serrulatus vergatum*). A deciduous tree. The drooping white flowers are commonly called snowbells. Benzoin has a vanilla-like aroma used in incense and medicines.

Storax (*Liquidambar orientalis*). Deciduous tree. Called, Oriental Sweet Gum. The bark yields the balsamic lemon-scented resin "Storax". The bark is burned as incense. The resin is an expectorant to aid breathing, to treat skin diseases and parasites, and used in perfumes.

Sweet Cicely (*Myrrhis odorata*). Perennial. Decorative fernlike leaves will sweetly scent a garden, and the green unripe seeds can be eaten raw.

Tagetes (*Tagetes lucida*). A perennial. Called sweet marigold, sweet garden myrrh, or Spanish tarragon. The scent resembles French tarragon.

Tagetes is french for marigolds (< myrrh golden) for the color of the flowers. Tagetes is used as flavoring, incense and in opos.

Tea, Indian (*Camellia sinensis*). Evergreen. Astringent. High in tannin.

Thyme (*Thymus vulgaris*; *Thymus zygis*). Perennial. Culinary herb; and is a common antimicrobial, antioxidant and anticarcinogenic. Distilled leaves and flowering tops produce thymol, thyme oil, an antiseptic used in mouthwash, used for colds, and in acne medicine.

Tomatillo (*Physalis philadelphica*). An annual. Also called, husk-tomato. It is a common ingredient in Salsa Verde (green salsa).

Tomato (*Lycopersicon esculentum*). Perennial grown as annual. There are many varieties: small cherry size: *red alert*, *red egg*, *sugar lump*; medium size: *ukranian pear*, *plainsman*, *ceman paste*; large size: *mexico*, *kalman's hungarian pink*, *caspian pink*, *cuostralee/aka, coustralee, jersey devil, hawaiian pineapple*. Flavorful vegetable eaten raw or cooked. Also called the "love fruit." Rich in vitamins and minerals. High lycopene content aids against cancer and premature aging. If inclement weather arrives, harvest the unripe green tomatoes: chop them largely, cook 10 min. in salted water, drain and sprinkle with garlic powder.

Turnip (*Brassica rapa* subsp. *rapa* 'Purple Top White Globe'; 'Hidabeni'). Annual. Wash and chop roots in 1½ - 2 inch pieces, put in a cooking pot. Sprinkle with salt and cover pieces with cold water. Cover, bring to boil, reduce heat to med., cook 15 min. Or for Kohl salad, chop raw turnips into ¼ inch pieces, dress with dressing and serve. Cover and chill leftovers.

Valerian (*Valeriana officinalis*). Perennial. The unskinned root is a tranquilizer. The herb is a remedy for headaches, muscle cramps, irritable bowel syndrome, and has antitumor properties.

Vanilla (*Vanilla planifolia*; *V. tahitensis*; *V. pompona*). Evergreen orchid-flower vine. Vanilla bean is a probably named after the bean of the tonka bean, for vanilla beans are actually vanilla pods. Vanilla extract is made from alcohol-steeped pods.

Watermelon (*Citrullus lanatus Georgia rattlesnake*). Annual. Febrifuge. Rich source of pectin, and very high in carbohydrates. The seed is a good vermifuge against tapeworms and roundworms. The cold expeller pressed oil from the seed is edible, and a stable carrier oil used in cosmetics. It is light and moisturizing and restores elasticity to mature skin.

Wheat, Spelt (*Triticum aestivum spelta*). Annual. Also it was called, Kernel and Corn, common names for Maize (< seed in May, or sowing-time). See Corn. Spelt wheat is a chief staple crop, and wheat flour is used to make flat round bread called tortillas, also used to make bagels, rolls, cakes, and cookies. Wheat is rich in tocopherols with a high vitamin E potency for the skin. It is antioxidant and a remedy for dry skin.

Wheatgrass, Intermediate (*Thinopyrum intermedium*). Perennial.

"Intermediate" wheatgrass refers to the height, which is shorter than Tall wheatgrass (*Thinopyrum ponticum*). Planted in wide row spacing to allow for root growth. It is nutritionally similar to wheat, and the grain can be ground into flour to make bread, tortillas, pancakes, bagels, cookies, etc.

Willow, Black (*Salix nigrum*). Deciduous tree. Stem bark is pain killer, fever reducer, and original source of salicylic acid for aspirin. Pussy Willow

(*Salix caprea*) has similar properties. And the root bark from *Salix babylonica* treats leukemia and restores bone marrow function after chemotherapy.

Wintergreen (*Gaultheria procumbens*). Perennial short plant. The evergreen leaves used for tea, and berries in salad. The mint-like essential oil is used for flavoring, for external skin problems, and for cosmetics. The bark and twigs of the deciduous bush, *Lindera benzoin*, also yields a wintergreen-scented oil.

Woodbine (aka. woodbind) (*Lonicera japonica*; *Lonicera periclymenum*). Called, Honeysuckle. An aphrodisiac. Vanilla scented edible flowers, which are renowned for their sweet-tasting nectar. Tasty long blueberry-like honeyberries are from the same genus, called, *Lonicera caerulea edulis*.

Wormwood (*Artemisia herba alba*). Perennial. Called, white mugwort, and sometimes called “absinthe” (meaning, absent sweetness or without sweetness). The essential oil is anti-infectious, antibacterial emmenagogue, cholagogue, lipolytic, monolithic, parasiticide, virucide, And used in perfumery. Watery extract of leaves and bark taken orally lowers blood glucose level. Very toxic.

Recipees:

Anointing Oil 2.5 oz.

[Fx: 12:1 = 12 parts cold-pressed/unrefined meadowfoam carrier (*Limnanthes alba*) seed oil and 1 part caraway seed (*Carum carvi*) essential oil. Put 1 ¼ teaspoon caraway seed essential oil into a 2.5 oz. bottle. Then optionally add the preservative of, 1 drop of Grapefruit Seed Extract. Fill remainder of the bottle with Meadowfoam carrier seed oil (c. 15 tsp). Cap and shake well. After the oil is made, it is sanctified by the Word of God and prayer, it is prayed over for God to bless it: Uncap the oil and with both hands hold it up to the heavens, praying, “Father, in the name of Jesus bless this oil, to heal and to sanctify, and to infuse with your most Holy Spirit to cast out all unclean spirits, and to make every part whole for all who are anointed with this oil. Amen.”

Then cap, and use this anointing oil only for consecrated anointing purposes.

For anointing: with the forefinger anoint the person’s forehead in a downward stroke saying, “Dear Lord, please minister to

_____ name_____”. (And the Elders of the church may also lay hands upon the person to pray for the person.) Then say, “I (we) anoint you _____ name_____ in the name of Jesus Christ Almighty for the healing of your body. Healing come, and heal through and through, and make every part whole. In Christ God Jesus I (we) pray, in faith believing. Amen.”

The Anointing oil can also be used to consecrate a person for a particular service, or to fortify and empower a person against demonic forces and oppression, or to sanctify a person from sin and commit or recommit the person in the Lord.

Hyssop 10% strength 4 oz.

Put 1 Tablespoon *Satureja montana* essential oil into a 4 oz. bottle. Fill up remainder of bottle with meadowfoam seed oil. Cap and shake well. Anti-bactericidal, also see the list of plants for hyssop uses.

Matzo Bread (Tortillas)

4 cup spelt flour
 ½ cup olive oil (or any edible vegetable oil)
 1½ cup boiling water

1. In large bowl put flour, oil, and boiling water, and stir together with wooden spoon 1 minute till flour is all moistened. Fold and mash together in bowl using your clean hand and knuckles for 2 minutes.
2. Put dough on table and pull in half, then with your hands pull off 7 equal sized chunks and form into balls by rolling between hands from each half. Put the 14 equal sized balls back in the bowl and cover with saucer to keep from drying out.
3. Heat dry pan over medium heat. One at a time take a ball and make a round patty between palms of your hand. Put the round patty on a lightly dusted and smeared surface with flour, and roll out each ball from the center with a dusted rolling pin to about a 7 inch round circle. Heat matzo on dry pan over medium heat for ¾ to 1 minute then turn pan upside down over empty hand to catch matzo, and return pan to burner and place the matzo back in pan to heat the other side for ¾ to 1 minute. Matzo will have brown blisters from heat. Remove from pan onto a plate, and continue to flatten and roll out each ball on a lightly flour dusted and smeared surface, while one matzo is heating on the second side roll out

the next matzo, and so on until all 14 are done and stacked on the plate.

Makes 14 matzo bread (tortillas)

Serve immediately, or cool at room temperature for 30 minutes then store matzo in air tight container in refrigerator.

Note: This Unleavened Bread is kosher for Communion Passover by cutting each matzo into 8 wedges to serve 112 people.

Suggestions: Can top matzos with apple sauce and sprinkle with cumin, then fold in half for apple tart. Also may fill with any food or meats for a burrito wrap.

Home made pumpkin purée

Core out stems & cut your favorite pumpkins in half (my favorites are: Jack-O-Lantern, Connecticut Field, Winter Luxury or Musquée de Provence pumpkins; and Black Futsu or Waltham Butternut winter squash). Scrape out the seeds with strings using an ice cream scraper or spoon, and discard them (may save the seeds and shell them to use later to add to last 2 minutes of cooking spaghetti or pastas, or to roast).

Line baking sheets with aluminum foil. Place pumpkin halves cut side down on the lined baking sheets and bake in preheated 350°F oven for 1-1½ hours, when fork can easily pierce them. Remove from oven and let cool 45 min; scoop out the pulp with a spoon and stir pulp well with a fork.

Pie Pastry [for two, 9.5 inch (4 cup volume) deep-dish pie shells]

4½ cup whole wheat flour

1¾ tsp. salt

1⅓ cup any vegetable oil

½ cup + 2 Tbsp. water

1. In medium bowl mix flour and salt together with a fork, and set aside. Cover a cooking sheet with aluminum foil and place it on bottom rack of oven to catch any pie drippings. Prepare pumpkin pie filling.

2. Add oil and water to flour and salt mixture. Preheat oven to 425°F. Mix all ingredients well with a fork, then finish mixing by kneading slightly and molding the dough a little bit with your hand. Divide dough into two equal sized balls, and smash and press the dough into bottom and into the curve and up the sides evenly of two, 9.5 inch deep-dish glass pie plates. Set prepared pie shells aside. Go back to finish preparing pie filling.

Pumpkin pie filling (for two, 9.5 inch deep-dish pies)

1¾ cup granulated erythritol (or granulated sugar)

3½ tsp. ground cinnamon

½ tsp. each allspice, ground ginger, nutmeg

1½ cup nonfat dry milk powder

1¼ cup water

2 Tbsp. each soy sauce, and molasses

3½ cup pumpkin purée

4 large eggs

2 unbaked 9.5 inch (4 cup volume) deep-dish pie shells

*Squash is heavier, so if using squash, use ¾ cup purée and 1½ cup water.

1. Mix erythritol, cinnamon, and spices together with a fork in a medium size bowl, and set aside. In another medium bowl stir dry milk and water together, then add pumpkin purée, soy sauce, and molasses, and stir together with a fork, and set aside. Go back to finish making pastry.

2. In a large bowl beat eggs with a fork. Add the pumpkin mixture and the other prepared dry ingredients, and mix together well with a fork. Take the lid off of a 12 cup glass coffee-drip pot, then pour the pumpkin filling into it (or pour the filling into any container having a “v” shaped spout). Put the prepared pie shells onto the oven rack and pour the pie filling into them, half the filling into one shell and the other half of the filling into the other shell. Bake at 425°F for 15 min; then reduce heat to 350°F and continue baking for 55 min. Remove pies from oven and let cool on top of cool oven burners for 2 hours, then cover and refrigerate for 2 hours. Cut each pie into 8 slices.

‘Note: Left over pumpkin purée can be chilled or frozen in containers for future pies, or refrigerate and use as a pumpkin spread in sandwiches or add to other cooking meals.

Pumpkin cookies

2 ½ C. whole wheat flour

1 tsp. each salt, nutmeg, cinnamon

1 ¼ C. granular erythritol

1 C. pumpkin puree

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¼ C. powdered nonfat dry milk
¼ C. full flavor molasses
3 Tb. water
2 Tb. any preferred vegetable oil

2 large eggs

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1. In med. size bowl mix flour & spices together with fork. Set aside.
 2. Pour off any excess liquid from pumpkin puree, and put 1 cup of puree in another med. size bowl with the remaining ingredients, excluding the eggs, and mix together well with a spoon. Set aside.
 3. In small bowl whisk together eggs with a fork for 1 minute. Add to the medium bowl containing the pumpkin puree. Then pour and spoon this into the other med. size bowl containing the flour. Stir together well taking care to mix the bottom of the bowl, thoroughly combining ingredients.
 4. Preheat oven to 420°F. while dropping batter by 2 Tablespoonfuls or an ice cream scooper onto oiled cookie sheets, separating scoopfuls about 1 inch apart.
 5. Bake in preheated 420°F. oven for 20 minutes. With towel remove hot sheets from oven. Turn off oven. Holding edge of cookie sheet with towel, use spatula with other hand to remove cookies to dinner plates. Let cool and put cookies in container. Yield: 2 ½ dozen (or 30) pumpkin cookies.

Bean Dip (medium heat)

2, 15.5 oz. cans, Dark Red Kidney Beans, No Salt Added
1 ½ C. Salsa verde, medium
1 tsp. each of garlic powder, onion powder, ground cumin
1 - 2 tsp. water if needed
6 - 8 shakes of ground cayenne pepper (or to taste)

1. Drain liquid off of canned beans and discard. Smash beans in medium size sauce pan with back of table fork, about 3 minutes. Add salsa and spices. Stir with fork. If too thick, add 1 - 2 tsp. water and stir till desired consistency. Put in jars or covered bowl and refrigerate.

Yields 4 Cups or 2, 16 oz salsa jars.

Serve with Restaurant Style corn tortilla chips. Also can heat for burritos.

Salsa Verde (medium)

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1¼ C. water
2 Tb. lime juice
1 tsp. salt
15 - 20 tomatillos (20 small or 15 large)
2 jalapeno peppers
½ C. chopped cilantro leaves
¾ C. chopped onion (dehydrated okay)
2 garlic cloves, or ½ Tb. Litehouse freeze-dried chopped garlic
¼ tsp. ground cayenne pepper

1. Stir together water, lime juice and salt in medium size pot.
2. Husk, wash and cut tomatillos into small ¼ inch pieces for 4 Cups, put into pot. Cut off stems of peppers, wash and cut into small ¼ inch pieces for ¾ Cup, put into pot. Chop cilantro leaves for ½ Cup, put into pot, and add the rest of the ingredients to pot.
3. Bring to boil over high heat, then reduce to medium heat. Cook uncovered for 15 minutes. Stirring occasionally and smashing with back of large spoon against inside of pot. Turn off heat, cover and let cool 10 minutes.
4. Chop or process salsa finer to desired consistency. Spoon into jars. Cover and refrigerate. Makes 4 Cups.

Black Bean & Salsa Dip (medium heat) 56 oz.

4 C. dry Coco beans
6 C. water
½ tsp. each of salt, garlic powder, onion powder
32 oz. jar Weis thick & chunky medium salsa
1 ½ tsp. ground cayenne pepper

1. Shell beans into med-large pot, rinse. Add water and cook 1 hour. Add salt, garlic & onion powder, and cook 25 minutes more. Drain off, and smash with fork. Add salsa and cayenne pepper. Stir together well.

For No Cooking 32 oz medium salsa: substitute 16 oz. can La Preferida, refried black beans, low fat + 16 oz. Weis thick & chunky medium salsa + ¾ tsp. ground cayenne pepper. Stir together well.

For No Cooking Black Bean Dip: use 16 oz. can La Preferida, refried black

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beans, low fat + ¼ cup water + 1 tsp. each of garlic powder and onion powder + ½ tsp. ground black pepper and extra virgin olive oil. Stir well.

Apple Cider Vinegar

a large wide-mouth jar
apple scraps, the cores and peels from good apples
distilled water or rain water
a piece of cheesecloth for covering the jar to keep out flies and debris

1. Spread out the scraps on a clean surface to completely air dry and turn brown. Put the dried apple scraps in the jar filling it up to about ¾ full. Add rain water or distilled water filling the jar up to about 1 inch from the top of the jar (avoid using treated tap water, or treated purified water, which may interfere with the good micro-organisms needed in the fermentation process). Cover with the cheesecloth and put it in a warm, dark place, at room temperature between 65 to 80 degrees Fahrenheit.
2. Let set to ferment for a month or so. After about a month start taste testing the vinegar daily, and when strong enough, strain out the apple scraps and bottle the vinegar. Use glass containers for bottling. To clarify the cloudy vinegar, strain the cloudy vinegar through several layers of fine cheesecloth or a paper coffee filter to remove most of the sediment.
3. Store the vinegar in separate, sterilized, capped containers. When pasteurized, stored vinegar will stay in excellent condition almost indefinitely. To pasteurize, heat the vinegar to 140 degrees Fahrenheit before pouring it into sterilized bottles, or bottle, then place in a hot water bath of at least 140 to 155 degrees Fahrenheit for 10 minutes to sterilize the product. Use a cooking thermometer to ensure the correct temperature is met. The lid does not have to be sealed super airtight (i.e. vacuum sealed) as done in canning, because of the pH content of the vinegar it is naturally antiseptic, and the 'bad bugs' won't be able to live in it. So you can just put it in the bottle with a screw cap. Cool the containers and store at room temperature out of direct sunlight.

Homemade Potato Salad

12 med. size potatoes (5 lbs), wash & cut in ½ inch pieces to make 15 Cups
8 large eggs, hard boiled, peel shell off
1 ¾ C. light mayonnaise (or mayonnaise type salad dressing)

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1 ¼ C. sweet pickle relish
¼ C. prepared mustard
Spices: ¾ C. granular erythritol (or sugar)
¼ C. minced onion
2 Tb. Parsley flakes
½ Tb. each of celery seed, and salt

1. In large pot cover cut potatoes with water, bring to boil, cover and boil over medium heat for 19 min. Drain & set aside.
2. In med. pot hard boil eggs 10 min., drain, then cover with cold water for 20 sec., drain, peel, put in small bowl.
3. Drain & cover potatoes & rinsed off eggs; chill in refrigerator 1 hour.
4. Put mayonnaise, relish, and mustard in refrigerator 1 hour.
5. In med. size bowl mix last 5 ingredients together well by fork.
6. After first 5 ingredients are chilled 1 hour, take out eggs and cut in half long-ways, and cut long-ways again, then cut short-ways into thirds (for 12, half inch pieces from each egg). Then take out potatoes and dump eggs on top of potatoes.
7. Add mayonnaise, relish, and mustard to last 5 ingredients and mix well with spoon. Pour dressing over the eggs and potatoes. Stir gently with large spoon to coat potatoes. Put in large glass bowl & cover. Chill 2 hours.
Note: May wrap in soft tortillas as sandwiches.

Serves= 14

Homemade Macaroni Salad

5 large eggs, boil 8 min. (hard boiled), peel shells off
2 ½ C. uncooked macaroni (or 2, 7.25 oz. bx. macaroni & cheese, without the cheese pks.).
7 Cup water and ½ tsp. salt
4 C. frozen vegetables (any kind, like mixed and/or broccoli)
1 C. light mayonnaise (or mayonnaise type salad dressing)
½ C. prepared yellow mustard
Spices: ¾ tsp. each of garlic powder, salt, cayenne pepper

1. In med. pot boil eggs 8 min. (hard boiled). Drain and fill with tap water, and crack and peel off the shells. Rinse, put in small bowl and set aside.
2. In the med. pot fill with 7 cups of water and ½ tsp. salt. Bring to boil, add macaroni, bring to boil, reduce heat and cook 5 min. stirring

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occasionally. Turn up heat and add frozen vegetables, and stir. Bring to boil and cook 1 to 2 min. Remove from heat. Drain off water. Let macaroni & vegetables cool in pot at room temperature for 10 min.

3. In med. bowl stir together 1½ cup of any salad dressing with the spices in recipe. Or else stir together the mayo & mustard well, and add the spices in recipe (or according to taste) and stir together well. Set aside.

4. Cut each egg into eighths over top of macaroni & vegetables. Dump mayo & mustard mix on top of mac & veggies. Stir well with large spoon, being sure to reach the bottom of pot, to dress all the mac & veggies well. Cover and chill in the refrigerator for 4 hours. Remove from frig. & stir. Note: May wrap in soft tortillas as sandwiches. Yields 12 cup servings.

Country Kohl Slaw

9 medium to large size turnips

2 large green bell peppers

2 cup (or, 16 oz) Hidden Valley Light Ranch dressing (or use any dressing)

¼ Cup prepared yellow mustard

1. Fill large bowl ¾ full with cold water. Wash turnips and cut out stem ends and root tails. Chop turnips coarsely with chopper, and drop them into the cold water. Wash peppers, discard the core and seeds, and chop peppers coarsely with chopper, and add them to cut turnips. Drain off water. Add dressing and mustard. Stir well. Serves: 14. Chill left overs.

Hermits

3 C. whole wheat flour

1 tsp. each of cinnamon, nutmeg, and baking soda

1 C. raw sugar

¾ C. 'meyerberg' goat milk (fresh or canned)

6 T. pure olive oil

¼ C. molasses

1 ½ C. raisins

1 ½ C. chopped hazelnuts/filberts (can get from c.1 lb.nuts with shells on)

variation: omit nuts and use 3 C. (15 oz. box) raisins.

1. In large bowl, whisk together flour and spices.

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2. In another medium size bowl, whisk together sugar, milk, oil, and molasses- whisk together for 5 minutes. Pour and spoon molasses mixture on to dry ingredients. Top with raisins and nuts, and mix and squeeze together thoroughly by hand while being sure of reaching also the bottom and edges of bowl. Rinse off hands.

3. Preheat oven to 400°F. Drop heaping teaspoons of thick dough on a oiled cookie sheet. Bake 11 minutes. Remove from oven and let cool 5 minutes. Remove hermits with a spatula, layering on top of a dinner plate. Let cool for 30 minutes and store in an airtight container.

yield= 49 hermits (c. 4 dozen)

Shepherds Turkey Pie (in 6 qt. crock pot)

3 lb. ground turkey

¼ tsp. salt

2 Tb. soy sauce

generous shakings of black pepper, cayenne pepper, garlic powder, onion powder, and cumin

¾ Cup water

2 packs (24 oz total) pepperidge farm country style cubed stuffing (or any flavored or favorite brand or kind)

½ Cup chopped onion

2, 15.25 oz cans whole kernel yellow sweet corn- no salt added, drain off liquid

1, 15.5 oz can light red kidney beans, drain off liquid

¼ Cup turkey drippings

1 tsp. celery seed

4 packets of ramen noodle chicken seasoning packets

3 ⅓ Cup water

4 ½ Cup water

⅓ Cup turkey drippings

1 tsp. salt

generous shakings of garlic powder

1 ½ Cup dry instant nonfat dry powder milk

4 ½ Cup instant mashed potatoes flakes

sprinkle on top with some garlic powder, and black pepper.

1. Brown turkey in large skillet with salt, generous shakings of spices, soy sauce, and ¾ cup water over medium-high heat about 10 minutes. Drain

drippings into ceramic cereal bowl and set aside.

2. Put 12 oz pack stuffing in large bowl, add chopped onion, the drained cans of corn and beans. Prepare stuffing (according to package instructions, or to your liking- ex: I substituted turkey drippings, celery seed, onion, 4 pkts. of ramen noodle chicken seasoning, and water). Heat to boiling, water, turkey drippings, celery seed and ramen noodle seasoning pkts. in medium pot. Then pour heated broth over stuffing in the large bowl. Stir together till wet, then add second 12 oz pack stuffing and stir up from bottom well, cover and set aside. (Note: if using any flavored stuffing mix, then omit onion and celery seed; and prepare following this stuffing recipe).

3. In the skillet of browned turkey, stir in 3 Tbs. of the saved turkey drippings in the small bowl. Mix (save remaining drippings, chill in refrigerator for gravy, soups, or use to fry eggs in).

4. In a large 6 quart oval crock pot/slow cooker, dump prepared turkey and smash down with back of large spoon into bottom of crock pot. Dump stuffing on top, spread and flatten with back of spoon (to allow room for a layer of mashed potatoes).

5. Prepare mashed potatoes in medium pot (by package instructions, or to your liking): Stir water, turkey drippings, salt, garlic powder, and dry milk powder together in medium pot. Stir in potato flakes. Add these mashed potatoes on top of stuffing in crock pot, spread and sprinkle with garlic powder and black pepper.

6. Cover with lid and cook Shepherd's Pie on High heat for 2 hours. Turn off heat and let sit 10 minutes. Use large spatula to serve.

Yield= 16 medium size servings.

Chill left overs in crock pot in refrigerator.

Turkey & Parsnip Meatloaf

3 lb. ground turkey

8 oz. fresh parsnips (about 2 medium size)

12.3 oz. jar Rao's homemade pizza sauce, or pizza arrabbiata sauce

¼ Cup tomato ketchup

2 Tb. soy sauce

1 Tb. minced onion

1 tsp. garlic powder

⅛ tsp. ground black pepper

5 dashes of salt

1. Cut ends off parsnips and discard them. Cut parsnips into ¼ to ½ inch pieces and put them into medium size pot; cover them with water (about 2 Cups). Put lid on top and simmer over medium heat for 3 min. Remove from heat and set aside.

2. Stir together pizza sauce, ketchup, and 2 Tb. water from boiled parsnip in medium size bowl. Set aside.

3. In 13 x 9 x 2" cake pan put turkey, ½ cup prepared pizza sauce, soy sauce, onion, garlic, pepper and salt. Mix together with hand, and divide the mixed turkey into two mounds at opposite ends of the cake pan.

4. Put one mound of the turkey into cooking tray (tray should have at least 1 inch high edges), and form into medium size loaf and flatten the top. Spoon the simmered parsnips on top, and spread pieces evenly and lightly press them down into turkey. Spread the 2nd mound of turkey on top to cover the parsnips evenly and around the sides. Spoon the remainder of prepared pizza sauce on top of the loaf (about 1 ¼ cup), and spread evenly.

5. Add ½ cup water from simmered parsnips to the loaf tray.

6. Roast at 400° F. for 1 hour, then broil at 450° F. for 15 min.

7. Remove from oven. Slice and serve using spatula.

Yields about 10-12 servings

Vegetable Spaghetti

10 C. water

2 handful fresh baby carrots

2 Tb. Bragg's liquid aminos, or soy sauce

1 Cube maggi vegetable bouillon

1 Tb. extra virgin olive oil, or Country Crock plant butter with olive oil

1, 6 oz. can weis tomato paste

1, 6 oz. can water

4 handfuls Hakubaku organic udon noodles, broken in half (4" long pieces)

¼ C. shelled pumpkin seeds

2 C. favorite frozen mixed vegetables

2 Tb. Valentina or Louisiana hot sauce

1 Tb. each garlic powder, and onion powder

½ C. grated parmesan cheese

¼ tsp. salt

1. In med. size bowl dissolve tomato paste in equal amount of water, and set aside.
2. In a large pot cook carrots in the water, bragg's liquid aminos, bouillon, and olive oil for 10 minutes.
3. Add noodles and cook 2 minutes.
4. Add pumpkin seeds and frozen vegetables. Bring to boil, then reduce heat to medium and cook 2 minutes.
5. Strain vegetable spaghetti in colander, and return it to the pot. Add hot sauce, garlic p., onion p., and the prepared tomato sauce.
6. Stir well, and return to medium heat for 4 min.
7. Add parmesan and salt. Stir and serve hot. Makes 6 servings.

Yellow Cake

2 1/2 Cup Swans Down Cake Flour
 2 1/2 tsp. Rumford double acting, aluminum free, baking powder
 2 Cup granulated sugar
 1/4 tsp. salt
 3/4 Cup Country Crock plant butter with avocado oil
 1/4 Cup canola oil
 3/4 Cup nonfat milk
 1 Tb. lemon juice
 3 large free range duck eggs (alternative: 4 large eggs and 2 yokes, free range chicken eggs)

1. Have all ingredients at room temperature. Remove butter, oil and eggs from refrigerator and sit at room temperature for 2 hours.
2. In large bowl whisk together flour and baking powder with a fork; and set aside.
3. In medium bowl, stir together sugar, salt, butter and oil until well mixed; and set aside.
4. Put milk into small bowl, add lemon juice; and set aside.
5. Preheat oven to 350° F.
6. In medium bowl, whisk together eggs and yokes with a fork for 1 minute; and set aside.
7. Put butter mixture into the large bowl having the flour mixture. Add the eggs, then the lemon milk to this, and stir up from the bottom with a

large spoon only until the ingredients are well incorporated (avoid over stirring); then set aside.

8. Oil and flour dust a 13x9x2" cake pan.

9. Pour, spoon and spread batter evenly into the pan. Bake at 350° F for 37-40 minutes (when toothpick inserted in the center comes out clean).

Buttercream Frosting

2 Cup powdered sugar
 1/2 Cup Country Crock plant butter with olive oil
 1 1/2 Tb. cold water
 1/2 Tb. vanilla extract

1. Make sure cake is completely cool before spreading frosting on top of it (sit at room temperature at least 1 hour and 40 minutes after baking).
2. Remove butter from refrigerator and let it slightly soften by letting it sit at room temperature for 1-1½ hour.
3. Mix all ingredients together, stirring well. If too thick, add ¼ to ½ tsp. water and mix well. Frost 13x9x2" cake. Cover and refrigerate.

Option: Coffee Buttercream Frosting: Dissolve 1/4 Cup Giant instant coffee into 2 1/2 Tb. water and 1/2 Tb. vanilla extract. Add to sugar and butter, and mix well.

Pickled Zucchini Chips

3 med. size (c. 6" long) zuchs = 8 Cup (cut into c. 3/8" x 1 1/2" slices)
 2 C. distilled white vinegar
 2 C. water
 1 Tb. lemon juice
 ¼ C. granulated sugar
 ½ tsp. salt

1. In large-med. size glass bowl, stir ingredients together to dissolve sugar.
2. Add zuchs and stir well. Press zuchs down into brine to cover zuchs.
3. Cover the bowl with a plate, and refrigerate the zuchs overnight.

Yield= 8 Cups of zucchini chips.

Note: May keep up to 9 days covered in the refrigerator. And May also top burgers or sandwiches with the chilled zucchini chips.

Garlic Zucchini

1 zuch (c. 6-9" long) zucchini = 8 Cup (cut into c. $\frac{3}{8}$ " x 1 $\frac{1}{2}$ " slices)

1 Tb. canola oil

Garlic powder to taste

1. Put oil into med. size pot. Wash zucchini and cut the stem off; cut zuch long ways into four pieces. Then each long piece into $\frac{1}{4}$ inch slices. Put pieces into the pot and sprinkle generously with garlic powder. Cover with lid and turn heat on high until oil starts to sizzle (c. 1 min.), then reduce heat to medium. Cook 14 minutes, while turning zuchs every 2 minutes until 14 minutes is done. Serve zucchini hot.

Glossary:

Abel: "breath"

Abram: "high father"

Abraham: "father of many". God made great Abram's name and added an "h" from his own name "Yhwh" to Abram's name.

adultery and fornication: "adultery" (< ad, to + ulter, other) is intimately joining to someone other than your married spouse. And "fornication" and "lechery" are old words which both mean "whoredom".

angel: an "angel of the Lord" is an "angel from the Lord", his messenger or representative. Iesous created the angels to do his will. Their purpose is to serve and worship the Lord God and minister to humans. These spirit creatures illustrate or represent the face of heaven or of their God. They usually take the shape of humans, some being male and some female, and they have great wings coming out of their shoulders and smaller wings coming out of the sides of their calves in order to fly. They radiate white light, and they can also appear (be solid) and disappear (become invisible). There are legions of angels, the heavenly host which includes the cherubim (one infamous one named Heylel, who was in charge of the music, and now after his rebellion and fall he is named satan or beelzeboul), and seraphim which are also called shinons, and also two chief angels named: Archangel Prince Michael (the defending challenger from God), and angel Gabriel (the gallant encourager of love from God).

apostle: "apostle" means "one sent" (from "a-"one + "postle" sent) Mt.10:5, and "eye-witness of The Lord" (from Gk: "ops" an eye + "teleo" perform) Mt.28:7; Acts 1:22, an "ambassador or official representative from Iesous": "apostle" customarily is used for "one of 12 men who were

the contemporary disciples of Jesus" Lk.6:13, who were called and sent out two-by-two to propagate his gospel, and commonly it is an evangelist who has seen Christ firsthand and is sent out as his emissary to minister. According to Matthew 10:1-4; Mark 3:13-19; and Luke 6:12-16; Acts 1:12-16 the first 12 chosen or called disciples are: Simon Peter the son of Iona; Andrew brother of Simon; Iacob and Iohann the sons of Zebedee; Philip; Bartholomew; Thomas Didumos (the Dubious or Doubter); Matthew Levi the tax-collector, him of Alpheus; Iacob, him of Alpheus; Lebbeus Thaddeus, called Iudas of Iacob; Simon the Zealot from Canaan; Iudas Iscariot of Simon, the betrayer. Then afterward in Acts 1:15-26; 6:5,8; 7:54-60; 7:55-60; 9:3-6,15,16; 11:26; 19:11,12; 23:27; Romans 1:1: being after Iudas Iscariot's death, Matthias replaced him; and Stephen (the first martyr); Saul (a Roman defect, called Paul. A Jewish pharisee of Tarsus, a city in Cilicia under Rome). In the old covenant, Iacob (called, Israel) also had 12 sons Gn.49:1-32.

baptism: "baptism" means "dipt honor". It is done to fulfill all righteousness (She.19:10,11; I Me.18:31-39; Yech.36:25-27; Mt.28:18-20; Mk.16:15,16). The one being baptized is submerged, and then emerged. So the baptizer puts their hand behind the person being baptized in order to lift them back up again after they have been immersed under the water. God Almighty is Triune, being the Father Yahagahan Elohim and the Son Yeshuah Meshiah and the Holy Spirit Ruuh Shiloh. Thus the Christian baptizer properly says to the person which they are baptizing, before they lower them under the water, "I baptize you onto the Name Iesous Christ, in the name of the Father, and of the Son, and of the Holy Ghost."

beelzeboul: originally from Hebrew "baal zbwb", which means, "lord or ruler of flies" (possibly being the tsetse fly- Glossina morsitans). Later called, beelzeboul, "the lead of inhabiting or indwelling" (possibly being the housefly- Musca domestica). Related to the Greek word, belial, worthless. The cast out cherub creature; the unholy or evil spirit, the adversary satan, which is akin to a satyr or goat-like creature.

birthday: Better called, "Survival Day". Celebration of surviving the previous year.

blaspheme: bad-mouth/speak; profane; to speak evil of or to God, or evil of or to sacred persons or sacred things; calling the holy, unholy; sacrilege, desecrate, desecration professings, desecrating words, desecrating speaker. malign, mock, dis, disser, dishonor, disgrace, denigrate.

bless (-ed): love; beloved; honor; praise.

Cain's wife: Yahuuah God spoke her, and so she was created.

Gnosia.1:24,27; Nechemiah 9:6; Acts 17:26; Revelation 4:11.

catholic: (< Gk: kata- holos + -icus), “of form or formality, follower of a cathedral”. One who affiliates with the roman catholic religion, and is subjected to its customs, formal ceremonies and rituals.

Christian: (< Greek: Xristos + -ianos), “of Christ, follower of Christ”. One who is born-again and worships and obeys Christ only. The Christian “Hails Iesous” whom is The Lord God; which is “Hailelu-JAH!”

Communion: began in Moses’ day, the annual “Passover or the feast of unleavened bread”. It celebrates death passing over the Hebrews and killing all the firstborn not having the lamb’s blood applied to the entrance of their homes. For Christians it represents Christ, the innocent Lamb of God’s sacrificial death, for which his substitutionary death has saved them from their own penalty of death for their sins. Communion is celebrated at least the first Sunday of each month, which follows the pattern of a monthly celebration by the Old Testament Jews (Badidut 28:11-15).

cult: a cult is a colony; akin to the word “occult”, which means, “concealed; covert”. It is a community of people usually led to idolize a person or thing regarded as unorthodoxy, rather than following Christ the Light. It is an exclusive group of people following peculiar customs or rituals. A cult may be a faction which diverts from the standard. The brainwashed members leaving a cult may require deprogramming, or reverse indoctrination, in order to restore them to their former right thinking which they had prior to joining the cult.

deceiver (-s): one who deceives, misleads or misguides; a wolf in sheep’s clothing; tares among the wheat; teachers of falsehood; hypocrites. Unsaved scholars and adversaries of the true faith proudly distort the definitions of verses by intentionally casting aspersions upon them, and dissembling the holy scriptures, with the aim that their stumbling-blocks will cause innocent believers to falter or be turned away in their good faith and confidence in the Holy Bible; and even to sway those deceived into parroting them in their endeavor to sow tares, discord and confusion among the body and churches belonging to Christ the only Lord God Almighty, the Chief Cornerstone and the foundation of the faith.

defile: make dirty, make filthy, debase, corrupt, desecrate.

disciple: a disciplined or trained one who is an adherent or follower to Iesous and to his teachings.

duck: named for ducking under the water. “Mallard” in Yiddish, Dutch and German means, “wild duck,” and it is the progenitor of the domesticated duck. The scientific latin name is, Anas platyrhynchos domesticus ‘Khaki

Campbell’ (Anas, duck + platy, broad; rhynchos, beak + domesticus, domestic= the domestic, broad beak duck; and ‘Khaki Campbell’ is the common cultivated variety.

forensics: (< french: for, of, pro + ensics, entities, real things).

Substantial and relevant evidence offered to a court.

fruit: is sweet produce, from trees, or berries and plants: apples, apricots, mangoes, plums, cherries, citrus, pineapples, nuts, strawberries, musk melons, watermelons. Generally it can also mean any produce, as “Enjoy the fruits of your labor.” Grains are considered fruits, but are usually classified in their own group.

gentile: any person or nation which is nonjew.

The Golden Rule: Some people call this *karma*. “Do and say to others what you want others to do and say to you”. “What you give is what you get”.

“What you sow is what you reap”. “What goes around comes around.”

Niqra 19:18; Praises 34:21; Proverbs 13:21; Matthew 7:1; John 7:24; Matthew 7:2; 22:39; Mark 12:31; Luke 10:27; Romans 13:9; Galatians 5:14; James 2:8.

gosling: a young greylag goose.

gospel: “gennisis eulogos”, “the blessed Word born”. “gospel” contraction < good + spiel, good message/news (news an acronym for news to: north, east, west, south), or glad tidings of “Iesous the Salvation has come”.

Ham: (< Heb: “Huum”, “black”). One of three of Noah’s sons.

hosanna: (< Heb: “Hoshiea”= Save + “na”= we pray). “Save we pray.”

Immanuel: (< Heb: “עִמָּנוּ” Im, Is with + “נָו” nw, us + “אֱלֹ” El, God).

In Hebrew “Immanuel” means, “Is with us God”. And in Greek “Emmanuel” means, “With us the God”.

Israel: (< Heb: Yishra + el= “heroic with God”- Gn.32:28+ Ho.12:3,4.

mammona: (< Heb: “mad” + “manah”, “mighty measure”). Great money; riches.

measurements:

3 dimensions or measurements:

1. High, height, standing, tall, vertical= the distance from the top to the bottom.

2. Wide, width, broad, breadth, span, across, horizontal= the distance from the left to the right.

3. Long, length, stretch= the distance from the front to the back.

3 Knocks means, “visitor is here” or “visitors are here.”

1 cubit = 1½ feet

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1 flagon = 1 gallon

Old Testament Year:

About 30 days was comprised of each month.

First,	Abib or Nisan=	April
Second,	Zif=	May
Third,	Siuan=	June
Fourth,	Tammuz=	July
Fifth,	Ab=	August
Sixth,	Elul=	September
Seventh,	Ethanim=	October
Eighth,	Bul=	November
Ninth,	Chisleu=	December
Tenth,	Tebeth=	January
Eleventh,	Shebat=	February
Twelfth,	Adar=	March

Generation: a generation was customarily 40 years: being, the parent at 20 years old when the parent sires a child, plus the child at 20 years old when the child becomes a parent to sire a child.

Money: During the first century A.D. mainly silver money was used.

Gold is twice the value of silver.

Mite= quarter penny

Farthing= (in U.S. is a halfpenny)

Baq= quarter ounce

Shqal= a weight

Shekel= half ounce or 31 ¼ mites [7.81 cents, or 7 ¾ cent (almost .8 ¢)]

Drachma= quarter

Didrachma= half dollar or two quarters

Stater= engraved silver dollar

Denarii= the customary daily denomination used. A “denarii” was also called a “pound”. It equaled ten quarters (32 silver shekels or \$2.50).

Arguria= silver halves, or a silver half-talent. It had a variable rate of 29 to 31 denarii (\$72.50 to \$77.50).

Talent= a talent was spoken as “a quarter to the total denarii”

(example: 20 talent debt= 5 denarii). Also a talent can have a variable rate of about 58 to 62 denarii or \$145 to \$155.

Noah: (< Heb: “Noach”, “rest; settle”). A righteous man saved from the worldwide flood.

noel: (< Hb: “nwah”, dwelling + “el”, God). God dwelling or God born.

opo: (< Gk: “opos”, “juice”). Opo is pronounced ǒ ´ pǒ, “aupa”. Opo is a

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fragrant body juice; body oil; atara.

parable: (< Gk: “para” + “boule” > Eng: “parallel counsel”, “again establish”, “retelling”). It is a testimony of a true event, indicated by Christ detailing real proper names with real places in his parables.

peacock: the male bird has a crest; and a long tail with rainbow-colored plumage, having eyelike spots, which unfolds spectacularly like a fan.

perfect: thorough, excellent, blameless, uncorrupt, virtuous.

pharisees: prideful jewish ministers.

poltergeist: Considered to be an earthbound disembodied ghost. A “Poltergeist” is a German word for a “prankster ghost”.

psychokinesis: PK. Sometimes misnomered as, “mind-over-matter”, which is more accurately called, “will-over-matter”. It is the movement or change of physical matter by the use of a person’s will alone.

Rabbi: A jewish Reverend, Master

rapture: A raptured person is a person whom is taken up to heaven while still alive and is given everlasting life.

repent: return, turn, depart from, leave off, righten, get right, stop sinning and do right, return to righteousness, return to God, amend, repay, atone, regret, ask forgiveness, apologize, restore, convert.

resurrection: the resurrection day, also called “the Lord’s Day”, is on Sunday at 6:00am when Christ was risen from the dead. Christians gather weekly on this day to worship the Lord.

sabbath: “sabbath” literally means “rest”. The Sabbath Day, or more correctly the weekly Sabbath Days because it begins on one day and ends on the next, is Friday night at even (6:00pm) up to Saturday night at even (at 6:00pm).

sadducees: prideful jewish legalists.

Sarah: “princess, or noble woman”. God made Sarai’s name noble and added an “h” from his own name “Yhwh” to Sarai’s name.

Sarai: “headdress, or covered”

scribes: jewish teachers of the Law.

selah: “selah” is a signal used in the psalms, and means “seal”. The salute was made by the people with a shout of “selah” to exalt, and may be followed by the musician with a clash of cymbals. Selah is a dichotomy in that the meaning is ambiguous, since it can be used at the opening as well as at the closing of verse. The use of “selah” is somewhat similar to the common use of the word “amen” meaning “truly” or “so may it be”, and it may also possibly be somewhat similar to the use of “shlom” meaning “peace” or “safety”. It is like a hand wave can mean both “haillo” and

“farewell”, or like either a handshake or an embrace can be given both when meeting and when leaving someone’s presence, as “shlom al aikm” to mean “peace to you”.

Shem: In Hebrew= “lustrous; white”. One of three of Noah’s sons.

sin: knowing what is right, but not doing it: crooked, unrighteous, sinuous, wrong, unequal, iniquity, unjust, cruel, evil, vile, wicked, deceit, immoral, immorality, bad, offense, transgression, disobedience, corrupt, corruption, perverse, hypocrisy, pretending.

sinuous: adjective (< Fr: sinueux, a bend, crooked) 1. sinuate, bending, winding, tortuous, Serpentine; 2. opposite of righteous, unrighteous, not straight forward, devious, deviating from right, crooked, morally crooked.

Some Stones:

12 Stones in the Priests’ Breastplate with the 12 names of Yisrael for the 12 tribes,

and later attributed to the 12 months in the year.

First,	Reuben	Ruby	Abib or Nisan=	April
Second,	Shmeon	Heliodor	Zif=	May
Third,	Lewai	Clear Quartz	Siuan=	June
Fourth,	Yuudah	Emerald	Tammuz=	July
Fifth,	Dan	Sapphire	Ab=	August
Sixth,	Naphtali	White Zircon	Elul=	September
Seventh,	Gad	Sunstone	Ethanim=	October
Eighth,	Asher	Pearl of Najaf	Bul=	November
Ninth,	Yissacar	Amethyst	Chisleu=	December
Tenth,	Zubulon	Green-Blue Tourmaline	Tebeth=	January
Eleventh,	Yoseph	Red Onyx	Shebat=	February
Twelfth,	Benjamin	Honey Quartz	Adar=	March

Mohs hardness < 1812 A.D. by German minerologist Friedrich Mohs made a hardness scale to measure the resistance of a smooth surface to scratching. The hardest is a diamond (used to cut glass) at 10, and the softest is talc (very easily scratched by a fingernail) at 1.

Ruby= Ruby means reddish. It is a variety of corundum ranging in color from fuchsia pink to cranberry to a dark red beet red, and is translucent to opaque, with a vitreous luster. Mohs: 9.

Heliodor < Gk: “helios + doron”= “gift of the sun” pronounced:

HEELY’ ühdor. Heliodor is found in Africa and South America. In Hebrew “pitdaw” is this yellow beryl. It is a type of yellow beryl with a pale green hue due to its uranium oxide content, which color is described as like the yellow-green color of olive oil. It is transparent to translucent and has a vitreous luster. Heliodor is a golden yellow stone that was seen at Rossing, Erongo, Western Namibia in 1910 A.D. Initially, only golden beryl found in Namibia was called heliodor, but today the name is widely and incorrectly applied to all varieties of yellow and gold beryl which also may be a deep yellow tinged with golden hues. However, the name “Heliodor” should only be strictly used for beryls which have the original greenish yellow color, and “golden beryl” should be used for beryls which have an all yellow to gold color. Genuine heliodor’s color is very stable even in high temperatures up to 480 degrees Fahrenheit. Heliodor can be found in various locations around the world; in Namibia, in Nasarawa State in Northern Nigeria Africa; and in Madagascar; at Minas Gervais in Southeast Brazil; and in the United States in both Litchfield County, Connecticut and also a few can be found in California. The best specimens of the stone come from Namibia Africa, but some can also be found in Madagascar and Brazil. Brazilian heliodor is often of a pale-yellow shade and is fashioned in a step cut to give the stone more depth of color. Heliodor from Madagascar is of a finer, brighter color. Goshenite < Hb: goshen, “opulent land”: (the NE section of the Nile in Egypt) + suffix -ite, “stone”. “Stone of Goshen.” Goshenite is a clear beryl. Beryl < Gk: berullos, “beryl, precious stone;” akin to Fr: “brilliant”, meaning “sparkling, shining”. It is transparent with a vitreous luster. And it was once used in ancient times to make lens’ for eye glasses. Mohs: 7.5 – 8.

Quartz < Old Hb: “qraz,” meaning “hard ice”, referring to the crystal appearance. Pure quartz crystal is usually clear. Druzy quartz is a natural formation of faceted sparkly pointed quartz which is cut out into various shapes to fashion into rings. Quartz is a simple silicate and oxygen mineral (comprised from: SiO₂), and it has no Boron, lithium, or magnesium like tourmaline. Quartz is a conductor of electricity. The Herkimer Diamond Quartz Crystal is named after Herkimer County, New York, where it was seen. Pronounced: HĒR’ kimer. In appearance Herkimer is diamond in shape and in clarity, being found on stone to be naturally double terminated, and naturally faceted. Herkimer diamond quartz is the hardest of quartz crystals at 7.5 on the Mohs scale. In Hebrew “bareqet” means,

“clear quartz.” The clear quartz crystal in its natural Herkimer diamond shape can be symbolic of Shiloh the Holy Spirit. The clear Herkimer Diamond Quartz Crystal is known to alleviate body aches and pains when lightly rubbed over hurting areas for a few minutes.

Emerald= (< old Gk: e-, in + mer, sea green + -ald, old). Pronounced: ĒM´ruld. A variety of medium to dark green or bluish green beryl. It is translucent in various grades of clarity, to opaque, and has a vitreous luster. Mohs: 7.5 – 8.

Sapphire < Aram: shappir, “beautiful.” Pronounced: ŠĀ´fire. The sapphire is a royal blue to a midnight blue variety of corundum. Transparent to nearly opaque, with a vitreous luster. Mohs: 9.

Zircon (< Gk: serikon, silk-like; silky; lustrous like silk). Zircon (ie: zirconium silicate), $ZrSiO_4$, is a tetragon crystal, a natural four-sided prism with pyramidal ends. In is the ancient clear or white transparent crystal used in Moses’ day to be set in the priest’ breastplate. Natural zircon comes in various colors: white or colorless, blue, yellow-gold, red, brown, and green. The white colorless and lighter colors of zircon have a vitreous to a brilliant luster, and are transparent to translucent. Zircon is double refractive and therefore clear or white zircon emits a high dispersion that intensifies the flashing prismatic multi-colors under bright light. Colorless zircon is also called “Matara” zircon after a city in Sri Lanka near where it is mined. Mohs: 7.5

Natural zircon is not the synthetic lab-created “cz” cubic zirconia (ie: zirconium dioxide), ZrO_2 , made in Moscow and published in 1973 A.D. and commercially produced in 1976 A.D. and having a mohs of 8 - 8.5

Sunstone= Also known as heliolite. It is an aventurescent feldspar. Originally an orange translucent to opaque stone full of a golden glitter. It has a vitreous luster, and in the light it shimmers a golden glitter, which is called schiller or technically “aventurescence.” Sunstone is natural and is not goldstone, which is a man-made type of glass. Mohs: 6 – 7

Pearl < Gk: araios, “fair, fine or rich pea”: the Pearl of Najaf < Arabic: Dur al Najaf. Pearls of Najaf are not common pearls extracted from clams, but they are the white translucent glossy gemstones which are a variety of quartz which have piezoelectric properties, and are gathered

from the rivers and the land at Najaf al-Ashraf, Iraq. Sometimes these pearls are called, “white quartz.” This ancient pearl in Hebrew is called “Shabu” which means, “peaceful pale white;” and in Greek it is called “blessed.” Both the pearls in the smooth cabochon form as well as the natural white druzy quartz have calming properties, and can be symbolic of Christ Jesus the Lord. Mohs: 7.

Amethyst < Gk: a-, “not” + methys, wine= “not of wine.” A natural purple color of quartz. It is transparent with a vitreous luster. It is used in the priest’s breastplate: “ahlama” is the amethyst. Mohs: 7.

Tourmaline < Singhalese: “turmalī,” meaning “many colored stone.” Pronounced: TOR´muhleen. Tourmaline is a complex Boron silicate mineral (comprised from: $Na(Mg, Fe)_3Al_6(BO_3)_3(Si_6O_{18})(OH)_4$), associated with aluminum, potassium, and magnesium. Some tourmalines have multiple color zoning, and all colored tourmalines are pleochroic, which means that their color changes when viewed at different angles. However, in some tourmalines this color change is hardly noticeable, while in other tourmalines it is strongly apparent. Tourmaline is called “the king of color,” and comes in more colors than any other gemstone: the favored greenish blue (blue with a little tinge of green), and also blue are both called “indicolite”; purple called “siberite”; green (light to medium-dark), and also teal or bluish green (green with a tinge of blue) are called “verdelite” < Eng: verdant, “green” + suffix -ite, stone= “green stone” (from the common elbaite type, the green color is from the iron content); the dark emerald green is called “chromdravite” (from the rare dravite type, the green color is from the chromium and vanadium content); dark olive green is called “uvite”; aqua or cyan which is a light neon blue called “paraiba”: pronounced, puh REE´buh; yellow; cuprian brown; pink; red called “rubellite”; maroon; orange-red; brownish red; colorless or clear called “achroite”; bi-colored or tri-colored or multicolored like “mohrenkopf” which is almost colorless in the middle and black on the ends, and the “party tourmaline” which is red with green zoning; cats-eye; white; and including black which is called “schorl.” It is transparent to translucent to nearly opaque, and has a vitreous luster. Tourmaline is a conductor of electricity. The greenish blue transparent tourmaline, called “indicolite,” in the oval brilliant cut, can be symbolic of Yahuaah God the Father. Mohs: 7 – 7.5

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Onyx < Gk: a nail= “like a nail of a finger.” Pronounced: Ō´nicks. Onyx is a variant of agate. It is a banded variety of chalcedony, a cryptocrystalline form of quartz. Translucent to opaque, and may or may not have a matrix like a lunula of a fingernail. Onyx comes in red, green, white, grayish blue, orange (carnelian), brown (sard), banded cream and brown (sardonyx), and dull black. The red onyx was one of the stones of the Old Testament used on the priests’ shoulders of the ephod, and in the priests’ breast plate. Onyx is calming, and helps against negativity. Mohs: 6.5 – 7.

Honey Quartz < Hb: yashpeh, “like gold.” Honey quartz is a natural golden honey color of citrine. It is transparent with a vitreous luster. Mohs: 7.

Iolite < Gk: ios, “violet” + suffix -ite, “stone”= “violet stone.” Also called, “cordierite.” It is pleochroic, showing plural colors, when viewed at different angles. It is blue to bluish violet in color, and transparent to translucent with a vitreous luster. Long before the compass was made ancient shippers used iolite to navigate the position of their ships according to the sun, by what pleochroic color the stone showed. When viewed from one side, the stone has a blue color, and when viewed from another angle, it shows a clear water-like color. Now when setting off in the right direction, the shipper placed the stone on a stationary pedestal and noted the specific color of the stone. And if the ship veered off course, then the color of the stone would change, so the shipper would change the direction of the craft aligning it until the color of the stone would resume back to the color that was seen before veering off course. It is believed that the use of iolite for navigating through the ocean in this way has also earned iolite’s coined name as the “sea sapphire” or “water sapphire.” Mohs: 7 – 7.5

Garnet < Old French: “greNĀD´ā”, pomegranate, grenadine, named after the dark red “grenadine” color of the pulp around the pomegranate seeds. The favored variety “pyrope” (< Gk: *pyr*, fire + *ops*, eye= “fire eye”), refers to the flashes of bright red. It is a very clear and vivid red color, and sometimes when it is held against the light, yellow and green bands may be visible. The red garnet is a stone of power, passion, and liveliness. Mohs: 7 – 7.5

Grandidierite (< Fr: grandeur. Pronounced: gran dī´deerīte). It is an emeraldlike color, and pleochroic (showing plural colors from different

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angles: green, blue, and clear). It has a vitreous luster, and is opaque, translucent, or transparent. It has the property for protection. Mohs= 7.5

Diaspore < Gk: “diaspora,” “dispersion,” referring to the gemstones pleochroism, which shows plural colors under different lighting. It is transparent with a vitreous luster. In indoor fluorescent lighting the gemstone is a yellowish gold, in sunlight it is green, and with incandescent or candlelight it is a salmon pink to rose colors. Mohs: 7

Chalcedony= means “beautiful” in Hebrew, and is named for the ancient Greek town of Chalcedon in modern day Turkey. Pronounced: KĀĪśūh-dōny. Chalcedony is a form of quartz in microcrystalline form, and has piezoelectric properties. It is translucent and usually comes in milky colors of aqua blue, blue, lilac, gray, green, or white. Mohs: 7

Banded Agate= A variety of grey, tan and white chalcedony. Mohs 6.5 - 7.

Zebra Jasper= named after the black and white zebra. Mohs 6.5 - 7.

Sodalite= named for the cream patches, like foam in a soda pop, in this blue and white opaque stone. It has a dull vitreous luster. Mohs: 5.5 – 6. The common Blue Spot Jasper, with a mohs of 6.5 – 7, has a somewhat similar appearance to that of sodalite.

Hematite < heb. “ham,” “black.” An iron oxide. It is called “the P & P stone,” for power & protection. It has an opaque, metallic, silver-gray color. Hematite is electrically conductive. Mohs: 5.5 – 6.5.

Alabaster < Gk: alabastros, ointment vase of alabaster, from the town of Alabastron in Egypt where the stone was quarried. Ancient alabaster is calcite, known in the Middle East as Oriental alabaster, and known in Egypt and Mesopotamia as Egyptian alabaster. Calcite alabaster is found as either a stalagmite deposit from the floor and walls of limestone caverns, or as a kind of travertine deposit in springs of calcareous water. Calcite alabaster is white and translucent. However, in Mexico, there are famous deposits of a delicate green variety at La Pedrera, in the district of Tecali, near Puebla. Mohs: 3 – 4.

synagogue: assembled agency, assembly, congregation, temple, church.

Time: the years, the four seasons, hours, minutes and seconds was made for man, but God is eternal. He is omnipotent, omniscient, and omnipresent; and he is also metachronos, meaning that he has all power over time. He can speed up time, tachychronos; he can slow it down, bradychronos, and he can make time stand still, statchronos. Standard biblical time is 1000:1, one day to God in heaven is equal to 1,000 years on earth to man (Ps.90:4; II Pt.3:8). Iesous sped up time by fermenting wine in an instant (Jn.2:3,7-10). God slowed down time by turning it backwards (Is.38:7,8). And he made time stand still (Josh.10:12,13). Because God cuts the time short, and he is coming back earlier than he planned, this is why the Bible reads that none know the day nor the hour that Iesous will return: **“²² Therefore except they were shortened those days, not would be saved any flesh: thus for them of those accepted, they will be shortened those days. ³⁶ Around now what day thereof and hour none see that, neither the angels from the air, except the Father in me alone. ⁴² You all do watch therefore, for are not you all careful of what time the Lord of yours would come. ⁴⁴ So thus also you all be ready: for the hour you all think not, the Son to mankind will come (Mt.24:22,36,42,44).”**

Trinity is Triune God: the word "trinity" or more accurately "triune" is the greek word "treiseis", and it is found in I John 5:7,8. lit.Gk: "Because three being who bear witness in heaven, the Father, the Word, and his Holy Ghost, and these the three in being: also three being who bear witness upon the earth, his Spirit, and his water, and his blood, and the triune (ie.Gk: treiseis) his in being. Yahuah and Yeshuah and Shiloh Shakaun is One God (Forever the Lord, Salvation, Dwelling Peace). "The Greek translator Desiderius Erasmus stated that if the heavenly witness of I John 5:7, 8 was found in one Greek manuscript, then he would surely include it in his 1522 A.D. Greek Textus Receptus edition. I John 5:7, 8 is found in 8 Greek manuscripts. Two Greek manuscripts, the Codex 629 and the 16th century Montfortianus Codex 61, were given to the Greek translator Desiderius Erasmus who included it in his 1522 A.D. Greek Textus Receptus edition. It is also in the Old Syriac Bible of 170 A.D., and in the English Bible by William Tyndale in 1534 A.D., and in the Geneva Bible of 1560 A.D., and also in the King James Version Bible of 1611 A.D. So confidently these verses are indeed Holy Scripture. Some believe that Jesus is "three-in-one" (the Father and the Son and the Holy Ghost), and some believe that Jesus is "one-of-three" (the Son only, being one God of three Gods). The Judeo-Christian belief is One God in three manifestations or aspects: Sometimes the Father is magnified, sometimes the Son is talked about, and

sometimes the Spirit is emphasized, and sometimes all three are shown at once: the omnipresent voice from heaven, the dove descending from heaven, and the flesh body of the Son walking on top of water. The trinity is the mystery of God, it is an antinomy: Since there is only one Omnipresent God (I John 5:20; Jude 25), how then is Iesous sitting at the righthand of everywhere? and to sit down at his own right hand, is he beside himself? Iesous is called both, the Son and the Father, the Shepherd and the Lamb, God and man, the son of David and the Lord of David, the Master and the Servant, the Creator and the created. Iesous Is God Almighty. If Iesous wants to be The Father or The Son or The Spirit or The Lord God or The Way or The Truth or The Life or The Light or The Fire or The Rock or The Cornerstone or The Shepherd or The Lamb or The Creator or The Man or The Beginning or The Ultimate or The Everlasting or The Presence or The Holy or The Power or The Mind or The Word, He Is, for He is The I AM, and there is none like up to him. The trinity or triune God can be illustrated as a triangle, which has three points, and yet one form: Or again the triune God can be illustrated as water, it is water at normal room temperature, a solid shape when freezing, and vapor when boiling: being three forms, and yet the same one substance: Or yet again the triune God can be illustrated as three drops of water dropped upon each other will equal one drop of water. Iesous is called "God the Father" because he is, Yeshayah 9:6+ John 10:30+ 14:9, Iesous is called "the Son from God" because he is, Yeshayah 7:14+ 8:10+ 9:6+ Matthew 1:18,20-23, Iesous is called "the Holy Ghost" because he is, II Corinthians 3:17. Iesous is God Almighty. Revelation 1:8. Some References: Yeshayah 7:14; 8:10; 9:6; 43:2,3; 48:12,16; Danyal 3:25; Matthew 1:18,20-23; 14:26,27; 28:19; John 1:1; 10:30; 12:44,45; 13:13; 14:6,9,11; 19:34,37; Philippians 2:5-11; Colossians 1:16,17; 2:9; I Timothy 3:16; I John 5:6-8; Revelation 1:8. Iesous is Immanuel, "God with us." And the Greek name Iesous in Hebrew is "Yeshuah," and means "Salvation," and his name is found in the Old Covenant in Psalm 14:7; 53:6; 91:15,16; 118:15; Yeshayah 12; 52:7; 62:11. Truth-teller or liar: The truth is that there are two different kinds of people: Truth-tellers, and liars. Not all are liars, and not all speak the truth. Each person has a tongue which they freely choose to use to either speak the truth or to speak a lie. In Romans 3:1-4, the Greek word "pas" not only means "all," but depending on the context of use the word also means "each" or "individual." In this passage Paul speaks of the old covenant Jews who were given the truth, "...what if some did not believe?" does the unbelief of these unbelievers make God's truth worthless? Then

he answers in Romans 3:4: “Engender this not! But come to be God whom true, and individual persons erring, according as it has been written, so that you can be justified in them words of you, and you victorious in the judgment.” The born-again heart is transformed and converted. It is a new heart created from the Lord which is filled to overflowing with his Holy Spirit of Truth. God has taken out the old dead stony heart and replaced it with the new living fleshy compassionate heart which abounds with the love of Christ Almighty. (Please see: Praises 51:6-10; Proverbs 6:16-19; 12:22; Zech.8:16,17; John 14:17; Revelation 21:8,27; 22:15.

twelve: (< two after ten). There are 12 months in a year; 12 sons of Israel; and 12 apostles of Iesous who went out witnessing two-by-two to propagate the gospel. Yaucob surnamed Yisrael (Gn.35:10), sired 12 sons to be the 12 chiefs of the 12 tribes of the nation of Yisrael: Reuben, Shmeon, Lewai, Yuudah, Dan, Naphtali, Gad, Asher, Yissacar, Zubulon, Yoseph, and Benyamin (Gn.29:32 – 30:24; Gn.35:16–18; and Gn.35:23–26; and Gn.49).

vegetable: Savory produce, from plants, or leaves and roots: pumpkins, squash, potatoes, tomatoes, lettuce, turnips, rutabagas, cabbage, carrots, beets, parsnips, beans, peas, corn. Herbs are considered a vegetable as vegetation, but are usually classified in their own separate group.

warlock: A man magician who works with supernatural powers; a male witch.

witch: commonly refers to a female pagan. A manipulator; a utilizer of magic to “bewitch” or change things. The works are called witchcraft. Loosely, a witch can mean, a vixen. A witch may consort with and be in a league with the devil, or with evil spirits.

wizard: a wise one in mystical or supernatural arts. The works are called wizardry.

Yapheth: (< Heb: “Yaphah”, “bright treasure; sunshine; yellow”). One of three sons of Noah.

Yeruushlem: means the “city of peace”, from the Hebrew “ayr shlom”.

Zebra: (< Eng. zē´braw: “finely dressed in Z’s”.) The profile of the horselike animal displays black Z’s or black stripes over a white background across its cheeks, and down its neck and belly, and across its legs and backside. Plains zebras: *Equus quagga burchellii* (Burchell’s zebra); *Equus quagga boehmi* (Grant’s zebra).

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