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Associazione di Promozione Sociale Ma(d)re Tuscolo

L'Associazione Ma(d)re Tuscolo con molto affetto e piacere promuove questa iniziativa della Nostra Grande Sorella Anna...accorrete...!!!!

Riconoscimento e raccolta di erbe spontanee commestibili

Sabato 24 maggio appuntamento alle 15.45 al parcheggio davanti l'osservatorio di Monteporzio Catone per una passeggiata nei campi in cui riconoscere e raccogliere le principali erbe spontanee e commestibili.

Durata 3 ore circa

Costo 10€ comprensivo ovviamente della busta di erbe che ciascuno porterà a casa.

Durante il giro inoltre verranno mostrati e presentati degli orti fatti secondo il metodo dell'agricoltura sinergica, quindi chi vuole potrà poi fare spesa direttamente in orto raccogliendosi le verdure pronte.

Per info e iscrizioni Anna Fanton 3405393013

Album: Foto del dia

Elemento condiviso

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La famiglia De Guai

LE BELLE IDEE
di CICCIBÙM



VII







SERABANDANDA KRIYA
For curing any disease
October 12, 1977

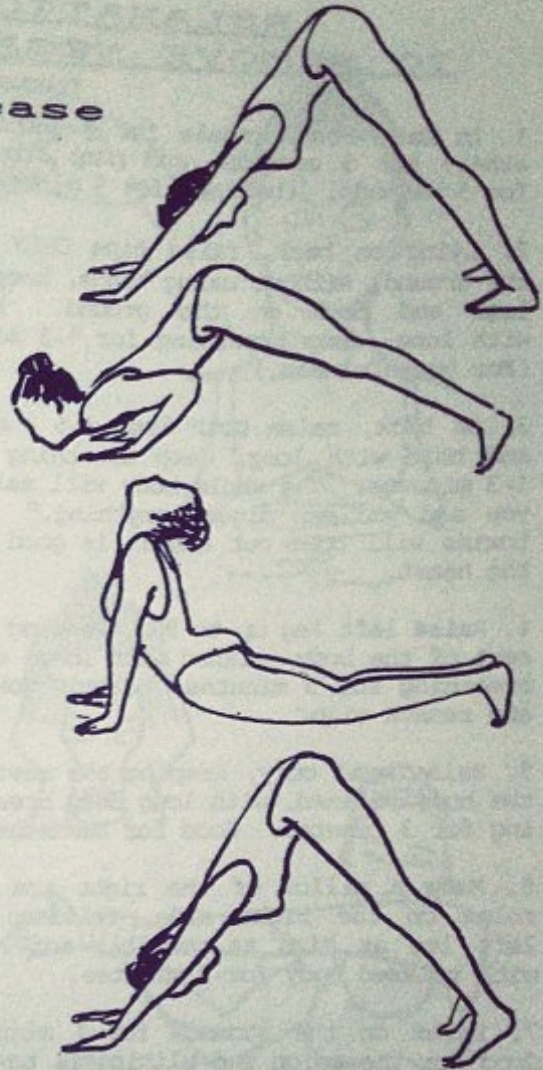
1. Begin in Triangle Pose, heels on floor, hands and feet one foot apart from each other. Hands and feet remain in place throughout.

2. From Triangle position, inhale, exhale and lower CHIN ONLY to the floor.

3. Inhale and exhale into Cobra, back arched, arms and legs straight.

4. Inhale into Triangle pose ON TOES, then exhale and lower heels. Repeat from #1, 26 times. Relax 10 minutes. Then repeat 26 more times, relax 10 more minutes, and repeat once more, relaxing deeply afterwards.

COMMENTS: This kriya WILL CURE ANY DISEASE. It opens valves in the veins and arteries for complete circulation. It opens the vertebrae to allow blood to flow through every part of the spine and then to every part of the body.

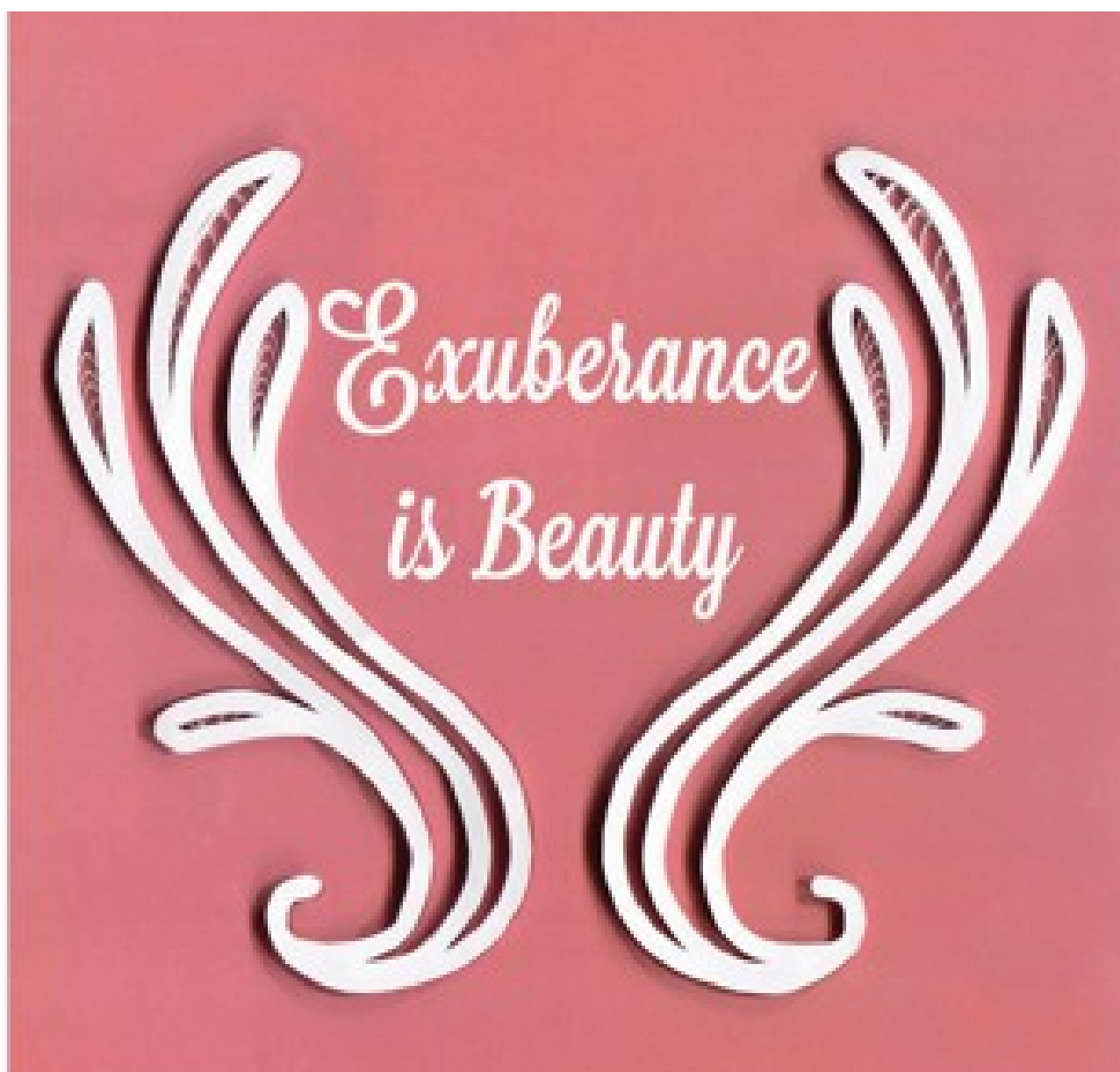


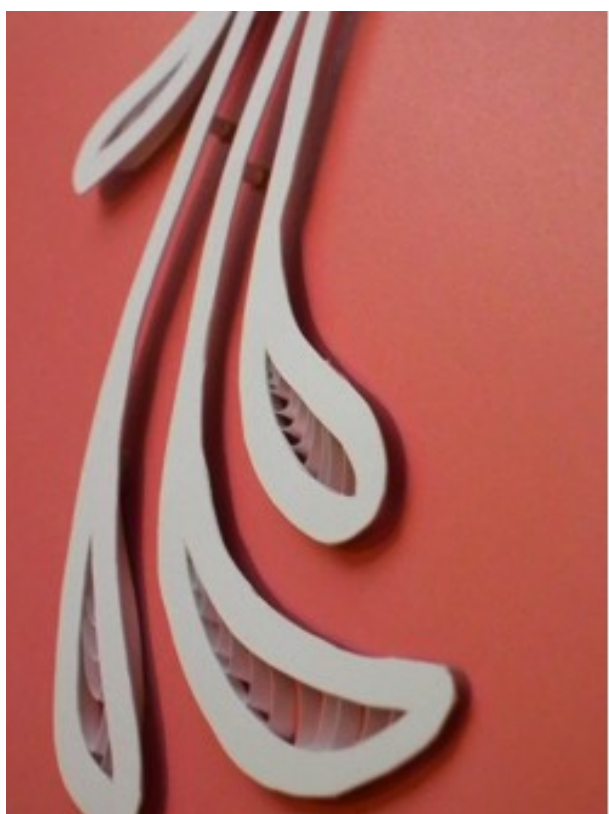
La famiglia De' Guai

CICCIBÙM HA FAME













Step One Pour a generous amount of glue into one of your plastic lids and swish it around to cover the entire inner surface.

Step Two Have your child put one or two drops of each color of food coloring around the glue.

Step Three Give your child a toothpick to swirl the colors around in the glue. Stop swirling before the colors get too combined or the final result will be muddy and brown. This is an exercise in restraint!

Step Four Let dry. As the colors settle they will continue to expand and create a dyed psychedelic effect....I love the 60s... Depending on how much glue you used, the suncatcher will take one to three days to fully dry. You will know it's ready when the edges start to peel off the lid.

Step Five When fully dry, peel the suncatcher off the lid, punch a hole through the top, add a string, and hang in a sunny spot.



- 1 cup organic brown sugar
- 2 tablespoons fine Dead Sea salt
- 2 tablespoons fine Himalayan salt
- 2 tablespoons almond oil
- 2 tablespoons avocado oil
- 2 tablespoons grapeseed oil
- 2 tablespoon jojoba oil
- 2 tablespoons raw honey
- 1 teaspoon vitamin E oil
- 15 drops Frankincense essential oil
- 8 drops Lavender essential oil
- 8 drops Ylang Ylang essential oil
- 1 pint glass canning jar or cosmetic container

DIRECTIONS:

- In a glass mixing bowl, stir together the brown sugar and salts.
- Pour the liquid ingredients, including the essential oils on top and stir well.
- Transfer to glass jar or cosmetic storage container.
- To use, spoon out 2-3 teaspoons of the Ultimate Scrub, mix with a few drops of water and apply to clean skin, massaging in a circular motion to exfoliate, detox and moisturize.
- Rinse well and admire your incredibly fragrant, silky soft and insanely smooth skin.
- Repeat 2-3 times per week as part of your self-care routine, especially when you need a refreshing boost of calm joyfulness.



diy

SUPPLIES:

- styrofoam ball
- q-tips
- scissors
- straw



dandelion GIFT WRAP



1

Cut styrofoam ball in half.
Cut one end off q-tips.

2

Stick q-tips into ball until covered and
attach to gift with a straw for stem!

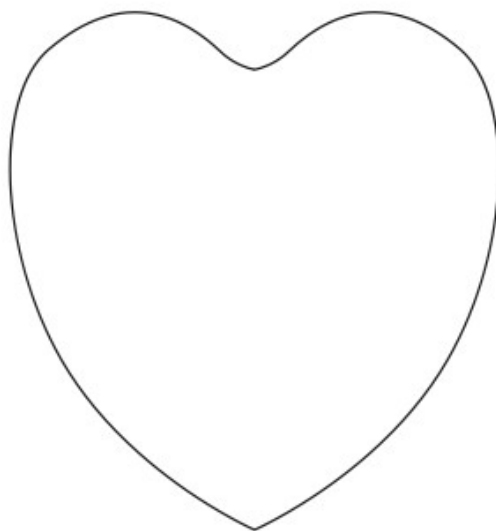






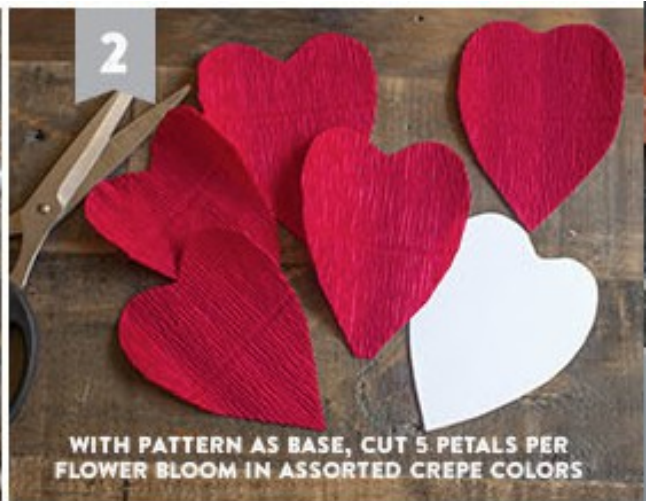








1
15 INCH PAPER LANTERN, CREPE PAPER,
TISSUE PAPER, SCISSORS, HOT GLUE GUN



2
WITH PATTERN AS BASE, CUT 5 PETALS PER
FLOWER BLOOM IN ASSORTED CREPE COLORS



3
STRETCH CENTERS OF PETALS TO FORM CUP AND
STRETCH TOP EDGE TO MAKE RUFFLE



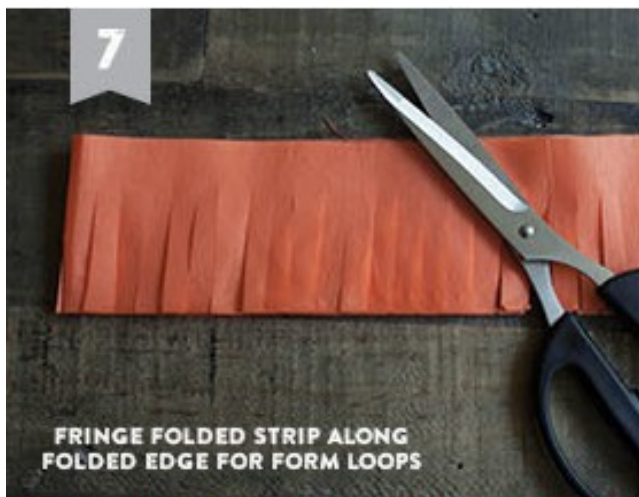
4
GLUE POINT IN
CENTER FOR FORM
BLOOM



5
CUT 5 INCH WIDE STRIP ALONG SHORT END



6
FOLD IN HALF ALONG LONG EDGE



Tangerine Dream Sugar Scrub

Prep time	Total time
10 mins	10 mins

Author: GI 365

Serves: make about 2½ cups

Items

- 2 cups organic turbinado sugar
- ½ cup coconut oil
- 2 Tablespoons tangerine zest
- ½ Teaspoon tangerine essential oil



Instructions

1. Mix together the sugar and coconut oil until it's completely combined. I like to use the back of a spoon to mash them together.
2. Stir in the tangerine zest and essential oil, thoroughly mixing it.
3. Transfer the sugar scrub to an airtight container, where it will keep for up to 1 month.



Per pelle del viso delicata

Green Tea Matcha Powder
Coconut oil, slightly liquid
White sugar
Green tea bag (optional)

Put about 1/4 cup of coconut oil and about a tablespoon of matcha into a bowl.

Add in the contents of a green tea bag if you choose to. Mix well.

Add sugar. In the end you'll probably get around 3/4 cup in the bowl but just pour bit to get started.

Give a good stir and continue adding sugar until the texture isn't so greasy that your fingers just get coated and the mixture will sort of ball up easily. Again, it will probably be around 3/4 cup.

Put into a nice, air tight container and get ready for the best face you've had in a while and trust that your new facial regime is natural and healthy!

LA FAMIGLIA DE' GUAI

BIRILLO E L'ORDINE



ONCIDIUM ORCHID



ELEPHANT EAR

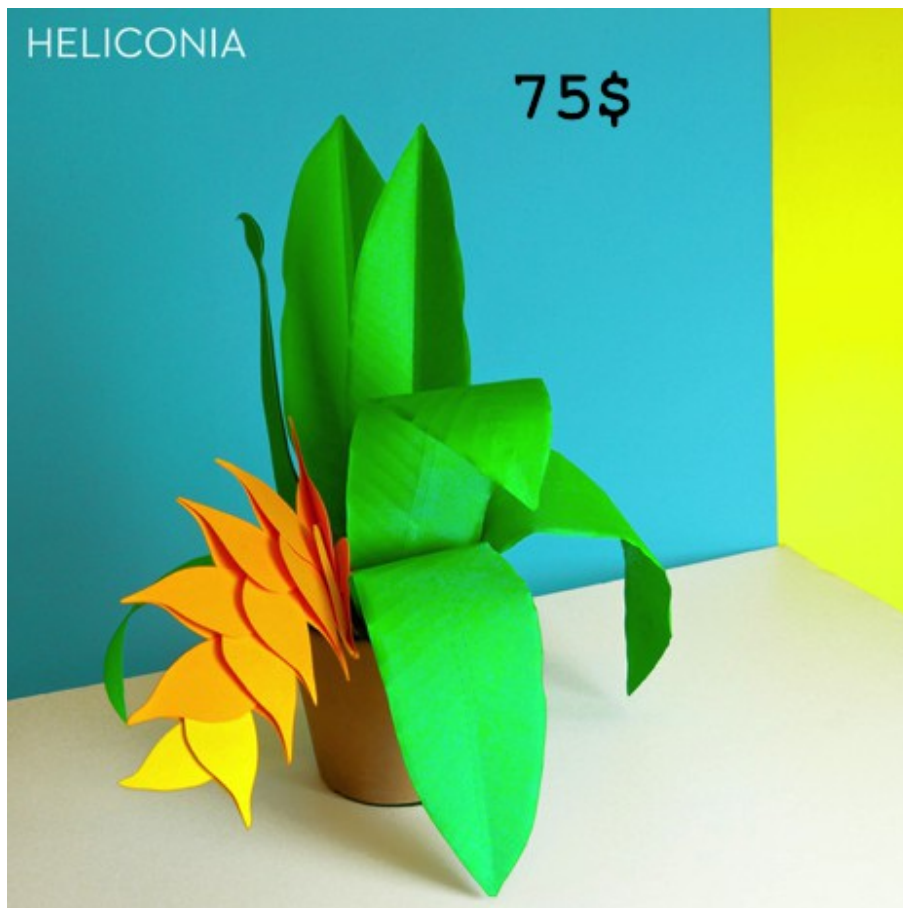


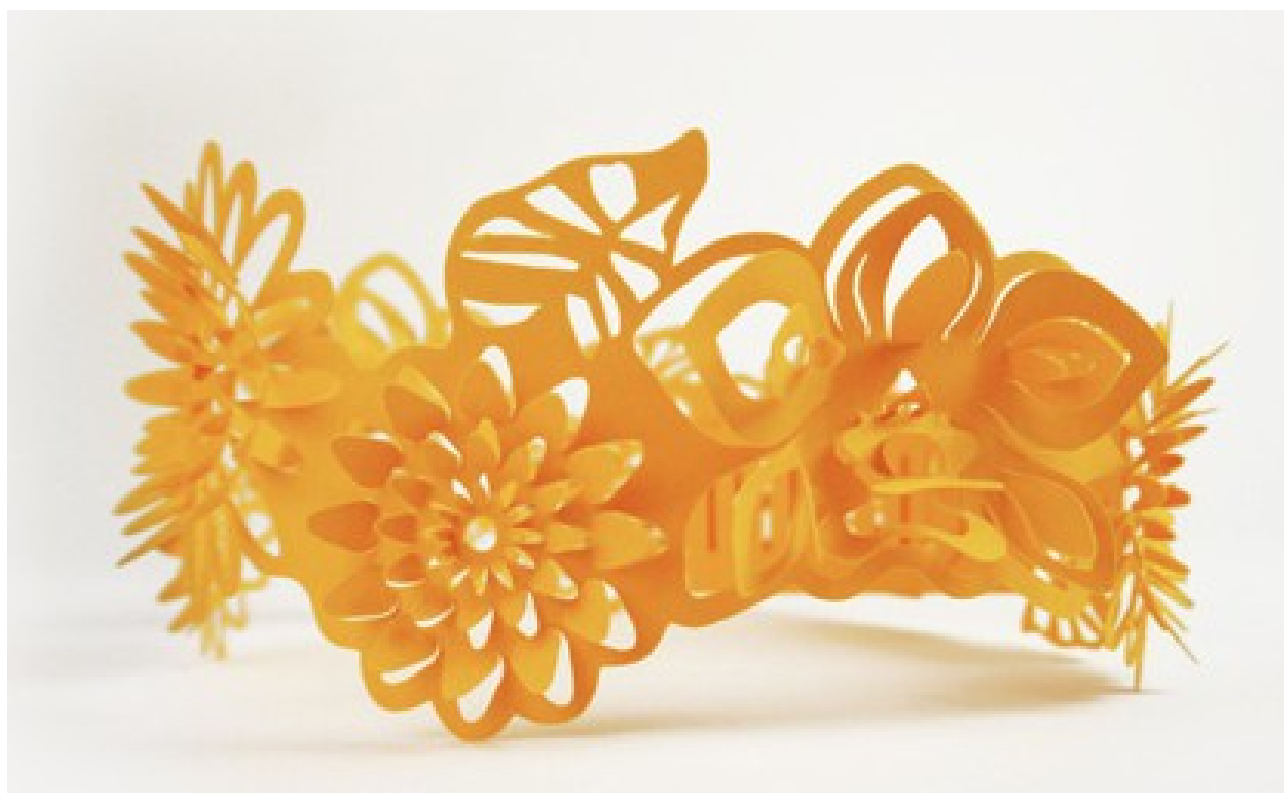
FAN PALM

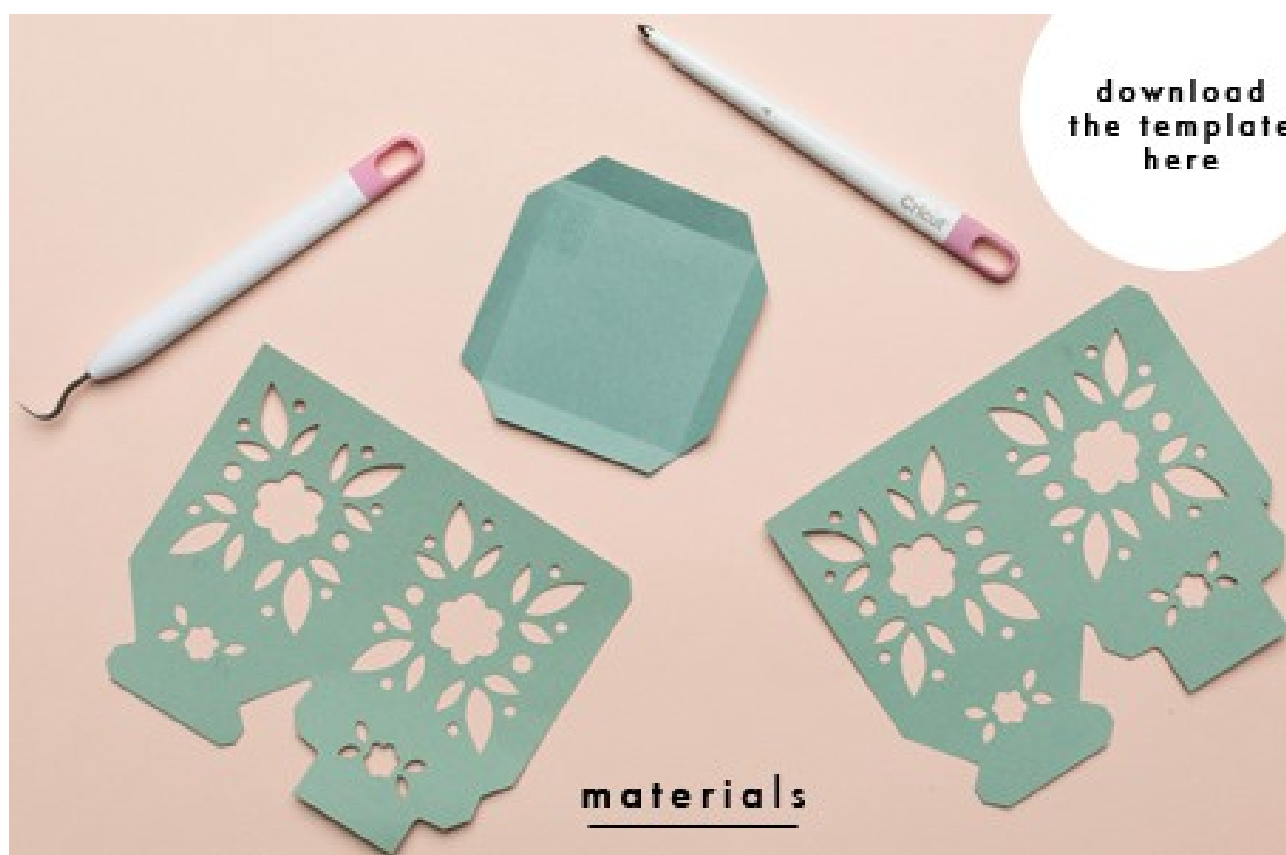


PHILODENDRON



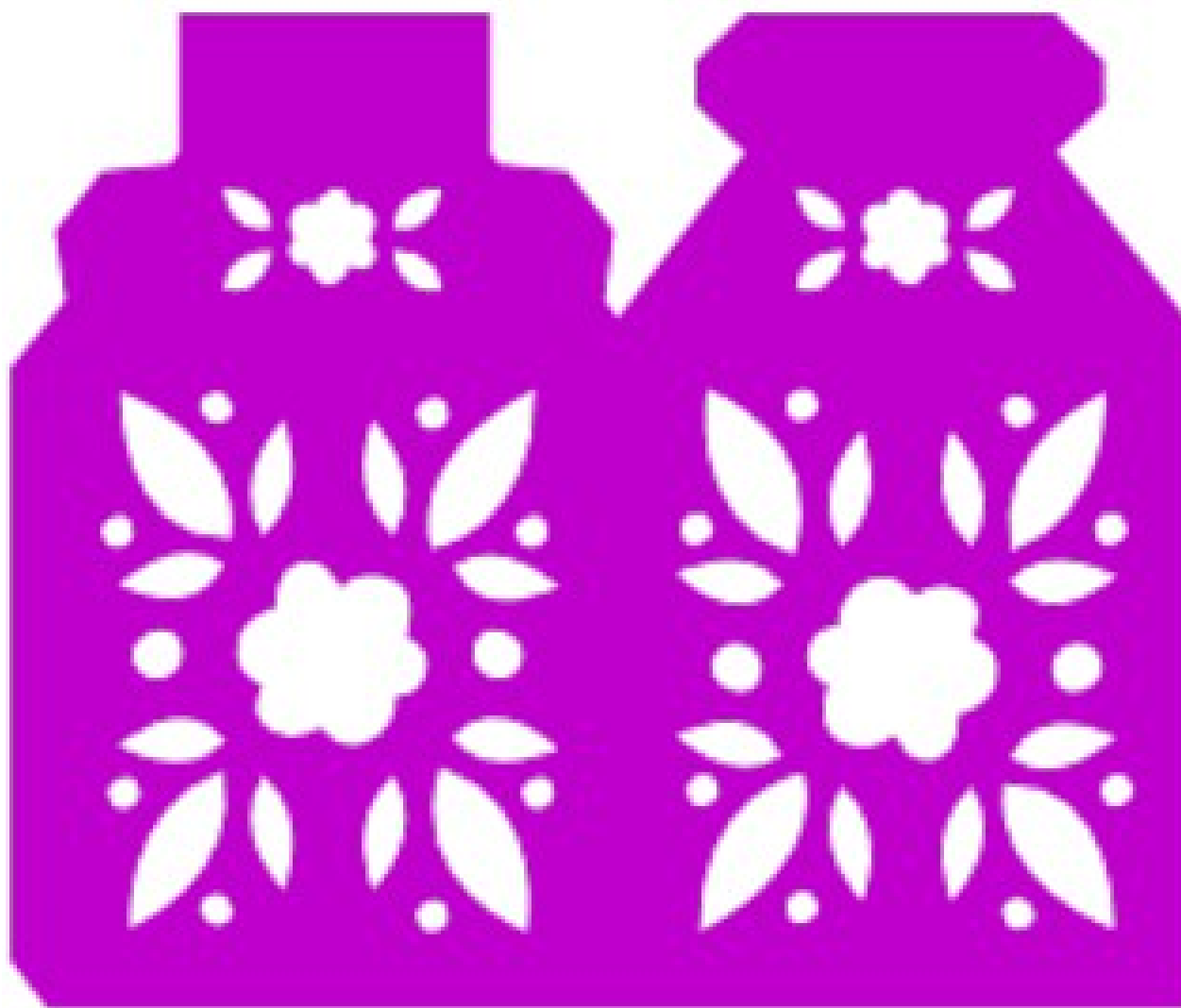




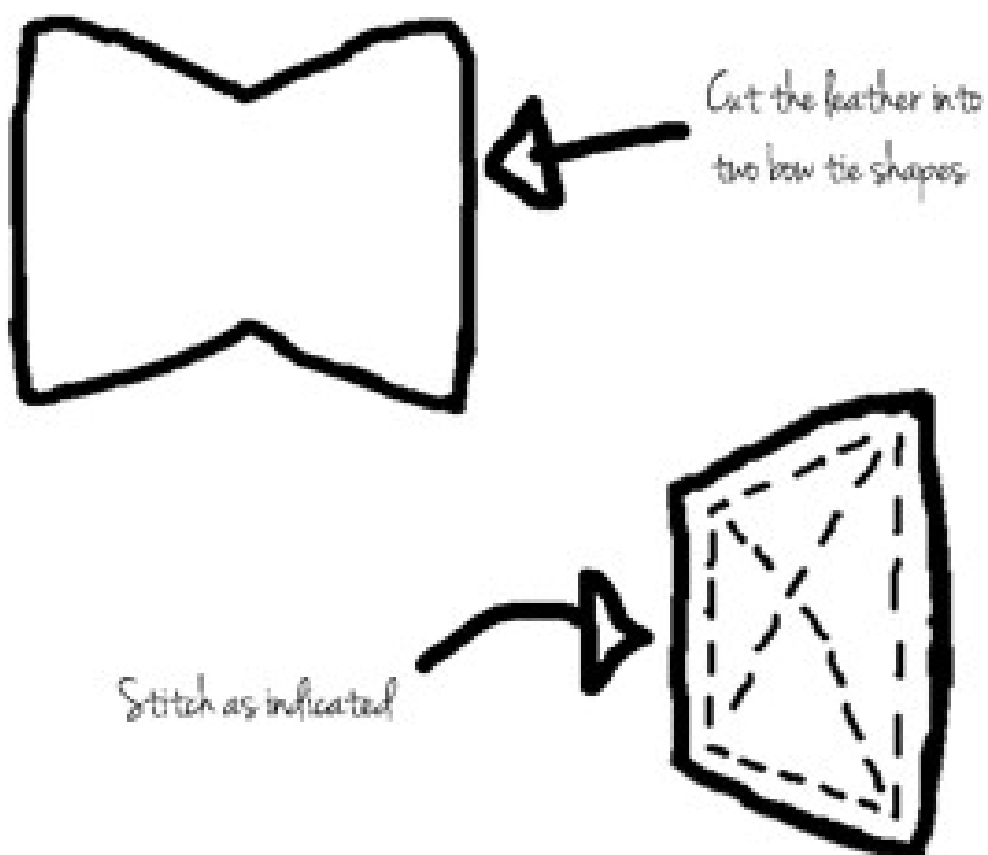


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materials













feltro





ESSENTIAL OIL DISINFECTANT WIPES



Author: Lindsey Johnson

Completely natural essential oil reusable wipes
made with three simple ingredients.

INGREDIENTS

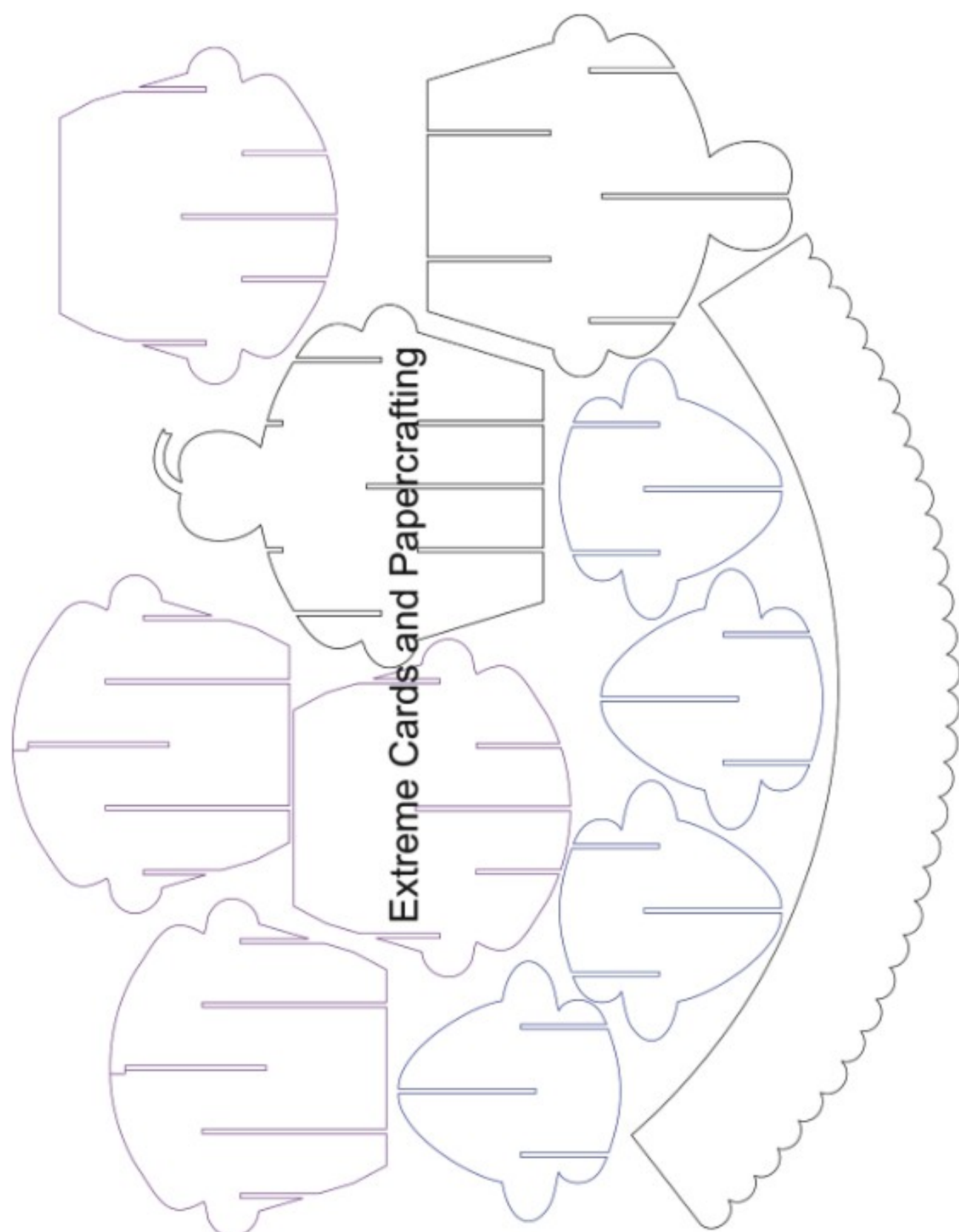
3 teaspoons natural liquid soap (not castile soap)
50-75 drops essential oils - tea tree, lavender,
peppermint, orange
3 cups vinegar or [citrus-infused vinegar](#)
Reusable cloths, old t-shirt squares, etc.

INSTRUCTIONS

1. Combine ingredients in a bowl or jar and stir or shake well.
2. Add the cloths to the bowl and allow them to soak up the solution. Squeeze excess from the cloths.
3. Roll up and store in a jar. Wash used cloths and repeat process.





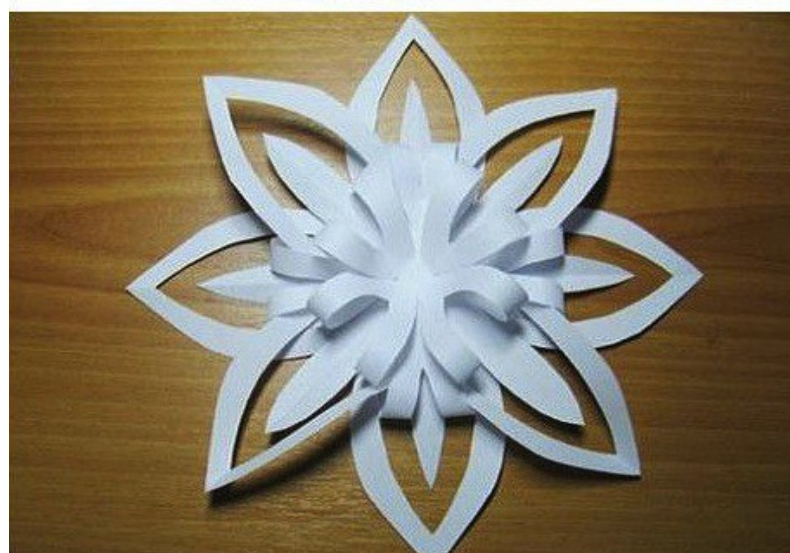


Migliori dischi del 2014

- James Vincent McMorrow, Post Tropical
- Beck, Morning Phase
- Damon Albarn, Everyday Robots
- Elbow, The Take Off and Landing of Everything
- Real Estate, Atlas
- Wild Beasts, Present Tense
- Freddie Gibbs & Madlib, Piñata
- Sylvan Esso, Sylvan Esso
- St. Vincent, St. Vincent
- The War on Drugs, Lost in the Dream
- Sharon Van Etten, Are We There
- Sun Kil Moon, Benji
- Isaiah Rashad, Cilvia Demo
- East India Youth, Total Strife Forever
- Todd Terje, It's Album Time
- Swans, To Be Kind
- Mac DeMarco, Salad Days
- How to Dress Well, What Is This Heart?
- Chet Faker, Built on Glass
- Tune-Yards, Nikki Nack
- Kelis, Food
- Lana Del Rey, Ultraviolence
- Sky Ferreira, Night Time, My Time
- Future Islands, Singles
- The Gloaming, The Gloaming
- Hundred Waters, The Moon Rang Like a Bell
- Fatima Al Qadiri, Asiatisch
- Angel Olsen, Burn Your Fire for No Witness





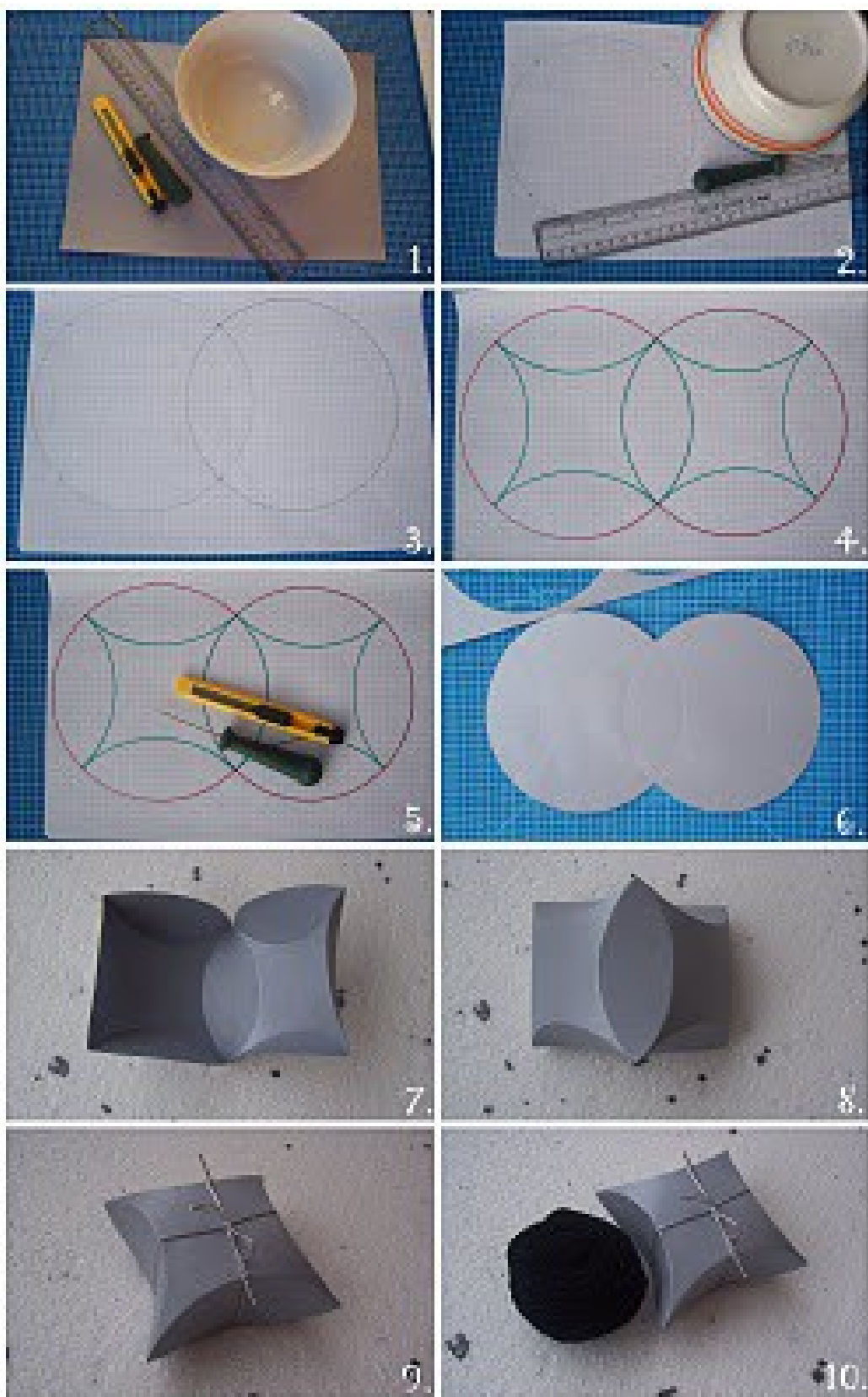




















See more awesome pictures at LOLDAMN.COM



















Advent Activities

- Decorate house for Christmas
- Get Christmas tree and decorate it
- Build a snowman / Go sledding
- Have hot chocolate & popcorn by the Christmas tree
- Make homemade Christmas cards
- Make sugar cookies and decorate them
- Set up the Nativity
- Eat peppermint ice cream by the Christmas tree
- Read a Christmas book
- Make paper snowflakes
- Eat dinner by candle light
- Buy gifts/groceries for a family in need
- Go for a winter walk
- Go for a drive and look at Christmas lights
- Make toasted marshmallow milkshakes
- Go Christmas caroling at the nursing home
- Make homemade hot chocolate
- Have snowman pancakes for dinner
- Make gingerbread houses
- Make Christmas goodies to give away
- Watch Polar Express (or any favorite Christmas movie)
- Have family game night
- Read the Christmas Story together (Luke 2:1-20)
- Set out cookies for Santa



themerrythought.com

La famiglia De' Guai

UN BELLISSIMO GIOCO



A Blessed Thanksgiving.



With thankful and
contented heart.

Ellen H. Clapsaddle

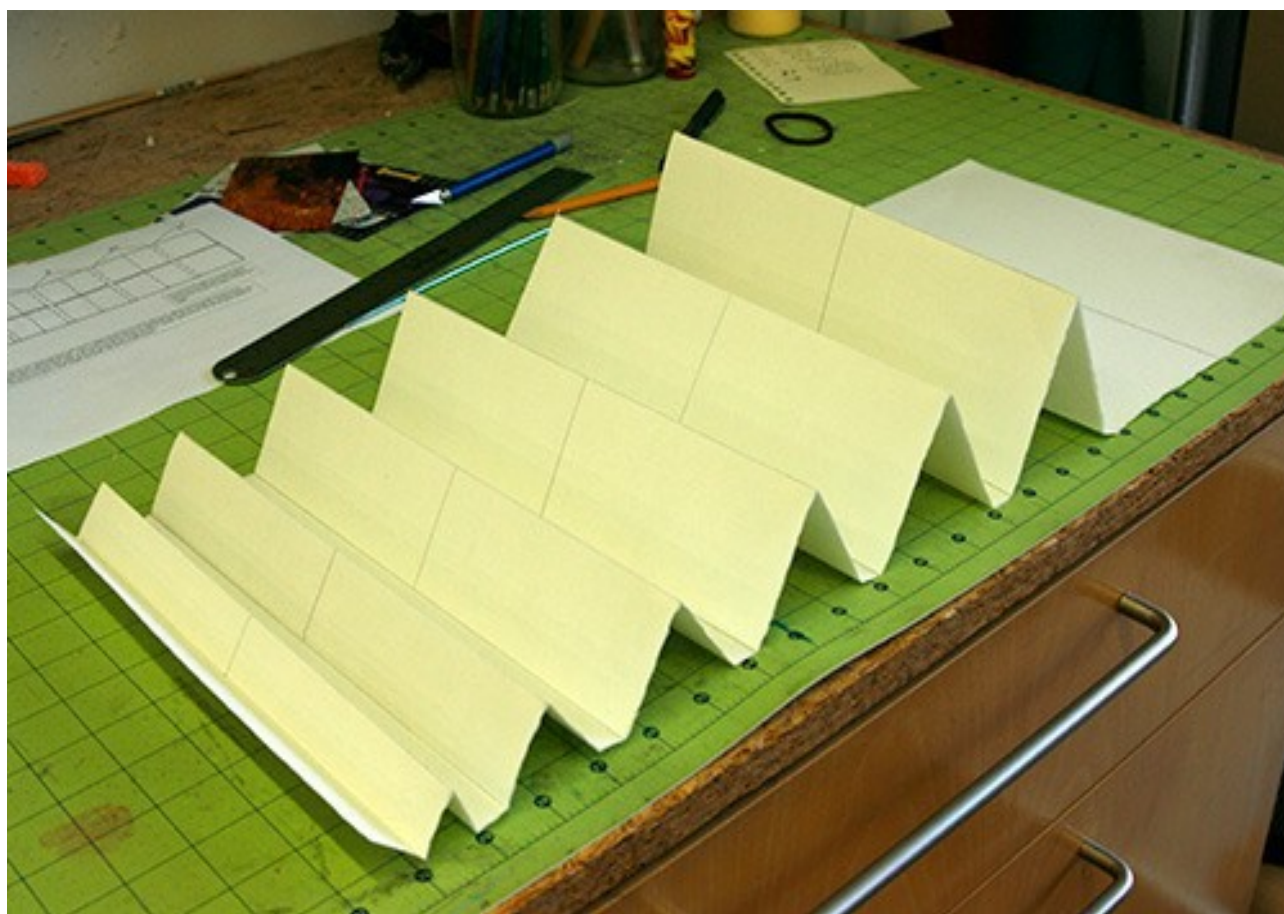


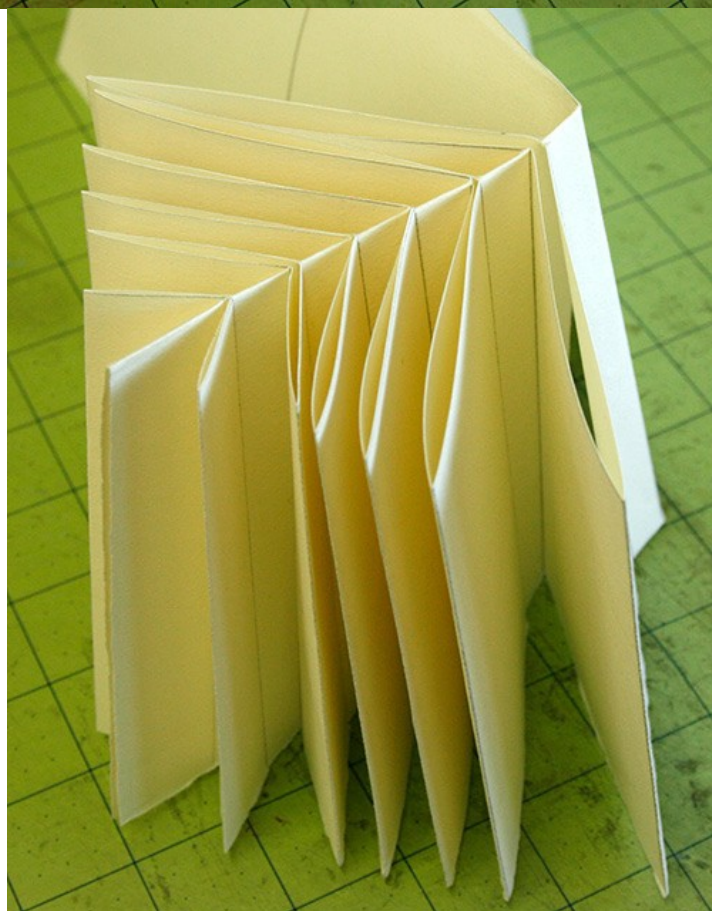
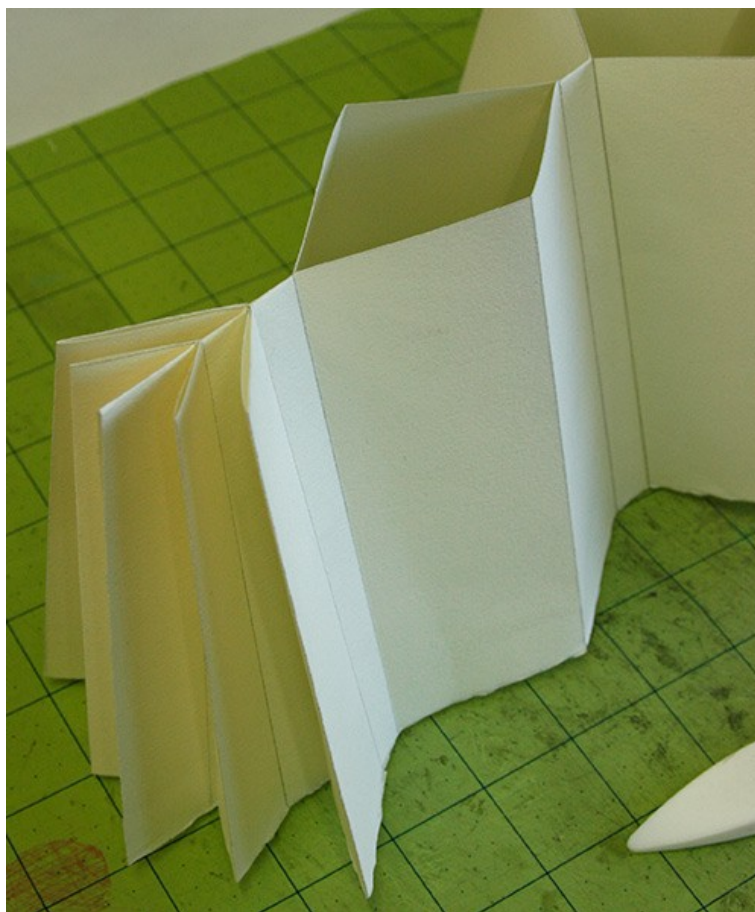


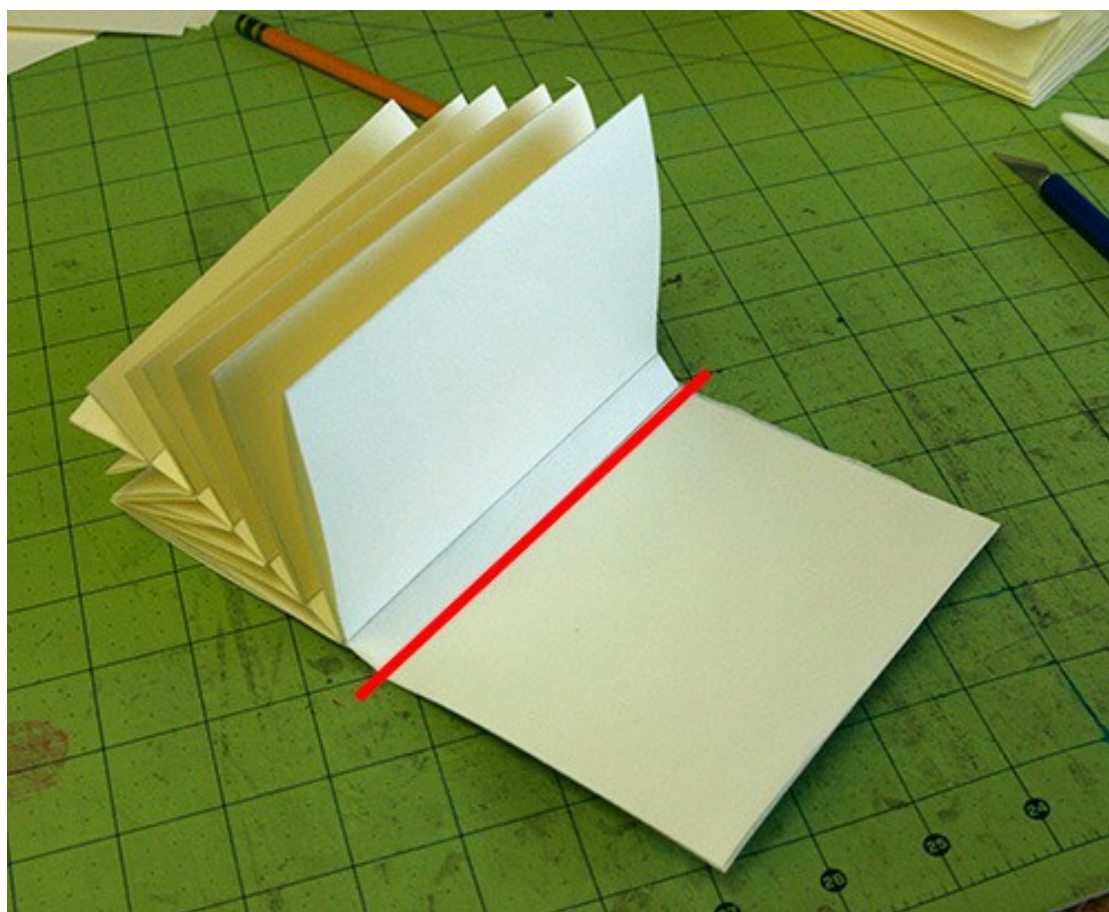
TinyRottenPeanuts.com

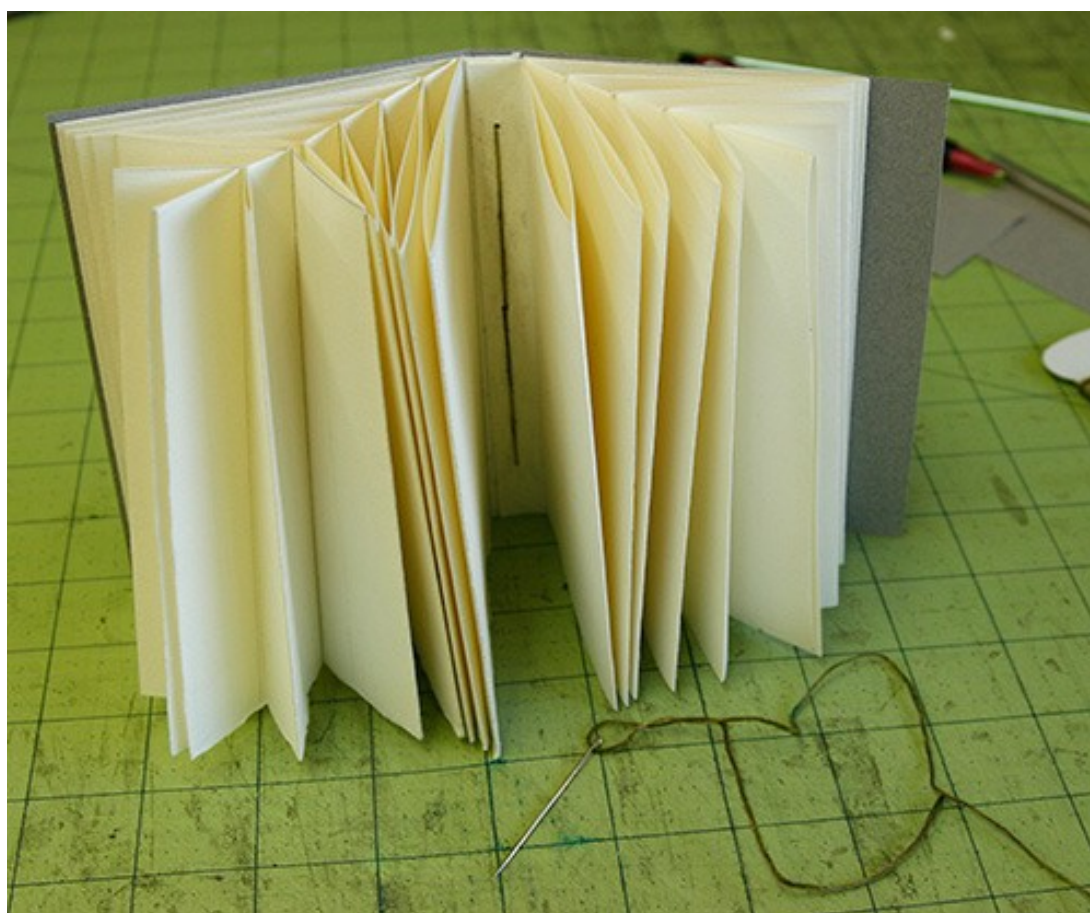


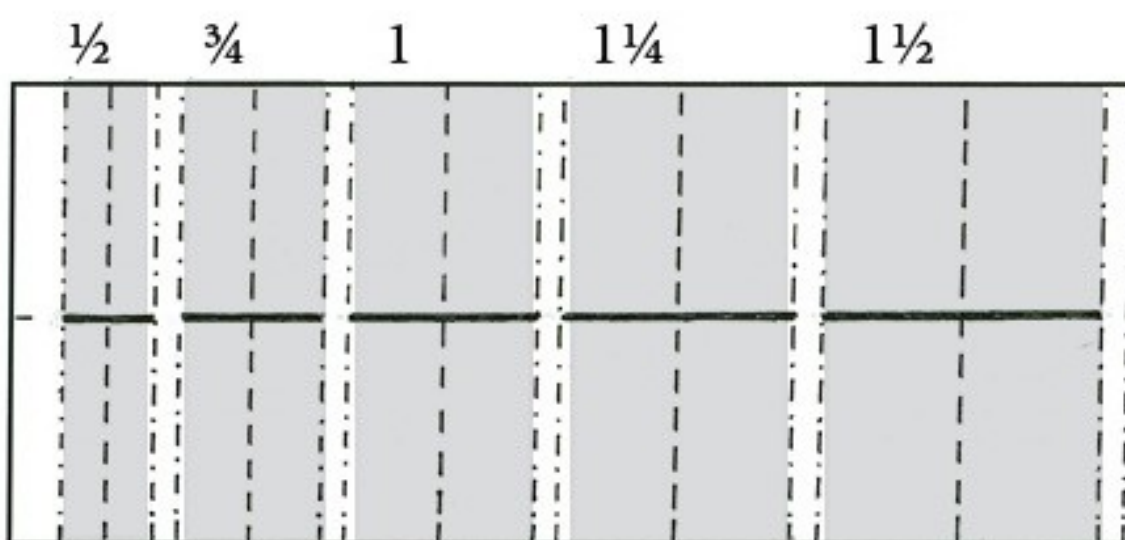
1	1½	2	2½	3	3½	4+
valley	mountain					cut

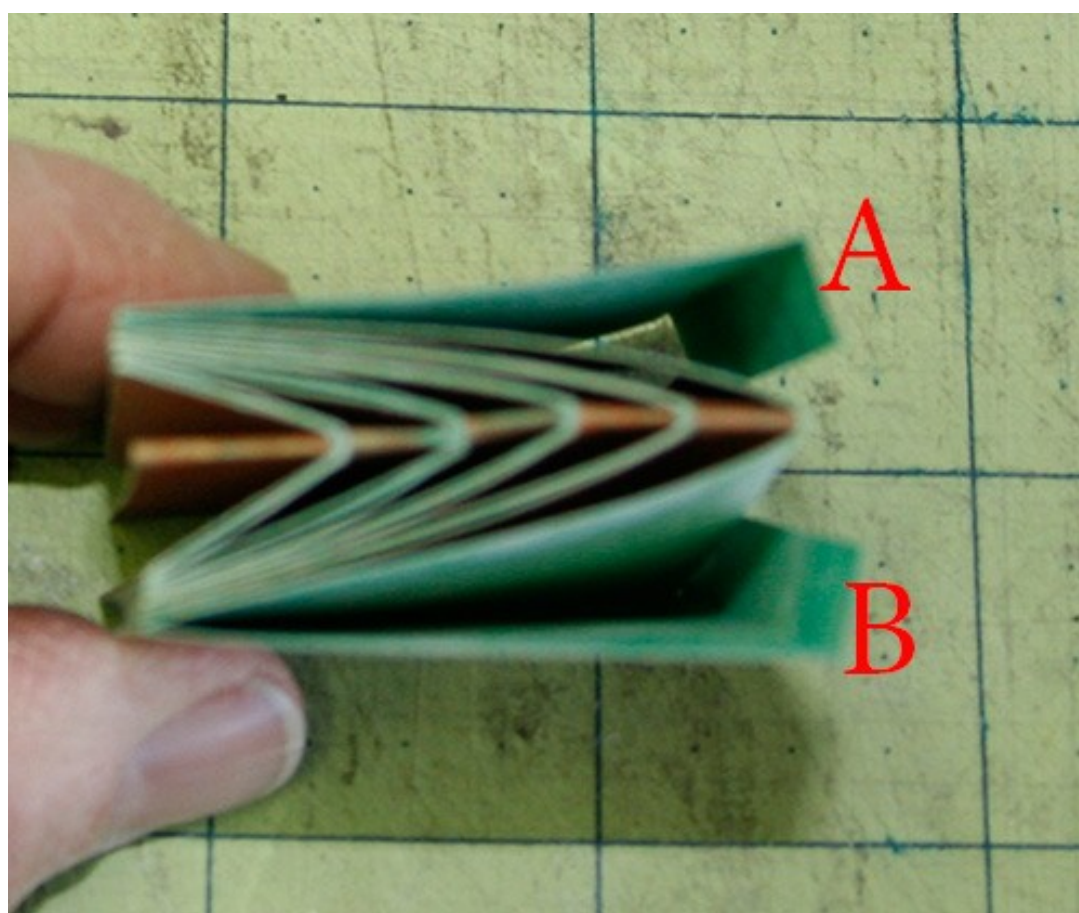
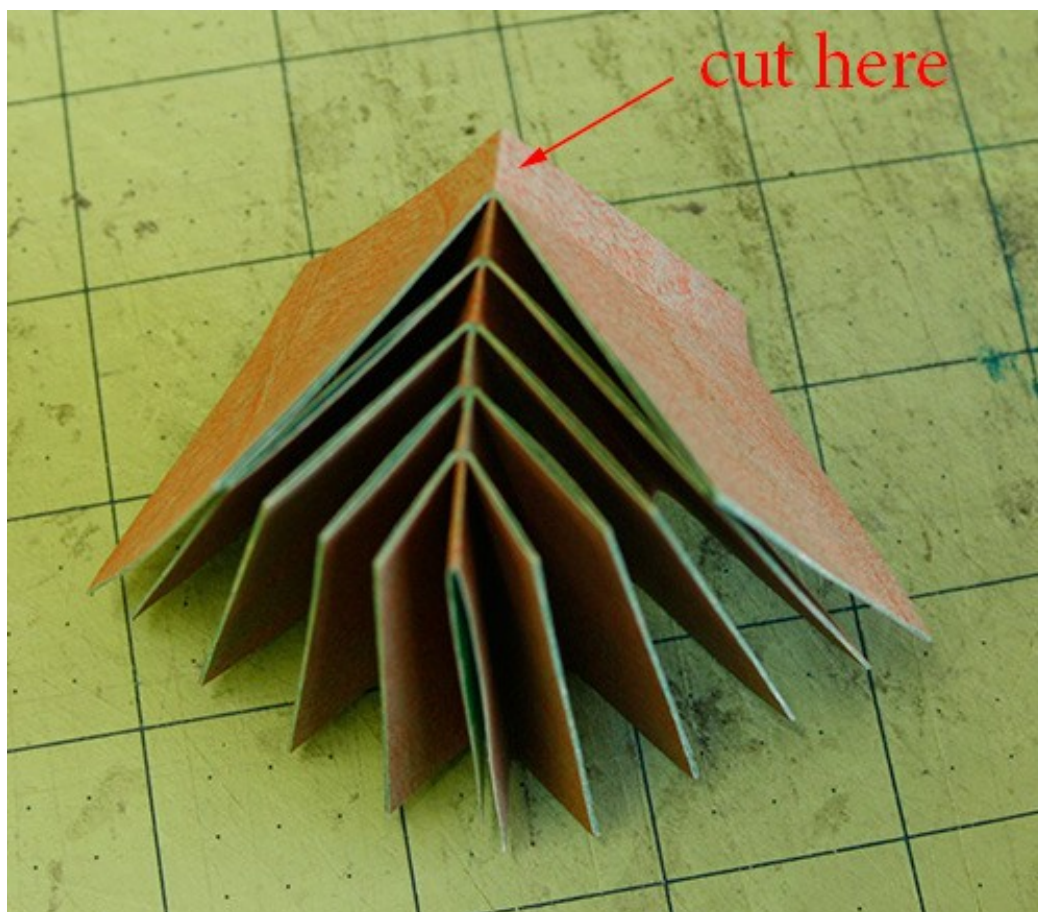


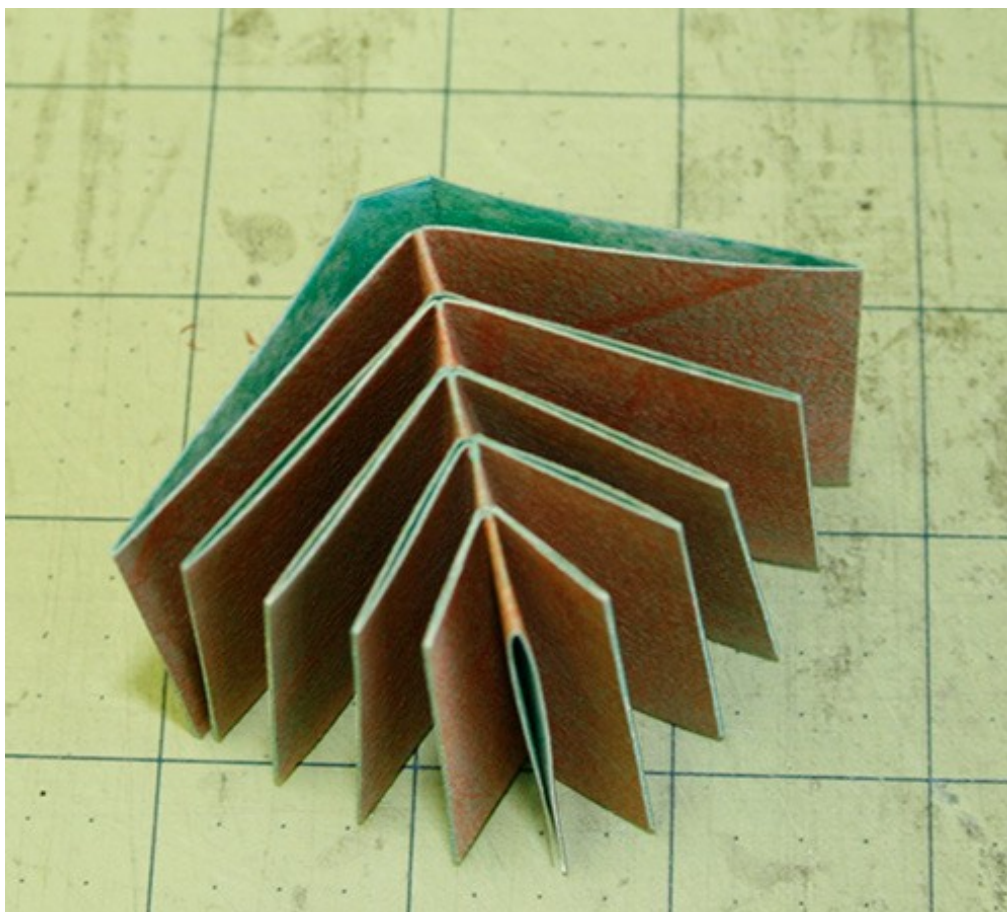




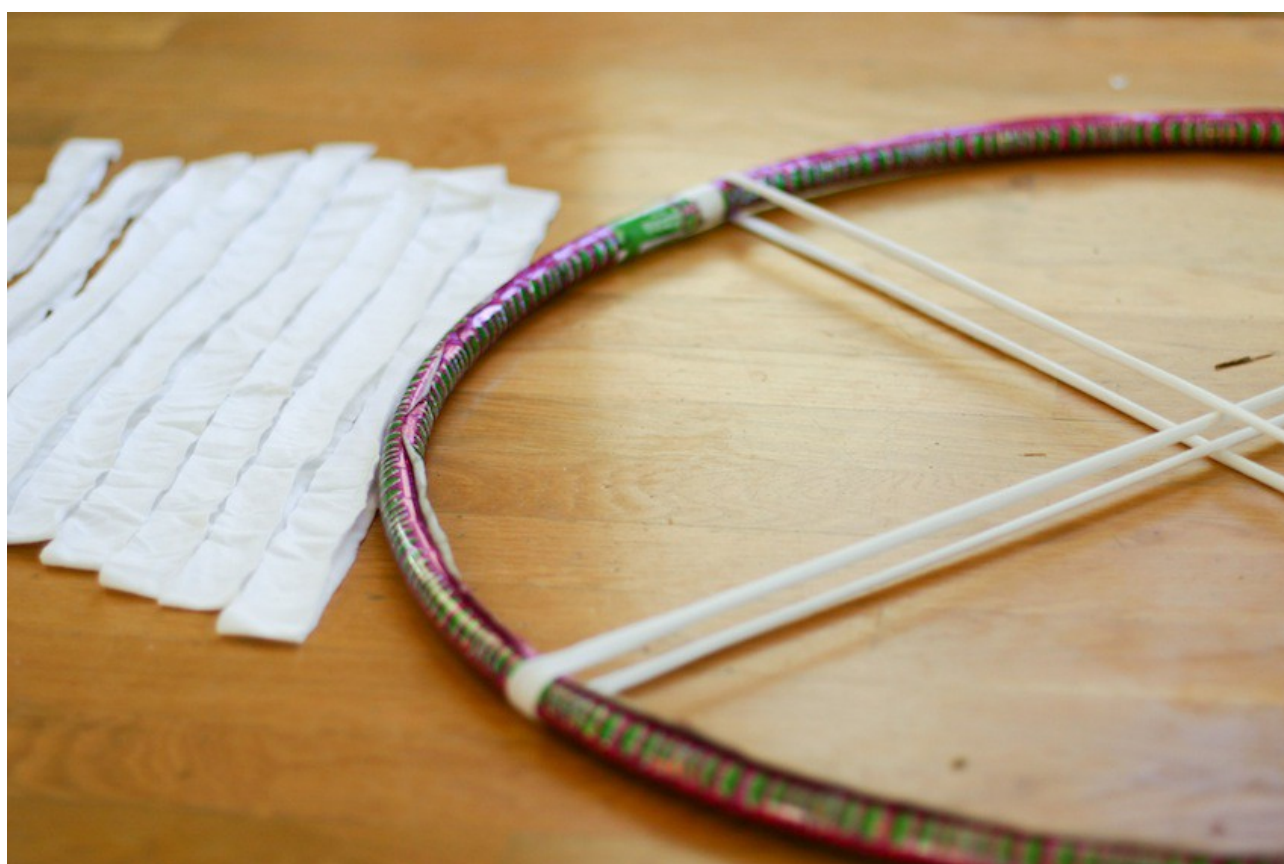












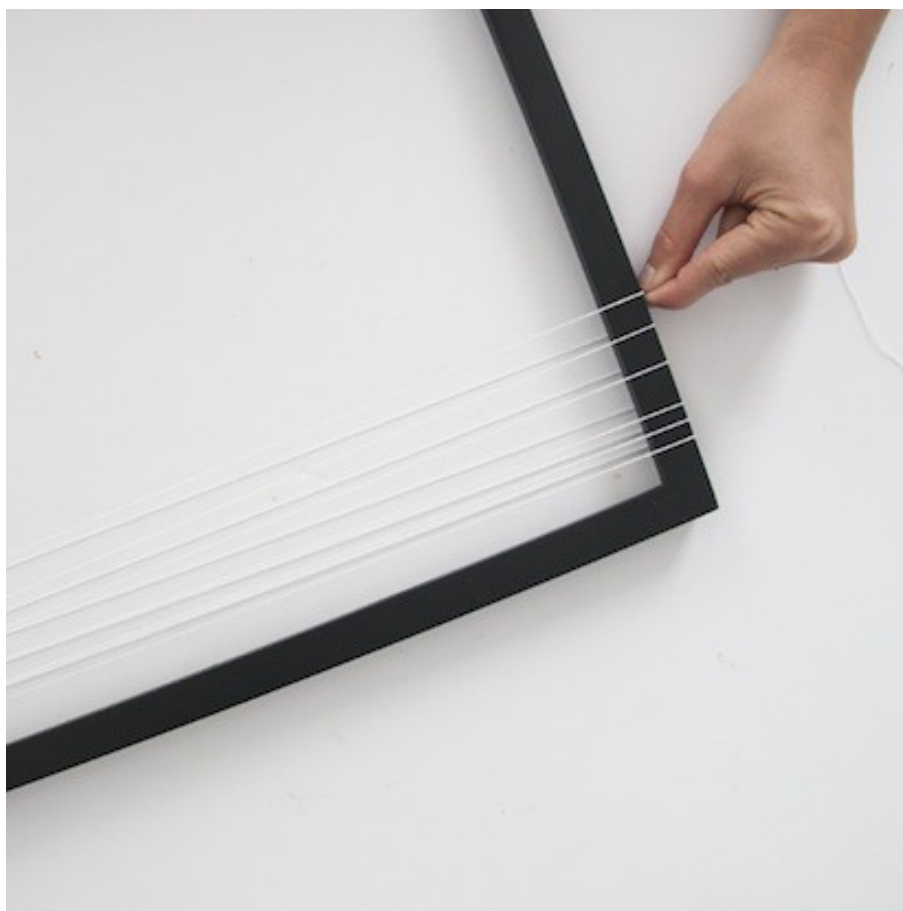


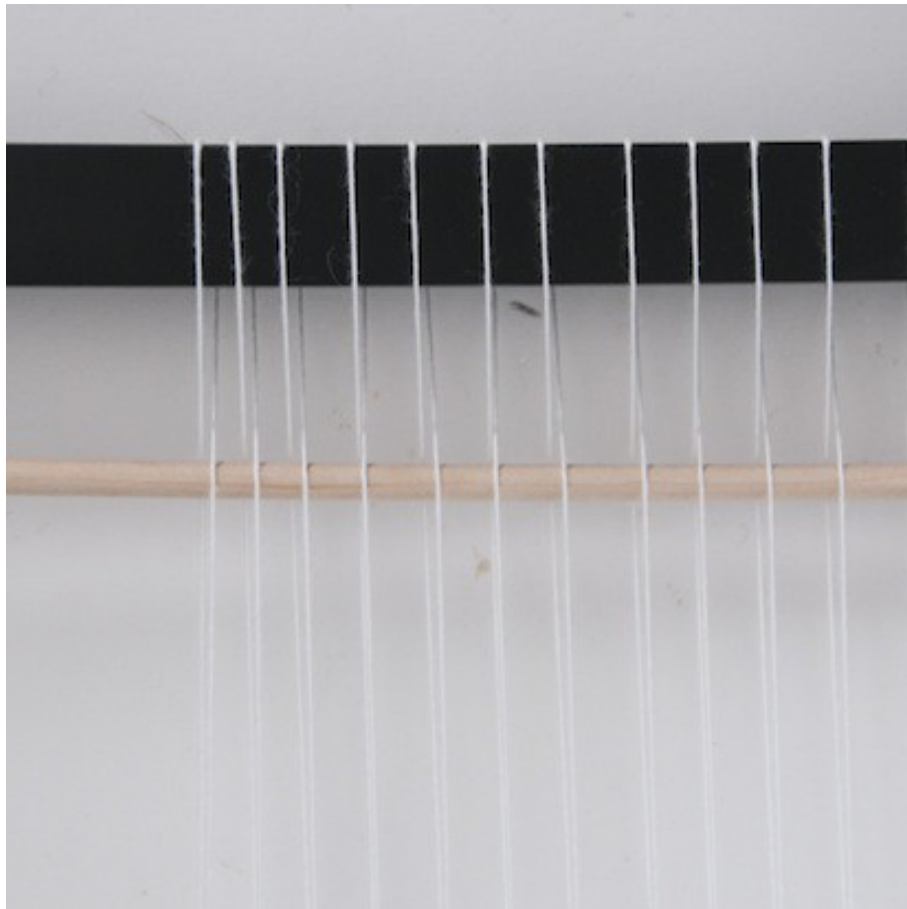










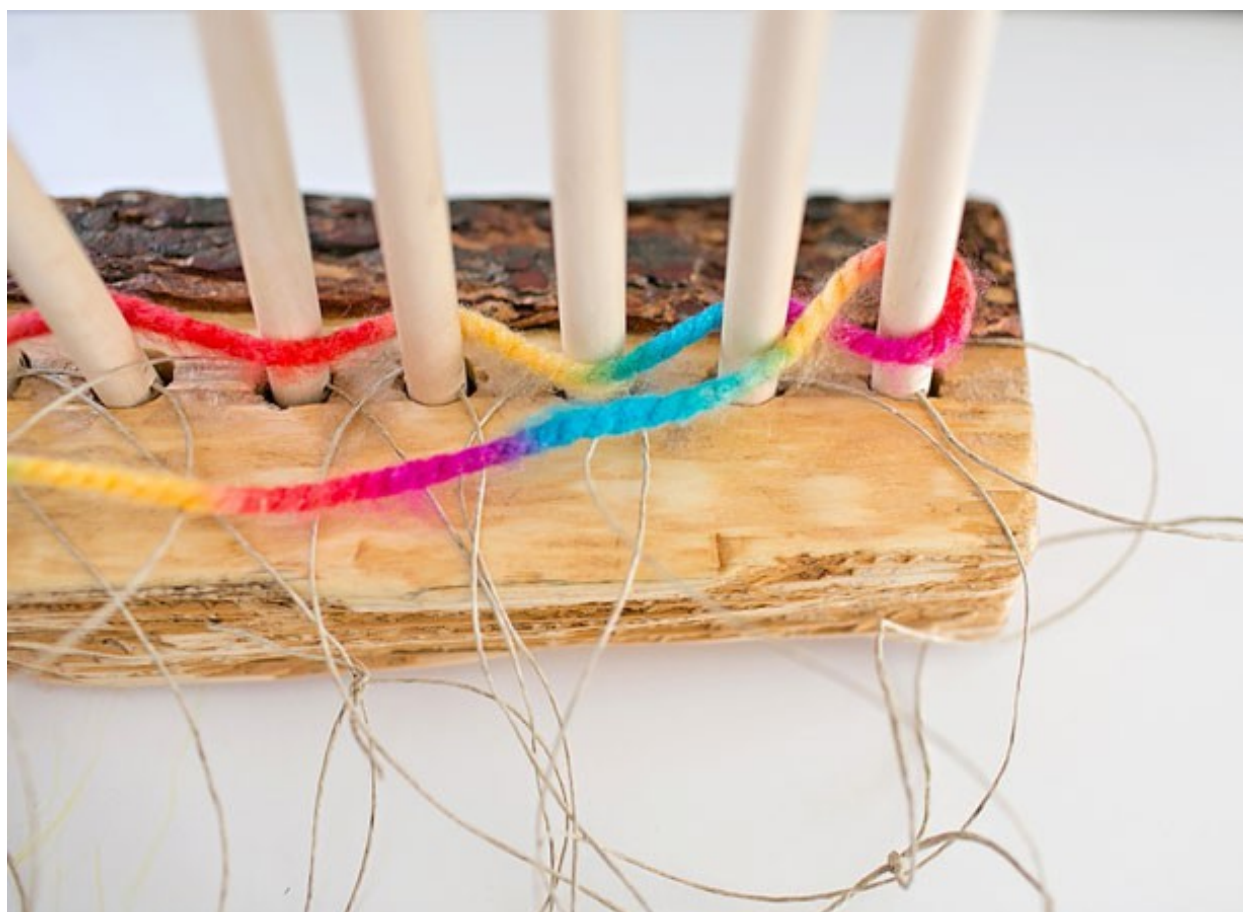


















CIAMBELLE FRITTE DI PATATE



Ingredientes:

- 4 y 1/4 tazas de harina de trigo normal
- 1 taza de harina de de trigo cernida
- 1 cucharada de polvo de hornear
- 2 cucharadas de sal
- 1/2 cucharada de canela
- 1 y 1/3 tazas de azúcar
- 4 huevos
- 2 tazas de patatas previamente cocidas
- 1/4 taza de mantequilla ya líquida
- 1/2 taza de leche entera
- 1 cucharada de extracto de vainilla
- Aceite para freír

Lo primero que debemos hacer es juntar las harinas que hemos seleccionado. Una vez esté listo, añadimos los huevos y la mantequilla, y comenzamos a amasar. Luego echamos el azúcar, los polvos de hornear, la sal y la canela.

Después en un cazo aparte, tomamos las patatas que ya teníamos cocidas, bien porque eran restos, bien porque las hemos preparado de forma especial para nuestros donuts de patata, y las mezclamos en un cazo con la leche. Las ponemos al fuego y las vamos aplastando como para hacer puré.



Una vez que esté listo, solo quedará añadirlas a la mezcla anterior amasando de nuevo. Dejaremos reposar por una hora, y luego haremos las rosquillas. Éstas se pasan por el aceite y se dejan enfriar. Al terminar, se pueden decorar con múltiples cremas y toppings.

GRATIN DI PATATE FUNGHI E ROSMARINO



Ingredientes para 4 personas

- 3 dientes de ajo, una cebolla pequeña, 2 hojas de laurel, una ramita de romero, 300ml de leche, 300ml de nata líquida, 75g de bacon en tiritas, una nuez de mantequilla, 200g de setas silvestres, 700g de patatas, sal, pimienta y nuez moscada

Cómo hacer gratinado de patatas, setas y bacon

Ponemos en un cazo la leche, la nata, los dientes de ajo, la cebolla, las hojas de laurel y la ramita de romero. Lo llevamos a ebullición a fuego muy suave y dejamos cocer durante unos 15 minutos. **Apartamos del fuego y dejamos reposar durante una hora.** Ponemos el **bacon** en una sartén y lo calentamos a fuego medio-bajo hasta que suelte la grasa y esté crujiente, lo sacamos a un plato dejando la grasa en la sartén.



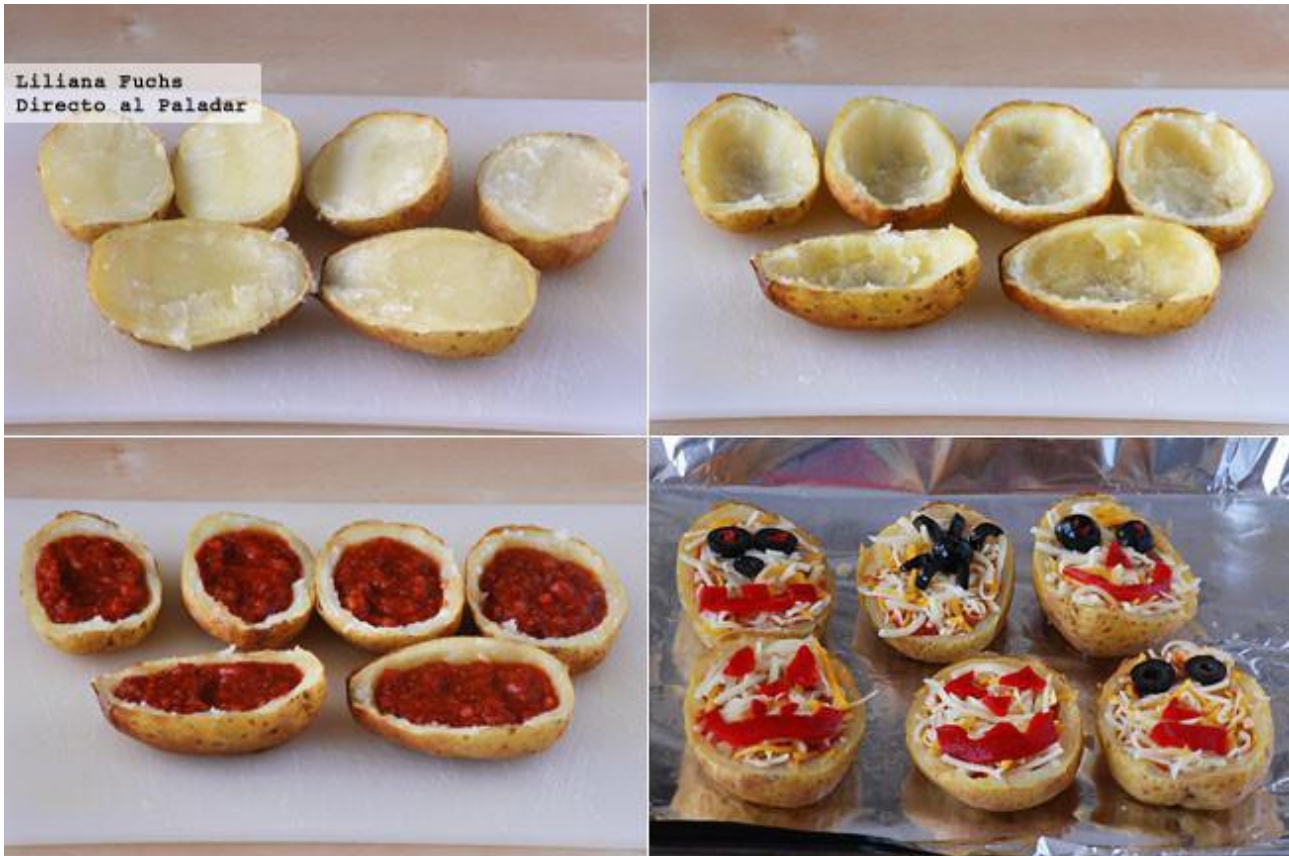
Añadimos una nuez de mantequilla a la sartén, subimos el fuego y **salteamos las setas troceadas hasta que se consuma todo el líquido y estén bien doradas**. Colamos la mezcla de leche y nata, ponemos la cebolla y los dientes de ajo en una batidora y los trituramos junto con esta mezcla. Sazonamos generosamente con sal, pimienta y nuez moscada.

Pelamos las patatas y las limpiamos con un trapo de cocina, sin lavarlas. **Las cortamos en rodajas lo más finas posible con una mandolina o a mano**. Ponemos las patatas en una fuente de horno y añadimos las setas y el bacon, mezclamos y añadimos el batido de leche y nata.

Cubrimos la fuente con papel de aluminio y la metemos en el horno precalentado a 180°, horneamos durante unos 50 minutos, destapamos y seguimos horneando otros 35/40 minutos hasta que la superficie esté bien dorada. Antes de terminar la cocción **nos aseguramos de que las patatas estén tiernas introduciendo un cuchillo**. Sacamos del horno y dejamos reposar durante unos 10 minutos antes de servir.



PATATE RIPENE



Ingredientes para 2-4 personas

- 4-6 patatas medianas alargadas, 200 g de salsa boloñesa o salsa de tomate, 150 g de mezcla de quesos para gratinar, aceitunas negras y/o verdes, pimientos de piquillo, pimienta negra, aceite de oliva virgen extra.

Cómo hacer patatas rellenas monstruosas

Precalentar el horno a 200°C, lavar y secar bien las **patatas**. Envolver cada una en **papel de aluminio** y hornearlas durante unos 40-45 minutos. Tienen que estar tiernas pero firmes. Desenvolver y dejar enfriar.

Partir cada patata por la mitad y vaciar con ayuda de una cuchara o un sacabolas, **con cuidado de no pasarnos** y de no romper la piel. Es mejor dejar unos 5 milímetros de grosor de patata. Guardar la carne para otra receta.

Llenar cada patata **con salsa boloñesa o salsa de tomate**, cubrir con queso y añadir las decoraciones al gusto. Es muy fácil recortar con un cuchillo caras monstruosas de un **pimiento**, o usar las **aceitunas** para ojos y arañas. Gratinar en el horno hasta que el queso esté fundido.

MACINE



Ingredienti:

300 g di farina 00
100 g di burro
120 g di zucchero a velo
1 uovo
4 cucchiaini di panna fresca
1/2 bustina di lievito per dolci
1 cucchiaio di amido di mais
1 pizzico di sale

1 cucchiaio di zucchero di canna (facoltativo)

Setacciare la farina con il lievito, lo zucchero a velo, l'amido di mais e il sale. Aggiungere il burro freddo e lavorare con la planetaria o a mano, ma molto velocemente, tutti gli ingredienti. Aggiungere la panna e l'uovo intero e lavorare di nuovo fino ad ottenere un composto liscio e compatto.

Infarinare leggermente il paino di lavoro, stendere l'impasto con il mattarello in uno spessore di circa 5/6 millimetri. Ricavare tanti cerchi, forare il centro con uno stampino più piccolo e sistemarli sulla teglia rivestita di carta forno.

Spolverare con zucchero di canna (ma anche no, dipende dai gusti) e infornare per 15 minuti a 180°C. Togliere dal forno e lasciare completamente raffreddare prima di servire.

NUTELLA



Crema di nocciole fatta in casa

150 g nocciole sgusciate

150 g di cioccolato al latte o fondente o bianco

5 cucchiaini di zucchero di canna o di miele

2 tazzine di latte vaccino, di soia o di riso

barattolo di vetro

Mettiamo a tostare nel forno o in una padella per 5 minuti a fuoco molto basso 150 g di nocciole sgusciate. Un profumo meraviglioso riempirà la stanza.

Ci accorgiamo che sono tostate al punto giusto quando prendono un bel colore bronzeo e si stacca facilmente la pellicina.

Per farlo, una volta che si sono intiepidite le mettiamo in un panno, le strofiniamo e togliamo la pellicina, oppure le sfregiamo nelle mani se sono ormai già fredde.

Poi dobbiamo tritarle fino ad avere un sorta di farina grossolana assieme 5 cucchiaini di zucchero di canna (se usiamo quello bianco, che comunque sconsiglio, ne vanno utilizzati solo 4).

Nel frattempo avremo messo a sciogliere a bagnomaria 150 g di cioccolato al latte (o fondente o bianco).

Aggiungiamo, mescolando bene, il tritato di nocciole con lo zucchero (oppure il miele d'acacia o di melata) e mano a mano 2 tazzine di latte intero a temperatura ambiente. Volendo possiamo sostituire quest'ultimo con latte di soia o di riso.

Per verificare la consistenza dobbiamo prenderne un cucchiaino, lasciarlo raffreddare qualche istante e assaggiare. In caso sia poco cremosa, aggiungiamo altro latte.

Dobbiamo mescolare per qualche minuto affinché tutto il latte si cuocia (sempre a bagnomaria) e si amalgami il tutto. E alla fine avremo un risultato golosissimo e profumato.

Trasviamo in un barattolo di vetro riciclato, pulito e sterilizzato in acqua bollente e chiudiamo.

Si conserva per un mese e più fuori dal frigo (naturalmente evitare di metterla a contatto con fonti di calore o alla luce diretta), anche se probabilmente nel giro di pochi giorni "vedo e prevedo" che sarà terminata!!!

In base al tipo di cioccolato avremo 3 prodotti diversi ma egualmente golosi. Basta metterne un tipo a scelta in base al nostro gusto:

1 la classica crema di nocciole con cioccolato al latte

2 al fondente dal sapore intenso (in questo caso aggiungere una tazzina in più di latte)

3 la variante bianca con quello che viene chiamato cioccolato bianco (che in realtà è burro di cacao)