FLINT & FLICKER

Herb Correspondences

A short cabinet from the kitchen and the garden.

These are folk associations for practice, not medical advice. Use only herbs you can identify and that ar

Basil
Kitchen prosperity, peace at the table, and a clear head.

Bay
Wishes, success, and a leaf for written intentions.

Chamomile
Calm, gentle luck, and settling the nerves before sleep.

Cinnamon
Warmth, speed, and a pinch of courage in kitchen work.

Lavender
Rest, cleansing, and a kind atmosphere.

Mint
Fresh starts, travel, and waking up a tired room.

Mugwort
Dream work, moon work, and quiet seeing. Use carefully.

Rosemary
Remembrance, protection, and a stand-in for many other herbs.

Sage (culinary)
Clearing a space and blessing a home. Garden sage is enough.

Thyme
Courage, health of the household, and fairies in old lore.

Rose
Love of self and others, offerings, and heart-work.

Salt
Protection, boundaries, and the simplest circle of all.