

6 HEALING PLANTS

The **Betulina Mushroom**

I recently experimented with the *Fomitopsis betulina*, that is supposed to have healing capacities. It has been found on the body of Ötzi, the Iceman, it has been investigated to find out what its use was supposed to be.

I found a fresh specimen lying on the ground after the snow was melted.

I succeeded to make a kind of paper of it, which I used to make a painting of this '**Berkenzwam**'.

The ink I made from *Cynips quercusfolii*, '**Galappel van de Zomereik**' and dye of **earth** and ashes

With the grandchildren we made jewelry from the fresh cut slices of the Betulina Mushroom and paper from the pulp in small baking molds.

7 A FLOWER A DAY... KEEPS THE DOCTOR AWAY?

In April I started to paint one blossom a day . Flowers you can use to make tea or for salads and in sweet drinks or cookies.

01 RAAPZAAD

02 MAGNOLIA ROZE

03 MAGNOLIA WIT

04 SLEEDOORN

05 KERS, KRIEK