



*Dawn Aurora Hunt*

# A KITCHEN WITCH'S **CULINARY** ORACLE DECK

*Gain Daily Insight and Bring Magic to  
Your Meals with Everyday Ingredients*



*RIZZOLI*  
UNIVERSE





# HOW TO USE THIS DECK

Often, we move through the days without pausing to truly take in the food we are preparing, eating, or sharing. This culinary oracle deck invites you to slow down and become mindful of the magic of food. Everything we consume has energy and life. It will help you to find guidance and inspiration as well as a bit of introspection around the uses of simple ingredients and household tools.

As noted previously, there is no “right” way to work with these cards. As a practicing Kitchen Witch over the years, I have developed an understanding of the innate magical and energetic properties foods can hold. This comes from deep meditative work and studying the lore around ingredients. You may find that while working with a card or a food ingredient you suddenly feel a certain way or envision something different. Go with it! **Trust your gut and interpretations.** My suggestions are only meant to advise and spark ideas about working with these foods.

There are many ways to use this deck, but I tend to use oracle cards in a **single-card pull or reading**. With this deck, you not only get a message but you’ll be able to incorporate the energy of the card into your day in a practical way—by adding the ingredients to a meal. How exciting is it to be able to act on the energies or messages that are coming to you with items in your kitchen? Of course, as with all divination tools, meditation and journaling about your readings is always a good idea for deeper reflection.





## ENJOYING LAVENDER

Make lavender tea or shortbread with lavender,  
use lavender soap

For hundreds of years, lavender has been a balm to calm the mind and spirit. It can help create restful sleep and chase away racing thoughts. When lavender comes to you in a reading, consider looking at the situation at hand with a calm mind and a peaceful heart. Lavender reminds us to take a breath. Try to make decisions from a place of openness and love. Once we calm ourselves, we can see things more clearly and become more receptive to the answers we seek.



# LAVENDER

PEACE AND CALM

## ENJOYING CORN

Corn bread, popcorn, grilled or roasted

Corn is a food that dates back thousands of years and has been a dietary staple of entire ancient civilizations. Corn is associated with the cycles of life and death, beginnings and endings. This card is a reminder of these cycles in your life.

Something may be starting, and something else may have run its course. In your life, things find their natural endings, and other things find natural beginnings. Everything on Earth starts and ends. The great cycles of the planet never end. The sun always rises after the long night. Ask the power of corn to guide you through the cycles of your life.



# CORN

**CYCLES OF LIFE**

## WORKING WITH ROSEMARY

Burn dried rosemary incense, use rosemary branches  
in wreaths, simmer in soups, bake into bread

When rosemary shows up in a reading, you can bet it's time to do some deep healing in your life. Long-forgotten old wounds may be resurfacing. Rosemary is asking us to look hard at what hurts and choose healing, even if it's uncomfortable. This card may also signify that you are doing healing work in the world for yourself or others, especially in areas of mental and emotional well-being. Rosemary reminds us that recovery is a process that takes time and patience. It will be hard, but do not give up. Take small steps and celebrate any progress.



# ROSEMARY

## HEALING



## ENJOYING SUMMER SQUASH

Sautéed with olive oil and herbs, grilled,  
sautéed with pasta or chicken

When summer squash appears in a reading, you know it's time to double down, keep going, and not give up. These yellow and green squashes hold the power to keep you motivated in your pursuits. When we are headed towards our goals, it's easy to get disheartened. Consider this card as your sign to stick with it. **YOU CAN DO IT!** If you have been waiting to act on a goal, let this be the kick in the pants you need. Remember, the situation at hand is a long game, and you have what it takes to go the distance.



# SUMMER SQUASH

MOTIVATION AND TENACITY