

Apple

MEDICINAL: Apples are used to treat constipation. The pectin in fresh apples can help to lower cholesterol levels, an aid in treating heart disease. Crushed apple leaves can be rubbed on a fresh wound to prevent infection.

MAGICKAL: Apple blossoms are used in love and healing incenses. An apple should be given to a lover as a present - you should eat one half, the lover the other. It is given as an offering on Samhain to the dead, since it is a symbol of immortality. Apple wood is used to make magickal wands. Pouring apple cider on the ground in your garden before you plant gives the earth life.

GROWING: Apple trees grow over most of North America. They need a cool winter period, making them unsuitable for low desert or tropical regions. Check with your local nursery for varieties best suited to your area and growing conditions.

Apple (*Pyrus malus*): Venus, Water. Used in love spells for hundreds of years. Cider can be used in place of blood or wine where called for in ancient spells and rites. The wood is made into wands used for love spells and rituals. In Cornwall, a large apple was given to each member of the household to be eaten at Samhain (Halloween) for good luck.