

REMEDY
ANCIENT MEDICINE FOR
MODERN ILLNESS

HERBAL IMMUNITY

E-COOKBOOK

== (23 RECIPES!) ==



TABLE OF CONTENTS

01	INTRODUCTION	5
02	DIGESTION	6
	Forager’s Kimchi.....	7
	Vanilla Honey Yogurt.....	9
	Fermented Granola.....	10
	Probiotic Pickles.....	11
	Herbal Soda	
	Soda “Starter” Ingredients.....	12
	Soda Syrup Ingredients.....	13
	Cultured Raspberries.....	14
03	WARMTH	15
	Creamy Carrot Ginger Soup.....	17
	By the Fire Cider.....	18
	Sweet Chai Rice Pudding.....	19
	Sacred Kitchen Kitchari.....	20
04	COMFORT	22
	Protein-Packed Porridge.....	24
	Calming Custard.....	25
	Big Fat Fuel Smoothie.....	26
	Seasonal Greens Stew.....	27
	Warm Honey Oat Pancakes.....	28
05	FLAVOR	29
	Polizzi Chimichurri.....	30
	Infused Clarified Butter (Ghee).....	31
	Lemon Balm Pesto.....	32
	Antioxidant Nut Butter.....	33
	Avocado Aioli.....	34
	Garlic Ginger Shallot Oil.....	35



Nick Polizzi

Founder of
The Sacred Science

Nick has been making documentary films about natural medicine for much of the past two decades. The titles he has produced include *The Sacred Science*, *Remedy: Ancient Medicine For Modern Illness*, *Proven: Healing Breakthroughs Backed By Science*, *Trauma: Healing Your Past To Find Freedom Now*, *Simply Raw: Reversing Diabetes In 30 Days*, *The Tapping Solution* and his upcoming documentary *Trees*.

Nick is also the author of the Amazon bestselling book, *The Sacred Science: An Ancient Healing Path For The Modern World*.

~ Callie Longenecker, CCN, CCH, CHD

Callie Longenecker is a Clinical Nutritionist, Herbalist, Postpartum Doula, and Chef. She has spent the past decade working with new mothers and herbal medicine, as well as working in Michelin starred restaurants. She works closely with the *Colorado Grain Chain* and several organic farms in Colorado, sourcing locally for all of her creations as well as her food-based body care line, *Earthen Hands*.



INTRODUCTION

Welcome To The Immunity Kitchen eBook!

These days, it seems like every single one of us is looking for natural and effective ways to boost our immune system and keep viruses and other infections at bay.

Well, in addition to taking the right medicinal herbs (which will be covered in our upcoming docuseries **Remedy: Ancient Medicine for Modern Illness** - that you'll be getting access to!), another powerful way to boost immunity is by putting the right healing foods on your plate.

In the pages that follow, you will be shown 24 Delicious Immunity Boosting Recipes that were handpicked by our dear friend (and brilliant farm-to-table chef) Callie Longenecker - in cahoots with our team.

You will find that each dish not only packs a healing wallop of wellness... but is also bursting with flavor and tantalizing to the taste buds!

Enjoy :)



DIGESTION

Immunity Starts In The Gut

Did you know that over 80% of the immune system is held within the gut? This immune system of gut microbes is constantly working on your behalf to keep all systems in check and balance. This is why the gut is referred to as “the second brain” in western medicine, while eastern medicine goes as far as referring to it as our “first brain”. The amount of control it has over the body and brain is quite significant, and our own control over what we feed this system is significant as well.

We have the power to either increase or decrease our immune capabilities, depending on what we feed these bodies. Food and lifestyle are the greatest of friends, if you choose to utilize them in that way. As times grow more uncertain, we can gain the confidence and skills in these areas and remind ourselves of how “in control” we really are of our physical health and overall wellbeing. Food is immunity and it starts in the gut.

One of the greatest ways to cultivate the garden of your gut flora is to eat fermented foods. Science has proven that consuming fermented foods is one of the best ways to strengthen your immune response. You simply have to put the good ingredients in and your immune system does the rest of the work for you. We have a very simple job when it comes to food, so why not keep food simple? Clean, whole vegetables are already loaded with flavor if they’ve been left to grow in the ways nature intended.



Fermentation is not only a great way to add more depth of flavor to your dishes... Get this - fermented foods are also much easier to digest because they've already begun the process of breaking down their nutrients long before they meet your gut. They're also easy to make! Fermentation is often thought of as an intimidating process, but it's much more approachable than you may think! If you can chop vegetables and stir, you can ferment! No need for any fancy equipment either; the best ingredients for your at-home fermenting adventures are going to be some time, a few glass jars and local, quality-grown vegetables and fruit... Happy fermenting!

Forager's Kimchi

yield: 1 large jar

Ingredients:

1 head Napa
cabbage

3 carrots

2 burdock roots

2 dandelion
roots

7 cloves garlic,
minced

3 scallions,
sliced

1 small handful
of plantain
leaves,
chopped

1 small handful
dandelion
leaves,
chopped

3 tbsp. ginger,
minced

1 shallot, small
diced

2.5 tbsp. salt

2 tsp. raw local
honey

1/2 tsp.
cayenne

2 tsp. chili
powder

2 tsp. chili
flakes

2 tsp. paprika

2 cups water



Preparation:

- ◉ Using a box grater, grate the cabbage, carrots, burdock and dandelion root.
- ◉ In a bowl, combine the grated vegetables with the salt and squeeze with your hands to tenderize. Let this mixture sit for one hour to draw out the moisture, squeezing every 20 minutes.
- ◉ In a small bowl, combine the water, honey and spices and pour this mixture over the bowl of grated vegetables.
- ◉ Add the remaining ingredients. Stir to coat all the veggies in the spice mixture and allow it to rest for 2 hours.
- ◉ Stuff the vegetables into a clean, wide mouth jar, leaving 1-2 inches at the top. Cover the vegetables in the remaining brine.
- ◉ Place a fermenting weight or small weighted glass jar over the top to keep the vegetables submerged.
- ◉ Skim off any vegetables that float to the top.
- ◉ Screw a plastic lid on top and simply unscrew it half a turn.
- ◉ Place it on a plate, out of direct sunlight for 3–5 days or until it's as sour as you prefer. Screw the lid on tightly and store in the refrigerator.

Unscrew the jar over a sink when you open it for the first time, since the fermentation may cause some overflow.

Vanilla Honey Yogurt

yield: 4 cups

Ingredients:

4 cups whole
grass-fed milk
(raw if you can
get it)

1 vanilla bean

4 tbsp. plain
yogurt

2 tbsp. raw local
honey



Preparation:

- ◉ Over low heat, slowly warm the milk in a saucepan until it reaches 170 degrees Fahrenheit. Be careful not to boil it.
- ◉ Turn off the heat and bring the temperature back down to 110 degrees Fahrenheit.
- ◉ Combine the yogurt with 1 cup of the warm milk. Add this mixture back into the saucepan and gently stir.
- ◉ Scrape the seeds from the vanilla bean and stir them into the milk along with the raw honey.
- ◉ Place a lid over the top of the saucepan and wrap two tea towels around the pan.
- ◉ Preheat the oven to 150 degrees Fahrenheit. Once preheated, turn the oven off & wait 20 minutes.
- ◉ Place the tea towel wrapped pan inside the warmed oven for 4 hours. The longer it sits in the warm oven, the tangier it becomes. Extend the time in the oven if you'd like until it reaches your desired taste and texture.
- ◉ Remove the saucepan from the oven and place it in the fridge to cool for 3 hours. Stir it well to incorporate any film on the top and transfer the yogurt into an airtight container.
- ◉ Store in the fridge for up to ten days.

Be sure to reserve 1/4 cup of the yogurt to use as a starter for the next batch you make!

Fermented Granola
yield: 2 cups

Ingredients:

- 1 cup buckwheat groats
- 1 cup oat groats
- 2 tbsp. apple cider vinegar
- 3 tbsp. maple syrup
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1 tsp. ground ginger
- ½ cup goji berries
- ½ cup cacao nibs
- ½ cup golden raisins
- ¼ cup coconut flakes
- ¼ cup pumpkin seeds
- ¼ cup macadamia nuts



Preparation:

- ◉ Rinse the groats in a bowl of cold water and drain.
- ◉ Cover 2 inches above the groats with filtered water and the apple cider vinegar.
- ◉ Gently stir, cover, and let it rest for 24 hours.
- ◉ Drain and rinse the groats.
- ◉ Add the maple syrup, vanilla, cinnamon and ginger.
- ◉ Spread the groats in a thin layer on a baking sheet and bake at 200 degrees Fahrenheit for 2 hours (or until completely dehydrated).
- ◉ Remove from the oven and place the baking sheet on a wire rack to cool.
- ◉ Mix in the cacao nibs, goji berries, raisins, coconut, pumpkin seeds & macadamia nuts.
- ◉ Transfer to glass jars and store for up to 2 months.
- ◉ Serve in milk of choice, on top of smoothies or over yogurt.

Probiotic Pickles
yield: 1 quart jar

Ingredients:

 12 ounces
pickling
cucumbers

 4 cloves fresh
garlic, peeled
and smashed

 1 tsp. black
peppercorns

 3 sprigs of
fresh dill

 1/2 tsp.
mustard seeds

 1 tbsp. apple
cider vinegar

 2 cups hot
water

1 tbsp. salt

1 bay leaf

 1 tsp. coriander
seeds

Preparation:

- Rinse the cucumbers under warm water.
- Place half of the garlic, spices and herbs into a quart jar. Pack in the pickles just until they reach the neck of the jar. Add the remaining garlic and spices.
- In a small bowl, dissolve the salt with water and apple cider vinegar. Pour this mixture over the pickles in order to cover the pickles by 1 inch.
- Seal, loosely, with a lid and place on a small plate out of sunlight for 3-5 days. Small bubbles will start to form in the brine. The longer they sit, the stronger the fermentation and the more sour the pickles become.
- Once they've reached the desired sourness, cover tightly and store in the refrigerator for up to two weeks.



Herbal Soda**yield: 1 gallon**

Soda “Starter” Ingredients:

3 inch knob of ginger

1/2 cup raw local honey

Preparation:

- Fill a quart mason jar 3/4 full with filtered water.
- Add 1 tablespoon of fresh grated ginger and 1 tablespoon of honey and stir.
- Cover with cheesecloth & rest for 24 hours.
- Each morning, continue to add 2 teaspoons of ginger and 1 tablespoon of honey.
- Stir the mixture twice per day. After about a week, it will start to form small bubbles.
- At this point it is ready to be used in your soda making.



If you are not going to use it all right away, you can cap it and keep it in your refrigerator until you are ready to use it (very similar in style to that of a sourdough starter).

Soda Syrup Ingredients:

6 cups berries (raspberries, blackberries, blueberries, etc.)

1 tbsp. dried lemon balm

1 tbsp. dried hibiscus

1 gallon filtered water

1.75 cups raw local honey

1 cup soda starter (see above)



Preparation:

- In a large pot, bring 1/2 gallon of water to a boil.
- Stir in the honey, berries and herbs and bring back to a boil. Reduce to low heat and simmer for 10 minutes.
- Temper a gallon jar/container with hot water to prepare the glass for the temperature of the soda mixture.
- Slowly pour the hot berry mixture into the prepared gallon jar.
- Fill the remaining space with cool water, leaving some room at the top to add 1 cup of the soda starter.
- Cool to room temperature and stir in the 1 cup of soda starter.
- Cover with cheesecloth and rest on the counter for 5-6 days, stirring it twice per day.
- The longer it ferments, the more sour it becomes. If you are trying to make a sweeter soda, you can stop the fermentation process anywhere from 3-5 days.
- When ready, strain and pour into bottles or one large glass container.
- Seal and rest on the counter overnight to stimulate the carbonation and then transfer to the fridge to be stored for up to one week. Be careful when first opening the bottles as the bubbles may overflow.

Cultured Raspberries**yield: 1 quart jar****Ingredients:**4 cups fresh
raspberries1/4 cup warm
filtered water2 tsp. fresh
lemon juice3 tbsp. raw
local honey2 tbsp. soda starter
(from Herbal Soda recipe)**Preparation:**

- Combine the warm water, lemon and honey and allow this to cool to room temperature.
- Stir in the soda starter.
- Mash the raspberries and mix them into the soda starter mixture.
- Transfer to a glass jar and cover loosely with a lid.
- Rest on the counter for 48 hours.
- Once small air bubbles begin to form, cover it tightly and store in the fridge.
- Serve on top of ice cream, yogurt, smoothies or use it as a jam over bread, biscuits and muffins.

WARMTH

Think of Digestion as a Fireplace In Your Living Room.

Not too often do we find ourselves thinking about how food is processed inside of the body. After all, it's an automatic system that we don't have to think about (thank goodness!). But maybe we *should* give it a little more thought...


Now that we've established that the majority of our immunity is reliant upon the digestive system, we can ask ourselves the question: "How can we improve upon this system and mend the gaps within it?"



For thousands of years, Chinese herbalists and doctors have been observing the processes and energies of digestion very closely. With all of this wisdom and practice, we can apply very simple Chinese medicine principles to our eating habits and find that a little bit of this ancient knowledge goes a long way.

As soon as you begin chewing your food, digestion begins. The energy and the nutrition in that food becomes your fuel to be used efficiently within the body. However there are many factors which can increase or decrease the efficiency regarding these traveling nutrients. One thing Chinese medicine focuses greatly on is the temperature of food and the importance of warmth within the digestive system. We can think of the digestive system as a sort of fireplace within our living room. If the fire goes out, the whole room becomes cold. But when the fires are thriving, the whole room feels happy and warm.

In order for your body to even think about extracting nutrients from your food and begin breaking them down, it must first reach body temperature.



A lot of trendy diets call for large amounts of cold raw fruits and vegetables, but this style of eating *alone* isn't always adequate, especially for the majority of our modern compromised digestive systems.

When your body is constantly heating up food on its own and working extra hard to break down nutrients, it cannot put that time and energy where it's most needed.

This causes strain on your energetic resources & over time, weakens the system. Fresh fruits and veggies are essential to good health, BUT too much cold food can often be the frigid water that we pour over our digestive fires.

A great way to effectively & efficiently nourish the gut is to balance the intake of cold foods with more warm, slow-cooked foods. This creates a much more approachable form of digestion & allows a more welcoming environment for assimilation.

Creamy Carrot Ginger Soup

yield: 4-5 servings

Ingredients:

3 tbsp. ghee

1 cup cooked
sweet potato

4 cups carrots,
chopped

1 leek, cleaned
and sliced

2 tsp. fresh grated
turmeric

1 tbsp. fresh
grated ginger

4 cloves garlic,
chopped

1 onion,
chopped

4 cups bone
broth

1/2 cup cream
(coconut or
grass-fed cow)

2 tbsp. creme
fraiche

Salt and pepper
to taste



Preparation:

- ◉ Heat the ghee in a large dutch pot oven over medium heat.
- ◉ Add the carrots and onion to the pot. Season with salt and pepper.
- ◉ Sauté over medium-high heat for 10 minutes.
- ◉ Add the leek, garlic, ginger and turmeric.
- ◉ Cover and allow this to cook over low heat for another 7-8 minutes until the vegetables are tender.
- ◉ Add the bone broth and bring to a boil. Cover and simmer for 20 minutes.
- ◉ In a blender, puree the broth, vegetables and sweet potato until creamy.
- ◉ Transfer back to the dutch oven pot, add the cream and simmer for 5 minutes.
- ◉ Remove from heat & stir in the creme fraiche.
- ◉ Season with more salt & pepper as needed.

By the Fire Cider
yield: 2 cups

Ingredients:

- 4 tbsp. chopped ginger root
- 4 cloves garlic
- 4 tbsp. chopped onion
- 1 tbsp. chopped jalapeño
- 1 tbsp. grated horseradish
- 1/2 of an orange, sliced
- 2 star anise pods
- 1 cinnamon stick
- 1/2 cup raw local honey
- 2 cups apple cider vinegar



Preparation:

- ◉ Layer the ginger, onion, garlic, horseradish, jalapeño, orange and spices in a jar.
- ◉ Cover with apple cider vinegar, adding additional vinegar to cover the contents of the jar as necessary.
- ◉ Seal and store away from sunlight for up to 6 weeks.
- ◉ Agitate the jar daily, shaking for about 10-20 seconds.
- ◉ Strain the cider and stir in the honey until it dissolves.
- ◉ Store at room temperature up to 6 months or in the fridge for up to 18 months.

Invented by our dear friend **Rosemary Gladstar**, Fire cider is an excellent tonic when it comes to supporting the immune system! The ingredients that are used contain incredible amounts of healing compounds which are helpful in fighting off infections and also preventing them! You can add 1-2 tablespoons to juice or water as a preventative or take a 1 ounce shot if you're already feeling cold or flu-like symptoms.

**Sweet Chai Rice
Pudding****yield: 4 servings****Ingredients:**

5 cups milk + 1/2 cup cream
(grass-fed cow or coconut)

1/2 cup sprouted brown rice

1 vanilla bean, scraped

1/4 tsp. black pepper

1/2 tsp. cloves

1 tsp. ground ginger

1 tsp. cinnamon

1/2 tsp. allspice

1 tsp. cardamom

2 tbsp. ghee

2 tbsp. maple syrup

**Preparation:**

- ◉ In a saucepan, combine the milk with the spices and scraped vanilla bean.
- ◉ Bring to a boil over medium-high heat.
- ◉ Stir in the rice and reduce to a low, gentle simmer.
- ◉ Continue to cook for 1 hour, stirring occasionally until thickened.
- ◉ Remove from heat and add the cream, ghee and maple syrup.
- ◉ Stir to combine and serve warm with a sprinkle of cinnamon, fresh berries or nuts.

Sacred Kitchen Kitchari

yield: 4 servings

Ingredients:

1/2 cup sprouted
brown rice or
quinoa

1/4 cup dried
yellow split peas

4 tbsp. ghee

1 tsp. of cumin
seeds

1 tsp. grated
fresh ginger

1 tsp. ground
turmeric

1 tsp. ground
fenugreek seeds

1 tsp. of
coriander seeds

1/4 tsp.
mustard seeds

4 cups of
water

3 cups of chopped
vegetables
(carrots, squash, sweet
potato, greens, broccoli)

Fresh basil and
cilantro to garnish

Salt and pepper
to taste

Greek yogurt
for serving

Fresh lime wedges
to garnish



Preparation:

- ◉ Rinse the rice and peas under cool water.
- ◉ Soak for 2 hours, completely submerged in water by 3 inches.
- ◉ In a large pot, heat the 2 tablespoons of ghee over medium-high and add the cumin and coriander seeds until lightly toasted and fragrant.
- ◉ Add all of the remaining spices, excluding the mustard seeds. Toast for 1 more minute.
- ◉ Drain rice and peas. Add them into the spices and mix well for a few minutes until the rice and peas start to stick to the sides.
- ◉ Add the water and stir gently.
- ◉ Cover the pot and bring to a gentle boil. Once it reaches a boil, lower the heat and simmer over medium-low heat for 1 hour, stirring occasionally.
- ◉ In a large pot, warm the remaining 2 tablespoons of ghee and add the mustard seeds. Sauté them just until they start to pop.
- ◉ Add the vegetables and stir well. Season with salt and pepper.
- ◉ Cover the pot and bring to a boil. Once it starts to boil, lower the heat and continue simmering for another 30-45 minutes until the vegetables are nice and soft.
- ◉ Gently combine them with the rice and pea mixture.
- ◉ The finished dish should be creamy and stew-like. Adjust with more water as necessary.
- ◉ Serve each bowl with the juice of half a lime and finish with fresh basil and cilantro. You can also top the Kitchari with a tablespoon of greek or non-dairy yogurt.

Kitchari has long been used as a classic cleansing, protein-packed Ayurvedic meal. The traditional spices used in this dish are intended to balance digestion and strengthen the areas that have been strained or weakened.

COMFORT

Calming The Nervous System With Nourishing Foods

Stress is an inevitable factor in our daily lives and there is certainly no magic pill to make it disappear. Of course, there are many things we can adjust in our lives to lessen the amount stress we face, but the effective management of stress is a skill that most folks are missing these days. One great tool for stress-relief is giving yourself the proper diet and nourishment through the right kinds of comfort foods.

Stress and anxiety come in many forms, a lot of which are experienced physically. When we are stressed or anxious, our body tries to support that process by sending out protective hormones and chemicals, many of which go straight to the digestive tract. While these natural substances are meant for our benefit, too much of them can throw our bodies out of balance.

An acute “fight or flight” event temporarily decreases the flow of blood, oxygen and energy to the gut in order to redirect it to where it is most needed. This allows you the energy and strength to handle your stressor. If you’re running from a bear, you now have the energy to run like a bear yourself! That being said, your body certainly isn’t focusing heavily or at all on proper digestion. The only focus is to keep you alive and running.

Our anxieties may differ from person to person, but the body doesn’t care about or categorize all the details of our stressful situations. Stress is stress and the primary responses we have to it are usually very similar.

When our stress becomes a chronic issue, the digestive system can often be the first to compromise because we already have so much energy



flowing there. What a great place to steal from! Unfortunately, this wreaks havoc (over time) on the gut, weakening our intestinal barriers and increasing the inflammatory response instead of a healthy immune response.

The good news is that we can often achieve a much better state of mental health just by paying closer attention to what we eat.

When we crave a certain food and then we eat that, we've already activated our brain's dopamine response, which gives us that deep sense of calm and reward. Over half of dopamine is produced in the GI tract. Gut bacteria also manufacture an estimated 95% of serotonin, which is responsible for regulating our anxieties and also our happiness.

That said, food is massively important when it comes to nourishing the nervous system. When we utilize probiotic and protein-rich foods to repair those fundamental building blocks of the digestive system, we begin fortify ourselves against the physical impacts of stress.

When I think of comfort food, I think of something decadent to melt into but at the same time something that will nourish me and create those longer-lasting good feelings. Eating more healthy fat-filled and protein-packed foods are a great way to do this.



Protein-Packed Porridge
yield: 2 servings

Ingredients:

 3 cups
water

 1 cup steel
cut oats

2 eggs

 1/4 cup cream
(grass-fed cow
or coconut)

 1/2 cup mixed
nuts and seeds
(walnuts, pecans,
almonds, macadamias,
sunflower seeds, etc.)

1/8 cup berries

 1 tbsp. ground
flax

2 tbsp. butter

1 pinch of salt

1 tsp. cinnamon

1 tsp. nutmeg

 2 tsp. vanilla
extract

 2 tbsp.
maple syrup

Preparation:

- ⦿ In a saucepan, bring 3 cups of water to a boil over medium-high heat.
- ⦿ Stir in steel cut oats and reduce the heat to low.
- ⦿ Cover and cook for 20 minutes, stirring occasionally.
- ⦿ In a small bowl, whisk together two eggs with the cream and vanilla.
- ⦿ Add the egg mixture to the oats and stir very quickly in order to keep the eggs from scrambling. Cook for another minute.
- ⦿ Remove from heat and add the flax, butter, salt and spices.
- ⦿ Top with nuts, seeds, berries, and maple syrup.
- ⦿ This can be eaten immediately or prepped and then refrigerated overnight in a jar for a quick breakfast on-the-go!



Calming Custard**yield: 4 servings****Ingredients:**2 cups milk
(grass-fed cow
or coconut)

2 large eggs

1/8 tsp. salt

3 tbsp. raw
local honey1 tsp. vanilla
extract½ tsp. dried
lavender
2 tsp. dried
chamomile3 tsp. dried oat
straw½ tsp. lemon
zest**Preparation:**

- In a glass jar or small bowl, combine the milk and dried herbs.
- Place in the fridge to infuse overnight.
- The next day, strain the milk, composting the leftover herbs.
- Whisk the infused milk, eggs, salt, and honey in a bowl.
- Add the vanilla and lemon zest.
- Preheat the oven to 325 degrees Fahrenheit.
- Place 4 six ounce ramekins in a large baking dish. Divide the custard evenly.
- Fill the baking dish with hot water until it almost reaches the top of the ramekins.
- Bake for 45 - 55 minutes, until the custard is set. There should be a slight jiggle in the center of the custard but a knife should come out clean when inserted.

Big Fat Fuel Smoothie**yield: 2 servings****Ingredients:**

- 1 cup raw grass-fed milk (or DF milk)
- 2 raw pasture raised eggs
- ¼ cup yogurt (whole fat cow or DF)
- ¼ cup frozen wild blueberries
- ¼ cup frozen blackberries
- ¼ cup frozen cherries
- 1 tbsp. almond butter
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 2 tbsp. local raw honey
- 1 big handful of fresh greens (dandelion, spinach, kale, chard, etc)

**Preparation:**

- Combine all ingredients in a blender and blend until smooth.
- Sip slowly. As the old saying goes, *“Chew your liquids, drink your solids”*.

Seasonal Greens Stew
yield: 6-8 servings

Ingredients:

 3 leeks,
 chopped

 1 onion,
 chopped

 1 shallot, small
 diced

 5 cloves garlic,
 peeled and
 minced

 1 stalk celery,
 chopped

 3 parsnips,
 peeled and
 chopped

4 tbsp. ghee

 2 quarts
 bone broth

2 tsp. salt

 3 cups fresh
 spinach

 2 cups chard,
 chopped

 1/2 cup
 dandelion
 greens,
 chopped

 1/4 cup fresh
 basil

2 tsp. cumin

 1 tsp. black
 pepper

 2 tsp. white
 wine vinegar

 1/4 cup cream
 (grass-fed cow
 or coconut

 Fresh basil and
 lemon zest for
 garnish

Preparation:

- ⦿ In a large pot, heat the ghee over medium-high heat.
- ⦿ Add the leeks, onion, shallot, celery and parsnip.
- ⦿ Sauté until lightly browned.
- ⦿ Add the garlic and continue to cook for another 5 minutes.
- ⦿ Season with salt and pepper.
- ⦿ Add the broth and simmer for 30 minutes, until the vegetables are nice and soft.
- ⦿ In a blender (or using an immersion blender), puree the broth and veggies, adding the fresh greens in as you go. Blend until creamy.
- ⦿ Return to the pot and season with cumin, white wine vinegar and cream.
- ⦿ Stir gently. Serve with fresh chopped basil and a bit of lemon zest.



Warm Honey Oat Pancakes

yield: 6-8 servings

Ingredients:

2 cups
water

1 cup steel
cut oats

1/2 tsp. salt

2 tsp. vanilla
extract

1 tsp.
cinnamon

1/2 tsp. ground
ginger

2 tbsp. raw
local honey

4 tbsp. ghee

1/2 cup
yogurt

1/4 cup milk
(oat or
grass-fed cow)

2 eggs

1 cup oat flour

1/2 tsp. baking
powder

3 tablespoon
finely chopped
walnuts

Warm honey
and/or maple
syrup for drizzling

Preparation:

- Combine the steel cut oats, salt and 2 cups of water in a small saucepan.
- Bring to a boil and then reduce to low heat and simmer for 25-30 minutes, slightly covered.
- Remove from the heat and stir in 2 tablespoons of ghee.
- In a bowl, combine the milk, vanilla, remaining ghee and yogurt.
- Whisk until well combined and add the eggs one at a time.
- Stir in the flour, baking powder and chopped walnuts.
- Add in the steel cut oats and continue stirring until well combined.
- In a hot, buttered cast iron pan, scoop the batter into the pan and cook each pancake over medium heat for 3-4 minutes on each side. Flip to the other side when you start to see small bubbles form in the batter.
- Serve with butter, warm honey and maple syrup. I also like to top them with almond butter and slow-cooked apples.



FLAVOR

A Flavorful Kitchen Is A Gut Full Of Immunity

Color is flavor. When I was in culinary school (Callie speaking now), I can't tell you how many times my chef instructors would say this very simple phrase. It was a mantra that they embedded in our brains and I so often find myself subconsciously repeating it when I'm cooking or out harvesting in the field.

As you begin to eat more adventurously, with all the colors of the rainbow, you begin to realize there is a whole landscape of flavor and nutrition that's been out there waiting for you!

Phytochemicals and antioxidants are what make up these bright colors in food. From the bright reds and greens to deep purples and blues, it's these colors that are indicative of massive nutrient content.

Adding more colorful vegetables, fruits and spices to your everyday meals is one of the greatest forms of medicine when it comes to combating inflammation, repairing the gut and strengthening the immune system.

Making your own condiments is a great way to do this. They are easy to make at home, much more nutrient dense, and often much cheaper than buying their pre-packaged counterparts from the store.



Polizzi Chimichurri**yield: 1 jar****Ingredients:**2 bulbs of
garlic, minced2 bunches of
fresh parsley,
finely chopped1/3 cup
olive oil2 tbsp. fresh
oregano, finely
chopped2 tbsp. apple
cider vinegar1 tsp. crushed
red pepper

1 tsp. salt

**Preparation:**

- Combine all ingredients in a mason jar and store in the refrigerator for up to 7 days.
- Some of our favorite ways to eat chimichurri are with proteins, vegetables, pastas, stews, rice dishes or roasted potatoes.

Infused Clarified Butter (Ghee)

yield: 24 oz.

Ingredients:

3 cup
unsalted
grass-fed
butter

3 tbsp.
turmeric

3 tbsp.
ginger

3 tbsp.
cumin

2 tsp. black
pepper

Preparation:

- ◉ Place the butter and spices in a saucepan. Melt the butter very slowly over very low heat. Do not stir it, as you'll want the white foamy layer to rise to the top.
- ◉ Skim off the white foam and set aside - these can be discarded or used for things like popcorn, rice, vegetables or pasta!
- ◉ Continue to skim off as much white foam as possible, while doing your best to save the butterfat beneath.
- ◉ Remove from the heat & rest for 5 minutes.
- ◉ Place a mesh strainer over a bowl and line the strainer with cheesecloth.
- ◉ Pour the butter through the cheesecloth. This will skim off any of the leftover bits of foam. Pour out all of the butter fat until you are left with just the bits of foam at the bottom of the pan.
- ◉ Transfer the clarified butter to a glass jar and store in the fridge. This can also be kept out at room temperature since all of the milk solids have been removed. However, it is subject to melt like coconut oil, depending on how warm your kitchen is.

Many people with lactose intolerance have found that they have no troubles digesting ghee. Casein (one of the main proteins in milk) and lactose (one of milk's main sugars) are usually responsible for dairy intolerances. With the milk solids being removed from the butter, only the healthy butterfat is left behind which also increases the smoke point, making ghee a great option for high heat cooking. It's also high in Vitamins A, D, E, and K which contribute to intestinal wall support & boost overall immune health.

In traditional Ayurvedic medicine, fat and spice are always paired together. Healing herbs and spices, when carried by healthy fats, travel deeper into tissues and systems in order to more successfully repair what is compromised.



Lemon Balm Pesto
yield: approx 1 cup

Ingredients:

 2 cups fresh
lemon balm

1 cup fresh basil

 5 cloves garlic,
peeled

1/2 cup olive oil

1 tsp. black pepper

1 tsp. salt

 1/2 cup toasted
walnuts

 1.5 cups grated
parmigiano

 Juice and zest
of half of a lemon

Preparation:

- ◉ In a food processor, pulse the walnuts, olive oil, salt, pepper, garlic and lemon until smooth.
- ◉ Add in the fresh herbs and pulse.
- ◉ Add the cheese and pulse again until it reaches your desired consistency.
- ◉ Season with more salt and pepper as needed.
- ◉ Great for flavoring pastas, chicken, grain and rice dishes, fresh vegetable salads and eggs.



Antioxidant Nut Butter**yield: 1 cup****Ingredients:**

1 cup pecans

1/2 cup almonds

1/4 cup Brazil nuts

1/4 cup walnuts

3 tbsp. cocoa powder

1/2 tsp. salt

1/4 cup goji berries

**Preparation:**

- ◉ Preheat oven to 350 degrees Fahrenheit.
- ◉ Spread the nuts out, evenly over a baking sheet.
- ◉ Toast in the oven for 7-8 minutes until fragrant and slightly golden.
- ◉ Transfer the nuts to a food processor. It will take about 10 minutes to blend them until they are nice and creamy. Use a spatula to scrape down the sides.
- ◉ Once the consistency is nice and creamy, add the cocoa powder, salt and gojis.
- ◉ Continue to blend for another minute or two until well incorporated.
- ◉ Transfer to a glass jar and refrigerate for up to 1 month.
- ◉ Great to add into smoothies, yogurt, granola, oats, pancakes, or spread over toast.

Avocado Aioli
yield: 1 cup

Ingredients:

3 egg yolks

1/2 cup
avocado oil6 garlic
cloves,
peeled and
finely mincedJuice of
one lime2 large
avocados,
halved, pitted
and blended
(in a food processor
or blender)1 tsp. black
pepper

2 tsp. salt

½ tsp.
cayenne
pepper2 tsp.
cumin1/2 cup fresh
cilantro, finely
chopped

Preparation:

- In a blender, combine the egg, lime & garlic.
- With the blender on low speed, drip the oil in as slowly as possible, working in small drops and slowly working up to a small stream. As you add the oil, the mixture will start to thicken.
- Transfer the egg mixture to a clean bowl and stir in the creamy avocados, cilantro, cumin, salt and black pepper.
- Serve with tacos, burgers, fried potatoes, or whatever your heart desires!



Garlic Ginger Shallot Oil

yield: 2 cups

Ingredients:

- 6 whole heads of garlic
- 1 medium sized knob of ginger
- 2 shallots
- 4 sprigs thyme
- 3 cups avocado or grapeseed oil



Preparation:

- ◉ Preheat the oven to 350 degrees Fahrenheit.
- ◉ Slice off the tops of each garlic head in order to expose most of the cloves.
- ◉ Slice the shallots in half and the ginger into 4 long slices. Place them into an 8-inch skillet or dutch oven cut side up.
- ◉ Place the sprigs of thyme on top and add enough oil to reach almost the top of the exposed heads of garlic (should be anywhere from 2-3 cups of oil).
- ◉ Cover and roast for 45 minutes.
- ◉ Remove covering, increasing the heat to 400, and bake for 5 more minutes.
- ◉ Remove from the oven and cool completely.
- ◉ Strain the oil into a jar and store in the refrigerator for up to two weeks. This is great to use as a finishing oil, dipping oil, in salad vinaigrettes and also as a cooking oil for sauteing vegetables.

You can also save the roasted garlic and shallots to add to pastas and other savory dishes!

REMEDY

ANCIENT MEDICINE *FOR*
MODERN ILLNESS

**Make sure to watch our FREE 9-part Docuseries
Airing from Sept 6th thru Sept 15th 2022!**