

Mindful Eating

Too often we eat in a hurried, rushed state. Forgetting that our mouth and saliva are stage one for healthy digestion. We can enjoy our food more and maximize our digestive capabilities if we give our food and mealtimes the respect it deserves. It also prevents overeating because it allows our body time to catch up with our eyes in terms of quantity of consumption.

1. Take in the entirety of what is before you, allowing all your senses to awaken. Smell the spices, see the beauty of your food, listen to the quiet or notice the joyful voices surrounding you. Take a moment to breathe it all in and give thanks.
2. Taste the first bite, allowing yourself ample time to chew and let the digestive enzymes of the mouth get to work. Think of yourself like a cow developing her bolus ☺ Take notice of all the nuances of flavor, sweetness is intensified the more you chew. Hot and spicy food fills your mouth with warmth. The sour flavor diminishes as does the bitter flavor
3. Your tongue effortlessly pushes the sufficiently masticated food into the anterior of your mouth. It is pretty incredible how the body works, enjoy it.
4. Swallow.
5. Take a breath, grateful for each bite.

Schizandra Bucha Recipe

--a liver livener--

Step One, make Kombucha as follows:

Ingredients:

-Kombucha SCOBY

-1 cup Kombucha

-1 gallon water

-4 tbsp black tea

-1 cup unrefined organic sugar

Heat water until just under boiling add sugar, stir till dissolved. Remove from heat and add tea. Let steep for 10-15 minutes. Strain tea. Wait until cool enough that it is comfortable to the touch. Tea must not be above 100 F or it will kill the culture. Pour into your fermentation vessel, add SCOBY and kombucha tea. Cover with a tea towel, store out of direct sunlight for about 5-7 days. You will know your bucha is done when you see a nice new SCOBY on top, and the sweetness of the tea has significantly dropped. Dried schizandra berries can be found at some natural food stores or online herbal suppliers.

Step Two, make your herb syrup

Ingredients:

-2 to 3 tbsp dried schizandra berries

-one cup strawberries

-2 cups water

-1/4 to 1/2 cup sugar

Heat the water, dissolve the sugar, keep water at a gentle simmer for 15 minutes. Strain off solids. Add cooled syrup to bucha. Cover with tea towel and let ferment for another 3-4 days. It is done when the sweet/sour balance is to your liking.

Store in the fridge.

***Remember to scoop your SCOBY from initial brewing and save plus one cup tea for future bucha batches or to share with a friend!

Cucurbit Cooler

--for summer—

--a quencher for hot days—

Ingredients:

-one cup diced watermelon (pureed and strained)

-one cup cucumber (pureed and strained)

-one cup coconut water

-juice of one of a half lime

-a hearty handful of mint diced

Add all the above to a blender, blend until mint is minced, serve over crushed ice.

Fire Cider

--for autumn—

--a metal stoker—

Ingredients:

- 1/2 cup grated ginger root
- 1/2 cup grated horseradish
- 1/2 cup grated onion
- 1/4 cup grated burdock root
- 10 cloves of garlic (minced)
- 1/4 tsp cayenne powder
- organic apple cider vinegar
- raw local honey

Put all the above ingredients in a jar (except honey). Cover with apple cider vinegar + ¼ inch. Cover with a non-metal lid. Store in a cool dark place for one month, shaking daily. Strain after one month, add honey to taste.

Fire cider is a traditional tonic for the winter months to ward off cold and flus. Feel free to doctor any which way your palate drives you. For added sweetness, use cinnamon, star anise or orange rinds. For extra spice add peppercorns, whole dried chili peppers or other dried peppers. For a strong immuno-tonic add in astragalus. The variations are limitless!

Bone Broth

--for winter—

--strengthen the core—

Ingredients:

- 4 lbs of bones (organic pasture raised)
- 1 glug of apple cider vinegar
- 3 medium carrots with tops
- 2 onions (halved with skin on)
- whole head of garlic, smashed in skin
- 4 bay leaves
- 3 tbsp. peppercorns
- 3 slices of astragalus (aka tongue depressor)
- salt to taste
- roughly 12 cups water

Place all ingredients in a large stock pot, except salt. Bring to a boil. Once boiling turn down and slow simmer for about 24 hours. Cool and strain. Place in refrigerator to chill. Once chilled your broth should jiggle. Skim fat off top (if you prefer). Add salt to taste.

Some recipes suggest that froth will start to form on the top as the bones are being simmered. If this happens it should be skimmed off. We have always made our broth the day of butchery and have never had any froth form.

This recipe can be thought of as a base for other flavors. We like to keep our bone broth rather plain so that when we thaw it out for use through the winter it is able to be adapted to different applications.