



SunMt kitchen



SunMt Spring Waterfall



SunMt North-East view

SunMt Herbal Cookery

**Using seasonal cultivated and wild food, herbs, spices & flowers
for their medicinal & nutritional properties**

by MAIA BALLIS

with graphics & photography by Maia & George Elfie Ballis

Sun Mt House & Gardens is the energy conservation heart of our Environmental Center. We are on 40 acres located at 2,000-2,500 foot level of the Sierra Foothills in Central California between Sequoia and Yosemite National Parks. Our earthly pursuits at Sun Mt revolve around sustaining the sacred web of life, and bringing it deeper into our consciousness. We encourage visitors to take with them whatever part of the Sun Mt state of mind that will work in their lives. We all make choices every day that move us toward a more or less equitable/ecological world food system. We choose deep connection.

Since the late 1960's, we and our co-workers have both worked on the issues of food, land & water; and explored the world of growing, gathering and using garden foods, herbs, flowers and wild edibles. For decades, we shared our experiments with visitors in food exploring meals - vegan & omnivore - and are publishing the best recipes here. We hope that introducing people to this lush world of gardening & wild harvesting with less inputs, will encourage the use of more edible/usable native and drought tolerant plants. We also encourage energy conservation solar cooking. Visit us at: www.sunmt.org

• **SIMPLE & DELICIOUS/LOW ENERGY** recipes are my focus. There are some things that take time - like pre-soaking, tincturing or fermenting, but the benefit is reduced cooking time, saving energy and labor.

 • **SOLAR COOKING ICON** This symbol indicates recipes that can be solar dried or cooked. We rely on our low tech solar cooker and dryer units in summer and fall.

• **SEASONAL/LOCAL FOODS** available from our garden, grocery, CSA & farmer's markets so the recipes are organized by season - this is also traditional diet wisdom.

• **PLANETARY HERBS & SPICES** are incorporated into my cooking with consideration for their medicinal benefits, and used at a time of year that considers their energetics. We use some wonderful herbs & spices from ancient herbal traditions of Ayurveda and Traditional Chinese Medicine. We have a number of related plants native to the U.S.

• **EDIBLE LANDSCAPING / MULTIPLE USE PLANTS:** part of the wholistic picture we offer our visitors. We have tried to introduce multiple use plants that are also beautiful landscape elements. You will see them in our section on Edible Flowers, Herb Teas and the Harvest/Process section.

• **WILD AREA:** we are bordered by National Forest on two sides, and most of our land is left wild. This is where we sustainably harvest edible, medicinal & useful plants.

• **ORGANIC GARDENS** on three acres since 1983. We have chosen drought tolerant crops with high nutritional value. We have experimented with growing out a number of unusual crops from the the Mediterranean, the Sonoran Desert, Japan, etc., to see how they grow here. The best of these are in the Harvest/Process section.

See our web site for more information.

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HONORING ROOTS

My long time interest in integrating culinary herbs, wild edibles & flowers into our diet has been developed and nurtured. There were many teachers who have aided my vision of nature, and I thank and recommend them to you here.

Juliette de Bairclai Levy

Rosemary Gladstar introduced me to this amazing woman, who may well be the Mother of the Herbal Renaissance. She collected and incorporated all the natural healing wisdom from peasants, gypsies & nomads she could gather; and then amplified that body of knowledge with her own intuitive experiments. Her books are a treasure of natural health for simple living humans and animals. Read them all.

Rosemary Gladstar

This nature spirit in human form blooms fair, free and wild. She has been a prodigious influence on the world of herbalism. Her eloquently expressed appreciation for nature carries you there with her. Her voice comes through in her books. She has called my recipes exciting and unusual.

Michael Tierra

Author of *Planetary Medicine*, he integrated herbalism from the East & West. He evolved a new practice using the best plants of the world, and made me aware of the healing tonic foods from the East. I also thank him for talking me into eating more animal protein when vegetarianism was not working for me.

Susan Weed

Iconoclast and nature connected wise woman, she shares her intimate life with the individuals who are her plant allies. All her books are excellent.

Robert Rodale & Rodale for pioneering *Organic Gardening* concepts that encouraged greater soil health for increased nutrients and healthier plants. It was he who stressed building healthy plants with natural substances to resist predators, rather than using more chemical nutrients & pesticides.

Ruth Stout

How to Garden without an Aching Back, for getting us on the heavy mulching path.

Donald R. Kirk & Charlotte Bringle Clarke

For their excellent books on wild edibles: *Wild Edible Plants* by Kirk, & *Edible & Useful Plants of California*, by Clarke.

Francis Moore Lappé

Author of *Diet for a Small Planet*, whose concepts and recipes early pushed us into eating as a political act. Going beyond recipes, she along with Joe Collins of Food First were allies on our economic justice work in agriculture.

Denise Diamond

For her inspiring book *Living with the Flowers* which introduced me to the most exhaustive and useful book on bringing flower friends into your life for food, body care and life enhancement.

Masonobu Fukuoka

Author of *the Green Revolution* for making us ask what in the garden we can NOT do and benefit the plants, And for introducing us to the Kama as a tool.

Bill Mollison

Author of *Permaculture I and II*. This sustainable growing system perspective is a challenge in our arid environment, but remains a consideration.

Robert Kourik & Rosalind Creasy

Authors of *Edible Landscaping Naturally*, and *the Complete Book of Edible Landscaping*. From them we got our Edible Landscaping imperative. We now look for multiple use plants for our gardens. Robert gave us insights into soil health & supplied us with some wonderful fruit trees.

Barry Sears

We have clearly benefitted from his ratios of protein-fat-carbo for a balanced diet as described in *the Zone*.

Dr. Peter D'Adamo

His research which indicates that different blood types reflect our internal chemistry and related ability to digest various foods, has had a major impact on how we eat. *Diet for Your Blood Type* tells us that while an "O" type does well on heavy flesh foods; type "B" does better with certain fish & fowl, & lamb; and only type "A" is an adaptive vegetarian and can thrive on soy foods and plants.

We share this research because it has made a big difference in food related allergies for me. During the years when this book was developed, we were strict vegetarians, eating by conscience for 20+ years.

We found that as we aged, health problems arose for us that were resolved by adding more protein to our diets. These classic recipes have been updated to include some added high protein dishes. In twenty years, more research has changed some of my ingredients too.



Herbal Odyssey



Patti reclines in the Chamomile aroma bed.

Kitchen Herbology

We practice Herbology every time we cook with herbs, so we may as well understand what they are doing for us. The ancient practice of using herbs, spices and flowers for food, medicine and aroma is still going through a rebirth - *an Herbal Renaissance*. New tools for examining the properties of botanicals have given us more understanding of how these complex green allies work, validating most traditional knowledge, adding new benefits and adding more clearly understood cautions in a few cases. Global travel and communication has spread knowledge of different, ancient healing systems, and their plant resources. Once on the path of discovery, you will find your world view expanding in pleasure, benefit and appreciation. Where I once looked out the car window and saw landscapes, I can now spot many plant friends that I know by name, flavor and benefit. *Shift your perception, change your world.* We live in the Chaparral zone of dry hot or cold weather. It seldom rains here between May & November, so our garden and wild area have many tough, beautiful, multi-purpose plants. Perennials are favored. I am a utilitarian person. If I have to pay for water and work in the garden, I want beautiful plants that I can use in many ways. We do not have the lush growth of Coastal California, but we do not feel deprived of floral beauty.

Fennel as Teacher

In 1964 I was in Germany sitting on a bench at the Frankfurt Airport, rocking my feverish baby, calculating how much time I had before my flight home to the U.S. My luck, there was a doctor a few minutes from the airport. Once he saw her and learned that she had recently had her immunization shots, he handed me a packet of what looked like garden seeds. He told me to ask the stewardess to make a tea for the baby.

The package read "*Fenchen*" and had a pretty plant with seeds that looked like the Fennel Seeds in my mother's spice cabinet. I did as the doctor directed, and baby Victoria liked the tea. We

were in for a 24 hour propeller plane flight from Luxembourg to New York, and it was the hardest trip of my life.

The plane was full of G.I.s returning to the States, but lucky for me again, there was another baby whose mother had some newfangled disposable diapers. Victoria's fever went down, she slept, but she began to pee. She peed through all my cloth diapers, peed through all the spare disposable diapers the other mother gave me, and finally I had to rotate her flannel blankets to sop up the pee. Fortunately, it was so dilute, it had little odor.

Now I know it was the gentle anti-toxin properties of Fennel Seed that were at work purifying my baby's blood, and gently flushing her system. It was only a little of the whole seed that had this effect. By the time we got to New York, she had saturated her blankets and left little puddles under the baggage cart. *But her fever was gone!*

Going Back to Eden

I was very impressed at the medicinal action of what I had previously considered a *flavoring*, and began to look for more information. I wanted specific amounts of how much of an herb to use. The recipes that called for "*to taste*" made me uncertain when I wanted certainty. Now I know 1 tsp. more or less of a mild herb can be to taste, but I had no experience then. It took me awhile to find the herbal reference by **Dr. Jethro Kloss, *Back to Eden***. It was daunting because the herbs were simply listed below a disease, with no clue about preparation or dose. It took me awhile to try any of the recipes, because we had no illnesses to test them on.

I started with **Jeanne Rose's** herbal body care books, and experimented with her recipes. Some of the ingredients were hard to find, so I became the herb buyer for our community co-op store to access herbs of all kinds. That was my first connection with Frontier Natural Brands, now a very large business I still rely on for quality herbal products. Dr. Dick Noble, who worked with Indian Health Centers and the Mexican-American farm worker population recommended a line of **American Indian Herbs**. These were traditional recipes gathered from many tribes. The herbs came in bulk form in pint sized bags, from which you had to prepare the tea. The idea of using ancient blood purifiers and tonics had great appeal, though it took me awhile to get over the strong medicinal flavors. The tinctures were just as "bad" tasting, but they were the best way to preserve the properties and could be used instantly. So I began to use herbal tinctures, but had no idea of how they were made until I learned at herb school a few years later.



Sunset at Pear Tree tipi

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With the exception of bitter Goldenseal, I now consider “bad” tasting herbals as simply medicinal. I even crave the bitter formula of Winter Brew ([click here](#)) when I have the start of a cold. We have a preference for sweets in our culture. Without the contrasting flavor of bitter, the sweet has no counterpoint. Have you ever craved a cup of French Roast Coffee after a sweet dessert? It is your body speaking to you. In fact, drinking a bitters is a good way to counteract a craving for sweets.

I never had a soft drink with every meal growing up, and the idea seems more strange to me today. My family made our own root beer. It was a treat we had once in a while- not daily. It was also the base of a favorite dessert - Root Beer Floats. There were a couple of explosive bottles that made a mess in the basement, but it became a family tradition and our only soft drink.

Later, Rosemary Gladstar Slick introduced me to making traditional Root Beer, the original spring tonic made from blood purifying, tonic and stimulating herbs. It was a wonderful refinement of my childhood experience. Because it took a large quantity of bulky herbs to commercially process, the root beer industry created flavor concentrates that they use today. So just like our commercial *licorice candy* has lost the medicinal properties of real licorice, commercial root beer is mostly a flavor these days. Rosemary has a very simple and tasty unfermented recipe (see her book *Family Health*). I have added Echinacea and Osha root extracts for immune support and a tingly taste.

Beginning to experiment

A visitor who had a bladder infection wanted some herbal relief, and asked me to make *something*. I pulled out Dr. Kloss, gathered several of the ingredients he listed, and made what I thought might be a palatable drink. It worked! I cannot remember what it was, but the symptoms disappeared, and did not come back. I wanted to learn more.

Recently my dear friend Marilyn Welter called with an immensely swollen neck. We were considering options for an unusual problem - a calcium deposit had clogged a salivary duct under her tongue. Her doctor had no suggestions and was referring her to a surgeon; and her dentist was expecting that she would have to see an oral surgeon and take drugs.

I suggested Castor Oil Packs externally to draw out the toxins, and Vinegar to melt the calcium deposit. She reported that Castor Oil packs gave her some relief from the swelling, but the hard swelling was still there. Vinegar was too acidic for her to keep under her tongue. As we talked I mentioned *Back to Eden* as a limited resource compared to all the wonderful books we have now. In desperation she looked up *Glands* in *Back to Eden* and found *Slippery Elm bark powder*. Because she knew how to use the herb, she was able to make some tea, make a poultice with a little water, and hold a ball of the powder under her tongue. She also made a big poultice for under her jaw. It was all helping! The lump was hardened into a pus filled lump, which she lanced and

drained, but the lump was still there. But within 2 days of therapy, all that remained was a little crater. *Cancel surgery!*

The beauty of a treatment for an oral problem with Slippery Elm is that it makes a superior poultice that is a gentle nutritive, while safe enough for chemo patients and children. So even the simple resources and the very gentle herbs can work wonders if you know the herbs and how to use them. Not all herbs are gentle and some research is required. *Educate yourself before you try to choose herbs by intuition.* In Traditional Chinese Medicine, TCM, they classify herbs by whether they are major tonics, minor tonics, food grade or poisonous. They also grade the quality, so if you pay more for top quality, your plants will probably be more medicinal.



Donna & Vicky mulching / Maia & Vicky harvesting mulched Strawberries

Wild & Organic Roots

In the early 70's our non-profit organization, People, Food & Land Foundation had a small farm called the **Magical Pear Tree**, on the Westside of Fresno. We had gardened organically for several years on a city lot using **Ruth Stout's** heavy mulching system from *How to Have a green Thumb without an Aching Back*. You mulch to reduce water use by up to half, block weeds and build soil all at the same time. Ruth was in her eighties when she continued to throw a little mulch on her garden problems. We have used the system ever since the late 60's.

Chemical “clean farming” denudes the top soil in winter and leaves it vulnerable to runoff and wind. Nature is not a nudist, she wears a mantle of old dry grass in winter, that protects the spring emerging youth. At the Pear Tree we expanded the concept for our farm garden. One year we won an award for recycling all the leaves from the City of Fresno. The windrows started out 17 feet high on the front acre, and by spring were down to about a foot deep. The leaf mulch and natural soil amendments



Marc & Ray loading composting leaf mulch.

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helped build rich garden soil rapidly. The landscape gardeners who brought us grass clippings quickly learned that the grass would become valuable humus. Two of them rented some land and began making their own compost for their own nursery. We considered that a great compliment.

We learned that healthy plants were the best defense against pests, and relied on **Robert Rodale's Organic Gardening** books & magazine as a resource. We worked on building the general health of our soils; and picked tough, pest resistant plants. We travelled to the Rodale Pennsylvania Experimental Farm to see their work. At the time they were investigating Amaranth and Quinoa as commercial crops.



Rodale Farm cold boxes

In the middle of winter they were growing greens in cold boxes covered by snow. Staff also visited the **Nebraska Small Farm Energy Project** to see what solar applications we could adapt. As a result, we added a solar greenhouse onto the south side of our office.

When **Francis Moore Lappé & Joe Collins** were working on ***Food First*** they came on our agricultural Seminar in Reality tour to learn about the small and large farms in our area. ***Diet for a Small Planet*** by Lappé was a seminal influence on our view of the global food system and made us conscious of eating lower on the food chain to conserve resources. Although not a vegetarian herself, she encouraged many converts with her analysis of the pounds of grain required to produce 1 pound of flesh food: *Beef=16 lbs., Pork = 6 lbs., Turkey = 4 Lbs., Chicken & Eggs = 3 lbs.* I incorporated a lot of Frankie's complimentary vegetal protein combining into my cooking. We became strict vegetarians, remaining so for over 20 years. The recipes in this book use fish, poultry, eggs and some pork, range fed sheep and buffalo, and many vegetarian options.

We had a larger staff then and worked on Western agricultural water, and small family farmer direct marketing issues. We learned that farmers got only 3-4¢ for a can of tomatoes, so clearly needed a larger slice of the profit pie. Small farmers needed to connect directly with consumers. Marc Lasher & I developed a farm trails map of local producers who sold direct to consumers. Marc also developed a couple of Farmer's Markets, and formed a group called the **San Joaquin Valley Farmers Co-op**. He attempted to give buyers a lower price in the early season, if they would agree to buy from his farmers all season. The buyers agreed, but when the prices went down later in the season not one lived up to the agreement. Staff also worked on building a consumer food co-op, called **Our Store**, with 400 members. We were a volunteer run organization, bought whole foods and produce in bulk, and dissolved into buying clubs when our low rent store space disappeared.

The Community Supported Agriculture system, CSA, developed later. Consumers can now contract directly with the producers for a flat monthly fee. Buyer groups have a personal Intro: page 4

connection with the growers and get high quality local produce. The farmer gets a fair, stable price in an assured market; and the resources support the local economy and encourage local food security. See www.nal.usda.gov/afsic/csa and Index page 5.

We harvested medicinal herbs from forest service land for the extract market, reducing fire hazard while creating a product. We also made added value products on farm to help increase our returns. Our big ideas at were:

- Herb Teas in bulk. *Despite the quality of bulk herbs, we found that people prefer tea bags. My Flower Tea is the only bulk tea we continued to sell over the years.*
- Culinary Herbal wreaths *before they became popular.*
- Gourds for Bowls, Covered Containers, Funnels, Dippers, Vases & Hanging Vases, still in use after 25 years.
- "Cherry Tom" vine ripe, solar dried, cherry tomatoes.



Woody demonstrating the scythe

Among the alternative farmers we met in Washington State, was Woody Deryx, a small farm advocate who was looking at how to reduce farm inputs. Woody was experimenting with using hand tools for small scale harvesting. We visited his farm where he demonstrated his scythe for us. He and his wife Becky had a U-Pick Raspberry Farm, and gave us the *best* cup of Raspberry Tea we had ever had. *The secret was in adding a few berries to the pot of fresh picked leaves....Ahah!*

Masanobu Fukuoka, the father of no-till Nature Farming and author of ***the One Straw Revolution***, gave us these important considerations:

1. What can we **not** do that nature can do for herself?
- Our other questions about sustainability are:
2. How do we work in cooperation with natural cycles?
 3. How do we work within closed systems- this is, minimizing outside inputs and using recycled materials where possible.
 4. How do we minimize human labor?

Larry Korn, editor of his book had worked on Fukuoka's farm and offered a class which included preparing bird-proof seeds by wrapping them in a soil/clay formula, and use of the **Kama**, or Japanese hand scythe, see In29. The Kama has become an essential garden tool for us. Fukuoka impressed us with doing the manageable, using low tech systems to reduce expensive equipment needs, and gave us some good lessons



Larry Korn & Kama

in looking for ways to cooperate with Nature rather than try to trick or dominate. Getting smart about cooperation and balance rather than getting big.

We acquired our *Goumi* Tree from Ellie Bluestein when she and husband Gene, a folk music professor, went to Japan on sabbatical. Ellie also travelled to visit Masanobu Fukuoka, and wrote an article on her visit for our newsletter. He mourned the loss of time farmers had since mechanization. He noted that they used to write poetry in off-season. Tractors made work easier, but paying for them meant farmers now worked year-round. Ellie, a leader in the Fresno Peace movement shared his concerns about nuclear war. He gave her a drawing that illustrated how we all live in the same global nest, and that a nuclear umbrella protects no one.

We also connected with the West Coast Alternative Food System, and attended conferences of the suppliers and members of co-op food stores all over California. The bulk buying available in larger natural food stores comes from these roots.



Serving Herbal Teas & Foods
Tea on the warm spring day rather than the expected coffee.

We began to integrate **Wild Edibles** into our gardens and harvesting. One year at the Pear Tree, we fed lunch to about 50 small family farmer participants of a state wide conference. They were shocked to learn that their *weeds* list included, some of the tasty, high nutrient, *Lambsquarters*, *Mustard flowers* and *Mallow* salad ingredients. We also served a our own Peppermint



Creeping Marjoram & Oregano

for our desert climate. Placing the most used herbs nearest the kitchen, is an old concept, but one that Bill emphasized. So we now, have some creeping Marjoram and Oregano right near the kitchen as an easy access, edible ground cover.

We got our Blue Corn seeds from a resident of the Taos Pueblo who found a sealed pot of seeds that his grandfather had left. He grew them out and brought ears of corn to a small farm conference to sell. We included heirloom crops from European and Sonoran Desert seed banks. Ethnobotanist **Gary Nabhan of Native Seed /SEARCH** introduced us to some wonderful desert crops, like *Tepary Beans*, *Papago White Corn*, *Mesquite Pods*, several varieties of *Cactus*, *Desert Melons* and *Squash* and *Devil's Claw*, mentioned in the Harvest/Process section. In this picture, Gary has searched the desert for traditional crops that were falling out of use. Here he is explaining that commercial cotton strains need to have the DNA of wild varieties reintroduced every once in a while to invigorate the plants. See their web site to learn about adopting a plant. www.nativeseedssearch.org



Gary Nabhan and cotton.

How do our Gardens grow?

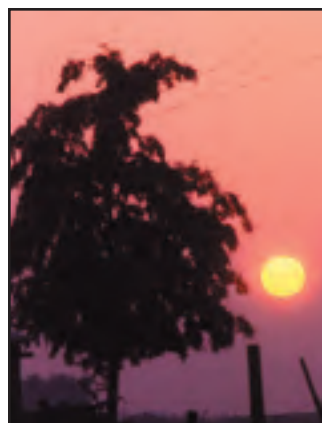
Robert Kourik author of *Edible Landscaping Naturally*, came to the Pear Tree to give classes on Instant Gardening and Edible Landscaping. We had taken his class at the Farralones Rural Institute and were impressed by his work. Robert and **Rosalind Creasy** in her book *The Complete Book of Edible Landscaping Design* gave an identity to the concept of integrating edible plants into ornamental gardens, and landscaping - something dear to our hearts. We introduced Robert to some green thumb friends like Virgil & Lora Byxbee, who provided the Chayote he holds in the photo here .



Kourik & the Byxbees

Gorilla Pruning is what Elfie calls the way he prunes to provide natural ladders inside our mature Persimmon and Mulberry trees. This allows him to climb the tree without a ladder to harvest fruit. Of course this includes quality control munching of "*Mooshka*," the very ripe Persimmons. The **Permaculture**

We connected with **California Native Plant Society** & the **Intermountain Native Plant Nursery** for native and naturalized plants. Joining the **Rare Fruit Exchange** helped us access plants to push the envelope of what we could grow. Wanting to grow Jujubes, we made an 800 mile trip to an abandoned field station, where 17 Jujube trees were surviving with no irrigation. They came in a number of different sizes and forms. *It was only then we realized that the mystery tree along the south fence line at our Pear Tree Farm was a medicinal sized Jujube!* Since then we found a friend who had mature large fruited Jujubes in her yard. After many trials with seeds, we found that propagating by sucker was the best way to go, and now have 3 trees of various forms.



Mystery Jujube Tree

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Rosemary's Garden & Honoring Roots

I had **Jeanne Rose's** herbal body care books, but had no idea where to look for more medicinal herbal information. Then in the mid 70's I found the herbal mother lode: when I took classes at **The California School of Herbal Studies (CSHS)** in Northern California. At that time it was run by **Rosemary Gladstar (Slick)** who remains one of the most special beings I have known. A nature spirit in human form, she gracefully expresses an immense love and appreciation for plants and all living things. Her joy at bringing green allies into her life was infectious. Rosemary also brought in the best West Coast herbalists, and gave us wonderful book lists of other resources that began the web of connections to other teachers who have changed our lives.

As our garden was filling with new plant friends, I began doing food exploring meals with our staff. Soon, my experiments became products and classes on integrating garden herbs, flower & wild edibles into life. My attraction to herbs remains, and Elfie & I and all those we have touched are very grateful.

Heartfelt Thanks to:

Michael Tierra: O.M.D. head of East/West Herb School whose very important **Planetary Herbology** classifies Western Herbs in relation to the ancient systems of Traditional Chinese Medicine & Ayurveda. It was his diagnostic system and stern lecture that made me start eating the meats that my body needed to function. He has also done a good book on **Natural Remedies** with **John Lust**, author of **The Herb Book**, a small but encyclopedic little reference.

Juliette De Baircli Levy: the unofficial grandmother of the Herbal Renaissance, whose classic books on herbs and natural healing for animals & humans was gathered from practical experience and the wisdom gained among the nomads and gypsies.

Dr. John Christopher: the author of *School for Natural Healing*, and the most authoritative medical doctor who used Western herbs in the 1940s-70s before the herbal renaissance.

Steven Foster: co-author of **Herbal Emissaries** and a leader in identifying the Eastern medicinal plants with relatives in the U.S.

Christopher Hobbs: the Herbalist who most impressed me with the value of native and naturalized plants. His research on Milk Thistle seed and liver function impacts us still.

David Hoffman: author of **Holistic Herbalism**, British trained medical herbalist, He had a successful practice in Wales, where medical Herbology is an institution. He taught at CSHS.

Mindy Green: CSHS Aromatherapy teacher.

James Green: *Herbs for Males* of CSHS.

Jessie Longacre: wild harvesting & use of Sea Vegetables.

Vasant Lad: Ayurvedic Doctor, author of **Ayurveda**

Michael Moore: author of several valuable medicinal Herbology books on plants of the Western U.S. - *he still owes me a correspondence course, so be cautious here.*

Louie & Virginia Saso: whose lovely Saratoga herb garden classes

exposed me to many plants, and taught me about dried flowers.

Herbal Highways: the KPFA/KFCF Pacifica radio station program, hosts Karen Sanders & Autumn for great public education.

Amanda McWade Crawford: British trained herbalist of CSHS.

"Herbal Ed" Smith: one of the few medicinal botanists, Ed has searched the world for medicinal plants and is owner of HerbPharm, one of the pioneering manufacturers of high quality medicinal herbal extracts.

Susun Weed: author of several excellent books expressing her intimate knowledge of herbs from a feminist perspective.

Making body care products and cooking consciously with herbs, flowers & wild edibles was the beginning of my herbal practice. Beginning at the Pear Tree, we started having monthly **Food Exploring** meals, where members and the adventurous public were invited to sample my experiments in cooking. We continued the tradition at SunMt. It was great fun, and I got plenty of feedback. I also made a variety of body care and herbal food products which we have sold over the years. Of all the herb classes I have taught, the Garden Facials and Foot Baths was the most fun. Eventually many of the leading herbal teachers developed product lines of their own or affiliated with existing companies to make their products commercially available. So now you can buy ready made, high quality herbal products of all kinds.



Doing Oatmeal masks, SunMt herb walk with Hmong herbalists below



Deep red, ambrosial scented roses grew in the garden within reach of my childhood play pen. I could not resist eating them. I can remember being surprised that the taste was so tart and different than the smell; but I chomped them anyway. In the early 70's my sister Aliisa introduced me to using flowers on the vibrational level- the subtle but effective healing system of Dr. Edward Bach. Aliisa, gave me the first aid formula, called *Rescue Remedy*, in a very stressful situation. It met my threshold of panic, and very gently relaxed my stomach and

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mellowed my mood. The effect was dramatic and immediate. I ordered a set of Flower Essences from England the next week, and have used them ever since. The last time I demonstrated Rescue Remedy was for a young mother. Her son was overactive and bonked his head- a shock - not an injury, that set him to wailing with a wide open mouth. I deftly squeezed off 4 drops of Rescue Remedy into his open mouth, and he stopped crying in an instant, turned and ran off to play again. Mother was impressed and took a bottle with her.

Dr. Edward Bach saw that imbalanced emotional states were the root cause of many illnesses, so he developed a gentle, totally non-toxic system to balance the emotions. Flower Essences are made by mostly using solar energy, or boiling plant parts in some cases, to transfer the energy of the botanicals into the water. It is the *vibrational pattern* that is active, no physical substance remains. The concentrate is then highly diluted two times and preserved with a little Brandy. Nature Magazine tried to prove the flowers don't work, only to find that *they do work; and* that they work better if shaken before use.

The **California Flower Essence Society** began research into the properties of California native plants, and developed a large number of remedies. In the 80's I decided to take an Ellon Bach certification course. I did a series of cartoons called *the Bach Bears*, illustrating the energetics of the original 12 Bach Flowers using a large Bear faced with a lot of problems. It was a giggle to do, and is still being used to educate others today. I have made my own Essences and Elfie has experimented with Tarweed as an antidote to hot summer emotions. We use the Flower Essences only for ourselves these days, but they remain our gentle helpers.

FOOD EXPLORING

Here at SunMt, I tried to use the principles of Ayurveda and TCM food therapy to feed people the right foods for their constitutions. Then we added meat to our diets and I had to redesign all our meals for Vegans and for Omnivores. My solution was to serve a basic complimentary protein combination of grain and beans with side dishes that were, *sweet, sour, salty, hot and astringent* for people to choose among. Menus were planned so Omnivores could eat everything but Vegans would have a separate main protein dish. Making my recipes Tri-doshic -*dishes good for all Ayurvedic constitutions*- was overwhelming at first. Fortunately, *the Ayurvedic Cookbook, by Amadea Morningstar* came out during this transition time and made planning easier. It was still more work, and we only do food events on rare occasions now.

WHAT DO YOU RESEARCH?

With the help of staff and occasional interns, we have researched and acquired all the multi-use plant materials we could find that would grow here. We tried a few that did not make it. We flunked greenhouse Bananas, lost our Honey Mandarins and Calamondins in a freeze and lost our edible Bamboo crops in a drought. We have demonstrated heavy mulching conservation

gardening, Edible Landscaping and benefits of hardy, perennial dominant plantings of multiple use plants. We have integrated harvesting consciously from the wild plants that grow here.

We started solar cooking and drying at the Pear Tree. Christopher Roth donated the Barbara Kerr- Sherry Cole solar oven we use now at SunMt, and another member, Bill Gettys, made it metal clad for greater durability. We rely on it May-November. I have done most of the experimental kitchen work, using my herbal knowledge to maximize the health benefits of using and combining unusual food and herbs in simply delicious new ways. We have introduced some herbs from the ancient planetary healing traditions of China and India into our diet, and tried to find local relatives to buy or grow. Here I have updated and archived the best of our growing and cooking experiments. I have also included the information I want for easy reference. It is a resource

I would have appreciated when I started this adventure, and I hope you find it useful. The information here has come from many sources over the years.



Maia discusses the use of herbal products.

The things I have discovered came from:

- **Trial and error:**

things like Bay Leaf disinfectant & Ceanothus berry soaps came from necessity & conscious exploring,

- **Revisiting old concepts:**

Using drying over canning &/or processing with heavy salt use. Drying Fruits, Vegetables & Olives rock hard and rehydrating them for use. Using soaking to reduce cooking time. Our moist, ready-to-eat dried fruit industry is designed for our instant use culture. It requires higher energy for processing, packaging and storage, and costs more

- **Applying appropriate technology to ancient practices:**

Our Solar Oven & Solar Dryer are low tech, high value pieces of equipment. The electric blender and grinder are great labor saving devices over grinding stones and mortar/pestal tools. Our grain grinder also comes with a hand grinding option in case of solar-electric power outage.

Special thanks to Carol Bequette for her educated eye, in finding all the little errors in this work. To all those who love the green world and are drawn to take the herbal pathway - may you may you find endless delight and be nourished body & soul. Happy Trails!

Maia

Ancient Systems of Food & Health

Most indigenous people at minimum identify warming vs. cooling foods. **Michael Tierra** in *Planetary Herbology*, offers an excellent overview of the global development of Herbology and food systems related to health. The ancient cultures of China & India have maintained their accumulated wisdom in a form we can study. When young, strong and resistant, most people can eat with their senses and do pretty well. As you age, your body is likely to become less tolerant. I have found these systems to be of help in learning to balance my system. See **Michael Tierra's, Planetary Herbs & Rosemary Gladstar's Family Herbal** for more about the world of Chinese Herbs for cooking, teas and elixers. Also see: *Chinese Tonic Herbs* by **Ron Teeguarden**. You may want to add some of the herbs we can grow here to your garden. See: *Herbal Emissaries, bringing Chinese Herbs to the West* by **Steven Foster & Yue Chongxi**.

AYURVEDA: Traditional Medicine of India

In Sanskrit **Ayurveda** translates to *the Laws of Health* and first appeared in Hindu sacred text 3,000 years ago. With a wholistic body-mind-spirit perspective, it has a diagnostic system called *Tridosha*, which uses the relationship of 3 elements, Water, Fire & Air as represented by different characteristic body types. With many centuries of use, this non-invasive system must have some validity. With the help of recently published books on the system, it becomes a way to guide you to better balance in your diet. See: **The Ayurvedic Cookbook by Amadea Morningstar**, which includes the basics of the system and recipes for the different types based on foods common in the U.S. See also: *Ayurveda* and *The Yoga of Ayurveda* by **Vasant Lad**, *Prakruti, Your Ayurvedic Constitution* by **Dr. Robert Svoboda** and *Deepak Chopra's* books for more information.

TRIDOSHIC SYSTEM When cooking for others, use foods that are listed as *Tridoshic*, or good for all types. Many people are a mixture of types.

KAPHA: Water

Think of Oprah & John Beluschi for this body type.

Foods: Pungent, Bitter & Astringent tastes will be most balancing.

Avoid too much Sweet, Fat & Salt.

PITTA: Fire

Think of Robert Redford & Chris Everett for this body type.

Foods: Pungent, Sour & Salty tastes help digestion and assimilation.

Avoid too much Sour, Heat & Pungent tastes.

VATA: Air

Think of Winona Ryder & Bob Dylan for this body type.

Foods: Sweet, Sour & Salty tastes are most balancing.

Avoid Astringent, Heat & Pungent tastes.

TCM: Traditional Chinese Medicine

The Tao (Dow) translates to *the Way of Nature*. TCM uses concepts of **Yin** (cool, damp, contracting) & **Yang** (hot, dry, expanding) which are considered the two fundamental, constantly transforming, polar forces of nature. Good health requires a balance of these energies. **Qi (chi)** is the driving force, or energy that flows throughout the body in different forms. For more information see **Michael Tierra's, Planetary Herbs**.

The 4 directions: describes floating, descending, rising or sinking actions of substances in the body. There are also **5 Flavors used in TCM food Therapy:** Sour, Bitter, Sweet, Spicy, Salty and another taste classified as **Bland or Mildly Sweet**. Most foods are classified as **Sweet**, divided into **Full sweet:** whole foods with balanced nutrition, and **Empty Sweets** that lack a balance of complex carbohydrates.

Sweet flavored tonic, nutritive herbs and foods include, *Dates, Malted Barley, Ginseng & Rehmannia*. **5 Element Theory**, is a wholistic diagnostic system which relates Yin & Yang to the expression of these elements in the body. The 5 Elements are:: Wood, Fire, Earth, Metal & Water. It also relates flavors, emotions and to organ systems as defined in TCM, *not* to the physical organs.

Sour	Bitter	Sweet	Spicy	Salty
Wood	Fire	Earth	Metal	Water
Liver-GallBladder	Heart-Pericardium	Spleen-Pancreas	Lungs- Large Intestine	Kidney-Bladder
Anger	Joy	Sympathy	Sadness	Fear
Yin: cooling/ refreshing, contracting, promotes digestion, enzymes & liver func- tion. Foods like: Lemon, Rose Hips	Yin: cooling, clearing, detoxifying, antibiotic, anti-inflammatory, anti-viral and anti- parasitic. Foods like: Artichoke, Swedish Bitters, Mugwort	Yang: warming, sooth- ing, tonic, building, and nourishing. Full Sweet: Whole Grains, Beans, Dairy & Meats. Empty Sweet: Honey, Sweet Fruit juices, & Sugar:considered Sweet & diuretic. Mild Sweet:: Mushrooms	Yang: warming, pungent, dispers- ing, drying. Foods like: Ginger, Peppermint, & Cinnamon	Yin: cooling/ moistening, contract- ing, promotes system- ic fluid balance. Foods like: Salt &Sea Vegetables.

Intro: page 8

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Current Systems of Food & Health

Since the 60's, my husband Elfie and I have tried eating various ways,. When we were younger, we were able to eat philosophically. We were strict Vegetarians for 20+ years, and then changed to a more balanced Zone diet. Elfie started having heart arrhythmia attacks: and I had blood sugar imbalances and chronic fatigue. We finally listened to Michael Tierra and our nutritional chiropractors and added flesh foods & fat to our diets. In 2 weeks Elfie's heart rhythm stabilized. We are both B blood type. It was a hard philosophical shift, but our bodies have been healthier ever since. Here is a summary of the current science that we rely on now..

Diet by BLOOD TYPE

The *Eat Right for Your Blood Type* by Peter D'Adamo has also become part of our food choices. See his book for complete foods lists of beneficial, neutral and aggravating foods, along with details on global genetic developments. His research indicates that as humans adapted to environmental challenges, they went through genetic changes that proved advantageous. **Type O**, is the oldest and was that of the Hunter-Gatherers about 40,000 B.C. **Type A** is thought to have emerged when humans settled in agricultural communities from about 25,000 -15,000 B.C. **Type B** is thought to have emerged about 15,000-10,000 B.C. in the Himalayas. **Type AB** appeared 1,200 years ago, is rare, and they can eat a semi-vegetarian modification diet. They combine the best of A&B.

Blood Type O

The Hunter: adapted for the intense physical activity of hunting, they need high-protein, low carbohydrate foods,

Foods: lean Meats & Fish with some Vegetables.

They tend to gain weight eating more modern foods like Grains, Legumes & Dairy.

Blood Type B

The Nomad: These people digest almost all foods well, including ferments like yogurt and other Dairy.

Foods: high-protein, low carbohydrates, meats & fish.

For weight loss avoid: Chicken, Corn, Lentils, Peanuts, Sesame Seed.

Blood Type A

The Cultivator: these are the people who thrive on vegetarian diets with enough protein, vitamins & minerals.

Foods: high-protein, low carbohydrates, meats & fish.

Avoid: Dairy

Blood Type AB

The Enigma: these people can do an adapted Lacto Vegetarian diet.

Foods: can often easily digest Dairy like type B.

For weight loss avoid: Red Meats.

THE ZONE

After eating a complex carbo/very low fat heart diet recommended by Dr. Dean Ornish, we were both in bad shape. It was *the Zone* by **Barry Sears** that gave us the best concept for using food as a medicinal fuel balanced for optimal performance. The **40-30-30 balance: /40% Carbohydrate /30% Fat / 30% Protein/** meals produced rapid positive results for both of us with our B blood types. We carefully measured in the beginning, but now estimate "Zonish" meals. With this diet we made friends with the good fats, which help balance blood sugar by slowing down carbohydrate digestion. Fats also send comfort signals to the brain to let you know you have had enough to eat.

An excess of anything causes imbalance. It was a comfort to have someone with heart problems himself, like Sears, figure out the optimum relationships, and quantities- figured in *Blocks* for premium fuel. With a family history of Diabetes and Heart disease, I have severe hypoglycemia; but have been able to balance my blood sugar using food and herbs. Elfie's heart is no longer giving him problems. In fact, he has *great* stamina! The area where we differ is in metabolism. Nutritionist Ann Louise Gittleman has pointed out the *fast-burner/slow-burner* consideration. I am a fast metabolizer with a rapid, burning hunger followed closely by a drop in blood sugar if I do not eat. Elfie is a slow metabolizer, who can go for hours on a handful of raisins, nuts & seeds. Though one man's meat *is* in fact another man's poison. we still have to deal with the intolerance of self-righteous vegetarians. We know our choice has kept us alive and functioning; so when I see the critical vegan gaze, I just remember how tenaciously I held my vegan philosophy.

THE ACTION of HERBS etc.

Hot Tea: fast acting, **Cold Tea:** long acting, deeper penetrating, **Food Grade Herbs & Nutritional Supplements**, are mild and can be used in appropriate amounts over time. **Medicinal Herbs** are strong, and used in acute cases, **Aromatherapy** has mild to strong effects on the limbic, or primitive brain, **Vibrational Remedies: Homeopathics, Flower Essences & Gem Elixers** work from the etheric body level.

NUTRIENT ASSIMILATION Days it takes for nutrients to affect body parts

•Raw Food to Plasma:5 •Blood Tissue: 10 •Muscle: 15 •Fat Tissue 20 •Bone Tissue:25 •Nerve Tissue:30 •Reproductive Tissue 35
Because the body will build anti-bodies that will neutralize the effects of herbs used continually for 8 months. Take a break for best effect.

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Properties of Ingredients

Medicinal & Nutritional

Here is a quick reference of Western, Traditional Chinese & Ayurvedic properties for many of the foods & herbs in my recipes.

Medicinal Terms

Alterative: gently alters whole system

Antispasmodic: relieve or prevent spasms

Cathartic: strong laxative

Demulcent: soothing to tissue

Emollient: softens tissue, especially skin

Galactagogue: helps nursing mothers produce milk

Stomachic: stomach tonic

Vermifuge: flushes parasites from the body

Vulnerary: for healing wounds

TCM : Traditional Chinese medicine

Modifying Food Energetics:

To Make Foods Warmer: *heat, cook, cook a long time, pressure cook, roast or eat dry,*

To Make foods Cooler: *use raw, use cool, add liquid or liquefy, add simple sugars or fruit juices, prepare with Vinegar, cook quickly.*

ACORN, Oaks

Nuts: The processed acorn was a primary food for 75% of the indigenous Californians. With 18 species and 30 varieties of Oak shrubs and trees, the acorn sizes and nutritional values are varied.

Food Values by weight:

Canyon Oaks: 2.60% Protein, 5.5% Fat, 40.4 % Carbs.

Valley Oaks: 3.19% Protein, 3.6% Fat, 44.9% Carbs.

Coastal Live Oaks.: 4.88% Protein, 42.5% Fat, 42.5% Carbs.

AGAR AGAR, Kanten, Gelidium cracleria

The dried extract of an algae with benefits of other sea vegetables. Use as a thickener for its high melting/low jelling temperatures.

Substitute equal measure for Gelatin: 1 Tbsp. powder to 3 1/2 Cups liquid to gel. Will not set with foods high in Oxalic acid or Vinegar.

ALFALFA *Medicago sativa*

Herb: This mild nutritive, good tasting herb, high in chlorophyll, plant protein, 9 amino acids, has most of the known vitamins, and is high in calcium and trace minerals. Commonly used to build stamina, for chronic ailments, to alkalise & deodorize the body, aid digestion, and for general immune system support.

ALLSPICE *Eugenia pimenta*

Fruit: Aromatic digestive stimulant, strengthens & tones stomach, cathartic in larger amounts.

ANISE *Pimpinella anisum*

Seed: Anise has a licorice flavor and a mild digestive aid. The tea helps bring up mucus during a dry cough, mild enough for children. My daughter loved this tea with Honey. A pleasant breath chew sweetened with Licorice powder, it is found in dark rye bread, Anisette Cookies and Chinese 5 Spice.

APPLE

In TCM it has neutral energy, balances digestion, stops thirst, increases saliva & aids in constipation; aids hypertension by sup-

porting the heart; lubricates the lungs while cutting phlegm.

ARROWROOT *Maranta arundinacea*

Root: Used in baby crackers, the powder form of this mild root can be used like cornstarch as a thickener. In India it is given for gastrointestinal disease patients as a broth. In addition to being nutritious, it seems to absorb less flavor than cornstarch, and is less of an allergin.

ASAFOETIDA, Hing, *Ferula asafoetida*

Add a pinch of this stimulating Southeast Asian herb when cooking beans to reduce gas. Spicy, bitter, hot, it is used to reduce gas and indigestion. This pungent herb is used in small amounts to replace onion or garlic in recipes. *Store it in a tightly closed jar to prevent the aroma from dominating your spice cabinet.*

ASPARAGUS

Stalks: In TCM it is a sweet-bitter-mild yin cold food that needs to be eaten with a hot sauce, like mustard, in cold weather. Do not use if you have a cold, a cold stomach, diarrhea or coughing.

ASTRAGALUS *Astragalus membranaceus*

Root: TCM, sweet, mildly warm blood/energy tonic is strengthening to digestion, deep assimilation and lungs. It protects the liver. It tonifies the defensive immune system, increasing T & B cells; and builds the deep immune system of the bone marrow. So it helps prevent and treat chronic colds, viral and fungal infections. It benefits sugar assimilation, so is good for balancing sugar metabolism. It benefits the circulation just under the skin, so it is good for those who are physically active, and those who work outdoors in the cold. *Use in Change of Season Soup. Or simmer a piece for 20 minutes to 1 hour in any winter soup base and remove before eating. For therapeutic benefit, boil 4 slices in 4 Cups water and use the tea to add to oatmeal, rice & soups to eat during the day. Or use an herbal extract and add at the end of cooking.*

BAMBOO *edible varieties*

Shoots: are sweet-cool, mild Yin in TCM, and are used to balance the warming effect of meats.

BANANA

Fruit: a mild laxative in TCM that lubricates the lungs, improves circulation and reduces hypertension. Helps bleeding hemorrhoids. Requires good digestion. Avoid in chronic diarrhea.

BARLEY

A thin Barley gruel is mildly nutritive for the young, ill or weak. Sprouted barley is a lactation support for nursing mothers.

BASIL *Osmium basilicum*

Leaves: This mildly stimulating digestive herb, and nervine can also be used during the flu, nausea and headaches. In TCM it has pungent, warm, ascending energy.

Properties 2

BAY (*Laurus nobilis*) European Bay leaf

BAY, California (*Umbellularia Californica*) Pepperwood

Leaf: is used in soups and stews for flavor and reducing gas with mild astringent properties. The California Native is stronger than the European variety and has powerful aroma fresh, but is used dried and cooked in soups and stews. The fresh leaf has a strong aroma that can cause nasal irritation and a frontal headache if too much is inhaled. Traditionally, a piece of dried leaf was used inside the nostril to cure headache. The leaf has been used in tea for headache and stomach ailments including an antidote for blood sugar balance after eating excess sugar.

Nut: edible after parching to remove bitterness.

BEANS

all beans require strong digestion.

Broad Beans: mild diuretic, helps blood coagulate, aids in hypertension.

Green Beans: TCM neutral energy, drives humidity from the body.

BEE BALM, Red *Monarda didyma*

Flowers: The bright red flowers have a unique spicy/minty flavor that blends well with some fruits.

Leaves: all parts of the plant are aromatic, soothing to the stomach and nerves, and deodorizing. The dried leaves make a dark, strong tea that Colonists used as a replacement for black tea after the Boston Tea Party.

BEE BALM, Purple, Wild Bergamot, *Monarda fistulosa*

Flowers: The pale lavender flowers have a peppery oregano flavor that is hotter than Red Bee Balm. Used for tea with leaves.

Leaves: of the plant are aromatic, soothing to the stomach and nerves, and deodorizing. Reputed to dissolve scar tissue.

BEEF

Stimulating & building food when grown without added hormones. In TCM strengthens weak digestion, reduces lower back pain, alleviates anemia, builds bones and tendons. *Caution: avoid in cases of skin diseases, sinus congestion & cancer.*

BEE PRODUCTS

Pollen: the super food which contain Vitamins A, B1, D, K, E, many minerals & trace elements, and has high protein value. Honey rich in natural pollen has been used among long lived people of the Earth. Juliette Levy: Harvesting may injure the Bee's legs.

Honey: This sweet bee product is actually astringent. It will draw the juices through the skin of Kumquats, and preserve them. It can be used as a topical poultice with clay and charcoal powder for stinging bites. Cooking alters its structure, tending to clog the digestive tract. Use warmed only for maximum benefit.

BLACK FUNGUS Cloud Ear *Auricularia polytricha*

Plant: A mild tasting, chewy, mushroom with neutral energy in TCM. It is high in soluble fiber, considered an anti-cholesterol agent. in TCM. It is used for blood fluidity. Found dried in Asian markets. Used soaked 30 min. in warm water, cleaned, cut in thin strips, added to soups and cooked briefly to prevent it from getting too rubbery.

BLUEBERRIES

These berries are high in antioxidants, and benefit blood sugar balancing.

BORAGE *Borago officinalis*

Leaves, Flowers: The prickly stems & leaves are 30% mucilage, mineralized with high potassium and calcium. It is warming to the stomach & heart, supports the lungs, and is mildly laxative. Best used fresh for tea as a lung support, digestive tonic, nervine, and a galactagogue. **Seeds:** linolenic acid source.

BURDOCK, Gobo *Arctium lappa*

Root: The root can be found in Asian markets and is a superior blood purifying tonic herb. It supports the digestive tract, liver & kidney function. It expels uric acid, moderates blood sugar swings, and is good for skin impurities, gout, & joint aches and pains. Use fresh in stir fry or soups, or use dried added to soup.

CACTUS, Pads, Nopales *Opuntia*

Cactus pads, or *Nopales* have long been a Mexican folk remedy for diabetics. Both the pad and the fruits are *hypoglycemic*, lowering blood sugar; so cactus helps regulate high blood sugar. Cactus generally aids immune, glandular, nervous, circulatory, respiratory & the digestive system. The pad has high fiber, pectin and mucilage and its vegetal protein helps pull fluids from tissue into the blood stream. In TCM Nopales have cold, bitter energy that removes heat & inflammation. Combined with Beef, it makes a dish used to balance digestive system disorders.

Fruit: seeded, used for jelly, high soluble fiber, mild laxative.

CALENDULA "Poor Man's Saffron" *Calendula officinalis*

Flower: The bright yellow to orange vulnerary petals have a mild bitter flavor and are high in bioflavonoids, healing to tissue internally & externally. Use fresh as a salad garnish. Use dry as a tea ingredient. It makes a healing oil using Solar Method 1 day. In61

CARAWAY *Carum Carvi*

Seed: This flavorful, aromatic digestive aid is commonly used with cabbage and in rye breads, but can also be used as a deodorant with water as soak for fish and sea vegetables. Herbally, it is a superior aid for the whole digestive system, mild stimulant and anti-gripping agent. In TCM it stimulates the circulation of blood, supporting the digestion and metabolism.

CARDAMOM *Elettaria cardamom*

Seed: This warming, stimulating, aromatic digestive aid mildly stimulates liver & kidney. Commonly used in Chai tea, it will cut the mucus forming properties of milk and grains. It is used for gas, colic, diarrhea & headaches. It keeps better stored in the pod. Crush before use to release the small black seed, or buy decorticated (hulls removed).

CAROB *Ceratonia siliqua*

Pod: A well known chocolate substitute comes from a leguminous pod with high fiber and only 2% fat compared to 57% for chocolate. It also has calcium, phosphorus, iron and magnesium plus Vitamin B. I use it with roasted Chicory root to add the bitters of the chocolate flavor.

CARROT *Daucus carota*

Root: High in Vitamin A, C and minerals. It has sulphur, a main component of insulin, though considered a high glycemic food. Sweet neutral Yang in TCM, it benefits digestion and spleen cooked - raw is harder to digest.

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CAYENNE PEPPER *Capsicum frutescens*

Fruit: High in Vitamin C & A, it is a good anti-bacterial used in food & beverages. Pungent, hot, Yang in TCM, it exerts a strong stimulating effect on the heart, spleen, stomach and digestive system. It is also used to soften the blood vessels, and protects against heart disease. This hot spice, is a digestive aid that stimulates & warms surface circulation, while cooling internally. Used to heal stomach tissue by slowly increasing the tolerated dose to 500mg. of powder. Dr. John Christopher was a great advocate of the internal & external healing properties of Cayenne. It supports the heart and circulation, and is combined with garlic as a standard heart tonic.

CEANOTHUS, California Lilac, Red Root, *Ceanothus*

Root: very hard dark red-brown wood. Decoct as an astringent anti-inflammatory, lymphatic cleanser, used to reduce enlarged spleen, tighten gum tissue, heal capillary ruptures from vomiting or coughing. *Caution: avoid with blood disorders or with anticoagulant drugs.*

Flowers: creamy white, lavender to dark blue. Rub or blenderize with water to make delicate soap. No record of edibility.

CELERY *Apium graveolens*

Plant: Sweet, pungent, bitter slightly cool Yin in TCM, this food reduces dampness, nourishes & soothes the liver, benefits high blood pressure.

Seeds: strong flavored, bitter, diuretic, for inflammation, antiseptic for urinary tract, Nervine, relieves pain and helps digest protein. Used in small amounts in low sodium seasonings, or with salt as Celery Salt, in salad dressings. Recent research into possible benefits against cholesterol, high blood pressure and cancer.

CHAMOMILE, German *Matricaria chamomilla*

CHAMOMILE, Roman *Anthemis nobilis*

CHAMOMILE, Wild “Manzanilla” or “Pineapple Weed”

This is the most famous tea for soothing nerves, and colic in babies. It has a distinctive apple aroma, and a bitter taste. The German variety is most often used for tea. The wild Chamomile has the aroma and properties though it is small, and grows sparsely in waste places.

CHESTNUTS, American, *Castana americana*

Nuts: Sweet, warm, stimulating in TCM, they are used as a remedy for cold diseases- often used to treat nausea. Helpful for arthritis and low back weakness. **Leaves:** astringent

Bark: astringent, tonic, reduces fevers.

CHIA SEED *Salvia columbaria*

Seed: The seeds of this native sage were gathered by beating in baskets, roasted, parched and ground into flour. The seeds are high in fat and were used as an energy source for forced marches. Seeds soaked in liquid will form a mucilaginous layer around them that resembles a tadpole, and are added to lemonade in Mexico. We use them to make citrus juice and cactus jelly more interesting, to neutralize the high sugars and make them more nutritionally complex. Seeds may be estrogenic, like the sage leaves. The sprouts are edible, but bitter tasting.

CHICKWEED *Stellaria media*

Herb: This succulent spring green is our favorite in spring salads and, like calendula, has a soothing and healing effect internally & externally. Combine with Cleavers for a mild diuretic spring cleansing tea. Fresh leaves can be crushed and applied as a poultice to skin irritations.

CHICORY ROOT, Garden Chicory, *Cichorium endiva*

Root: This roasted root is what gives French Roast coffee its bite. This bitter herb helps purify liver, stomach, spleen, kidneys & urinary canal. It is mildly tonic, laxative and diuretic.

Leaf: Grown in the dark to make milder, eat the bitter young 6” heads of *Belgian Endive* raw or cooked like Spinach. Wild leaf is very bitter.

CHINESE BOXTHORNE, Lycii Berry, Wolfberry

Lycium chinense, L. barbarum and other species

Fruit: This ornamental shrub bears small purple flowers followed by red berries. A common Traditional Chinese Medicine Yin tonic for the kidney and liver, general immunity. It is estrogenic, lowers blood sugar and blood lipids. *See Fall Change of Season soup and Spring Grains: Quinoa Mush & Granola. The Wolfberry species* were used by Native American Indians of the Southwest as a berry.

Root Bark: Used medicinally to improve the regrowth of any diseased gum tissue while reducing pain. Also used for mouthwash and for abscesses, but not yet readily available.

CHOCOLATE

Dark Chocolate is highest in antioxidants and is a mild aphrodisiac.

Caffeine content comparisons: Hot Cocoa, 6 oz. = about 4 mg.,

Cola Soft Drink, 8oz. = 22mg., 1 slice Chocolate cake=25 mg.

Best Source: organic, fair trade. Click for Global Exchange.

CHLOROPHYLL, Liquid

Commercial liquid is made from alfalfa, and is used as a deodorizing blood purifier. It is a safe food coloring as well.

CINNAMON *Cinnamomum zeylanicum & C. cassia*

Bark: This antibacterial, warming, stimulating, aromatic, astringent digestive aid is used in pastry & dairy dishes to reduce their mucus forming properties, and to balance the coolness of fruits, sweets, & dairy. It contains MHCP, *methylhydroxychalcone polymer*, an aid for balancing blood sugar. Dose: 1/4 - 1 tsp. in tea daily, with powder strained out. Also used for diarrhea, & abdominal pains. *Avoid with stomach ulcers, TCM signs of wasting dryness, heat & fire and in pregnancy because of the uterine stimulating properties.*

CITRUS: Citrus

Lemon: The sour juice of Lemon in warm Water with a little Honey is a gently detoxifying, mucus cutting beverage. Honey is used to counteract the negative effects of citrus in the body. Lemon in cold water is cooling in hot weather. Lemon is used this way throughout the world. It has Malic acid, phosphoric acid, high Vitamin C., and Citric acid. A natural antiseptic, it kills germs in the stomach. The citric acid in Lemon & Lime turns into alkaline carbonates in the body, which neutralize uric acid and precipitate it. Moderate use dissolves kidney stones, but excess use causes them. **Lime:** has slightly different properties and is considered more medicinal than Lemon in the healing traditions of ancient India.

CITRUS PEEL

TCM, distinguishes 3 types of citrus peels:

1. ripe *Mandarin Orange Peel* of great benefit for warming digestive formulas. Common *Orange* has milder action & cooler energy. TCM: infuse for cough & chest congestion, decoct for hangover defense; and decoct with Ginger for gastritis.

2. *Unripe or Green Mandarin Orange peel* for liver congestion,

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Citrus Peel Cont.

3. *Bitter Orange* for gas etc.

We save the aged, dried peels of our organic citrus for use in teas, soups and sauces. The older, the better. Most Citrus Peels have carminative & chi regulating properties: *Lemon* for digestion, *Lime* for liver, & *Grapefruit* for digestion. Citrus fruits all produce citric acid. The citric acid turns into alkaline carbonates in the body. Citrus is also high in Vitamin C. *Citrus is a common allergin, and commercial citrus peel may be loaded with pesticides & fungicides.*

CLEAVERS, “Lady’s Bedstraw”, *Gallium aparine*

Herb: Nature’s Velcro, this plant will catch on clothing by rigid little hairs, and can be peeled off. The tea makes a soothing, cooling diuretic tea and is combined with Chickweed, which also grows in spring and may be found growing with Cleavers. *Caution: Diabetics avoid this tea.*

CLOVERS (*Trifolium species*)

CLOVER, Red (*Trifolium pratense*)

Plant: A little leaf may be eaten when fresh and crisp in salads. It is high in protein with a little fat. It may cause bloat, so is best used cooked and combined with other foods.

Blossom: The dried flower is used in tea for blood purification. An Alternative for dry, irritable, spasmodic cough. Beneficial tea for all skin problems and chronic infections. It is used for coughs, colds, bronchitis and in anti-tumor formulas.

CLOVES *Syzygium aromaticum*

Buds: This pungent aromatic, warming, stimulating spice is irritating in excess. In TCM it is Yang pushing downward energy used for digestive support of the stomach & kidneys. Use in small amounts to flavor cold weather dishes. Chewing a clove will freshen breath, reduce nausea, and is used in non-prescription remedies to reduce the pain of toothache for its antibiotic, numbing effect. Also used to help prevent vomiting. *Caution: Some people are allergic.*

CODONPSITIS

Root: In TCM it has sweet, neutral energy and is a major Yin Tonic used to restore energy, but milder than the hot energy of ginseng.

COFFEE

Three Cups a day is generally considered moderate use if you are not allergic to this nerve & brain stimulant, which has benefits used in moderation. Coffee’s epinephrine stimulates the central nervous system, increasing blood pressure, heart rate, gastric acids and urine flow. Excess use has many negative side effects.. Fair traded, Organic, CO² Decaffeinated is the highest quality coffee.. The CO² Decaffeination does not wash away the delicate flavor notes as does the standard chemical process and the safer water process.

<i>Coffee 6 oz.</i>	<i>Estimated Caffeine Content</i>
<i>Drip/Perk</i>	<i>103 mg./108 mg.</i>
<i>1 tsp. Instant Coffee</i>	<i>57 mg.</i>
<i>Decaf Coffee</i>	<i>5 mg.</i>

CORIANDER (*Coriandrum sativum*) “*Cilantro seed*”

Seed: This aromatic seed is a digestive aid commonly used in Latin countries, India and China. It has anti-gripping properties and is used medicinally with laxatives. The essential oil has hypoglycemic properties.

Leaf, Cilantro: High in Vitamin A, C, calcium, phosphorus, & potassium. Known as “*Chinese Parsley*” in TCM it has sweet,

pungent, hot Yang energy, and is combined with shellfish to balance the cold energy of clams & crab. The leaves and seeds are chewed for breath freshening.

CORN, Maiz *Zea mays*

This native vegetable was/ is a mainstay of natives of the Americas.

Stamens: Use the young Corn Silk gathered from your organically grown corn medicinally as a cleansing/demulcent urinary tonic tea..

CUCUMBER

Sweet, neutral energy in TCM, this detoxifying, diuretic food is used to cool the body, and for heat excess in the lungs & stomach.

CUMIN (*Cuminum cyminum*)

This aromatic is one of the best anti-gas digestive aids, and commonly used with beans for this reason. It is a mild stimulant, and aids milk production in lactating mothers.

CURRY PLANT *Murraya koenigii*

Leaf: This is a single plant used extensively in Thai & Indian cooking. The plant will grow in Southern California and Florida. The commonly found commercial Curry in this country is a standardized blend of a standard group of spices, but can be found in different proportions and levels of heat. *To see recipes click here.* There is also an aromatic, inedible Curry plant, *Helichrysum italica*, formerly *H. angustifolia*, see the *Illustrated Encyclopedia of Essential Oils*.

DANDELION *Taraxacum officinale*

Leaves: bitter, raw supports the liver & gall bladder and purifies blood. Use in salads sparingly. Soak in salt water 30 min. to reduce bitterness. High in potassium and iron, with up to 22% protein. The leaf is high in Vitamin A (1 oz. = Vit. A of 1 carrot.). They are also a good source of Vitamins B, C & G, and Omega 3 fatty acid.

Roots: high in choline, carotene & mineral salts, the root is used raw juiced, dried and/or roasted in coffee substitute beverage as a good tasting liver, gall bladder & spleen detoxifier. Helps the whole digestive system.

DAY LILY *Hemerocallis fulva*

Has vitamins A, C & D. The more yellow flowers are milder.

DILL *Anthem graveolens*

Leaf/Dill Weed: milder flavor than the seed with the same properties. It has magnesium, iron, calcium, phosphorus, potassium, & Vit. C.

Seed: A distinctive flavored digestive aid that is soothing to an upset stomach and can be chewed to sweeten breath. It has pungent warm Yang energy in TCM, and is considered a diuretic used to tone and regulate energy and warm the digestion & metabolism.

DOCK, YELLOW DOCK *Rumex crispus*

Leaf: the edible leaf has a lemony flavor and can be used sparingly in salads. High in oxalic acid, it is best used raw and young to reduce calcium binding. The crushed fresh leaf will neutralize the sting from *formic acid* from red ants and Stinging Nettle. *I have tried this with both and found it works.* **Seeds:** I use them ground as a high fiber addition to bread.

Root: an alternative used for blood purification, and to tone up the entire system, specific for liver detox, the urinary system, mucus membranes and the skin - like oily skin on back and neck.

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ECHINACEA *Echinacea angustifolia*, *E. purpurea*

Root, Seed & Leaves: extract or elixir of all these parts used as an alternative that in small doses supports the lymph tissue & fluids, and deficient immune system. Combine with Black Elderberry as a dual anti-viral used at the onset of flu. Use 5 days on 2 days off or 10 days on 3 days off to prevent the body from building resistance to its' benefits. Commercial throat sprays combine Echinacea and *Propolis*- the immune protection of Bees. It is a superior anti-venom used topically and internally for everything from insect bites to snake bites. We have saved a couple of our dogs from rattlesnake bites this way. **Caution:** *Do not rely on this alone for human snake bites, but use immediately until an anti-venom is available.*

EGGPLANT

Sweet, neutral energy in TCM, used for nourishing blood & energy. Used for hemorrhages, skin & gum ulcerations, & dysentery.

ELDER BERRY *Sambucus nigra*

Flower: tea for fevers, and inflamed gastrointestinal tract.

Berry: *eat after cooking or drying only. The green berries contain a cardiac glycoside that can cause vomiting.* The tart berries make good jelly and wine, high in iron and other minerals with anti-viral properties that support the immune system. We use this mild anti-viral as a winter tonic: 2 Tablespoons in a cup of hot Lavender or Lemon Zinger tea, Ginger & Honey at the first sign of a cold or flu. **Caution:** *red berry trees are poisonous. Leaves:* poisonous internally, but used fresh externally for wounds and sunburn poultice.

ELEAGNUS BERRY, Goumi, *Eleagnus multiflora*

Fruit: Also called *Goumi*, the ornamental red berry of this small tree from Japan probably has lycopene. The native *E. angustifolia* has up to 17 times the anti-cancer lycopene of tomatoes. Add fresh or dried to cooked tomato sauce to boost nutritional value.

FENNEL *Foeniculum officinale*

Leaf: eaten for digestive support.

Root: high in calcium, iron, potassium, phosphorus, Vit. A & C.

Seed: crushed and made into tea, it purifies the blood. The seeds are mild enough for babies and used for colic to detoxifying from fever related to immunization reactions. It is also used for liver and gall bladder support, as a mild diuretic, and with laxatives to prevent gripping.

FENUGREEK *Trigonella foenum-graecum*

Seeds: One of the oldest recorded medicinal plants, it has a mild maple aroma, and a bitter taste. It is used for all excess mucus conditions, ulcers and inflamed digestive tract, to increase breast milk, and to help balance blood sugar.

FLAX SEEDS

Seeds: Mild laxative, expectorant, decongestant & vermifuge. There is continuing debate over the benefit of flax seeds as a nutritional supplement for heart support, lowering blood pressure and triglyceride levels. Flax is a rich source of the lignans that our bodies can use to block and excrete excess estrogen. By 15 minutes after grinding they begin to oxidize. Store refrigerated, and crush or grind just before they are used. They are used as a digestive support for their healing oils. The 6 -12% mucilage expands and becomes a mildly laxative demulcent when freshly ground and used in soups, cereals or when the crushed seed is used as a tea. Use in baked goods cooked at low temperatures.

FO-TI *Polygonum multiflorum*

The dried root is a mild, sweet, earthy tasting TCM longevity tonic herb that enriches the flavor of beans and stews while benefitting circulation and cholesterol levels.

FREMONTIA, California Flannel Bush, *Fremontia californica*

Bark & Twigs: have stomach and tissue soothing properties of Slippery Elm, which is under environmental pressure from disease.

GARLIC *Allium sativum*

Bulb: An aromatic anti-bacterial/anti-parasitic herb that helps regulate blood pressure in combination with Cayenne pepper. It has pungent, warm, strong Yang energy in TCM. It warms the lungs and digestion and promotes circulation of energy. Raw garlic chewed with meals offers maximum antibiotic properties. Cooking reduces properties a little.

GHEE, Clarified Butter *see Unusual Ingredients page*

In Ayurveda, removing the saturated fat from Butter makes it medicinal, and preparation of Ghee may include enhancing herbs for specific benefits *see Planetary Herbology*. The lacto-vegetarian diets of India would be too Yin, creating cold, weak digestion, without the balancing use of more Yang curry spices cooked in Ghee. The cooling, Yin energy of Ghee benefits chronic inflammatory conditions.

GINGER *Zingiber officinalis*

Root: Fresh Ginger root is deeply warming and stimulating and a classic tea for colds or flu. Fresh root contains volatile oils not present in the dried form and is more diaphoretic. Dried Ginger is a more internally warming stimulant. Ginger's pungent, warm, strong outward moving Yang energy in TCM is used extensively as a digestive stimulant and diaphoretic. A few slices daily are used to help prevent blood clots (*thrombosis*).

GINSENG *Panax Ginseng*, *P. quinquefolius*

The most famous strengthening and energizing tonic herb prized in TCM for centuries. There are several types: Chinese, American Japanese or Korean; and milder relatives Siberian Ginseng and Codopsisitis. *See other references for consideration of uses.*

GREEN ONION *Allium*

Plant: Pungent, sweet, warm, strong Yang in TCM, this diaphoretic food affects the lungs & stomach. Milder than garlic, the white head is used in recipes for nasal congestion, and colds.

GREENS

Dark leafy greens are generally high in vitamins and minerals. In Ayurveda, **Kale, Collards, Arugula, Dandelion, Chicory**, and the hotter **Mustard & Turnip** greens are all specific healers for the liver and immune system. The Cabbage family is recognized as anti-cancer food. **Parsley, Spinach, Chards and Beet** greens are used lightly cooked as cooking releases their Oxalic acid, which binds with calcium and prevent its absorption.

GUAR GUM

a mucilaginous, high fiber vegetal gum that expands in cold water, is a mild anti-cholesterol agent and bulking laxative. It will expand

in the digestive tract and remove trapped debris if taken before it expands. We use it fully rehydrated for its fiber content.

HAWTHORNE *Crataegus*

Berry, Bud, Flower: though the bud & flower are edible in salads, we use the berry to make a superior antioxidant heart supportive jelly, syrup and tincture. Used daily in some form, it makes a nourishing and balancing tonic for the heart muscle. It helps lower blood pressure, balance cholesterol and keep blood vessels flexible. In TCM it is used for food stagnation.

HIBISCUS, Jamaica, *Hibiscus Sabdariffa*

Flower calyx: the deep burgundy dried flower part is astringent and cooling. The tea is used in Mexico as a sugared summer beverage. It provides the deep red color for my Flower Tea, and for Celestial Seasonings' "Red Zinger" tea. It forms a voluptuous flower. We have grown it in the greenhouse as an annual, but it really likes warm-moist climates. We grow a more cold tolerant variety for the edible flower as a garnish.

HONEYSUCKLE *Lonicera japonica*

Flowers: sweet, very cold energy in TCM with antibacterial properties, used to reduce heat and swelling in the eyes, throat or breasts, and to counteract summer heat. Used fresh or dried in tea as a cooling tonic for the heart and skin. **Caution:** Do not use if you have a cold constitution.

HORSERADISH *Cochlearia armoracia*

Hot, pungent, digestive stimulant, tonic, diuretic, anti-mucoid, anti-bacterial high in Vitamin C. used for respiratory support. **Caution:** Not for those with stomach ulcers or thyroid problems.

JASMINE *Jasminum officinale*

The highly aromatic dried Yellow-tan flowers are used as a cooling tea ingredient. Commercial Jasmine Tea is made from the flowers added to Black Tea to absorb their aroma.

JUNIPER BERRIES *Juniperus communis*

The ripe, blue-black dried berries have a clean, woody, balsamic aroma and are a diuretic, urinary tract antiseptic, stimulant and digestive aid. Use 1 tsp. to 1 Cup boiling water /15 minutes. The berry is used commercially to flavor Gin. **Caution:** do not use if kidneys are inflamed. It is a uterine stimulant, avoid if pregnant.

JUJUBE Chinese Apple Date, Red Date, Dom berry, *Zizyphus jujube* *Z. sativa*,

Fruit: The fresh fruit taste more like an apple, and the dried fruit is more like a date. They have a skin that toughens as it dries and little pieces can get caught in your throat unless chewed well or cooked. We eat it fresh, or use the dried fruit soaked in fruit compotes, or cooked in cereal and soups. Research with animals shows that the fruit extracts properties as: heart tonic, blood pressure lowering, sedative, laxative & relaxing to smooth muscles.

The small round variety are used as a major tonic herb in TCM to sweeten & harmonize medicinal formulas, a cleanser and for the whole system, for longevity, strengthening the stomach, building blood and increasing weight. It has an antibiotic effect that increases resistance to disease. In soups, the seed is removed for most uses, but left in for women with cold extremities.

KELP

Plant: The most commonly used sea vegetable, it has many trace minerals and is high in iodine, which is supportive to the thyroid gland. It also has *sodium alginate* which chelates radioactive isotopes, and some heavy metals from the environment, and removes them from the body. It has about 3% sodium. Kelp contains *glutamic acid*, which is a natural tenderizer for beans, when simmered together for 20 minutes or more.

LAVENDER *Lavendula species*

Herb: This is one of my favorite plants. It is a beautiful, aromatic anti-viral/bacterial/fungal, flowering herb. It is calming to the nerves as a beverage and an aroma. Queen Victoria favored Lavender tea, which is made with a small amount of leaf or flower and sweetener. Lavender infused Honey makes an ambrosia flavored, soothing throat remedy and poultice for burns.

LECITHIN

A water soluble lipid (fat) that acts as an emulsifying agent, this is the active ingredient in non-stick food sprays. It is the major part of cell membranes, which regulate the transfer of nutrients back and forth through their walls. It is also in the muscles and nerve cells, and forms the protective sheaths surrounding the brain, and enables cholesterol to be dispersed in water and removed from the body. It is beneficial in cardiovascular disease, immune disorders, and improves brain function. Most nutritional lecithin is derived from Soy, but is now also made from egg yolks.

LEMON BALM *Melissa officinalis*

Leaf: This wonderfully lemon scented herb makes a beverage recorded in 370 BC as used for stomach pain, for uterine spasms, and for pain from insect bites and other inflammations. It is mild enough for children, and used during colds and flu, and recently is being used for anti-viral properties of its' essential oils as an external treatment for Herpes. It has also been shown to benefit neurotransmission in the brain.

LETTUCE *Lactuca sativa*

Bitter, sweet, cool Yin in TCM, a good cool, diuretic summer food.

LICORICE ROOT *Glycyrrhiza glabra*, *G. Uralensis*

The *G. glabra* root is the original European licorice candy stick. It is naturally 50 times sweeter than sugar, and makes an anti-bacterial tooth cleaner. It benefits the digestion, sore throat and dry lungs. It relieves thirst if chewed. It can cause nervousness.

G. uralensis root does not cause nervousness, and is widely used in TCM as a major blending agent and catalyst for other herbs. It can counteract toxins, aids digestion, protects the stomach lining and the spleen. It is anti-bacterial and anti-inflammatory, good for irritated throat tissue, and for skin generally. It sharpens mental focus. It helps stabilize blood sugar levels, and has properties that support the adrenal gland, especially combined with Ginseng. It aids anorexia. **Caution:** It contains steroidal properties, and is estrogenic. Avoid during pregnancy. It tends to retain water and sodium and excrete potassium and thus can raise blood pressure. Avoid with hypertension unless used in a modified form.

LIQUID AMINOES, Paul Bragg brand

Unfermented Soy based seasoning liquid or broth, high in amino acids, and certified non-GMO with no preservatives or additives.

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LOQUAT *Eriobotryae japonicae*

Fruit: This mildly sweet fruit is used in India as a cooling food, in jam, jelly and combined with honey as a syrup. It is used for sore throats, and other conditions of heat and dryness in the body in summer. **Caution:** Avoid in asthma, bronchitis and emphysema.

Leaf: bitter, cool in TCM as a tea, scrubbed clean of irritant hairs, used for bronchitis with cough and nausea, belching, vomiting. It is combined with other medicinals and toasted with ginger or honey for more specific actions.

LOTUS, *Nelumbo nucifera*, *N. species*

The American variety of Lotus, which has been used as an edible historically, is not mentioned as a medicinal in TCM but these *N. nucifera* parts below are commonly used.

Leaf: bitter-sweet, supports heart, liver, spleen. Stops bleeding and is an antidote for mushroom and alcohol poisoning.

Seed: sweet, astringent, clears heat and strengthens heart & kidneys.

Plumule (sprout of seed) bitter-sweet, cooling, alternative, nervine

Nodes of the Root: sweet, astringent, stops bleeding.

Roots: similar but weaker action than nodes.

LYCH BERRY (lye-see) **Chinese Matrimony Vine, Wolfberry** *Lycium*

In TCM the energy is sweet, neutral and is a major blood tonic that supports kidney and liver. It is used in Change of Season Soup. . The best berries are large, deep red. The smaller, brown, bitter or dried berries are inferior. **Caution:** Avoid with damp spleen.

MANZINITA BERRY *Arctostaphylos manzanita*

Berry: This mildly tart, astringent, native berry makes a thirst quenching fall beverage or a nice apple jelly.

Leaf: 1 Tbsp. of the leaf in 2 cups water makes a harsh but effective urinary disinfectant tea.

MARJORAM *Origanum marjorana*

This is a very mild stimulating digestive aid and tonic herb used for upset stomach, colic, to expel poisons, for sore throat, for nervous complaints and sea sickness. Topically, the tea has been used for painful joints.

MESQUITE, Honey Mesquite *Prosopis Glandulosa*

Pods: the pods have a sugar that does not require insulin to digest. The bean pods are a highly nutritious traditional food. The dried powdered **Leaf:** cold/dry energy, anti-fungal, a-bacterial, astringent, antispasmodic. Used with water as an external treatment for fungus infections, stings, bites and sores. The Bark & dry leaf were used in tea for bladder infection, and the dry ground leaf was used as an antibacterial eyewash. **Resin:** dissolve in water for warm demulcent, antispasmodic. Used for sore throat, gums, mouth, intestinal problems. **Wood:** The wood is a popular barbecue fuel.

MILK THISTLE (*Silybum marianum*)

Leaves: the young leaves, trimmed of spines, and the trimmed stalk are spring edibles. The stalk resembles celery in flavor.

Seeds: The seeds are a mild flavored nutritive that are powerfully regenerative for the liver. They can be fresh ground and added to cooked cereal. The seed extract is a powerful antivenom agent used for mushroom poisoning and snake bite.

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MINT, Peppermint

The cooling-stimulating properties of the menthol in mint make it the most used herb tea. It is a popular digestive aid. Pungent, cool, Yang in TCM, it affects the lungs and the upper body, purifies the digestive system and liver.

MISO

This fermented soy bean paste is made in a range of colors, flavors and textures. It is commonly used in Chinese cooking as a high protein soup base or flavoring, has digestive enzymes and is high in amino acids that combine to boost the usable protein in grains. Add after removing from heat to preserve maximum benefit. See *The Miso Book*.

MOLASSES

Blackstrap, unsulphered molasses is the residue which comes from the last stage of cane sugar refining. Highest in iron, and calcium, it also contains other minerals. **Substitute syrups:** **SORGHUM** is made from the grass, *sorghum vulgare*. **BROWN RICE SYRUP** is from rice.

MULLEIN (*Verbascum thapsus*)

The leaf is a lung specific for bronchitis and hay fever.

MULBERRY: (*Morus nigra*)

The purple berries are rich in Vitamins A & C, and tannins. It make a thirst quenching drink; is a blood tonic used in anemia and for sore throats. NOT for those with weak digestion and tendency for diarrhea.

MUSHROOMS

Sweet, neutral, weak yang energy in TCM, which has used the medicinal-culinary mushrooms for centuries. There are over 20 species used classically, and hundreds more used more recently. They are easily found in dried form in Asian markets.

Black Mushrooms: a TCM anti-cholesterol agent.

Reishi (*Ganoderma*) **Mushroom:** available in extract form, can be added to soups, as an immunity boosting energy tonic. It is similar to Astragalus in TCM but has neutral rather than mildly warm energy. It strengthens all organs of the body, but especially the lungs.

Shitake: considered an anti-cancer food used regularly, it is also used for artery health and to soothe irritation from food toxins.

MUSTARD *Brassica nigra*

These tiny black seeds are hot, stimulating and mildly laxative. Used in cloth as poultices, or mustard plasters, that bring circulation to the skin in lung infections. **Caution:** too much can burn skin.

NASTURTIUM (*Tropaeolum majus*)

Flowers and Leaves: are an antiseptic expectorant, used to help clear respiratory tract congestion.

Seeds: have been used pickled like a caper.

NETTLE, Stinging Nettle (*Urtica gracilis*)

The fresh plant has stinging properties from *formic acid*, neutralized by the juice in Dock leaves, by drying or by cooking. It is high in calcium, chlorine, potassium, silicon, and has a trace of copper. It is an herbal specific for kidney and adrenals. Extract of the fresh leaf helps symptoms of hay fever, and helps regulate blood sugar. The leaf makes a highly mineralized cooked green. Use fresh tincture or freeze dried capsules for hayfever.

NIGELLA (*Needily sativa*, *Egyptian Black Cumin* & *N. damascena*, *Turkish Black Cumin* both known as *Love-in-a-Mist*)

Nigellas have a beautiful little flower. The little round, flat black seeds are harvested from the dry flower head. *Turkish Nigella* Seeds are pungent & aromatic and are sold in Indian markets as a Black Cumin. We use them to add complexity to Hummus. Europeans mixed them in bread, Greeks added them to sesame seed butter.

Egyptian Nigella have slightly curved, 3 edged Seeds with an Anise-like aroma. They have long been used by Arabs medicinally for immune system support, allergies and asthma. It has over 100 substances including essential fatty acids and a bronchodilator. It is available as an oil preparation for use medicinally.

NUTS

Most Nuts have warming properties and are used in TCM to fortify the body in winter against cold diseases. They are rich in essential fatty acids, carbohydrates, minerals and Vitamin E. Make sure they are *fresh*, because rancid fats create more stress for the body. Best organically grown. In Ayurveda, **Almonds**: restorative, nerve tonic, stimulating to digestive system. **Pistachio**: sedate and tonify. **Brazil Nuts**: 1 ounce chewed well = laxative. The fatter the nut, the more aggravating to Pitta & Kapha.

NUTMEG (*Myristica fragrans*)

This is the garnish on egg nog, and is a warming digestive aid. It is toxic if more than 7.5 gms. is ingested, but is used sparingly in recipes and overdose is unlikely due to the strong flavor.

OATS & Oat Bran : mild nutritive supportive of blood and nerves; high in soluble fiber, calcium, magnesium and other nutrients. Used as a poultice or gentle skin exfoliant.

OLIVE

Fruit: Sweet, sour, neutral energy in TCM, olives nourish blood & energy, relieve sore throats and lung dryness. Hold an olive under your tongue for a sore throat. Olive is used to counteract alcoholism, and decocted with ginger for diarrhea or dysentery.

Oil: Though opinions have changed over the last half century about many fats, olive oil remains unquestioned. It is 82% monounsaturated, 8% polyunsaturated, and 10% saturated. It has been used for tissue healing and in liver detox formulas, and as a base for medicinal salves. Since the body absorbs 60% of what is applied to the skin, food grade oils are a wise choice. Even good fats should be limited to 10% of the daily caloric intake, if you are trying to reduce cholesterol; and use even and less with hypertension.

Leaf: An immune system tonic. *Calcium Elenolate* in extract of Olive Leaf is an anti-bacterial/viral/parasite, anti-oxidant which only lasts a few minutes in the body as it binds with proteins and neutralizes the effect. It has been shown to benefit the heart, lower blood pressure, and prevent intestinal muscle spasms.

ONION

WILD ONION (*Allium species*)

The high ammonia content of fresh onion will reverse the sensation: it cools heat & irritation, and warms cold areas. It has been used as a parasiticide a mosquito repellent; eaten to lower blood sugar, reduce hypertension and blood clotting; and as a general longevity tonic food.

OREGANO, Wild Marjoram

Herb: This common herb is used in food as a digestive aid and for colic and for pains of rheumatic problems & nervous headaches.. It is also used externally as a poultice for sprains, swellings.

OSHA (*Ligusticum porteri*)

Root: A Southwest native plant sacred to Native Americans, and related to a Chinese variety, Osha has a spicy, warm aroma & flavor. Used for lowering blood pressure and improving circulation, it has several substances only partially soluble in water, so an extract is the best form.

OXALIC ACID

Lowers cholesterol, fights parasites and candida overgrowth, and other fungal infection. But it also binds with calcium to form insoluble calcium oxalate. Do not over use these foods.

Foods High in Oxalates from 916-246mg. per serving:

Cooked: Beet greens, Purslane, Rhubarb, Spinach, Beets, Dandelion lf.

Raw: Endive. Cocoa etc.

PARSLEY

It is high in chlorophyll, will freshen breath and clean mouth, and is the frequently used garnish that should be eaten. It also provides general support for kidney and liver function. **Caution**: *It contains oxalates. Add to hot food at the last minute to minimize oxalate release, and better used raw.*

PASSION FRUIT

Flower: an exquisite purple cruciform in a complex white flower with a musky odor, and nerve soothing properties.

Fruit: the heavily seeded oval fruits can be eaten by scooping out the pulp with your teeth. To juice, blenderize the pulp for a few minutes with a little water and strain out seeds. In India it is used for high Vit. A & C to prevent infectious diseases.

PEACH

Fruit: in TCM, mild Yang, used fresh to nourish blood, build energy, dissipate cold, & lubricate the intestines. Steam with Honey for high blood pressure and bad coughs. Used in India for a thirst quenching, diuretic fruit.

PEANUTS

Rich in Vitamins B & E, iron zinc and protein. Sweet, neutral, Yang in TCM, used roasted or boiled, they are not served salted in China. They are used as appetizers that nourish blood, build energy, strengthen & lubricate the lungs. Combine a little less than 1 part milk with 2 parts peanut for better complimentary protein. In Ayurveda they are fatty, mildly laxative and emollient, best used in small amounts. **Caution**: *avoid with sluggish liver/ gall bladder.*

PEAR

Fruit: in TCM, the Asian pears are mild cool, medium yin, used fresh for stubborn coughs & fever; and to lubricate stomach & lungs.

PEPPER, Black, White *Piper nigrum*

Pepper is the second most used table flavoring. It is aromatically pungent, stimulating to the metabolism, cuts through excess stomach mucus, and is milder than Cayenne. It is used for weak digestion, coldness and poor circulation. It neutralizes excess digestive acid.

Black: it is a strong digestive aid that expels gas. Pungent, hot,
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Yang in TCM, it is avoided in the heat of summer to prevent hot-dry diseases. In India, the roasted peppercorns are used with honey for a cold. As a tea it is used for detoxifying. It is a major ingredient in Chai Tea.

White: black pepper which has been soaked & skinned, less pungent.

PERSIMMON

Fruit: sweet, cold, medium Yin in TCM, the tannin in unripe fruit is used for diarrhea. The tannin converts to fructose as the fruit ripens. Ripe fruit lubricates the lungs, nourishes heart, spleen & intestines. It is used for regulating high blood pressure, stubborn coughs & canker sores.

PINEAPPLE

Fruit: sweet & sour, neutral Yang in TCM, these ripe fruits promote digestion, quench thirst, heal swelling and stimulate appetite.

PINEAPPLE GUAVA

Flower: The blossom looks and tastes like sweet little marshmallows fresh, and has a more concentrated sweetness when dried.

Fruit: The peel is lime flavored and the sweet flesh tastes tropical.

PLANTAIN *Plantago major*

Leaf: eat the young, mild leaf in spring raw or cooked. It has a mildly bitter, strong chlorophyll flavor, which gets stronger as it ages. It will stop bleeding, is mildly diuretic, astringent, & laxative. Make a with hazel liniment out of fresh older leaves for insect bites for its anti-venom properties. In61

Seeds: are rich in mucilage. Though related to Psyllium, *P. ovata*, they do not expand the same way; but can be used in cooked cereal or breads.

PLUM

Fruit: sweet & sour neutral energy in TCM it promotes digestion, builds energy, and supports weak kidney or liver. Make a tea from 2 whole plums and take 2 x daily. Macrobiotics uses baked **Umeboshe Plums** with Bancha Tea or Kudzu as a remedy for acidic conditions and intestinal problems.

POMEGRANATE *Punica granatum*

Fruit: The juice of the semi-seedy fruit contains, glucose, fructose, tannins and oxalic acid. In India it is used during summer and in fevers for its diuretic action. They use it to tone the liver, kidney & heart. There are about 14 varieties grown in the Middle East, and the tart (like our Wonderful) is used differently than the Ruby-Pink (our Thompson's Sweet). The darker tart fruit is considered more medicinal. High in Vitamin A, it is used against scurvy, for stones and to expel worms. One Tablespoon of the juice is combined with an equal amount of honey for a wide variety of digestive uses.

Buds & Leaves: the astringent, crimson buds are dried and the powder used for nose bleed, as a styptic for minor cuts and wounds, as well as many other medicinal uses for astringents. The leaves are also used as an astringent.

Rind: an astringent with about 28% tannic acid, a decoction used for diarrhea, dysentery, or bleeding from the nose, lungs or rectum.

Seed: from both tart & sweet varieties are used finely ground in a preparation with **Horse gram**, *Dolcis biflorus*, to remove kidney & bladder stones. Horse gram is a nitrogenous crop. The dried leaves & pods are

boiled into a broth for humans, but are grown mostly for cattle & horse fodder. **Bark of stem or roots:** powerful astringent & anti-tapeworms.

Caution: eating pomegranate seeds may cause appendicitis.

POTATO

Tuber: Member of the nightshade family. Sweet, cool, neutral in TCM, potato tuber nourishes the digestion, blood & builds energy. Fresh thin slices of raw potato (like onion) or potato juice can be applied to burns and stings to reduce pain and inflammation. It is used in India chopped with Honey and Salt to ease sore throat, cold, and bronchitis symptoms.

Caution: High glycemic, and not advised for diabetics.

POTATO, SWEET

Sweet, neutral, Yang in TCM, it nourishes, and supports digestion and liver. Sweet, hot & heavy energy in Ayurveda. High Vitamin A. Use soup to clear the head after excess alcohol, and for a mild laxative effect. From the Morning glory family, it can be eaten by most people who cannot eat nightshades. **Caution:** High glycemic, and not advised for diabetics.

PSYLLIUM SEED

The seed and hulls of an arid land plant used as a mild bulk laxative fiber source. It expands in volume when combined with fluid. Eaten before it expands, it is used for a mild bulk laxative; and as a stool softening fiber source after it expands. I use the fully expanded hulls as a thickener high in soluble vegetable fiber.

PUMPKIN

Flesh: sweet neutral energy in TCM, used to clear damp conditions, like bronchial asthma. High in Vitamin A.

Seed: Although these are a common snack food, they are also a traditional tonic for the prostate gland; and a classic remedy for expelling worms and parasites when combined with Garlic.

PURSLANE

Herb: A succulent vegetal source of Omega 3 fatty acids, Vitamins A & C with only 15 calories in a 100 grams.

QUINCE

Fruit: This ancient apple relative is hard, pulpy and flat flavored until baked or cooked, which brings out mild sweetness and softens the texture. The fruit has Vitamin C, is an anti-rheumatic, anti-inflammatory and is used to help heal ligament strains, spasms of the calves, low back weakness, congestion of the blood and nerve channels.

QUINOA (keen' wa)

Seed: This is the gluten free, large vegetable seed of Lambs quarters, and was the sacred mother grain of the ancient Incas. It is high protein, 7.5-22% depending on processing. It is high in B vitamins, iron, zinc and the amino acid, Lysine, which is deficient in most grains. **Amaranth & Buckwheat Groats** are the other non-glutinous seeds from leafy grain plants, safe for most allergic people.

RASPBERRY *Rubus idaeus*

Berry & Leaves: are a source of potassium, calcium, Vitamin A & C. The leaves and berries are high in iron making them blood building. Their nutrients build connective tissue, and are support-

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ive of the genitourinary system. Raspberry leaf tea or tincture is commonly used in pregnancy.

ROSE (*Rosa species*)

Flowers & Leaves: mildly bitter, aromatic, astringent. diuretic that tones tissue, nerve soothing- a general beneficial. *Rose Water* is an ancient food ingredient. Flowers vary in aroma, but all are beautiful.

Hips: high in Vitamin C, they also contain Vitamins: A, B1, B2, D & E. Three Rugosa Rose hips can equal the Vitamin C of an orange or more, and are richer in iron, calcium & phosphorus than oranges. Used as a defense against colds and for general health.

Seeds: have been used cooked for muscular complaints

Roots: high in tannins, used as tea and for tanning hides.

ROSEMARY *Rosmarinus officinalis*

Leaf: the next highest antioxidant herb after Thyme, it is beneficial for the circulation, brain & heart.

Flower: a milder, edible flavor of the plant.

SAGE, Garden *Salvia officinalis*

Leaf: diaphoretic, carminative, stimulant, antispasmodic, estrogenic and helps relieve the menopausal hot flashes of those who need it. An astringent/antispasmodic and anti-bacterial that slows secretion of fluids like night sweats. to dry up mother's milk, and for diarrhea. This strong flavored herb has tannin, and is used as a tea made with with lemon & honey in the first stages of colds or flu. The fresh leaf can be chewed or used in gargle to soothe a sore throat. Commonly used in poultry seasoning & stuffing and added to cheese.

SAGE, PINEAPPLE

Flowers of Pineapple Sage are bright red and have an Oregano flavor.

SAGE, Wild (*Salvia mellifera*) Black Sage

This native plant is a more potent cousin of Garden Sage, with similar properties, and imparts a "wilder" flavor to foods; but should be substituted in 1/2 the amount recommended for garden sage recipes.

SALT, Sea

Used in less than 500 mg. daily, salt has beneficial effects. It stimulates the kidneys, and digestion; it softens hardened glands & muscles; it cools the blood and maintains cellular health. It is used as a mouthwash, gargle and disinfectant. Excess salt causes edema, PMS, hardens the arteries and raises blood pressure. Salty, cold, Yin energy in TCM, the less refined salts are high in trace minerals. *Sea salts* or *Celtic salt*, are considered superior to mined rock salts, as they rare said to retain more natural benefits.

Commercial table salt is really designed for industrial use in snow removal, *Sodium alumino-silicate* is added to prevent caking in table salt, despite concerns over heavy metals in our diets. All the 60 trace minerals are stripped out and it is refined at high heat, so it does not digest well. Added Iodine makes it purple, so they add sugar to lighten it and mask the aluminum taste.

SESAME SEED, White

These little seeds come in a very tough pod. They are high in calcium which is difficult to digest unless ground. Their oil, along with Olive Oil, is one of the slowest to turn rancid.

SESAME SEED, Black

Sweet, neutral energy in TCM, the black are considered more medicinal. Sesame is used to nourish blood and for problems related to general weakness, & to improve eyesight.

SLIPPERY ELM BARK *Ulmus fulva*

Inner Bark: In TCM Mild nutritive, Yin tonic, demulcent, expectorant, emollient, astringent, vulnerary herb that creates a mucilage when cooked. Lubricating in Ayurveda, the powdered form is made into a gruel for convalescents and those who have difficulty keeping food down. It has a mild cinnamon flavor, so tastes good with cinnamon and honey.

SOY SAUCE

The fermented soy bean sauce, a high sodium flavoring. Use with restraint. Excess use will cause all the problems of Salt. A small amount has the benefits of Salt. It has sweet, salty, neutral heat, Yang energy.

SPINACH

Leaf: Sweet, neutral, cool in TCM, it nourishes blood & builds energy, is a mild laxative, and has a high iron content beneficial for anemia. In Ayurveda, use infrequently due to oxalic acid released in cooking, which binds to calcium. Light, pungent and rich in vitamins and minerals.

STEVIA *Stevia rebaudiana*

Herb: Native plant of Paraguay, used for hundreds of years, Stevia is a very sweet, non-nutritive, and does not affect the pancreas like sugar. It is anti-bacterial and healing to tissue. It helps regulate blood sugar and blood pressure, aids digestion, and stimulates mental alertness. It aids metabolic function and is a mild diuretic. It comes in cut and sifted or powdered herb, which I prefer. I use only the Stevia brand powdered white form when color or texture is a consideration, or with Citrus.

SUNFLOWER SEEDS

Sweet, neutral mild Yang energy in TCM, used to regulate the action of the large intestine.

TANGERINE

Fruit: In TCM it is sweet & sour, mild Yin, dissipates heat & dryness. It is used in treating diabetes, nausea, vomiting, & chest congestion.

TARRAGON, *Artemisia drancunculus*

A distinctively flavored, refreshing herb with mild diuretic, digestive aid properties. It contains Vitmain A, niacin, phosphorus, potassium, calcium & iron.

TEA, Black *Camillia sinesis*

The hand picked leaves are processed by fermenting. *Nature Farmed Tea* is never sprayed with chemicals, and uses no animal manure. Commercial tea plants are sprayed up to 20 times a season.

<i>Tea 6 oz.</i>	<i>Estimated Caffeine levels</i>
<i>Brewed 3 minutes</i>	36 mg.
<i>Brewed 6 minutes</i>	72 mg.
<i>1 tsp. Instant tea</i>	31 mg.

TEA, Green *Camillia sinesis*

The hand picked leaves of the same plant as Black Tea are steamed to prevent oxidation and retain all the nutritional properties that are mostly lost in fermentation.

The *Catechin Polyphenols* unique to Green Tea combined with Vitamins A,C & E, are powerful antioxidants. Catechins have the ability to interfere with the binding of cancer causing substances to the DNA of healthy cells.

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Green Tea Types

Sencha: top 2 leaves & the buds picked earliest in the season, and contain the most antioxidants. Bittersweet flavor.

Hojicha: leaves picked in late summer, more coarse, and less caffeine.

Kukicha: twigs have 1/10 the caffeine of Sencha, harvested in Fall & Winter.

TEPARY BEAN *Phaseolus species*

Native plant of the U.S. Southwest, used by Papago Indians. The flat, roundish bean is high in protein, which can be boosted by adding 1/3 Wheat to 2/3 Tepary. It is good for diabetics because it digests slowly.

THYME *Thymus vulgaris* / **THYME, Lemon** *Thymus citriodorus*
Regular and Lemon Thyme are sharply aromatic. Thyme is the top antioxidant culinary herb. It is anti-bacterial/fungal/parasitic, and a major disinfecting ingredient in mouthwash. Thyme tea supports the lungs. It is a digestive aid and will cause mild sweating and bring up phlegm when used in medicinal doses. DO NOT use in large doses over a long period.

TOMATO

Fruit: Sweet, sour, slightly cold Yin in TCM. A decoction is used for amoebic dysentery. It is high in Lycopene, with anti-cancer antioxidant carotenoids, and these properties are enhanced 3-5 times by cooking.

TURMERIC

Root: Anti-inflammatory, anti-tumor and breaks up congestion. Good for sore throat as a gargle. Blood purifier, blood sugar balancer, and circulation supporter.

VANILLA *Vanilla planifolia* & *V. tahitensis*

The bean grows on two members of the orchid family. It is a mild aphrodisiac and aromatic flavoring. Use the fresh bean or a good extract.

VERVAIN, native *Verbena officinalis*

Leaves, Stems & Flowers: The tea is soothing to the nerves, also for liver complaints, gall stones, and weak heart.

VINEGAR

Apple Cider Vinegar: this fermented apple juice becomes Malic acid, and has 20 trace elements, minerals & enzymes. It is a solvent for some herbal properties, and is used for culinary & medicinal herbal preparations. It can dissolve the uric acid deposits around muscle fibers & joints, which causes aches & pains. It reduces cholesterol build-up in blood vessels.

A small dose taken before meals aids weight loss in combination with caloric reduction and exercise. Recently it has been shown to reduce aluminum toxicity. It also benefits fibromyalgia in combination with magnesium. The antiseptic/antibacterial properties of 1 tablespoon each of Cider Vinegar & Honey in 1 Cup of warm water is a classic remedy for inhibiting bad bacteria while supporting beneficial bacteria in the system. For sore throats, 1 tsp. Cider Vinegar in 1 Cup warm Water can be used as a gargle, and then ingested. Other vinegars do not have the same properties. **Balsamic Vinegar:** wine vinegar aged in wooden casks for 6 - 25 years. The vinegar picks up the flavor of the wood. **Rice Vinegar:** sour, bitter, warm, weak Yin in TCM which stimulates blood circulation, aids digestion and detoxifies. **Seasoned Rice Vinegar** has added salt and sugar.

VIOLET (*Viola species*)

Leaves: high in Vitamin A & C., use raw in salad or in soup. For liver, gall bladder, digestive & urinary systems. **Flowers** are antiseptic. Fresh flowers infused in honey soothe the throat and heart. All flowers can be used raw in salads, or crystalized. **Root:** emetic, lowers fever.

WALNUT *Juglans nigra*

Nut: Sweet, warm, yang in TCM, they are a tonic for blood, kidney and brain. Walnut & fresh Ginger decoction is used for fever & headache from a cold. **Nut Hulls:** tincture used as a classic svermifuge. **Leaves:** liver detoxifying

WATER CHESTNUT

Nut: Sweet, cold, Yin in TCM, it is a popular food for diabetics, and a remedy for indigestion, fever and used for hepatitis.

WHEY, Designer protein Powder:

One 100 calorie serving: 1.5 grams Fat, 2 g. Carb, 18.5 g. Protein.

WILD OATS *Avena sativa*

Grass & Seed Head: High in calcium. I use for a Nervine tea. It takes 4 Cups of plant material to make a good, high calcium dose; so we leave the ingredients separate.

WILD RICE

The premium wild grain is sustainably harvested by Native American Indians from waters of the upper Great Lakes regions. Gathering into canoes allows some grains to fall into the water to reseed naturally.

WILD YAM ROOT *Dioscorea villosa*

Roots: a TCM tonic herb with sweet, mild, warm energy used to support metabolism, restore and support the immune system, digestion, kidney and endocrine secretions; also beneficial against fatigue, stress, inflammation and spasms. A source of *diosgenin*, this vegetal mimic of human hormones, is used in the production of a progesterone simulating cream used externally by both sexes for hormonal balancing and to build bones.

YARROW *Achillea millefolium*

Flowers & Leaves: bitter, cooling, styptic, diaphoretic. The tea will sweat out a fever, and is beneficial for the stomach, for the lungs and heart. Has been used as a hops substitute in making beer. Keep the dried leaves available powdered as a styptic for nose bleeds and cuts.

YEAST, Brewer's / Nutritional Yeast

A pasteurized and dried, non-leavening yeast, reproduced by feeding on sugar. It has a high protein profile similar to eggs, but with more fiber. 52% of the weight of this super food is protein. We find that Twin Labs makes a tasty supplement, low fat, high in Protein, B Vitamins (including B12), 15 minerals, including chromium - beneficial for sugar metabolism. It has RNA & DNA. **Caution:** high phosphorus level. Use 1 Tbsp. Yeast with 1/4 Cup oz. fluid milk to balance with calcium. People with Candidia related health problems can eat this yeast if they are not allergic says Dr. William Crook, in *The Yeast Connection*. Those with Osteoporosis should avoid the high phosphorus or take extra calcium.

WATERCRESS (*Nasturtium officinale*)

Leaf & Stem: This peppery green is high in Vitamin A & C and also has Vitamins B1, B2, E, D, K & P; minerals like calcium, potassium, iron, copper & manganese; and some protein. Traditionally used as a blood purifying tonic, to reduce fevers, for kidney and liver problems. The fresh leaves are commonly used in salads and sandwiches, or brewed into tea. The cooked leaves are boiled and added to creamed soups. Dried leaves can be powdered into a pepper and used for seasoning.

Wild harvesting: Make sure the places where you harvest are not contaminated by Giardia. If you have any questions, treat with water purification tablets, or boil to use. This succulent, hot tasting water plant can be found in ponds and gently flowing streams. Collect the above water parts from fresh running water before the white flowers set. After the little white flowers appear, the peppery flavor may be too strong for most people. Do not collect from stagnant ponds where you may find snails or liver flukes attached to the plant. Flukes on raw food will reproduce in your body.

YERBA SANTA (*Erydictyon Californicum*)

Leaf: Traditionally used by Native American Indians who cooked the sticky, resinous leaf into a thick syrup used as a blood purifier and tonic. The taste of the fresh leaf is balsamic and bitter at first, becoming sweeter as you chew it. It has the ability to disguise the

Properties 12 flavor of quinine. A tea from the leaf is an expectorant & bronchial dilator that supports the lungs and stomach in asthma, hay fever, colds and flu. It appears to support and stabilize the protective mucus membranes of respiratory, digestive and urinary tracts. Externally, the mashed leaves have been used as a poultice to take down swelling and relieve pain.

YUCCA, Banana Yucca (*Yucca Baccata*)

Flower: The creamy white flowers of the Banana Yucca are the most edible of the two dozen species. Remove the bitter centers of the fresh flowers. They have been used traditionally in creamed soup, and hash made from desert crops. I use the chopped blossoms in Vanilla Pudding, with a blossom to garnish.

Fruit: we waited for the legendary fruit from our Banana Yucca for years before we discovered that they require a certain desert dwelling moth to pollinate them. The sweet, banana shaped fruits were used raw, roasted, or ground into flour.

Root: any species of root will make an all purpose soap with no alkali content, so it is good for hair and delicate fabrics. The young spring shoots were gathered, stewed, mashed and cooked all day with the root to yield a red syrup used as a spring tonic and arthritis liniment which was rubbed on aching joints. Extract of the root contains a cortizone-like substance that is reputed to reduce the swelling and discomfort of arthritis without side effects.

Unusual Ingredients

SEA VEGETABLES

When I first learned about Sea Vegetables, they were a wild harvested food source. Now they are available commercially. The tender, crunchy fronds can be used as a condiment, added to snack food and sprinkled on grains, beans & soups. Soak & rinse, and use in Miso soup.

SEA WHIP FRONDS

Bull Whip Kelp,
Nereocystus leutkeana



SEA PALM FRONDS

Posetelsia Palmaeformis



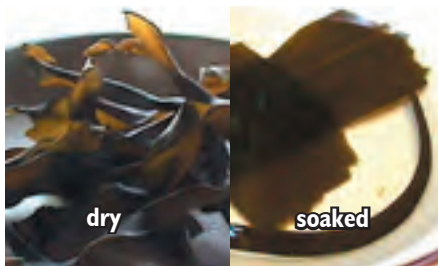
MENDOCINO GRAPESTONE

Gigantina papillata



MENDOCINO KOMBU

Laminaria



ATLANTIC DULSE

Rhodymenia Palmata



HIJIKI (he-zee-kee)

Hizikia fusiforme



Harvested from coastal Japan, this form is steamed, sun-dried, steamed in its own fluids & sun-dried again. It is highly prized for its delicious nut-like flavor. Soak 30 minutes, rinse and steam or sauté with root vegetables like Carrot, Onion & Burdock.



CLARIFIED UNSALTED BUTTER or GHEE

By cooking to separate the white, saturated fats and removing them, leaves unsaturated Clarified Butter or Ghee. It will store longer without refrigeration, have a wonderful nutty taste, and be less cholesterol forming. Some say not to skim off the foam too because it has beneficial properties.

1/2 lb. sweet, unsalted organic Butter = 1/2 Cup or 1 stick of U.S. butter = about 1/4 Cup, clarified butter or Ghee.

Stove Top: In a heavy, sauce pan, bring 1/2 Lb. to 1 Lb. sweet, unsalted, organic Butter to a low simmer for about 20 minutes until the solids separate and the bubbling sound of cooking goes quiet. If you do not cook it long enough, the Ghee will spoil if left unrefrigerated. If cooked too long, it can quickly foam, turn brown, and burn. It actually is tasty a little burned. Cool slightly to firm solids, strain & refrigerate in wide mouth ceramic pot or jar.

Solar Cook:: Place Butter, in a Pyrex covered (Pyrex is best) Sauce pan. Solar cook an hour or so, until you see the solids separate as in the photo above. Solar cooked it is less likely to burn hard. I have left Ghee in the oven too long, and found a little browning but an even better flavor. Cool slightly. Strain out the solids, and store refrigerated in wide mouth ceramic pot or jar.

SOURCES for UNUSUAL INGREDIENTS

Some ingredients are not yet available commercially, some are available at farmer's markets, and you must grow them yourself. If your local stores do not carry any of the commercial ingredients used in these recipes, refer them to:

Frontier Natural Products Coop: 1.800.669.3275 for most of my unusual ingredients including Chinese herbs.

SEA VEGETABLES

Mendocino Sea Vegetable Company

Box 372, Navarro, CA 95463 707.893.3741

Source for Sea Vegetables and Gourmet Cookbook & Foraging Guide

Nutritional Values of Wild Edibles

milligrams per 100 grams or 3.5 oz. edible portion

B₁: Thiamin / B₂: Riboflavin / B₃: Niacin

Name	Calories grams	Protein grams	Fat gram s	Minerals by mg.					Vitamins by mg.				
				Calcium	Phos.	Iron	Sodium	Potassium	A (IU)	B ₁	B ₂	B ₃	VitC
ALFALFA (Medicago Sativa)	52	6	.4	12	51	5.4	0	0	3,410	.13	.14	.5	162
AMARANTH (Amaranthus spp.)	42	3.7	.8	313	74	5.6	0	411	1,600	.05	.24	1.2	65
ASPARAGUS (Asparagus off.)	20	2.2	.2	21	50	.6	1	183	900	.16	.18	1.4	26
BAMBOO (Bambusa spp.)	27	2.6	.3	13	59	0.5	0	533	20	.15	.07	.06	4
BLACKBERRY (Rubus spp.)	56	1.2	.9	32	19	.9	1	170	200	.03	.04	.4	21
BLUEBERRY (Vaccinium spp.)	62	.7	.5	15	13	1	.01	81	100	.03	.06	.05	14
CHESTNUT (Castanes? spp.)	194	29	1.5	27	88	1.7	6	454	0	.22	.22	.06	0
CHIA SEED	472	17.1	32.8	870		16	210	890		.144	.213	8.25	
CHICORY (Chicorium intybus)	20	1.8	.3	86	40	.9	0	420	4,000	.06	.1	.5	22
DANDELION (Taraxacum off.)	45	2.7	.7	187	66	3.1	75	397	14,000	.19	.25	0	35
DAY LILY (Hemerocallis spp.)	42	2	.4	87	176	1.2	24	170	3,000	.16	.21	.8	88
DOCK (Rumex spp.)	28	2.1	.3	66	4	1.6	5	338	12,900	.09	.22	.5	119
DOCK, CURLED (Rumex crispus)	21	1.5	.3	74	56	5.6	0	0	1,385	.06	.8	.4	30
ELDERBERRY (Sambucus spp.)	72	2.6	.5	38	28	1.6	0	300	600	.07	.06	.5	36
FENNEL (Foeniculum vulgare)	31	2.9	.5	114	54	2.9	0	338	1,566	.12	.15	.7	34
LAMB'S QUARTERS (Chenopodium album)	43	4.2	.6	309	72	1.2	0	0	11,600	.16	.44	1.2	80
MALLOW (Malva spp.)	28	3.6	1.4	90	42	3.7	0	0	1,969	.17	.29	.5	24
MINT (Mentha spp.)	32	3	.7	194	48	3.8	2	179	1,295	.13	.16	.7	64
MUSTARD LEAF (Brassica spp.)	23	2.2	.4	136	32	1.8	18	220	5,800	.80	.14	.5	48
NETTLE (Urtica dioica)	65	5.5	.7	0	0	0	0	0	6,500	0	0	0	75
PRICKLY PEAR CACTUS (Opuntia humifusa)	42	.5	.1	20	28	.3	2	166	60	.10	.30	.4	22
PURSLANE (Portulaca oleracia)	21	1.7	.4	103	39	3.5	0	0	2,500	.03	.1	.5	25
QUINOA	374	13.1	5.8	.75	410	9.3	21	740		.198	396	2.9	
SEA VEGETABLE, Dulse			25		50	100	150						
SEA VEGETABLE, Kelp		7	1	800		100	3%	5,300	400				
SUNFLOWER (Helianthus annuus)	560	24	47	120	837	7.1	30	920	50	2	.23	5.4	0
VIOLET LEAF (Viola spp.)	0	0	0	0	0	0	0	0	8,200	0	0	0	210
OWATERCRESS (Nasturtium off.)	19	2.2	.3	151	54	1.	52	282	4,900	.06	.16	.9	79
WILD ONION Allium schoenoprasum)	20	2.7	.6	83	41	.8	0	0	0	.1	.06	.05	.32
WILD RICE (Zizania aquatica)	50	14	.75	.75	340	4.2	7						
YUCCA flowers (Yucca aloifolia)	33	3.1	.2	47	73	.5	0	0	10	.14	.09	.6	0

SOURCE : U.S.Department of Agriculture Composition of Foods Handbook #8

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Cooking Beans & Grains

Cooking Beans & Grains

I CUP Dry Measure	LIQUID/COOK	YIELD	SPECIAL NOTES
ADUKI BEANS	4 Cups / 1 1/2 Hr.	2 Cups	Add Kombu & FoTi slices
BLACK BEANS	4 Cups / 1 1/2 Hr.	2 Cups	Cook with Bay leaf, Garlic, Onion & Bell pepper
GARBANZO BEANS Chic Peas	4 Cups / 3 Hours	3 Cups	Good with Sesame oil, Ghee, Garlic, Cumin
GREAT NORTHERN white beans	3 1/2 Cups/2 Hr.	2 Cups	Good with Olive Oil, Butter, Italian herbs
KIDNEY BEANS	3 1/2 Cups/ 1 1/2 Hr.	2 Cuos	Cook with Kombu, FoTi, Molases
LENTILS	3 Cups / 1 Hr.	2 1/4 Cups	Good with Curry spices, Lemon
LENTILS, sprouted	1 Cup / 20 minutes	1 Cup	
PEAS, split green	3 Cups / 1 Hr. +	2 1/4 Cups	Cook with Bay Leaf. Good with Green Onion
PINTO BEANS	3 Cups / 2 1/2 Hr.	2 Cups	Cook with Cumin & Onion, Kombu & FoTi
SOY BEANS	3 Cups / 3 Hr. +	2 Cups	Cook with Kombu
TEPARY BEANS	4 Cups / 4 Hr.	2 Cups	Faster cooking with soaking or pressure cooker
TEPARY BEANS, sprouted	1 Cup / 30 Min.	1 Cup	
AMARANTH	1 1/2 Cups /20 Min.	2 Cups	Gluten free
BARLEY, whole	3 Cups / 1 Hr.	2 1/2 Cups	
BULGAR, wheat	2 Cups / 15 Min.	2 1/2 Cups	
BUCKWHEAT, Kasha	2 Cups / 20 Min.	2 1/2 Cups	
COUSCOUS, pasta	1 Cup / 15 Min.	2 1/2 Cups	Pour boiling water or broth over, cover, let sit.
KAMUT, whole	4 Cups / 1 1/2 Hr.	3 Cups +	Gluten free, unhybridized Wheat
QUINOA	2 Cups / 20 Min.	3 Cups	Ancient grain higher protein than Wheat, no gluten
RICE, Brown	2 Cups / 45 Min.	3 Cups	
RICE, Basmati	2 1/2 Cups / 25 Min	3 Cups	
RICE, Wild	3 Cups / 1 Hr.	3 1/2 Cups	High in Amino acid lysine, lacking in most grains
RYE BERRIES	2 1/2 CUPS / 1 Hr.	2 Cups	1 tsp. Ghee + 1/2 tsp. Cinnamon adds great flavor
SPELT, whole	4 Cups / 1 1/2 Hr.	3 Cups +	Flour contains enough gluten to raise bread -
WHOLE WHEAT BERRIES	3 Cups / 2 Hrs.	2 3/4 Cups	1 tsp. Ghee + 1/2 tsp. Cinnamon adds great flavor

Sort : Beans in a tray to remove any debris. **Wash in cold water:** Beans & Grains. I lost a crown from a small rock in my Quinoa when it was first on the market, but now I find most grains are clean.

Soak: beans or grains 8 hours or more to speed cooking. Refrigerate if soaking overnight. **Pressure cooking:** will cook everything faster without soaking. Cook Beans in 3-4 x liquid, Grains in 2-3 x liquid / 30-45 min at 15 lb. pressure. Then cool under running water. *Do not* use dried peas or other Beans that will foam up, or your equipment will get clogged.

The less allergenic grains are **Quinoa, Buckwheat Groats, Amaranth**. **Quinoa** is higher in protein, than other grains. It is also high calcium and in oils, so store refrigerated or in tight containers. For those not allergic to Wheat, **Kamut** is high in protein (15-18%.) Kamut is a long kernel, durum wheat that dates back 5,000 years to ancient grain from the Mediterranean. It can survive low rainfall and frigid weather.

Spelt has gluten, is said to be a digestive stimulant, lubricating to the whole body and has a cleansing action of bile. It is the most digestible of all grains, and may be an alternative for allergic people. It is the best flour choice for baking bread. It contains more protein, fiber and healthy fats than Wheat.

SOURCE : U.S.Department of Agriculture Composition of Foods Handbook #8

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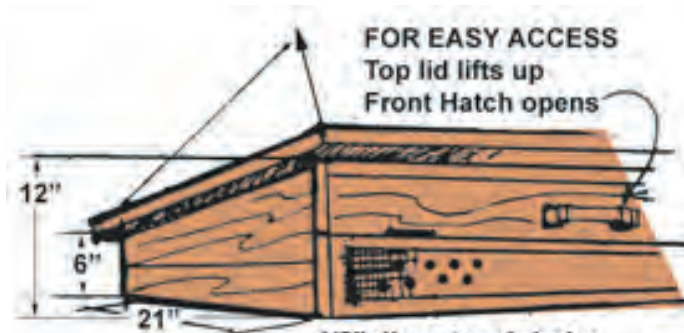
SunMt Solar Drying

SOLAR DRYING

The dryer is designed to take excess moisture off while heating the food enough to dry it. Unlike the Solar Oven, which is insulated and sealed, the Dryer uses glass for heat, but is ventilated to pull the air and moisture through and out.

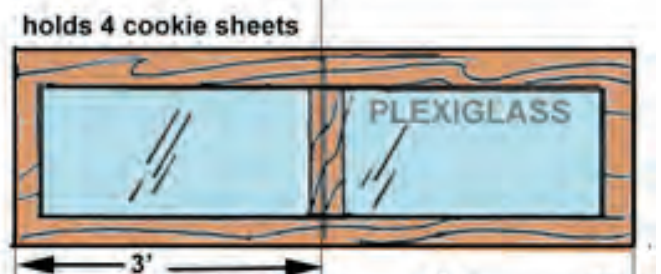
We make fruit leather, and bake crackers and granola in this unit. In Winter it is still warm enough to dry whole Jujubes and sliced Persimmons. Persimmons which usually take 4- 5 sunny days with the fruit cut in 1/4" slices.

The first solar dryer we built opened at the bottom front and was located in the south garden on the ground



1/2" diameter holes in the front and back are covered with screen cloth to keep out bugs and let in air.

Our current Solar Dryer sits on the south Kitchen Porch and opens from the top back and with a hatch in the back.



To help keep the color and maximize nutrition in dried fruit, we use a thin cardboard or butcher paper as a shield between the lid and the box. This slightly cools the dryer as well as blocking the direct sun, while protecting fruit from bees and flies.



Solar dryer with cardboard shading the food.



Apples dried 3 days.

SOLAR DRIED APPLES

Use ripe, unblemished fruit, as drying will amplify any damage. Core and slice apples about 1/4" thick. Brush with lemonade to reduce discoloration. Cover baking trays with parchment paper or waxed paper. Waxed paper will melt some, but is easily removed. Lay out apples on the papered trays so they touch. Place in dryer with cardboard over glass.

The next day, turn all the fruit. By the third day, the fruit should be leather hard. Remove it from the trays, cool and store in a gallon jar with 2 Tbsp. or more Diatomaceous Earth, or bag and freeze. We use our dried apples cut in pieces for Granola or in a mixture of all our dried fruits for Fruit Soup when fresh fruit isn't available.

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SunMt Solar Cooking

WHAT YOU CAN SOLAR COOK

You can cook anything that can be prepared in a covered pot, from cooking whole grains, beans, soups, meats, quick breads, pies, etc. to sterilizing water.

SOLAR COOKING BENEFITS

- *Uses only solar power once built.*
- *Cooking longer at lower temperatures keeps more nutrition in food.*
- *Slow cooking meats keeps in the moisture and makes them more succulent.*
- *Food does not burn, and pots are easier to clean.*
- *The cooking heat stays outdoors. You are not paying to both create heat in your kitchen and then paying to cool it.*
- *You can build your own unit, choosing from many available plans, or you can buy manufactured units.*

After using a solar oven since mid 1980's, we would feel deprived without our unit. We use the solar oven most often when the outside temperature is 80° or over. You just learn to rethink timing your cooking. You change the length of time you cook depending on the temperature that day.

Because you cannot set the temperature, you either need to use a recipe that will be OK cooked all day- like beans or stew; or check periodically until you are more familiar with the system.

Solar cooking requires that you use black enamel pots, or dark Pyrex covered casseroles to absorb the solar heat, which maximizes cooking. That's it!

Christopher Roth gave us our oven, built for a Barbara Kerr workshop. She and Sherry Cole originated solar cooking in 1976. It is an insulated wood box, aluminum foil glued to the inside, with a double glazed side open to the sun, and a reflective lid faced with aluminum foil.

Our model has a very convenient hatch in the back. I like this design because the heat does not rise into your face and out of the box when you open the door, as with top loading units. It started out as a wooden box, but was later clad with painted sheet metal. The top was rebuilt after 20 years.

SOLAR COOKING ICON

This solar cooking icon  will appear next to recipes that we solar cook. *If they appear in winter or spring, we solar cook the recipe in summer or fall.*



Ground Turkey patties coming out of the oven with 2 other pots inside.



SAMPLE COOKING TIMES

- *Tortillas, warming: 1/2 hour*
- *Rice brought to a boil: 1 hour*
- *Rice from scratch: 3-4 hours*
- *Casseroles: 2-4 hours*
- *Baked Potatoes: 4-6 hours*
- *Quick Breads: 1-2 hours*
- *Wild Seed Bread- very dense: 4-5 hours*
- *Meatloaf: 2-4 hours*
- *Chicken parts: 2-3 hours*
- *Beans, soaked and brought to a boil: 6 hours*

PLANS & PRODUCTS: Solar Cookers International, 1919 21st St., Sacramento, CA 95814 • (916)455-4499

WEB SITES: www.solarcooking.org • www.sunoven.org

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Canning Without Sugar



We used to can tomatoes and tomato sauce soon after harvesting our heirloom crops. We had a small wood stove that we moved outside, so we didn't add to the inside summer heat. Now we dry more than can, but Nopales & Grape Leaves are still favorites.

BASIC CANNING

Jelly: fruit juice thickened enough to hold its shape

Jam: slightly crushed or ground fruit

Conserve: jam with a mixture of fruits

Preserves: whole fruit or cut vegetables in a thick jelled syrup.

Canned: vegetables or fruits in a

Cold Pack: raw

Hot Pack: precooked

Equipment

- Canning jars in perfect condition- no chips or cracks
- New, 2 part canning jar metal lids
- Canning pot with lid, canning jar funnel, jar tongs, towels.

CANNING PROCESS

1. Wash jars & lids following manufacturer's directions.
2. Prepare food following recipe.
3. Bring water in Canning Pot to a boil, so it is ready.
3. Pack the food in the canning jars making sure the top is totally clean. Wipe off any food particles and add Salt if called for in recipe.

Cold Pack: raw food prepared as in recipe, firmly packed into jars. Cover with boiling water to 1/2" from the top.

Hot Pack: precooked food brought to a boil, loosely packed into canning jars, leaving 1/2" space at the top.

4. Screw on lids firmly, then loosen by turning back 1/4 ".
5. Place filled jars in Canning Pot using jar tongs. and make sure there is 2" of water covering them. Process immediately for the time recommended in the recipe.



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CANNING WITHOUT SUGAR

Low Methoxyl (LM) Pectin allows fruits to jell without sugar. Standard pectin requires 55% sugar. But you do lose the preservation properties of high sugar content and these jams & jellies must be:

1. Canned in a Hot Bath
2. Refrigerated after opening
3. Used within 2 weeks of opening

One ounce of regular pectin jells 3-5 Cups of fruit or juice.

One ounce of *LM Pectin* will jell 20 cups of fruit or juice.

DI CALCIUM PHOSPHATE (DCP)

LM Pectin also requires calcium to set. When I bought my supplies, it came separately; and it goes a long way. Suppliers now include the calcium in the pectin.

DCP Solution Formula: 1/8 tsp. DCP dissolved in 1/4 Cup water

TESTING/ADJUSTING

Because differences in calcium levels in tap water, your result may be a little different than the recipe. Home canners can test and adjust jams & jellies by taking 1 tablespoon of the batch after adding pectin, and chilling in the refrigerator.

If it is too thin: add more Pectin & DCP

If it is too thick: add more Fruit juice.

If it is not sweet enough: add more sweetner

BASIC PROCEDURE

1. Prepare Juice or Fruit: simmer until soft, then process for:
 - Jam: crush or puree
 - Jelly: crush and strain through jelly bag or 3 layers of muslin.
2. Prepare the DCP Solution if using.
3. Sterilize jars and heat canning water.
4. Bring Juice/Pulp to a boil.

NO SUGAR RECIPES: Pectin Solution

Add 2 Cups very hot water in a blender on low + 2 Tbsp. LM Pectin added all at once. Increase speed to medium and then high to prevent the hot liquid from splashing out of the blender. Blend on high speed for several minutes, until all the pectin is dissolved. This mixture can be kept for 2 weeks refrigerated. It will jell as it cools, but will liquefy easily when reheated.

Pectin Solution Formula: 1/2 Cup Pectin Solution to 2 Cups Fruit Juice.

Follow basic procedure 1-3 then:

4. Heat and stir the **Fruit Juice & Pectin Solution** to simmer.
5. If you are using DCP, shake the premixed solution and add 1 tsp. **DCP Solution** per 1 Cup fruit juice now, immediately bring the fruit to a boil.
6. Immediately pour into sterile jars, and do a **Hot Bath process**.

PECTIN-HONEY RECIPE

1 Cup fruit/or Fruit Juice

1/8 Cup Honey + 1/2 tsp. LM Pectin + 1 tsp. DCP solution

Follow Basic Procedure 1-4 then:

5. Add LM Pectin powder for Honey-Pectin or Sugar-Pectin recipes. Add Pectin Solution for no-sugar, stevita or other sugar substitute.

6. Stir DCP Solution into boiling fruit or juice, test, adjust, can.



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Low-Methoxyl Pectin Source:

Jam Today www.pomonapectin.com



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Cautions

You will find cautions about herbs to avoid with medical conditions or pregnancy in the **Properties of Ingredients** section.

SUSTAINABLE WILD HARVESTING

There are old rules about sustainable harvesting from the wild that you should know before you start. There are many “weeds” that I do not cover here, that you may have in your urban yard, that are highly nutritious, tasty, and even medicinal. Your local library will have some of the many good books on wild edibles & medicinals. Cross reference your plants to get a clear idea of how they look and what properties they have. There are a number of plants that are high in nutrients, and taste as good as anything you can buy in a market, but they would not market well as they wilt in a few hours to a day. You will meet some of them later in the book.

1. Know your plants. harvest the right plants, and the right parts of those plants in the right season. *Learn all the poisonous plants* in your region. Know if the water is free of *Giardia* if you plan to harvest riparian plants like Watercress to eat raw.

2. Never harvest endangered species.

United Plant Savers is an organization founded by Rosemary Gladstar Slick to help save our endangered native botanicals and we have the Ca. Native Plant Society Use them as resources for what you should avoid.

3. Harvest only where you have permission. Make sure you get permission to harvest on private property. The rule of thumb is 50’ away from roadsides where lead from the days of leaded gas may have contaminated the soil. Better yet, grow your own natives.

4. Harvest only where the stands are large, and plants are plentiful in the area. For example, we have a few Soap Plants near our falls, but they are the only ones on the property. So when I looked for traditional botanical soap sources, I used Ceanothus flowers, which are prolific on our property and in our area.

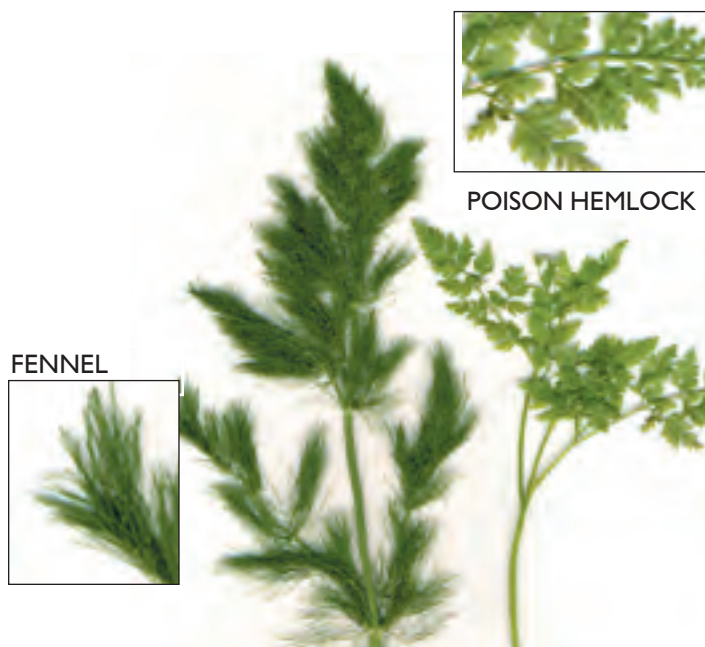
5. Leave the biggest, and strongest plants for the sustainability of the stand.

6. Take only what you need. We rarely use over 1-3 gallons of our favorite herbs, every year, and a quart of the less used plants. If you buy or harvest large quantities of what you will not use soon, you lose quality.

We tried some small scale wild harvesting Yerba Santa on nearby Forest Service land. We had a contract with the district, and we were helping to reduce the fire hazard in a populated area. We abandoned the effort when our contract and shipping costs forced us to charge a price that exceeded what our customer was paying for plants from Mexico; but clearing fire fuel medicinals may work in the future.

7. Eat a small amount of any new food or herb the first time. You may not like it or worse, you may have an allergic reaction. I remember an intern, Maria Carter Abuelas, who ate too many Milkweed pods in Marjoram Butter on the first try. They tasted so good that she ate a few more than suggested, and later got a bad reaction to the Milkweed. Now she cannot stand Marjoram by association.

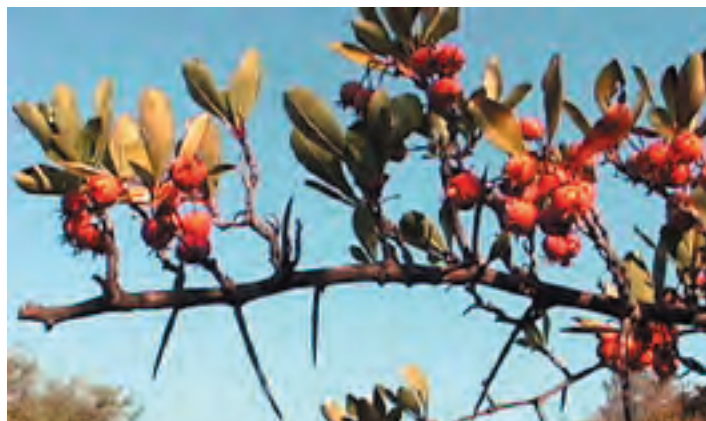
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POISONOUS PLANTS

There are plants which can be confused with lethal results. The very common and lethal **Poison Hemlock** has a similar form to **Fennel**, which can also be found growing wild in the same areas. It can resemble Parsley in garden, but parsley is not seen in wild. Do not mistake Water Hemlock for Watercress. [Click here.](#) **The differences:** *most obvious will be the leaf form, and the aromas. Fennel has a characteristic licorice aroma and flavor, while Poison Hemlock has a mousy aroma. Fennel has yellow flowers and green to brown oblong seeds while Hemlock has tiny white flowers little round tan berries.*

Poison Hemlock berries were used for anaesthesia before ether, but the practice was abandoned as too risky. The whole plant is poisonous and small amounts are lethal.



THORNY BUSINESS

The thorns of many edible/medicinals require protection and caution when harvesting:

Chinese Boxthorne, Cactus, Ceanothus, Chestnuts, Hawthorne Mesquite and Wild Roses..

Harvesting & Processing

Kama, Hand Scythe



Serrated
Blade
Kamas

KAMAS *Japanese cutting tools*

I drill a hole through the bottom of the handle and run a cord through big enough to hang the kama loosely off my wrist. It is easy to grab for use and I am less likely to lose it.



The **Serrated Blade Kamas** were designed for cutting rice, and are my favorite tool for cutting a handful of herb stems. They can be used for delicate stems, like Wheat Grass, or woodier stems, like Lavender. The serrated blade is drawn in an arc towards you, across the stems. The smaller size is handy for cutting bunches of grapes



The large **Hand Scythe Kama** has a straight blade and comes in several sizes. It is used in the manner shown above for cutting grasses and weeds. I use it to harvest Wild Oats.

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HARVEST TOOLS

I use a Chinese basket with a recycled leather belt for collecting heavy crops. Large & small clippers, & Kamas.



HARVEST APRON

The 3 big pockets hold 2 sizes of rubber bands for tying herb stalks & my butcher's string for tying the herb bundles for hanging.



We use a hard Arkansas oil stone to sharpen our Kamas. Add some Honing Oil to the stone and using even pressure with your other hand, push the blade away from you at a 20° angle for the Hand Scythe and use an arc on the back of the Serrated Blade.

Harvesting & Processing Food



**Drying Screens
on roof**



Drying on wooden grape trays



Drying Screens

SOLAR DRYING CROPS



We have been drying crops since the 70's and have never used sulfur, commonly used for retaining bright color, *but an allergen for some people*. To keep color, shade the dryer. There are foods I might can, but don't because I have found that Solar Drying:

- concentrates the flavor
- uses less energy
- does not heat up the kitchen in summer
- reduces the volume of food for storage
- only requires some forethought to soak for use

We have used wooden grape trays, but currently solar dry on wood framed, fiberglass screens. In cooler weather I use our Solar Dryer with paper or cardboard covering the plexiglass top to prevent burning the food.

The Solar Dryer is also used for:

- Granola
- Crackers
- Fruit leather
- Drying Fall & Winter fruits
- Drying Vegetables, Roots, Barks & Berries
- Roasting Nuts & Herbs
- Seasoning Cast Iron Skillets

CUTTING CROPS

Apples: core and slice horizontal slice 1/4" or 1/8 vertical sections

Persimmons: slice horizontal slice 1/4"

Stone fruit: smalls in 1/2, larger in 1/4 or 1/6

Squash: 1/4" slices

Tomato, Beefsteak: horizontal slice 1/4" or 1/8 vertical sections

Tomato, Roma: 1/2 or 1/4

Tomato, Cherry, use razor blade to cut in 1/2

DRY WHOLE

Berries, Corn, Grapes, Jujubes, Olives

DRYING HERBS



Photo Left: I use bamboo trays on a clothes drying rack in the kitchen for drying herbs and flowers that have been stripped. **Photo right:** I have a small basket that holds the odds and ends of fresh herbs I do not use immediately. They air dry and provide a range of decorative dried herbs without going to the storage shelves. More herbs dry in large racks on the north side of the house.



Juicer

Champion Juicer:

I use this extrusion juicer to make sorbet from frozen cubes of fruit blends. *See Frozen Dessert recipes. Click here and here.*

Atlas Grain Mill:

We buy whole grains and stone grind them fresh as needed for maximum food value and freshness.

Coffee Mill/Herb Mill:

I use this to grind dried Herbs & Seeds. I also use a standard blender as a grinder for some seeds and grains.

Paper Cutter/Herb Cutter:

I use a guillotine paper cutter for cutting grasses like Wild Oats and Lemon grass fresh or dried.

Blender:

I use a standard blender with both plastic (for acidic foods) & stainless steel (for hot food or grinding) cups.



Grain Mill



Coffee /Herb mill

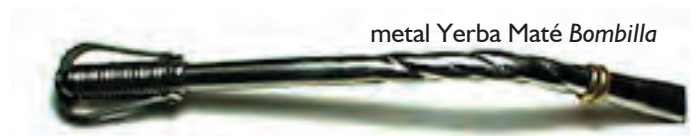


Paper Cutter



Bamboo Strainers

Using bulk teas requires straining, and my favorite, sustainably sourced tool is the the Bamboo Strainer. It comes from renewable resource with low embodied energy, that is low tech to make and has no toxic ingredients. This is excellent for larger leaf teas.



metal Yerba Maté Bombilla

The Bombilla

This is a metal utensil used for sipping Yerba Maté tea. This is an amazing hi tech tool for other teas with tiny plant parts or finer grind making tea bags unnecessary. The superior design of this version has a double filter that fine particles do not penetrate. This simple, elegant design, was a gift from Gloria Gonzalez and it should last for generations.



Grapefruit Juicer

Grapefruit Juicer:

I use an old Grape fruit juicer to hand squeeze Pomegranate juice as well as citrus juices. The metal plate in the foreground prevents seeds and pulp from going into the juice. Designed for Grapefruits cut in half, Pomegranates release more juice cut in quarters.



Grapefruit Juicer spout close-up

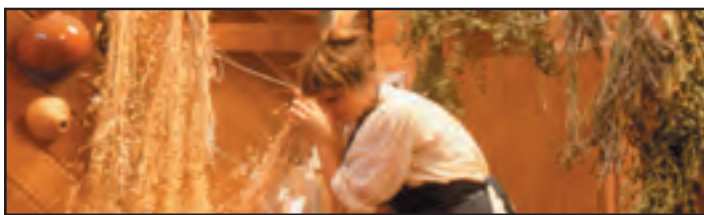


Benriner Cook Help rotary vegetable slicer

This is a fun fiberglass unit from Japan. It has a sharp horizontal blade that cuts flat spirals, which I use to prep persimmons for fast drying.

It also has several different vertical blade sizes that create vegetable pasta of different sizes. The smaller teeth are better on delicate fleshed vegetables, and your veggies must be fresh and succulent for a good cut. Use for stir fry or as a grain free pasta. *Available from many sources on the internet, \$25-\$48.*

Harvesting & Processing Herbs



Taking down kitchen dried herbs

HARVEST: plant part where the most energy is stored for immediate use in cooking or drying for later use.

Spring & Summer:

Most above ground parts are harvested at this time - Leaves, delicate Whole Plants & edible Flowers. Most culinary herbs can be used during this time. Essential oil levels peak when the tops are about to flower. Catnip is better after going to flower. I cut the plant about 2" below the leafy part to allow for tying. Dry Elder flower on cotton sheet over a screen or in a tight woven flat basket to conserve the medicinal pollen. Purchased fresh herbs can also be dried or blanched & frozen for later use.

Fall-Winter:

Seeds & berries can be collected and separated from other plant parts by **winnowing**: using a flat basket or tray to toss them in the air in a strong breeze, or in front of a fan. Small seeds can be rubbed into a wide, flat bowl. Then blow over the seeds to remove chaff. Roots, Twigs, Barks & Berries are most often harvested at this time when the plants send energy to their hopes for survival.

PROCESSING BASICS

- Plants with volatile oils like Lemon Verbena and scented Geranium, and resinous leaves like Yerba Santa, can be dried whole to retain maximum aroma. Crush the leaves in your hands or grind in an herb mill just before use.

- Dry small twigs whole. Roots of 1/4" can be cut in small sections, vertically or diagonally. Larger branches and roots should be cut lengthwise in 2 or more pieces, and/or sliced in sections, or chopped for tea cuts.

- Dry all plant parts but barks in the shade. Sun dry bark after scraping off the outer layer, and peeling back the inner bark. Use a potato peeler for thin bark.

- Dry well ventilated:

- tie in bundles of about 1" for small plants and 2" for large stemmed plants with rubber bands. They shrink as they dry. Then hang with Butcher's string tied in slipknot, or 2. dry in a paper bag which can also be tied at the top and hung to catch plants with seeds (like *Nigella*).
- flat dry in baskets or on screens.

- Dry at temperatures no to exceed:

95° for leafy parts and 115° for roots & barks. When the leafy parts are crisp and crumble to the touch, they are dry. In hot weather, this can take 4-7 days and longer for roots.

Sorting & cleaning: remove foreign matter from your harvested herbs. Brush or wash and dry the roots.

Stripping leaves: pull back against the grain of the stem to release the leaves of plants like Mints and Rosemary.

Rubbing: Sage can be rubbed back & forth between your palms

Chopping: use shears or a guillotine paper cutter to chop grasses like Lemongrass & Wild Oats. Use a sharp knife or cleaver for roots.

Leave Whole: Whole herbs last longer. For large storage I use recycled gallon glass jars, and Canning Jars, which have tight lids and come in standard sizes. Whole herbs can be ground and stored in smaller jars for cooking. Dried *Nigella*, can be stored on long stems in a vase. Open the pods as you need the seeds for cooking.

DRYING RACKS

For larger quantities of herbs we have a set of drying racks under the north deck with good ventilation.

The tray frames are 1/2" x 4" cedar and the tray dimensions are 3' x 4' with fiberglass screens.. They are also used for drying fruit on the roof of the greenhouse in summer, when greenhouse glazing is removed.

They are large, but light and can be handled by one person. The racks are 2"x4" uprights with 2"x2" supporting strips spaced 7" apart. This allows 3" airspace above each rack.



Drying trays in Racks



I have used gourds as specialty funnels & scoops for storing herbs in small shaker bottles to 1 gallon jars. They are a beautiful, natural decoration in the kitchen. I stack them large into small or small inside large to change the capacity and the mouth size. *See utility plants, click here*. My harvesting baskets and drying woven trays become useful decorations around the kitchen, so they are handy when I head for the garden.

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SHELF LIFE

To prolong the life of herbs and herbal preparations, store in a cool, dark place. Dark brown bottles help protect these preparations from deterioration due to exposure from light.

Leaves, Stems & Flowers are at maximum quality for **1 year** if stored in a cool, dark place and/or in dark glass jars. I have found that plants high in anti-oxidants (like *Thyme* & *Rosemary*) will last longer in tightly closed canning jars.

Roots, Twigs, Barks & Berries will generally last for up to **3 years**, some for more when their medicinal properties are not volatile oils.

HERB STORAGE

We have a super-insulated passive cool room in the center of the 1st floor to store our harvests.

In the kitchen, I have one cabinet with custom shelves loaded top to bottom with quart Canning Jars on their sides, and 3 short, under cabinet shelves of pint Canning Jars on their sides. Then I have several long shelves with gallon jars of the herbs & foods I use most. These are all labeled in alphabetical order to allow me and any helper to find what we want easily.



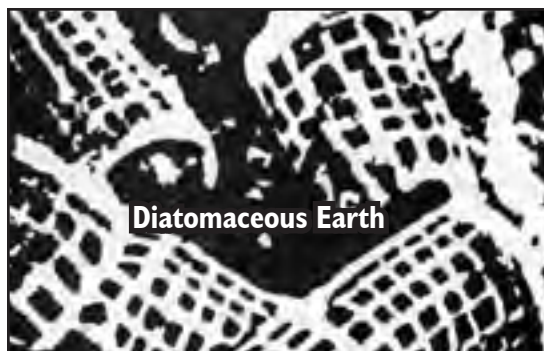
STORAGE CONTAINERS

We use recycled glass gallon jars from the commercial food industry for bulk foods and herbs. Glass is preferred due to the hormone mimics that can be transferred from plastic containers and ingested. These mimics can tie up hormone receptor sites in the human body, are not excreted, and disrupt natural processes. These jars are also alphabetized.



Bank of recycled gallon storage jars in Sun Mt kitchen.

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Perma Guard Diatomaceous Earth magnified about 4,000 times.

FOOD STORAGE

We use a lot of bulk foods in addition to storing our crops, and add **Diatomaceous Earth (DE)** to dried fruits, grains, & beans. DE comes from ancient deposits of *Diatoms*, the skeletons of one celled plants that died millions of years ago. Diatoms lived in shallow, fresh water seas, and they survive today on both fresh and salt water. Under a microscope it looks like the cylinders above. It is quarried and ground, so the particles have sharp edges, which pierce the soft bodied pests found in grains.

It has been used as a mechanical pesticide since 2,000 BC in China, that we know of. Insects in their soft bodied forms die in about 12 hours of being pierced. It works as long as the insect comes in contact with it, and stores indefinitely. DE is only deactivated by moisture. Unlike chemical pesticides, oests cannot adapt to it. It is effective against:

- the larval stage of moths
- the larval & adult stages of most beetles
- ants & cockroaches

This form of DE is safe for warm blooded animals to ingest after being quarried and ground into powder. It is given to cows to remove worms internally, and used as an external pest control.

Formula: *use about 1/2 Cup to a gallon of food.*

Source: Ask your local health food store or *Peaceful Valley Farm Supply: www.groworganic.com click here or call toll free (888) 784-1722.*

Cautions:

- *Do not substitute swimming pool grade DE, which is processed in a different way - kiln heated to 2,000°, which turns the DE into needle like bits of glass.*
- *Do not inhale the DE dust, which can cause lung damage (silicosis) after prolonged breathing. It is safer to wear a mask when using it, or make sure the dust does not rise. Shake DE in well closed jars to coat the food.*

Source: The best quality has 95% DE in the most finely ground form from inland fresh water sea beds.



Bamboo



Timber Bamboo

BAMBOO, Edible Shoots

Shoots: Some varieties of Bamboo are edible in Spring when the young shoots can be pruned back and harvested for eating at the same time. Boil or roast the hard husks, like artichoke, and eat the soft center.



Bay Nuts



Parched Bay Nuts



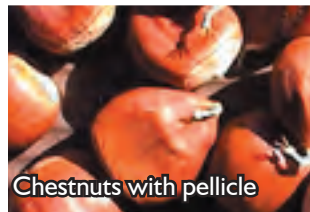
CALIFORNIA BAY California Laurel, Bay Laurel, Oregon Myrtle, Pepperwood
Umbellularia californica, Laurel Family

California has a native Bay tree that bears leaves with culinary and medicinal properties, and an edible nut. The tree Blooms from December through May.

Leaves: harvest the leaves from this evergreen year round, for food, medicine & body care.

Nut: A marginal food, the fruit of California Bay is related to the Avocado and the size is smaller here in the Central Sierra than those in Northern CA. The Bay fruit forms a green drupe that turns purple when ripe, and has a large, hard shell under a thin skin. **CAUTION:** some sources list the nut as edible, but leaf and nut contain volatile oils that may irritate skin or cause allergies. We gather the fruit in Winter. Slice open the fruit and remove the Nut, which has a long life stored in the shell. Parch or roast the Nuts in coals or ashes and allow them to blacken or catch fire to evaporate the hot/bitter volatile oils, then quickly extinguish in warm water. Crack the seed open and test one to see if the bitterness is gone; if so you may safely eat if not allergic. I use small amounts chopped or ground and with other nut blends.

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Chestnuts with pellicle



Chestnuts roasted

CHESTNUT TREE *Castania species*

Chestnuts are 3% fat, 40% carbs and 5-10% protein with an amazing sweet-nut taste. The fresh nut emerges from the prickly outer hull when ripe. They are ready to cook when you squeeze them and they give a little. We get ours from neighbor Gary Jones and various markets. Asian markets carry roasted chestnuts with no sugar or salt added in sealed packages, ready to use. *For short term Storage* Gary recommends the you refrigerate hulled Chestnuts in a loosely closed paper bag with a couple of handfuls of peat moss to keep them fresh for about 6 weeks. *Longer storage:* Cook them and place the warm nuts on a cookie sheet in your freezer to quickly cool. When chilled, transfer to a freezer bag and refrigerate. Reheat for 10 minutes or more to use.

Roast in a fireplace in a popcorn basket or directly in hot coals until the inner skin turns black.

Bake: use the tip of a knife to cut an X through to the skin and lay 1 layer in a pan 375° preheated oven /20-30 minutes. Cool enough to handle and and peel while still warm, when the pellicle (the thin brown layer between the nut and the shell) is easier to remove.

Boil: cut in 1/2 and place in boiling water, cook 7 1/2 minutes and plunge into icy water to release skin.



CHIA SEEDS, *Salvia columbariae*

Chia Seed comes from a variety of native Sage, *Salvia columbariae*. It can be found in the Fall on prairies, plains, in open fields and decomposed granite outcroppings in the Western U.S. It has a tough seed head that remains intact for long harvesting periods. This high fat seed was used to sustain American Indians on forced marches, and is used in energy bars for hikers today. It is also used for ornamental Chia Pet, the sprouting ceramic animals, and has been hard to get commercially for years.

Harvesting & Processing Cactus

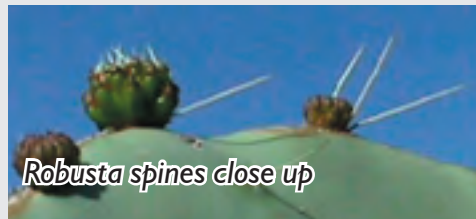
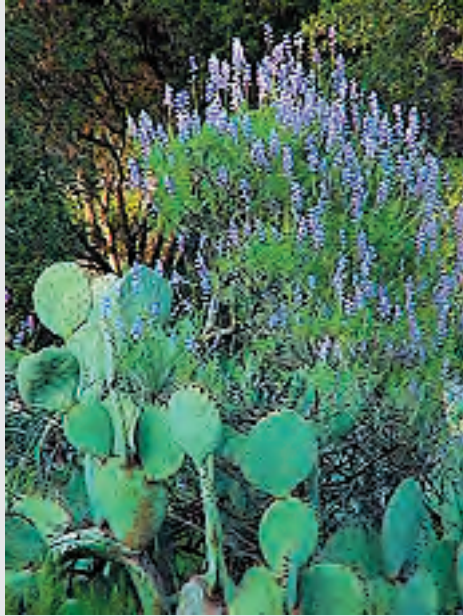
CACTUS CAUTIONS

Cactus is one of those wonderful crops that require very little irrigation or care until you harvest. Harvesting is a lesson in patience and caution. *Always protect yourself!* Wear long sleeves, and gloves. Use tongs to hold the pads, buds or fruit while you harvest.

First Aid:

If you do get large needles in your skin, use tweezers to pull them out. If you get tiny needles in your skin, check against the light to see them and use:

- Fine tweezers
- Press the area gently with fresh Scotch tape & pull off.
- Coat with a thin layer of white glue and let dry, then peel off.



Robusta spines close up



Robusta spines



Cholla spines

CLEANING NOPALES

This is no harder than cleaning peppers, once you practice.



Harvest the young, light green Nopale (Cactus pad) in Spring. Use tongs to hold it while cutting. Do not use your bare hands, no matter how safe it looks. Lay the Nopale on a hard surface that can be cleaned well. I use two sponge/scotch pads stored face to face in a labeled ziplock bag for safety.



Use a sponge/scotch pad to scrape down the entire top surface, turn over and repeat. You will be working against the grain. Then pick up and clean off the outside edges. If the pad is young enough, the spines will come off easily.



Once cleaned, the Nopale can be stored refrigerated for use fresh, or canned. The flesh is slightly mucilaginous fresh, but gets downright slimy after cooking. It makes a good slime that can be used as a thickener with cooling, hypoglycemic properties.

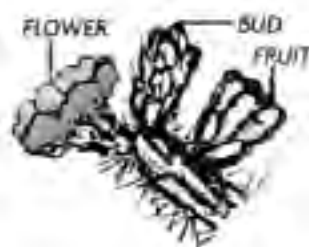
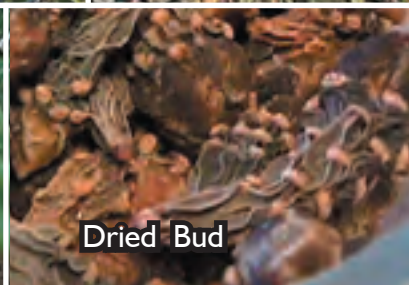
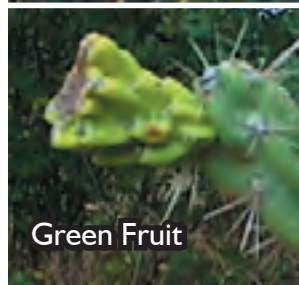
CLEANING CACTUS FRUIT -Tunas

The safest way to clean Cactus Fruit or "Tunas" is to harvest with heavy gloves and tongs, slice in half on a hard surface, and scoop out the pulp without touching the spines.

There are very fine spines that can be a nuisance, so resist using your bare hands unless they are heavily caloused. Carefully clean the cutting surface after processing.



CLEANING CHOLLA CACTUS BUDS



bud & fruit size: 3/4".

This cactus is native to South-west U.S. desert. Our variety of *Cholla Cactus*, *Opuntia spini*, bears a small, high calcium bud in Spring that tastes like asparagus when soaked & cooked. I find the fruits full of seeds with a thin layer of asparagus-quince flavor, edible after soaking & long cooking. I consider the dried fruit survival food, but the bud is really an edible.

Use fresh or sun dried buds. Carolyn Niethammer improved on the traditional Cholla cleaning methods. She uses 2 pans with enough gravel (I add sand too) to cover the dry buds, and pour them back & forth until most spines are gone. Tweezers get the rest. Rinse, dry & store in a canning jar.



Niethammer, Carolyn, *American Indian Cooking: Recipes from Southwest*, U of Nebraska / www.cniethammer.com Click here.

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CITRUS

Mandarin Oranges , Blood Oranges, Grapefruit, Meyer Lemons, & Kumquats are survivors at our elevation. We leave the Grapefruit to ripen on the tree until chance of a hard frost. The Meyer Lemon is half Orange, and mild. We lost our Honey Mandarins and Calamondins one cold season and have not replaced them.



Mandarin Tangerine



Blood Orange



Meyer Lemon



Grapefruit



Kumquat

Kumquats are a small citrus fruit that have sweet skin and tart flesh, so you can simply separate the fruit from the skins and slice or dice to get a citrus flavor.



Kumquat



Citrus Zesting

Cutting zest from thicker skinned *Eureka Lemon* is easier than using the sweeter *Meyer Lemon*, which is half orange and half lemon with a thinner skin and more juice. Use a zesting tool as shown to the right to make thin strips of the outer skin. If the fruit is not fresh picked and firm, it may be easier to cut off the outer skin of the Lemon with as little of the pith as possible, and/or scrape off the white tissue.



Citrus Peels

Fresher is not always better. In the case of Mandarin Orange and other peels, the Traditional Chinese Medicine system uses aged peels as a digestive support. We have saved our organic Citrus Peels for this use in medicinal teas and soups.



CHINESE BOXTHORNE

Lycii berry, Chinese Wolfberry, Chinese Boxthorne, Matrimony Vine
Lycium species (barbarum,) Nightshade Family

There are about 100 species of the genus *Lycium* found in the western U.S. and South America. Of the 14 species found in the U.S. there is a Wolfberry (*Lycium pallidum*, *L. Fremontii*, & *L. exsertim*,) used by Native Americans among the 10 species found in Arizona alone. These deciduous perennials with red berries are sacred to the Zuni.

Berries: Harvest the small red berries in Fall. The berries vary in levels of juice and flesh. They are all edible. Berries are best sun or air dried and stored refrigerated or in a cool, dark place. The fruit of this common ornamental is one of the most common yin tonic herbs in Traditional Chinese Medicine (TCM.) In TCM the root bark is also used medicinally. American Indians used the berries fresh off the bush, mashed as a beverage, in sweetened sauce or syrup, or dried.



ECHINACEA *E. Purpurea*, *E. Angustifolia*, *E. Pallida*

Echinacea Purpurea is the easier variety to grow, and can be garden grown sown from seed. *Echinacea Angustifolia* has higher medicinal properties. Dried roots are available commercially.

They are all beautiful garden flowers. The Root & Seeds have the strongest flavor, but Leaves are also used medicinally as an immune system support. If you bite a seed, you should get the mild numbing sensation characteristic of the extract. Harvest in the Fall, and use standard 2 week tincture for all but *Angustifolia*, which may do better with 1 week.



DOCK, YellowDock *Rumex crispus*

Leaf: The small, tender Spring green Leaves have a nice lemony/acidic flavor from the oxalic acid, raw salad addition in small amounts. I use the thinly sliced as a flavor punch.

Seeds ripen in the Fall, turning from rust to a dark brown. Strip and store in glass jars. We use them ground in Wild Seed Bread.

Roots: dark yellow Roots are a liver tonic.



ELEAGNUS or GOUMI BERRY

Goumi, *Eleagnus multiflora*, Oleaster Family, related to Autumn Olive or Russian Olive, *E. angustifolia*

Berries: We harvest the mildly sweet-tart red berries from November to December. They are small and mildly sweet. The related *E. Angustifolia* berries are smaller, but are 17 times higher in Lycopene than tomatoes, so I add our Goumi berries to tomato sauce in case they have similar properties. The roots of *Eleagnus* are nitrogen fixing.

Caution: It may adapt easily and may out compete with native vegetation, but we have seen no sign of this in 20 years.



Ceanothus



Native Licorice Root



Ceanothus root / Red Root



Glycyrrhiza glabra

Glycyrrhiza lepidota

CEANOTHUS ROOT, RED ROOT

The very hard, reddish root of the Ceanothus, or California Lilac, makes an antiinflammatory tea for the sinuses, throat, tonsils, lymph and spleen, among other things.

Standard dose: 2 Tbsp. Root, soaked overnight in 1 quart Water and simmered 20 minutes. Refrigerate and take 1 1/3 Cup 15 minutes before meals.



Fremontia twigs

FREMONTIA, Flannel Bush *Fremontidendron californica*

The mascot of the California Native Plant Society, this foothill shrub bears beautiful yellow flowers in spring. The name *Flannel Bush* indicates the hairy leaves and twigs. They are the long lived and related to medicinal Slippery Elm Bark. If you prune the shrub, you can easily harvest the twigs for a sustainable harvest. Leaves can be harvested before they are ready to fall. We use the twigs and leaves in tea after straining out any irritating hairs with a fine strainer or muslin. The soothing properties last a long time

LICORICE ROOT

Native Licorice root, *Glycyrrhiza lepidota*, is said to be a substitute for the Old World variety, *Glycyrrhiza glabra*, used in the original licorice candy and Chinese traditional medicine. Licorice is found in patches in moist meadows and valleys throughout the Western U.S. But our plants do not have the characteristic sweetness of the commercially available Licorice root; though they do have the same general flavor. Either we have the wrong plant or lack something environmental that will produce the sweetness. These leguminous plants have naturalized in our garden, so we let them grow for the nitrogen-fixing actions

Licorice is one of those plants that requires caution for:

- people with hypertension, unless processed not to, it will raise blood pressure,
- pregnant women and
- people with high estrogen levels, as it is estrogenic.



Mallow Root

MALLOW Marshmallow root, *Malvacea* species

Wild Mallow is a common plant found in rich soils *Latin name* is a milder substitute for the Old World variety, *Marshmallow root*. The Leaf is harvested spring to fall, and is a mild, demulcent cooked green with medicinal benefits. The little green fruits of *M. parviflora* have been used to curdle milk in cheese making. The Root is dark outside and white inside, and is harvested in the fall. It is a mild tasting demulcent used in medicinal teas. and poultices.



Grapes drying on trays



Raisins

GRAPES

Fruit: Half the Raisins in the world are grown in Fresno County. Table & Wine Grapes are major crops for the whole Central Valley of California. At SunMt we grow several seedless, and seeded varieties.

Raisins: In the Valley, we could dry raisins on open wooden grape trays. Here in the foothills, the meat bees suck out the juice and leave us with hollow skins unless they are screened.

Leaves: The leaves of Thompson Seedless grapes are canned commercially as a wrap for the classic *Dolma* or *Sarma*, see Sp15. We have canned other smooth leaved varieties, including the Wild Grape leaf to use as a wrap and also thinly sliced and added to steamed vegetables see Sp15 & W4.



HONEY

John Ballis worked our bees at the Pear Tree Farm. We do not keep bee hives anymore, but still honor our little pollinating, honey producing friends. Honey is best raw & unfiltered. We have local producers that we can support. Flower Infused Honey amplifies an already wonderful product.

FLOWER INFUSED HONEY

Sweet/aromatic Flowers make exquisite tasting aromatic Honey with medicinal properties. Use: Anise Hyssop, Chamomile, petals of Citrus, Jasmine, or Rose; and florets of Lavender. Rose and Lavender are wonderful together.

Flowers fresh or dried Honey

1. Pick unsprayed aromatic flowers after the dew has dried about 10:00 am or later. Let them air dry a little, as water in the Honey will spoil it. Using dried flowers is no problem. Make separate jars for different flowers to allow changing proportions when mixing. Let Honey jar sit in the morning sun to warm and liquefy, or warm in a steamer on low heat stove top.

2. Stir a handful of flowers or petals into a tightly closed canning jar of warm Honey so they are covered. The top petals will not be submerged.

3. Turn the jar up-side-down, and then right-side-up a few times and leave in the full sun for about 1 hour. The astringency of the Honey will extract the aroma and flavor of the Flowers.

4. Strain out the flower parts if you do not want the texture. Use the same day, or let flowers sit for a few days to continue to release properties. Strain out the flowers. Store in a dark place.

2.



3.



4.





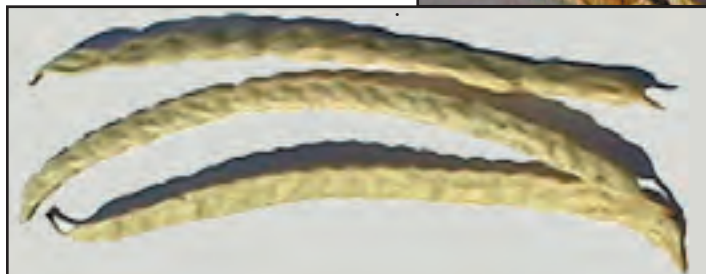
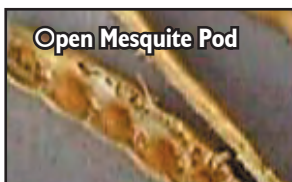
MESQUITE *Prosopis species*

Mesquite is native to the Southwest U.S. The bean pod inner fiber has a mildly sweet, beany-maple or caramel taste. The ground meal can be used in baking, and is available on the internet. Mesquite has a carbohydrate that does not spike blood sugar. Average *Nutritional profile*: 80% carbohydrate, 13% (11-17%) Protein, 3% Fat & 25% Fibe .

We collect our Honey Mesquite pods when they start to drop from the tree in Fall. They are full of seeds, and can be chewed or eaten raw., but they are legumes and may be gassy this way. The seeds get very hard when well dried and can be ground by hand, but can also be ground in a commercial meat grinder using a plate with 1 cm holes. By cooking, with or without soaking, you can make naturally sweet beverages. *Recipes: [click here](#) & [here](#).* Mesquite is a drought tolerant native Southwest plant. The indigenous people of the Sonoran Desert used it as a major source of food, drink, alcohol, fuel, fertilizer & medicine. The hardy tree has few pests. For Bruchid Beetle problems, freeze the pods. *Source: [click here](#).*



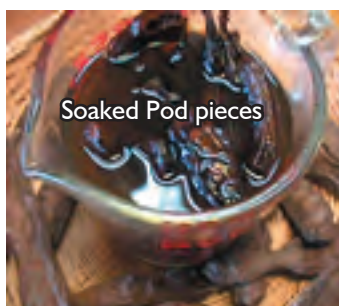
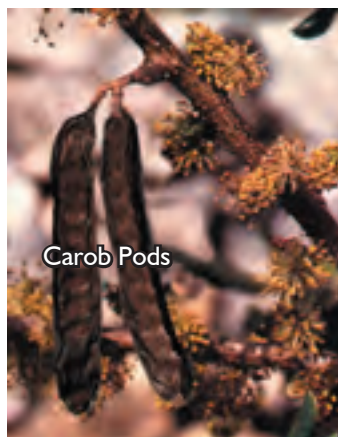
The curled Screw Bean variety are in the grinder above.
Below are the straight Honey Mesquite beans,



BASIC RECIPE MESQUITE or CAROB JUICE

1 Cup Broken Pod pieces
1 + Cups Water to cover

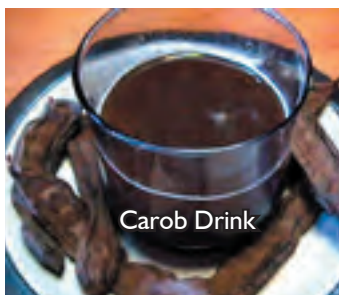
Hand grind the whole pods, cook and strain, or break the whole pods in 1" sections. Cook 1/2 hour or soak overnight in water, replace absorbed water to cover and simmer 20 minutes to soften. Let sit covered until cool enough to handle. Strain pods and put liquid in a blender. Add water to make 2 Cups volume. Add pods, 1 Cup at a time and pulse/grind about 5 times to separate fiber and seeds. The seeds are high in protein, so you lose this nutrition. Strain out fiber to make the juice. Reuse the same juice with new pods to concentrate the natural sweetness.



CAROB

Carob powder is now more commonly available, than when we first started using it, but the trees are wonderful for garden shade. You will need one of each sex to pollinate.

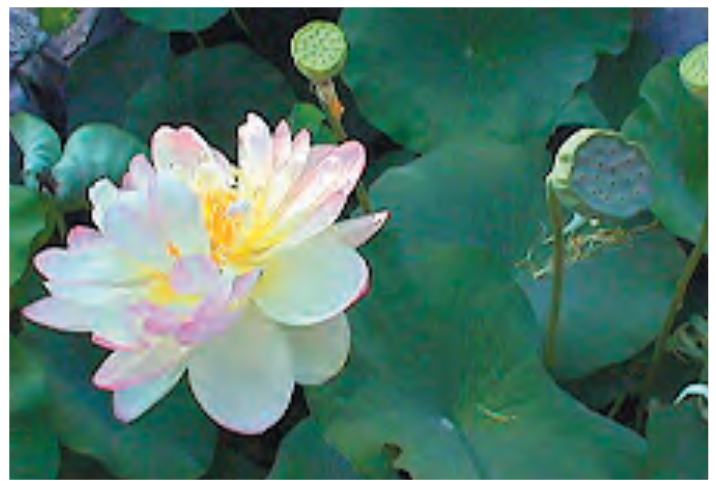
Harvest the pods in Fall when they begin to fall off the tree. Store in a cool dark place until use. They will store well for several years.



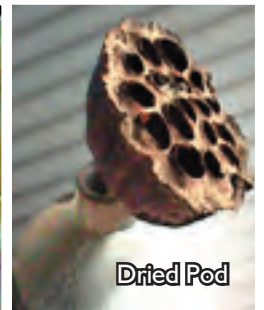
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Maia harvests Lemongrass joined by Grass-hopper, the leaping cat.



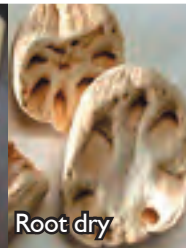
Pod



Dried Pod



Rootlet



Root dry



Seed dry



Seed cooked

LOTUS *Nellumbium lutea*, American Lotus & *N. nucifera*

American Lotus makes the most stunning water plant with many useful parts. Pioneers ate the **Flower Petals** in salads. Native American Indians used the Root baked fresh, and as a dried vegetable, and dried the seeds for grinding into flour. The **Leaf, Roots, Nodes, Plumule & Seed** of *N. nucifera* are all used medicinally in Chinese medicine, and the Root and Seeds are used as food. Asian markets carry fresh & dried Lotus root. The root is long and potato like white with a dark, thin skin. Holes run the length of the root, giving it a distinctive pattern cut. Slice the fresh root and store in water to preserve the color. Use raw for crunchy texture in marinated salads or cook in stir fry, sliced thinly and deep fried as chips, or chopped and used in cakes. The dried form is rehydrated before using in soups.

Lotus Seeds taste leguminous, and can be found canned and dried in Asian markets. The Seeds are used in Desserts, Stir Fry, Soups and with Ginseng as a Spleen tonifying beverage.

We had a special pond section to contain the roots, and provide a deeper water area that we could control to protect them from winter cold. Our plants lasted for years. We get a few inches of snow at our elevation, but the roots survived for years until a drought dried out the pond. The fruit pod becomes a dark brown cup form with large holes, and is commonly used in dried arrangements.



Lemongrass bottom



& top

LEMONGRASS *Cymbopogon citratus*

Root & Grass: This lovely lemon scented tropical plant grows best at 64° - 84° with high humidity- 80-100%. We have grown it outdoors as an annual in the Valley, but find the greenhouse works best here. To harvest, cut the entire plant, which clumps from the base, then separate the stems from the crown.

You can find the whole fresh plant in Asian markets. For cooking, use only the paler young green inner part. Save the outer leaves and tops to be chopped for tea. These tougher parts still have the good lemon scent, flavor, and medicinal properties. Crush the bottom of the stalks, or slice thinly as the recipe directs. A razor blade is helpful for thin slicing. We use a guillotine paper cutter to cut the grass for tea.

Harvest/Process Berries



HAWTHORNE BERRIES *Crataegus*

The tree has huge thorns, but can be harvested by using a broom to knock the fruit into a tarp. Hawthorne Berry makes a fine heart tonic made into tea, jelly, tincture or extract. The flowers may be included.



JUJUBES *Zizyphus jujube*

This Asian native does well in our climate. The fruits ripen after the first frost in November. The large oval fruit has more flesh, but the smaller variety is the best for Chinese traditional medicinal uses. When they are fresh, in the early, **Apple Date stage**, they taste like a sweet Apple. When they dry to the **Red Date stage**, the skin toughens and should be cooked or soaked to prevent little pieces from sticking in your throat.

Red Date large

Red Date small



Apple Date stage

Red Date stage

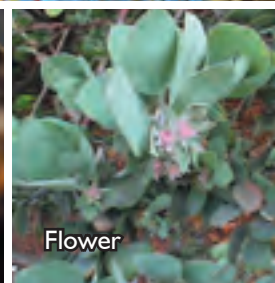


JUNIPER BERRY *Juniperus species*

The white dusted to deep blue berry of Cedar bushes and trees is best used dried or roasted & ground *1 tsp. berry for 1 Cup of infused tea*. Used historically to season wild game at about 10 per pound of meat or fish. The clean aroma and astringent flavor of *J. communis* are used commercially to flavor Gin. The diuretic, anti-fungal is a strong antibacterial urinary tract disinfectant, irritating to the kidneys. Use sparingly and avoid with kidney weakness or infection.



Berry



Flower

MANZANITA BERRY *Arctostaphylos manzanita species*

The gray-green foliage of this native plant is reflective at night. The flowers are white to pink. The Fall ripe red berry is shaped like an apple. The thin skins of the berries are welcome thirst quencher on hot days. I lay a tarp under the tree and pull the fruit down in the afternoon breeze to eliminate some of the leaves. The rest are sorted by hand. *Make a tea by crushing or grinding 1 part berries & 2 parts water in a blender, and simmering covered for 5 minutes*. The leaves are used infused as a medicinal tea.



MULBERRIES *Morus nigra*

This mildly sweet, prolific thornless berry is a welcome thirst quencher on hot summer days. It bears fruit all summer. We let our blackberry bushes die when these trees started bearing.

Harvest/Process Milk Thistle

MILK THISTLE *Sylibum marianum*

Leaf rib: The young greens are edible cooked if you trim off the sharp spines around the edges. The leaf form has severe indentations, so you get mostly rib. As the plant gets larger, the succulent rib is a celery like vegetable that can be eaten raw or cooked. Just carefully trim away all the leaf.



Milk Thistle, young leaves



Milk Thistle, seedhead



ripe seeds

Seeds: In late Spring- early Summer, the center stalk of the Thistle forms a head. When the purple parts turn to pale yellow, start collecting the seeds.

Using tongs and wearing thick gloves (I use welders long leather gloves to protect my arms) cut off the Thistle Seed heads into a paper bag. Store in a dry place, and shake to release the Seeds. Most of them will fall to the bottom of the bag for easy collection. Again wearing gloves and using tongs, remove the dried Seed heads from the bag for composting, pulling any remaining thistle seeds from the head.

The thistledown will be light and stacked up at the top. After removing any attached seeds, compost this too. Winnow any stubborn thistle down by pouring from the bag to a big bowl or bucket in the afternoon breeze. Store the Milk Thistle Seeds in a tight jar in a cool dark place until use.



Cleaned Milk Thistle Seeds



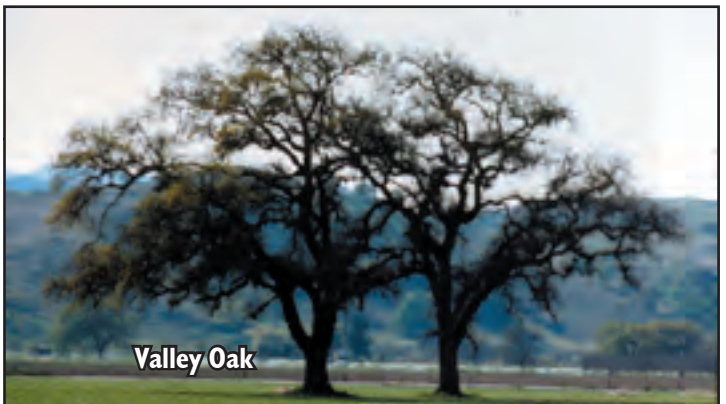
NIGELLA Black Cumin, Love-in-a-Mist, *Nigella damascena*

Dried Flower: The stems with the closed red seed pods can be harvested Spring to Fall, depending on the variety. The pale blue or white petals fall, leaving a red seed pod to be used as dry arrangements.

Seed: Dry up-side-down in a paper bag to collect the edible seeds that fall.



Nigella Seed



Valley Oak



Live Oak



Acorns

OAK TREE, *Quercus species*

Acorns from larger trees are larger, but all are edible with a lot of processing. Acornmeal formed a major food for Native American Indians. The shelled acorns, need to be ground and cooked in a series of baths to leach out the tannins. Store in shell until use. Shell, cover with water and simmer 15-20 minutes, drain the water and repeat 5-6 times until the bitterness is gone. Use as mush or add to baked goods. [Click here to see properties.](#)

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DRYING OLIVES



Fresh ripe Olives



Dried Olives

UNCURED DRIED OLIVES

Oil: Olive Fruits are an ancient crop that requires little water. The fruit indisputably makes the best culinary Oil. It takes about 1 tree of Olives for 1 gallon of oil. We get our Olive oil locally from the Verni family, 2nd generation Olive Oil producers who brought their grinding stones from Italy. We found them doing our farm trails map.

California Black Olives were developed as a crop by the University of California. The mild flavored, pitted fruits are popular, but have caused environmental problems in Lindsay, the olive capital of the Central Valley. After an accidental test, we now air dry like the ancients Greeks. I carried a ripe black Olive around in a cotton jacket pocket for a season, where it dried perfectly and tasted great. We tried air drying our own Olives, and that worked too. Our Black Olives are fully ripe in January when they have the best oils. They begin green and go to purple, and then black. We air dry them in flat baskets in the kitchen near the wood stove. We use no salt or lye - *we are not polluting the ground water*. They can be eaten straight when dried, but tend to stain your teeth.

For the best flavor in cooking, we pit and marinate them. When they are hard and well dried, they have a rich, olive oily flavor. If you marinate them in Balsamic Vinegar and Bay leaf as seen to the right, you will reduce the tannin flavor have a very richly flavored Olive and marinade to exquisitely flavor your sauces. With Capers in a Tomato Sauce, this is superb. Now I know why my old world Italian cookbook calls for only 4 to 6 olives in a recipe. On rare occasion I get a moldy olive. I have not yet found a reliable way to spot them in the batch, but you taste it right away.

The Leaf is an anti-oxidant, anti-bacterial, anti-viral, anti-fungal immune booster. The medicinal properties are extracted in Water, but I add a few dried olive leaves to my Extra Virgin Olive Oil bottle for any benefits that transfer. It can be used as a tea or an extract. *See the Properties section for details. [Click here.](#)*

PROCESSING DRIED OLIVES



I cut the top of the dried olive to help it split in half when crushed. Use the flat of a large knife & press with the flat of your hand to crush, and release the pit. You will also release some of the oil.

Marinate the pitted Olives overnight as in the recipe below. When adding to cooked recipes, use the marinade as an ingredient to impart the rich flavors.



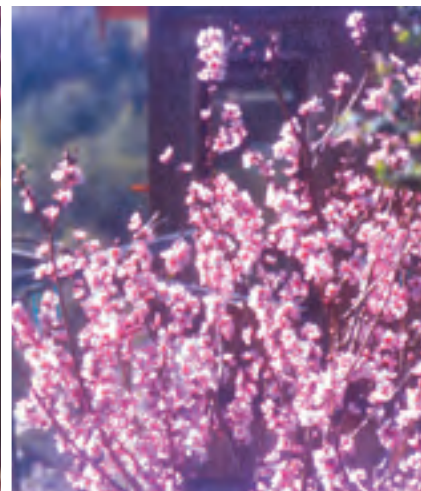
Dried Olive Marinade

1/2 Cup pitted Olives
1/2 Cup Balsamic Vinegar
2 Tbsp. Olive Oil
1 Bay leaf
1/4 tsp. Sea Salt

Soak the Olives in the marinade refrigerated overnight.



Dried Olive Marinade



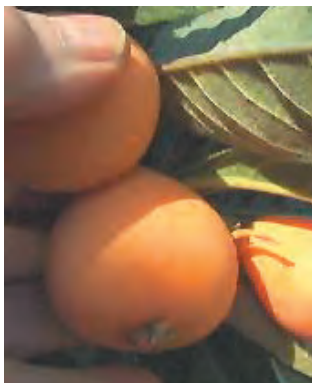
JAPANESE FLOWERING PLUM *Prunus* species

The small red-purple fruit of these trees vary in edibility, and are not commercially used. Elfie finds the tart fruit quite edible right off the tree. I recall they were a childhood pleasure in the family orchard, but I cannot eat them now. We have found that the tart little fruits sweeten adequately without adding sugar when solar baked. You can also use sweetener and use them to make plum jelly. The leaves make a stunning garden show as they are red.



PEACH, INDIAN or BURGUNDY *Prunus persica*

We anticipate the mildly sweet-acid fruit of these true from seed *Indian Peach* trees which we call *Burgundy Peach*. They are ripe in Indian Summer or Fall when the Mulberries are just finishing and there is enough sun to solar bake a pie of both - delicious! [Click here for recipe](#). The red flesh makes a striking color in fruit salads and keeps its color when dried, and rehydrated. To remove the stone, slice the fruit and twist to separate from this and other stone fruit.



LOQUAT *Eriobotrya japonica*

The mildly sweet-acid fruit of these hardy evergreen trees is our first tree fruit in the spring. The fruit has large, glossy brown seeds in the center. Fruits are milder than apricots, with a mildly sweet, refreshing flavor. Thin the abundant young fruit for a larger finished size, as they do in Chile for commercial sale. I am starting to see these in markets.

The cooked fruit is used with honey as a cough syrup in China. You can sometimes find Loquats in our markets, but this is a great backyard tree. They are subject to fire blight with too much nitrogen, but are very hardy otherwise.



QUINCE

The large yellow fruit is inedible fresh. This is a benefit for discouraging scavengers. We have found fallen fruit with one bite in it - rarely more. Once baked, the mild sweetness comes out. A high fiber fruit for chutneys and other cooked fruit dishes. We have also grown the *Pineapple Quince*, with a mild pineapple hint. The fruit does go well with Pineapple.

Harvest/Process Persimmons



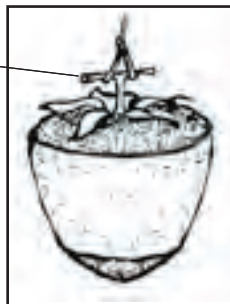
Cookies aren't the only thing you can make with Persimmons. Once people taste the unripe fruit and experience the pucker from the high tannin, they can be put off for life. This is sad, because this is an amazing fruit. Avoid the astringency problem by eating the Fuyu Persimmon, but the richer taste of the Hachiya is worth waiting for only the soft, ripe fruit we call "Mooshka."

Freezing, cooking or drying will also reduce the astringency.

DRYING PERSIMMONS

Air Drying

We cut the fruit with a "T" left on the stem to allow a slip knot in butcher's string to hang them in a long garland across beams in the kitchen. Pare away the mid section to allow moisture release from the center, leaving the top & bottom skin for structural strength to reduce the chance of falling fruit.



Hang them from a series of nails with a small space between for best drying. I coil them in a large bowl and have Elfie hold the bowl while I am on a ladder, hanging the fruit.

The Persimmon garlands make an annual holiday decoration that we eat our way through all winter.

We also use fiberglass screened frames to air dry Persimmons hand sliced in 1/4" sections. *I have also made 1/4" sliced Fuyus into star patterned edible Christmas tree ornaments with the addition of a wire hook... enjoy!*



Solar Dryer

Slice the still firm fruit 1/4 thick or use a Japanese vegetable slicer, the Chef's Help, to cut thin spirals. Solar Dry on cookie sheets covered with Cooking Parchment paper in a Solar Dryer with protective paper or board over the fruit. It can burn in winter sun too.

Turn them over daily the first 3 days to even the drying. By day 4 they may be done, but it may take a week depending on the weather. Bring the fruit inside if it rains. Cool them before storing in gallon jars. Make sure they are very dry for long term storage. Ours usually disappear by February.



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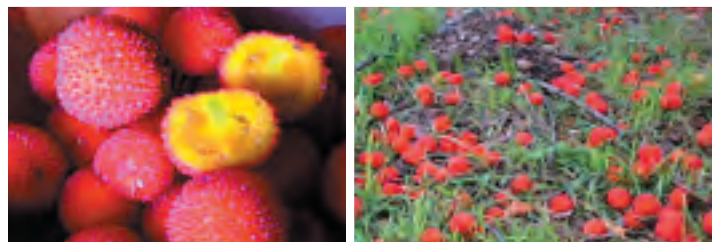


PASSIONFRUIT

Passionfruits have sweet, heavily seeded flesh with a mild lime flavor. They grow scattered on a long vine, and are best in the summer heat. The sweetest are the ones that turn yellow green, a little soft and are beginning pucker. We do not eat the seeds. The late fruit will not ripen, I save these flowers for teas.

POMEGRANATES *Punica granatum*

The ancient, tart-sweet fruit resembles an outcropping of garnets. It can be harvested in Winter and added to fruit dishes, or juiced. For easy juicing we use a grapefruit press. You can open the fruit in a bowl of water to reduce mess, and scoop out the skin to more quickly clean the seeds. Or consider this a patience meditation and slowly release the seeds from the segmented skin. We grow the *Wonderful* shown above, and "*Thompson Sweet*" or *Ruby-Pink*.



PINEAPPLE GUAVA

The Pineapple Guava is the most tropical flavored fruit we can grow. We harvest the sweet white petals of the flowers in summer, which thins the fruit for better size at the same time.

At the end of November, the fruit begins to drop. This is the sign that it is ripe. The skin has a tart lime flavor that some people like to eat. Most prefer the sweet inner flesh alone. We just bite into the fruit and use our teeth to scrape the fruit pulp away from the skin.

STRAWBERRY TREE *Arbutus unedo* berries

This evergreen tree is used as an ornamental, but the mildly sweet fruit can be harvested in Winter and added to fruit dishes.

The very rough surface softens when it falls off the tree, and this is the best assurance it is ripe. The very ripe fruit is mushy, but the firmer, ripe red fruits can be cut in half or quarters.

See *Double Persimmon Plus* in Winter recipes. [Click here.](#)

Harvest/process PineNut



PINE NUTS, Bull Pine *Pinus sabiniana*, aka Gray Pine



Bull Pine Nuts: this native pine at our elevation is prized for its beauty and its tasty nutritious nuts. Harvest these pine cones in winter, when they are still tightly closed. They have fierce points, so use caution in collecting. Leave plenty of cones for regeneration and critters, at least half. The traditional way of burning the green cones in a pile to remove the pitch made it easier to separate the seeds from the cone. We are more patient and low-tech.

We store the cones in a box inside, until they open. Gather the nuts from the bottom of the box, or remove with tweezers. Near your wood stove, they will open sooner.

Pine Resin Salve: Pine also yields an antibacterial resin that can be collected and made into a salve. Liquefy the resin in a recycled food can - tuna fish size is good. Slowly heat over an open flame, stir in 1/4 part Bees Wax, and Olive Oil and let cool. Store in a ceramic pot or glass jar.

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The nuts are few, but Ray Laclergue taught me they can be easily separated from the duds in water, which will float. The good nuts will drop to the bottom. I save the duds for decorative examples. I use a wooden tenderizing mallet to crack the hard shells, just before using. High oil content makes them go rancid stored after a year.



Harvest/Process Rose



Rugosa Rosees



Rose hip



Rugosa Rose hip



SunMt helpers stripping Banker Roses.

SIMPLE ROSES *Rosa canina*, *Rosa Rugosa*

The Rose family has 2,000 species. Roses have been hybridized for centuries, but for edible-medicinals you cannot beat the older types. These roses have few petals compared to standard garden Roses. Even the compound forms, which have more petals still have a looser structure than regular Roses. But they are pest resistant, and are the highly aromatic, tough Roses that bear big hips. high in Vitamin C. So they are our favorites. It is important not to use pesticides on flowers you will eat.

Flowers: the petals have a bitter, astringent flavor. They are harvested mid morning on a dry day, when the dew has dried and the bees are finished pollenating. We pluck the petals, and leave the center part, the stamens & pistils, to make the rose hips.

Hips: Rose hips all have high Vitamin C, but three Rugosa Rose Hips have the Vitamin C of one orange. You will find different nutritional values in different varieties. Harvest the red hips while still soft, slice in half and use a paring knife or small melon baller to remove the seeds.

Use about 1/4 Cup fresh Rose Hips to 2-4 Cups water for an infusion tea, and steep 6 minutes, and add Honey to taste. For jam, cook 3 Cups hips & mix pulp with 1 pound of Sugar simmering to thicken and can in sterile jars with parafin.

Soak dried hips overnight before simmering for 30 min.to get the maximum properties with less cooking. Simmer hard dried hips for 2 hours and strain. Add sweetner to taste.

Leaves: also used for tea

Roots: high in tannin, used for tea and tanning in China



Rosa Rugosa center

OLD ROSES *Rosa Spp.*

The older varieties of Roses have more fragrance and flavor. The tiny Cecil Brunner climbs over our deck, and the yellow and white Banker rose make large shrubs that hold the hillside while providing flowers and leaves for tea.



HARVESTING ROSES & Other Flowers

Use only unsprayed or organically grown aromatic flowers, and harvest after the dew has dried about 10:00 am or later. Some flowers, like Day Lilies, snap off easily by hand. Pick petals or whole flowers, or strip right off the plant. Stripping is most often best done by pulling against the growth direction of the flower, as for Banker Roses above. Use gloves if the material is hard or if you are doing more than a handful.

My favorite work gloves are a combination of leather on the finger surface and canvass backed for better ventilation. I cut stems with shears or a kama.

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Corn Silk



John bring in harvested Corn & Melons

TAOS BLUE CORN

Beans and Corn are a traditional food combination of the indigenous Americas. Together they make a higher quality of protein, or *Complimentary Protein*. The Blue Corn we grow came from a few ears grown out at the Taos Pueblo of New Mexico. The grandson of a farmer found a sealed pot of corn, grew it out, and brought it to an ecofarm conference, where we found them. *If you sprout the Blue Corn, it will cook in 20 minutes. Soak overnight and rinse am & pm until it sprouts: 65° in 12 days to 85° in 4 days.*

Corn Silk: If you grow or purchase organic Corn with the husks on, save the Silk. This makes a mild flavored tea with medicinal benefits.



TEPARY BEANS

Gary Nabhan & Native Seed Search introduced us to these lentil shaped, ochre colored beans that are an ancient crop of the Papago Indians. They can yield 3 crops in a season with light watering. Dry well in gunny sacks hung on a nail. Substitute for any of your favorite bean recipes. www.nativeseeds.org Click here.

I found that if you sprout the Tepary Beans, they will cook in 1 hour without soaking. Soak overnight, rinse am & pm 60-80° sprouts in 9-to 4 days.



Roma tomatoes cut for drying



Roma tomatoes dried 4 days

TOMATOES

You can buy tomatoes and dry them yourself. We have used:

- old grape trays outdoors,
- cookie sheets in the solar dryer with a protective cover, and
- baskets indoors in bad weather.

The *Roma* is the firmest flesh, but we have dried all our tomatoes, cutting the large ones in 1/4 in the smaller ones in 1/2. Solar drying is far more economical than using electric powered dehydrators. We have grown a great variety of tomatoes, standard, desert, and heirloom varieties in yellow, orange & red. The Heirloom *Brandy wine* is a favorite for eating fresh. It has a deep blue-red color and rich, mild flavor.

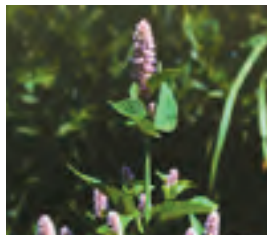
The homegrown Cherry Tomatoes fresh from the vine are amazingly sweet. We used a razor blade to slice them neatly in half for making our dried *Cherry Toms*.



Cherry Tomatoes



Make sure the flowers you eat are free of chemicals. Nurseries and Florists use chemicals. Buying culinary flowers from reliable sources or growing your own is the safest way. After years of trials, these are the flowers I use most often, and not a complete list of edibles. There are other flowers I have listed as edibles in the past that I now consider survival or novelty foods. There are the tiny flowers of herbs like Oregano, Basil & Mint that are edible, but I found I did not use because cleaning the petals was too much work. The whole flowering tops can be used as decorative garnishes.



ANISE HYSOP *Monarda didyma*

The florets have an anise flavor that goes well with apples as a garnish for salad, baked apples or applesauce. Add anise Seed &/or Licorice to enhance the flavor. Combine with the leaves for a refreshing tea.



CALENDULA *Calendula officinalis*

The intense yellow to orange petals have a mildly bitter flavor. They are healing for tissue internally & externally and are a common addition to salads from Spring to Fall. They are also a beneficial Flower Tea ingredient.



BEE BALM, Red *Monarda didyma*

The red blossoms have a warm, spicy floral-Mint/Oregano flavor that makes plum salad & preserves unique tasting. Combined with the leaves, it adds a floral hint to the oregano like tea.



CARNATION *Dianthus species*

The fragrant, floral **Clove Pink** (*Dianthus caryophyllus*) or the **Cottage Pinks** (*Dianthus plumarius*) have been used historically as a flavoring agent for beverages, syrups, floral honey & vinegar; and the crystallized petals as dessert decoration.



BEE BALM, Pink

Monarda didyma var. 'Claire Grace'

The purple blossoms of this native plant have a spicy floral-Mint/Oregano flavor that adds heat and color to Salsa.



CHAMOMILE *Matricaria recutita*

The bright yellow flowers of the annual *German Chamomile* have a mildly bitter flavor, but the well known nerve calming, stomach settling aroma and effect. This is the tea of choice for bedtime. The perennial *Roman Chamomile* is more bitter and used more for cosmetics.



BEE BALM, Violet *Monarda fistulosa*

The pale lavender blossoms of this native plant have a hot floral-Mint/Oregano flavor that adds heat and color to Salsa. Try combining the leaves and flowers for a spicy tea with the milder Basil leaf.



PINEAPPLE WEED, Manzanilla

Matricaria matricarioides

is the tiny native, has the same azulene aroma, and is used the same way by Mexicans.



BORAGE *Borago officinalis*

These intense blue florets have a delicate texture and a light cucumber taste fresh. They are collected by grabbing the pointed center part to remove it from the hairy/prickly parts. We add them fresh to salads or frozen in tiny ice cubes for beverage accents.



CHRYSANTHEMUM

Chrysanthemum species

The flowers are bitter, but have been used medicinally in China for centuries.

Chrysanthemum coronarium: or Garland Chrysanthemum, an annual & *Chrysanthemum sinensis*: a perennial, are both eaten cooked as a vegetable & dried for tea.



BRASSICA FLOWERS *Brassica species*

These include **Broccoli**, **Cabbage**, **Mustard** & **Kohlrabi**. All these flowers taste like a mild form of the vegetable. They are a nice garnish for cole slaw, or soups with any of the cole crops.



CITRUS *Citrus species*

The highly aromatic cream colored bud and flowers can be infused in honey. The dried flowers have an ambrosial aroma alone or mixed with Rose petals in tea blends.

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CLOVER *Trifolium species*

The purple, red or white flowering tops are a blood purifying tea. It is high in protein and fat, and can be cooked for food; but should be used with other food to prevent bloating.

Red Clover *T. pratense* seed is used for sprouts.



HOLLYHOCK *Alcea rosea*

These members of the mallow family have a wide range of colors. Use the mild flavored petals in salads and spreads for a soothing effect on the digestion.



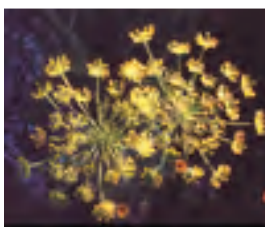
DAY LILY *Hemerocallis species*

These lovely lilies are edible whole: fresh in salads, or dried. The more orange flowers are more likely to be gassy than the yellow ones. All are high in vitamins A, B & C. The dried buds are called *Golden Threads* and used in traditional Chinese cooking.



HONEYSUCKLE *Lonicera japonica*

The little white or yellow flower is sweetly floral at the nectar filled tip. As a child I bit the tip and sucked the nectar. Now I dry the flower for a cooling tea ingredient.



DILL *Anthemus graveolens*

The yellow flowering tops of Dill make an edible garnish for salads where dill is used or an attractive, flavor enhancing addition to pickles.



HOPS *Humulus lupulus L.*

This perennial vine dies back in the winter, and yields a yellow-green cone form female flower with a bitter, flavor used in beer brewing. In Belgium male flowers and young shoots are eaten as a vegetable.



ELDER FLOWER *Sambucus canadensis*

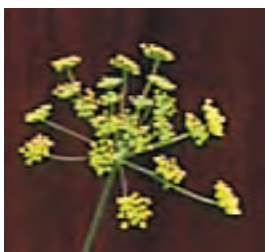
The tiny yellow flowering tops of Elder, or *Elderblow* are a classic cooling herb. Use as a tea with equal parts Peppermint to bring down a fever. They can be fried as fritters in a sweet batter.



JASMINE *Jasminium species*

The aromatic little white or yellow flower is sweetly floral at the nectar filled tip. They are used to enhance Black Tea and floral infused Honey.

Do not confuse with the poisonous Carolina Jasmine, *Gelsemium sempervirens*.



FENNEL FLOWER *Foeniculum vulgare*

The flowers are tiny and golden yellow with a milder licorice flavor than the herb. They can be added to fennel salad, infused in Honey, mixed in sauce with green Melons, or made into tea.



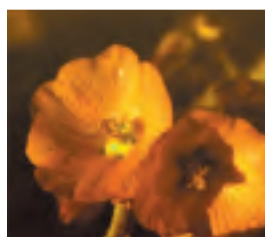
LAVENDER *Lavendula*

These wonderfully aromatic flowers are anti-viral, anti-bacterial, anti-fungal nervines. Their aroma and beneficial properties can be infused into honey, sauces and teas.



HIBISCUS FLOWER *Hibiscus species*

These stunning flower petals are mild flavored, demulcents, and can be added to sweet cream cheese spreads and frostings. The darker calyx of the *H. sabdariffa*, or **Jamaican sorrel**, are the commonly used **herbal Hibiscus Tea** found in dried form. They make a deep red, cooling astringent tea. Mexicans serve this as a summer cooler called **Jamaica** (*ha-my-ka*).



MALLOW, Desert *Sphaeralcea ambigua*

Also known as Desert Hollyhock, this pale orange flower is a demulcent with a mild flavor. Use the petals as edible decorations or chopped in floral spreads.



HIBISCUS /Rose of Sharon *H. Syriacus*

The shrub can be trained into a tree, and the flowers come in many colors. Use this mild demulcent flower petal fresh chopped in Floral Spreads. It dries to a



NASTURTIUM *Tropaeolum majus*

These bright orange to red flowers and their leaves are spicy hot They can be used fresh a salad garnish, stuffed with fillings or dried and used broken as a spice.



CHIVES & GARLIC CHIVES

Allium species

These onion or garlic flavored florets can be used as milder versions of their leaves. Chive leaves are round and Garlic Chive leaves are flat. Both are tasty garnishes.



SOCIETY GARLIC *Allium tuberosum*

The pungent garlic flavored purple florets can be used in salads for a small but pungent taste and striking color.



ONION, Wild *Allium schoenoprasum*

The pungent onion flavored purple florets can be used in salads for a visual and taste hit. They are found in moist places in the spring.



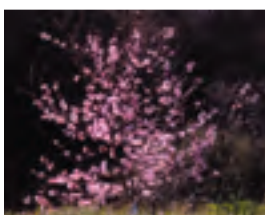
PASSION FLOWER *Passiflora species*

The complex design of these musky scented flowers is exotic. The flower is combined with the oval fruit in syrup for a tropical Nervine dish. The dried flower is also used in Nervine teas.



PINEAPPLE GUAVA *Feijoa Sellowiana*

Harvest only the puffy white petals which taste and feel like marshmallow bits. Drying makes the sweet more intense. They make a lovely addition to desserts and sweet tea blends where I use the whole dried flower.



RED BUD, Western *Cercis occidentalis*

The dark pink antiscorbutic buds and lighter flowers of this California native bloom in spring. The buds have a sharp acidic flavor, and are good pickled as a tart flavor/color accent.



ROSE *Rosa species*

The most beloved aromatic flower has a mild bitter & astringent properties. The petals have been used for tea and to make Rose Water for centuries. See the Rose Honey recipe page In42 for use in Ice Cream and other desserts.



ROSEMARY *Rosmairnus officinalis*

The Blue or white florets have a milder flavor of the herb, and make a good garnish for herbed spreads, potato, or egg dishes where the herb is used.



SAFFRON CROCUS *Crocus sativa*

The most expensive herb on Earth. The styles of 50,000 flower are collected to make 1 pound. A little bit is used to give a deep yellow color and a distinctive flavor to Paella & rice dishes.



SQUASH FLOWERS *Curcubita species*

The Yellow male flowers and female flowers, *Courgette fleur* In French, alone or attached to young squash, are used stuffed and cooked, chopped and added to soup or chopped in scrambled Eggs.



VIOLET *Viola species*

The velvet violet flower is mild flavored and sweetly aromatic with a little aftertaste. Use all viola species infused in Honey or dry face down, dip in egg white then crystallized sugar as a decorative confection.



Pansy *Viola wittrockiana*

These popular garden flowers come in many colors and have a mild flavor, but a little aftertaste that is masked by sugar.

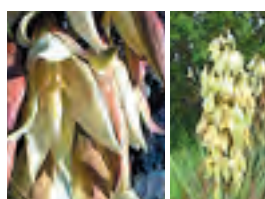


Johnny-Jump-Up *V. tricolor* is another edible species



YARROW, *Achillia millifolium*

The bitter, white flowering top is used as a medicinal tea. See Properties section, and Winter Brew Tea recipe page In66.



YUCCA *Yucca species*

The petals of our Yucca Baccata have a mild, white, demulcent petal that I have used for texture in vanilla pudding and vanilla yogurt /gelatin dessert.



SunMt FLOWER TEA

The best way I have found to use my edible flowers is in a hot weather tea of sweet, aromatic and cooling flowers. I harvest and individually mix each bag for the gourmet market.

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Seasoning Recipes

There are an increasing number of prepared seasonings on the market, which are convenient. But there are people with allergies, and those who grow their own herbs, who might want to make up their own recipes. You can also save money buying herbs in bulk or adding your own garden herbs and mixing them yourself for larger quantities.

HI MINERAL HERB BLEND

This is an easily absorbable source of vegetal minerals. I *add to cereal, blender drinks and soups.*

- 2 parts organic Alfalfa leaf powder
- 1 part organic Nettle leaf powder
- 1/2 part Kelp granules or powder

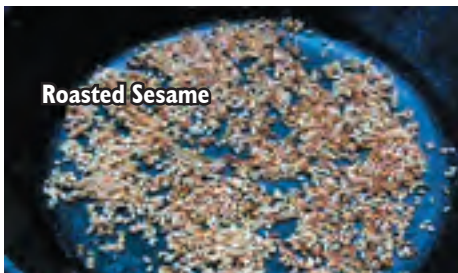


GOMASHIO Sesame Salt

- 1 tsp. Sea Salt
- 1/4 Cup White &/or Black Sesame Seed
- 1 tsp. organic Nettle leaf powder
- 1/4 tsp. Kelp granules or powder
- 1/4 tsp. Rosemary powder

Heat the Salt in a cast iron skillet a few minutes or until you smell chlorine rising—do not burn! Add the Sesame Seeds and stir until browned slightly.

Cool, and grind about 80% of Seeds in an Herb Mill or a traditional *Surabachi*, a grooved ceramic bowl with a wooden pestal. Add the cooled whole Seeds, & Herbs. Store in a shaker jar for use as a seasoning instead of table Salt.



BOUQUET GARNI

Whole Large Herbs: that you can remove after cooking a soup or stew, tie a bundle with Butcher's string -

- 3 sprigs Basil
- 2 sprigs Thyme
- 1 sprig Oregano
- 1 sprig Rosemary
- 1 Bay leaf

Smaller Herbs & Spices: use muslin or 3 layers of cheese cloth in about 6" squares, center in a 1/2 Cup measure. This secures the ingredients. Add the spices and small herbs to the center, gather the outside edges and tie in a bundle, with a length of string tied to a pot handle. Use things like:

4 Peppercorns, 1-4 cloves Garlic, FoTi slices, crushed Bay Leaf, etc.



FRENCH HERBS

Herbs of Provence

This is a blend of the many herbs found in Provence, and is formulated in many ways, but these are good relationships for whatever herbs you use. Use on Breads, Meats, Sauces & with Dairy Dips & Spreads.

- 2 Tbsp. Basil
- 4 tsp. Oregano
- 2 tsp. Marjoram
- 2 tsp. Tarragon
- 2 tsp. Thyme
- 2 tsp. Savory, Summer or Winter
- 1 1/2 tsp. Bay leaf
- 1 tsp. Fennel Seed
- 1 tsp. Mint
- 1 tsp. Sage, ground
- 1 tsp. Rosemary
- 1 tsp. Lavender flower or leaf

ITALIAN HERBS

This is the commonly used blend of the herbs used with tomato.

- 3 Tbsp. Oregano
- 2 Tbsp. Basil
- 1 Tbsp. Marjoram
- 1 Tbsp. Thyme
- 1 Tbsp. Rosemary
- optional:
 - 1 Tbsp. Onion powder
 - 2 tsp. Garlic powder

CAJUN SPICE

- 1 1/2 Tbsp. Black Pepper
- 1 Tbsp. Garlic
- 1 Tbsp. Cayenne
- 1 Tbsp. Paprika
- 2 tsp. Basil
- 2 tsp. Sage
- 2 tsp. Thyme
- 1 tsp. White Pepper
- 1 tsp. Salt
- 1 tsp. Sassafras leaf, Gumbo file
- 1/2 tsp. Allspice

Grind all the herbs to a powder, and store. Use with Fish, Poultry, Beef, in tomato based Cajun Sauces with Onion, Celery & Bell peppers.

MEXICAN CHILI BLEND

- 1/4 Cup mild Chili peppers, ground
- 1 tsp. Garlic
- 1 tsp. Cumin
- 1 tsp. Oregano
- 1 tsp. Salt
- optional: 1/2 - 1 tsp. Cayenne

Grind all the herbs to a powder, and store. Use in Soups and as a rub for Fish and Poultry, and a seasoning for Cream Cheese as well as for Beans & Chili recipes.

Seasonings 2

CURRIES

There is a commonly available Curry blend, but it does not come from the Curry Plant. Curries are made from a blending of spices that vary in contents and in heat. These are some favorites.

BASIC CURRY

Spices 1:

- 2 Tbsp. Ghee, Clarified Butter
- 1 tsp. Fenugreek Seed
- 4 whole Clove buds
- 1/2 tsp. Mustard Seed
- 1/2 tsp. Cumin Seed
- 1 Cinnamon stick- 3"

Spices 2:

- 1 tsp. Salt
- 1 tsp. Turmeric
- 1 tsp. Coriander Seed, ground
- 1/2 tsp. Cayenne

1 Cup Water

1 Cup plain Yogurt

2 Tbsp. Sucanat

1 Tbsp. Garbanzo flour or 2 Tbsp. mashed, canned Garbanzo Beans

Heat the Ghee with Spices 1 until the Mustard seed moves from the heat. Remove the Cinnamon stick, then add Spices 2 and all the remaining ingredients. Simmer 10 - 15 minutes to blend the flavors. *Use as a sauce or soup base for vegetables or meat.*

SWEET CURRY

- 1/4 Cup Sucanat, or Brown Sugar
- 1/4 Cup Lemon Peel granules
- 2 Tbsp. Paprika
- 1 Tbsp. Coriander, ground
- 2 tsp. Curry powder
- 2 tsp. Turmeric
- 1 tsp. Cayenne, or more to taste
- 1 tsp. Sea Salt or to taste

LENTIL CURRY BLEND

- 3 Tbsp. Cumin, ground
- 2 Tbsp. dried Ginger powder
- 1 Tbsp. Anise seed, ground
- 1 Tbsp. Paprika
- 1 Tbsp. Nutmeg, ground
- 1 Tbsp. Cinnamon
- 2 tsp. Rosemary, ground
- 2 tsp. Thyme, ground
- 2 tsp. Marjoram, ground
- 2 tsp. Onion powder
- 1 tsp. Fenugreek seeds, ground
- 1/4 tsp. Cloves, ground

GARAM MASALA Blend 1 1/3 Cup volume

Mild Curry of Northern India

- 2 Tbsp. Black Peppercorn, whole
- 2 Tbsp. Coriander Seed, whole
- 4 tsp. Cumin Seed
- 2 tsp. Cloves, whole
- 1 tsp. Cardamom Seeds, hulled
- 1 3" Cinnamon stick

Break the Cinnamon stick in half. Remove the hull from the Cardamom pods by crushing to release the black seeds.

Dry roast the spices in a cast iron skillet until browned and the aroma rises. Or oven roast in a roasting pan at 300°/ 15 minutes.

Cool and grind all the herbs to a powder, and store in an airtight jar. Store cool & dark.

GARAM MASALA BLEND 2

- 1 Tbsp. Cardamom seed
- 1 " Cinnamon stick
- 1 tsp. Cumin Seed
- 1 tsp. Cloves, whole
- 1 tsp. Peppercorns
- 1/2 tsp. Nutmeg, fresh grated

Break the cinnamon stick in half. Dry roast the spices in a cast iron skillet until browned and the aroma rises., and continue as in recipe #1.

BEEF KORMA SPICE - 1/4 Cup volume

- 1 Tbsp. Cumin
- 1 Tbsp. Coriander
- 1 tsp. Cardamom, hulled seeds
- 1 tsp. crushed Red Pepper
- 1 tsp. Ginger powder
- 1 tsp. Clove powder
- 1/2 tsp. Cinnamon powder
- 1/4 tsp. Garam Masala

Grind herbs in an herb mill and use the Basic Curry directions, adding 2 chopped Onions and 2 Lbs. browned Beef or Lamb in small stew cuts. Simmer with 1 Cup Water for 1 1/2 hours.

BENGALI 5 SPICE

Mix together equal volumes of:

- Cumin, ground
- Fennel seed
- Fenugreek seed
- Black Mustard Seed
- Nigella Seed

Use sparingly to season Grains, Pastry, Vegetables, Chicken, Fish & Beef.

SAUSAGE SEASONING 1 1 Cup volume

- 1/4 Cup Sage
- 2 Tbsp. Basil
- 2 Tbsp. Marjoram
- 3 Tbsp. Garlic
- 2 Tbsp. Rosemary
- 1 tsp. Cayenne
- 1 Tbsp. Salt
- or 1/4 Cup Salt for Sausage making

Grind all the herbs to a powder, and store. *Use in recipes with Sausage or use with more salt to make Sausage.*

SAUSAGE SEASONING 2

Makes 1/4 Cup for 3 Lbs. Sausage: 2 lbs. ground Pork, 1 lb. ground Salt Pork, and 1 Onion minced.

- 1 Tbsp. Salt
- 1 Bay leaf, crushed
- 1 Tbsp. rubbed Sage
- 1 Tbsp. Parsley, minced
- 1 tsp. Garlic powder
- 2 tsp. Black Pepper, fresh ground
- 1 tsp. Cloves, ground
- 1 tsp. Mace powder
- 1/2 tsp. Allspice

Grind all the herbs to a powder, and mix with other ingredients. Stuff sausage casings & tie off.

POULTRY SEASONING 3/4 Cup volume

Commercial Poultry Seasoning is high in salt, so this allows you to make your own lower sodium version.

- 4 Tbsp. Parsley flake
- 1 Tbsp. Sage
- 1 Tbsp. Thyme
- 1 Tbsp. Rosemary
- 1 Tbsp. Celery Seed
- 1 Tbsp. Dill Seed
- 2 tsp. Marjoram
- 2 tsp. Paprika
- 1 tsp. dry Mustard powder
- 1 tsp. Turmeric

optional: 1 Tbsp. Salt
or 1/4 Cup for Sausage making

Grind all the herbs to a powder, and store. *Use in recipes with Chicken, Turkey, in Seed Cheese or as a soup base.*

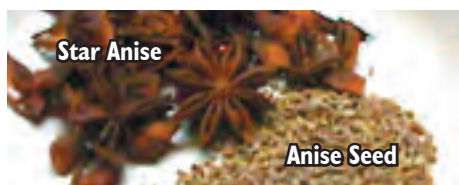
Seasonings 3

CHINESE 5 SPICE

5 Tbsp.

- 2 Tbsp. Ginger powder
- 2 Tbsp. Cinnamon powder
- 1 Tbsp. Allspice powder
- 1 Tbsp. Anise or Star Anise ground
- 1/2 tsp. Clove powder

Grind all spices in an herb mill. *Use sparingly to season Cakes, Cookies, Pastry, Vegetables, Chicken, Fish or stir fry.*



MOCK CHICKEN FLAVOR

1 Cup

This recipe allows you to control the amount of salt in Vege Chicken Flavoring if you do not have access to No Salt Veggie Broth.

- 2/3 Cup Nutritional Yeast flake
- 2 tsp. Basil, ground
- 1 1/2 tsp. Sage, ground
- 1 1/2 tsp. Celery Seed, ground
- 1 1/2 tsp. Thyme, ground
- 1 1/2 tsp. Garlic powder
- 1 1/2 tsp. Marjoram, ground
- 1 tsp. Black Pepper, ground
- 1 tsp. Rosemary, ground
- 1 tsp. Turmeric powder
- 1 tsp. Tarragon, ground
- 1/4 tsp. Ginger powder

Use sparingly to season Chicken, or Fish dishes.

MOCK BEEF FLAVOR

1 Cup

This recipe allows you to control the amount of salt in Vege Beef Flavoring if you do not have access to No Salt Veggie Broth.

- 1/2 Cup Brewer's Yeast
- 1 Tbsp. Miso, powdered
- 2 tsp. Parsley flake, ground
- 2 tsp. Sweet Red pepper, ground
- 2 tsp. Black Pepper, ground
- 2 tsp. Thyme, ground
- 1 tsp. Garlic powder
- 1 tsp. Onion powder
- 1 tsp. Basil, ground
- 1 tsp. Dill seed, ground
- 1 tsp. Celery seed, ground
- 1 tsp. Rosemary, ground
- Optional: 2 tsp. Sea Salt

Use season Soups or Tofu dishes.

HERB SALT #1

1/2 Cup

These recipes allow you to control the amount of salt in your cooking.

- 2 Tbsp. Kelp powder or granules
- 2 Tbsp. Basil, ground
- 1 Tbsp. Cumin, ground
- 1 Tbsp. Garlic powder
- 1 Tbsp. Nettle powder
- 1 Tbsp. Marjoram, ground
- 2 tsp. Celery seed, ground

HERB SALT #2

1/2 Cup

These recipes allow you to control the amount of salt in your cooking.

- 2 Tbsp. Brewer's Yeast
- 2 Tbsp. Marjoram, ground
- 2 Tbsp. Dill seed, ground
- 1 Tbsp. Paprika
- 1 Tbsp. Kelp powder or granules
- 2 tsp. Cumin seed, roasted and ground
- 2 tsp. Thyme, ground
- 1/4 tsp. Cayenne

HERB SALT #3

3/4 Cup

This recipe is for seasoning grains

- 1/4 Cup Mock Chicken or Beef powder
- 1/4 Cup dried Parsley
- 1 Tbsp. Onion flake
- 1 Tbsp. dried Sweet Pepper
- 1 Tbsp. Basil, cut & sifted
- 1 tsp. Thyme, cut & sifted
- 1 tsp. Lemon Pepper
- 1 tsp. Garlic Powder

Use with 2-3 Cups cooked grain.

HERB SALT #4

1 Cup +

These recipes allow you to control the amount of salt in your cooking.

- 1/2 Cup Gomashio
- 2 Tbsp. Poppy Seed
- 2 Tbsp. Basil, ground
- 2 Tbsp. Parsley flake
- 1 Tbsp. Onion powder
- 1 Tbsp. Marjoram, ground
- 1 Tbsp. Paprika powder
- 1 Tbsp. Celery Seed, ground
- 2 tsp. Garlic powder
- 2 tsp. Dill Seed, ground
- 1 tsp. Black Pepper, ground

Use as a topping on Cheese, Salads, Pasta, Potatoes, Garlic French Bread, Fish, Fowl, Eggs and Vegetables.

SAVORY HERBS

1/2 Cup

This recipe is for seasoning Eggs, Sauces, Stuffings.

Equal parts by volume:

- Savory, ground
- Basil, ground
- Marjoram, ground
- Thyme, ground
- 1/2 part Rosemary, ground
- Optional: dried, grated Lemon peel

PUMPKIN PIE SPICE

1/2 Cup

This recipe is for seasoning Squash and Pumpkin pies.

1/4 Cup Cinnamon

- 1 Tbsp. Nutmeg, fresh ground
- 1 Tbsp. Ginger powder
- 1 tsp. Clove powder
- *2 Tbsp. dried Orange peel, ground

*= optional

Also use to season cooked grains.

POPCORN SEASONINGS

Adding mildly sweet Malted Barley powder to any seasoning will help it stick to hot popcorn. These are the Seasonings we use on popcorn made with:

- 2 Tbsp. Clarified Butter
- 1/4 Cup organic Popcorn

- Brewers' Yeast & Parmesan Cheese
- Curry
- Garlic Salt
- Gomashio
- Italian Herb & Parmesan Cheese
- French Herb & Parmesan Cheese
- Mexican Chili Blend
- Cajun Spice
- Jamaican Spice
add 1/4 - 1/2 part Malted Barley

•Miso & Kelp

- 2 Tbsp. Miso powder
- 2 Tbsp. Gomashio
- 1 Tbsp. Onion powder
- 1 tsp. Nori, ground or flake
- 1/4 tsp. Kelp powder

•Garam Masala

add 1/4 - 1/2 part Malted Barley

•Carob Spice

- 1/4 Cup Carob
- 1/4 Cup roasted Chicory root powd.
- 1/4 Cup Malted barley powder
- 2 Tbsp. Sucanat
- 1 tsp. Vanilla powder
- 1/2 tsp. Allspice
- 1/2 tsp. Black Pepper
- 1/4 tsp. Sea Salt

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Seasoning Packaged Mixes

NATURE BURGER

1 pkg. Fantastic Foods **Nature Burger mix** (1 1/2 Cups volume)
1 Tbsp. Basil, ground
1 Tbsp. Savory, ground
2 tsp. Sage, ground
2 tsp. Garlic powder
1 tsp. Rosemary, ground
1/4 Cup Walnuts, chopped
1 1/2 Cup Water

Place the dry ingredients in a bowl. Bring the water to a boil. Stir in and mix well. Let sit 15 minutes covered to set. Make the mixture into burger like patties, and cook in a lightly oiled skillet until browned.

Hi Fiber Vegeburger

For more fiber, add the veggies below to the basic Nature Burger mix above and coat with Oat bran before cooking.

1/3 Cup Carrots, grated
1/3 Cup Zucchini, grated
1/3 Cup Celery, chopped
Oat bran

SAMBHAR HUMMUS

Makes 4 servings

Hummus mix always tastes flat. These ingredients give it flavor.

1 Cup Hummus mix
5 Cups Water
1/4 Cup Chicken flavored Veggie Broth or Chicken Bullion to taste
2 Tbsp. mild Sambhar Curry powder
2 Tbsp. Flax seed, fresh ground
2 Tbsp. Lemon Juice
1 Tbsp. prepared Mustard
1 Tbsp. Olive Oil
2 tsp. Garlic powder

Place the Hummus mix, Vegebroth powder, Curry powder & Flax meal in a bowl. Bring the water to a boil. Remove from heat and stir in the Lemon Juice, Mustard, Olive Oil and pour into the dry ingredients, mixing well. Let sit 5 minutes covered to set.

CHILI DRY MIX

2 Cups TVP textured vegetable protein
1 Cup dried cooked Beans, Refried Pinto or Black
1 Cup Converted Rice
1/4 Cup no salt Vege Broth powder
1/4 Cup Chili Blend powder

Store in a tight container. Use about 1/2 Cup per serving. Add Water to rehydrate to a paste, or more to make a soup. Simmer soup 5 min. Add Olive Oil to taste.

TABOULI

1 pkg. Fantastic Foods **Tabouli mix** (1 1/2 Cups volume)
1 Cup Bulgar
1 clove Garlic, mashed & Chopped fine
1/4 Cup Parsley, minced
2 Tbsp. fresh Spearmint leaf, minced
3 Cups Water
1/4 Cup Lime juice
1/2 tsp. Stevita liquid
1 tsp. Olive Oil
1 drop Spearmint Essential Oil

Place the Tabouli mix, Bulgar, Parsley, Garlic, Spearmint leaf in a bowl. Bring the water to a boil, remove from heat and add the Lime, Stevita, Olive Oil and Spearmint Essential Oil. Stir the liquid into the dry ingredients and mix well. Let sit 15 minutes covered to expand the grain and flavors.

Tabouli - Carrot Salad

Here is how I expand classic Tabouli salad.

2 Cups Tabouli
4 Cups Carrot, coarsely shredded
1/4 Cup Spearmint leaf, minced
1 tsp. Olive Oil
1/4 Cup Lime Juice
1 drop Spearmint Essential Oil
1/2 tsp. Stevita white powder

Mix the Olive Oil, Lime Juice, Spearmint Essential Oil and Stevita in a cup. Stevia herb and Citrus juice do not mix well, use Stevita white powder noly. Add the Tabouli, Carrot & Spearmint together to a bowl, and toss with the Olive Oil mixture.

FALAFEL DILL SAUCE

Add the Nature Burger herbs to a Falafel mix, and top with this sauce.

1 1/2 Cups Water
2 Tbsp. Tahini sesame butter
2 Tbsp. Light Cream Cheese,
2 Tbsp Non-fat Dry Milk Powder
1 Tbsp. + 1 tsp. Arrowroot powder
2 Tbsp. Dill Weed
2 tsp. Dill Seed, ground
2 tsp. Onion powder
1/4 Cup Lemon Juice
Sea Salt to taste

Add the Water, Tahini, Cream Cheese to a blender & mix. Slowly mix in all the other ingredients, but Lemon juice.. Bring the liquid mixture to a simmer in a small pot to thicken and remove from heat. Stir in Lemon Juice, Salt to taste. Serve warm over Falafel balls.

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Natural Dyes from Food

Since a standard American household contains over 2,000 synthetic chemicals that out gas into our interiors, we try to reduce our load at every opportunity. You can use the natural colors of these foods rather than any artificial coloring in your cooking and to dye natural fibers. Most have a flavor to incorporate, but some of these may work in your recipes.



Donna Martin came from Santa Fe, NM as a co-worker at the Magical Pear Tree farm in the 70's before she became a nationally recognized tapestry weaver. She used a combination of wild plants and food "garbage" to dye her wool, using both our wood stove and her solar system. The weaving above used Cactus, Grapes, Strawberry, Walnut hull, Goldenrod, Lichen & Moss. The little identification tags sewn in are still intact 30 years later.



CAUTIONS

Even with Solar Dyeing, you need to be cautious,

1. Make sure you know the plants you are collecting for record keeping, but also because it may be toxic or poisonous. Poisonous plants may be used because solar dyeing does not cause fumes, but avoid if you have children.
2. Label all your dye equipment and store it separately. Do not use spoons, measures or pots for kitchen equipment.

THE STEPS

1. Gather a local plant

Collect from waste food from the wild like: Canaigre, Horehound, Mesquite, Sage is gathered.

Please remember the delicate desert ecology and pick only what you need from stands that will not be hurt by the loss. You may want to skip some plant and use a different, more abundant source for the color.



2. Process

Depending on what form the plant is in
BARKS & ROOTS: chop
TWIG & LEAVES: break into pieces
FRUITS & VEGETABLES: mash

3. Proportions

Standard proportions: 2 lbs. Plant to 1 lb. Yarn + 4 gallons Water.

The intensity of color you release into your fiber will depend on the volume of plant material you use.

4. Dyeing

Put the plant material into a covered 4 gallon black enamel, container in the sunniest part of your yard. Black will heat the best, but you can wrap stainless steel or plastic in black fabric. You can also use reflectors to get the pot as hot as possible. *Editor: today I would recommend placing the pot in a solar Oven or dryer.*

Let this bath sit for 1-2 weeks. The odor from the rotting vegetables is a problem at this stage, and may not work for the apartment dweller. Keeping the lid on helps, but the odor of some plants cannot be held back.

5. Remove the Dye Plants

Remember that the yarn will look much darker wet. When you have the color intensity you want, remove the dye plants using a slotted spoon and compost.

SOLAR DYEING in the SOUTHWEST

by Donna Martin

While living and working at the farm, such a deal came my way that I couldn't pass it by. Here were all these fruits & vegetables that were not able to be marketed for one reason or another. Into my dye pot went Strawberries, grapes, cherry tomatoes and any other leftover produce I could find. But in the heat of summer who wants to heat up the kitchen with a dye pot bubbling away for several hours?

USING NATURAL DYES

Anyone who has used yarn to create will probably be interested in natural dyeing, a process in which an everyday weed or food can have the limelight. Just about any plant can be gathered, boiled in water with a mordant to transform any white, beige or light gray wool yarn into a lovely color. *Silk fabric will also take natural dyes well.* The traditional way to dye yarn with plant material requires gas or electricity. That information may be found in excellent books such as:

NATURE'S COLORS, Dyes from Plants by Ida Grae or NORTH AMERICAN DYE PLANTS or WEEDS by Ann Bliss.

After living in the Southwest U.S. for a dozen years, my dyeing method has been modified by the climate. Solar dyeing fits in well with our hot summers. The process could not be more simple.

6. Mordant the Yarn

Using the same dye pot add the Mordant, a chemical agent which opens the fibers to more readily accept the dye. **Alum** is the only nontoxic mordant for consistent results. You can also use rusty nails or a copper pot, but results are not consistent for those concerned with matching colors. Other mordants should not go in gray water systems.

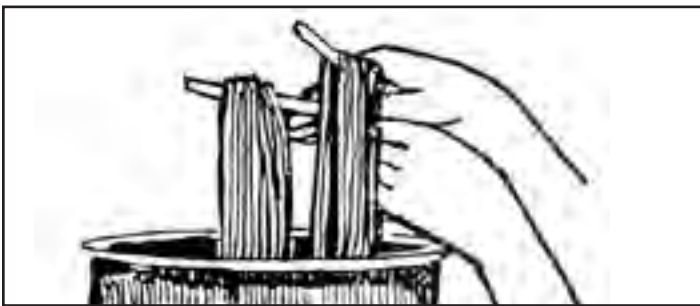
Mordants are:

Alum: yellows
Chrome: brown
Copper: greens
Tin: brightens
Iron: darkens

Formula: 4 Tbsp. Alum per 1 lb. Wool Yarn
Add Alum to 1 Cup warm water to help dissolve and stir into dye pot.

7. Add Fiber

Add 1 lb. Yarn or other natural fibers: *wool, silk, cotton, linen, jute, dog hair etc.* The Yarn should be in clean 1/4 lb. skeins. Leave in the bath for 1 week, stirring daily. If any scum forms on the surface, remove it to help prevent odor.



8. Finish processing Yarn

When the yarn is a good color, it is time to rinse it with **cold** water in any type of container that fits the yarn comfortably. Wool should never be shocked by extremes in temperature because it will matt or felt. Always put the yarn into the rinse water, rather than pour the rinse water over the yarn. Treat it gently, like you would a good sweater. Do not wring or twist tightly. The rinse water should clear after about the 3rd or 4th rinse. The yarn is ready to be hung to dry. If the dye bath looks like it has a lot more color in it, you may want to dye a second batch for a lighter shade. Otherwise, compost it if you have used non-toxic mordants.

9. Testing

Test for colorfastness and Tape a short piece of the yarn 1/2 covered by paper to a south facing window for 2 weeks.

See if it will run before you use it. Braid a small length of yarn with 2 white lengths and soak in hot, soapy water for 10 minutes. Put the results of your tests with your records.

10. Records

Record Keeping is fun, and important if you want to duplicate a color. A good way to keep records is to have a dried piece of the plant, a drawing or photo with the name, date and where it was when dyed, and with what mordant and the recipe you used. ■

NATURAL FOOD COLORING

Easter Egg Dyes

You can use plant material to dye your your hard boiled white Eggs with no consideration for flavor changes, since the peel is removed.

Directions: Place hard boiled Eggs in a pot with enough water to cover, and add your Dye stuff. Different dyes will need different volumes to get the desired effect- tint to color. Add 1 tsp. Vinegar. Bring to a rolling boil, cover, turn off heat and let sit for 15 minutes. Overcooking will make the whites rubbery.



YELLOW

Turmeric makes a light to dark yellow depending on the amount used. **Saffron** is an expensive, but excellent yellow source.

Onion skins make yellow-brown.



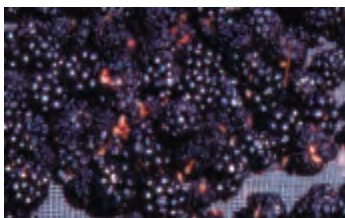
RED

Cranberry Pomegranate, and Raspberry make a bright red. **Beet Root** juice or powder makes a dark blue-red. **Blood Orange** will dye Lemonade pink.



GREEN

Spinach leaf and Liquid Chlorophyll, an Alfalfa concentrate, makes a grass stain green color.



BLUE

Blueberry or Blackberry will give you a blue range of color. **Concord Grape juice or Grape Koolaid** which has grape skins, will also give a dark blue.



PURPLE

Mulberry will give you a blue purple to indigo range of color.



BROWN

Black Tea, Coffee, or Blackstrap Molasses will give you edible browns and will make a tan on white Eggs.

Basic Herbal Preparations



Tea



Extracts/ Liniment



Tincture / Extract

PREPARATIONS	MATERIALS	SOLVENTS
Cold Infusion: soak for several hours to overnight refrigerated (fresh mint tea) Sun Tea: place herbs in water in a clear jar in full sun for several hours, strain. Hot Infusion: Pour boiling hot water over tea & steep or infuse 5-10 minutes	Herb Tea, <i>leaf & flower</i>	Cold Water Cold Water Hot Water
Cold Infusion: soak for several hours to overnight before simmering. Decoction: pour boiling hot water over tea & simmer 10- 20 minutes or more.	Herb Tea, <i>root, bark & berry</i>	Cold Water Hot Water
Tincture: cover chopped fresh or dry herbs with 3" of 100 proof (50% alcohol) to 80 proof (40% alcohol) alcohol - Vodka, Gin or Scotch - in a jar with a tight rust proof lid. Soak in a dark place for 2 weeks, from new moon to full moon is best. Shake daily. Strain out herbs, store in a dark bottle with a tight lid in a cool, dark place to maximize shelf life. Extract: cook some hard herbs on low in a crock pot to extract properties	Herbs <i>all plant parts</i>	Vodka, Brandy or Ethyl Alcohol
Infused Vinegar: cover culinary or medicinal herbs with 1" of hot Vinegar. Strain and store in a jar with nonmetallic lid. Add a piece of the herb for decoration & label. Use: culinary, medicinal or body care.	Herbs <i>all plant parts</i>	Vinegar
Herb infused Oils: 1 part herb to 2 parts Olive or Safflower Oil heated 1 hour in a crock pot, solar dryer or over low heat. Strain out herbs and store in a tight jar in a cool, dark place. Salves & Ointments: Thicken Infused Oils with Bee's Wax or Lard. Anti-bacterial Ointments: Melt Pine Resin in a recycled tuna can with a Bay Leaf in a solar oven, or place can in a skillet stovetop on low heat. Thin with Olive Oil to desired firmness, or thicken with Bee's Wax.	Herbs <i>all plant parts</i> <i>Pine Resin</i>	Hot Oils Heat & Oil
Liniment: cover herbs with 1" of Witch Hazel in a jar, soak in a dark place for 2 weeks, strain out herbs and store in a jar with tight lid.	Herbs <i>all plant parts</i>	Witch Hazel, Vodka, Rubbing Alcohol
Syrup: infuse herbs or flowers in a jar of syrup of choice in full sun for a day, turning the jar up-side-down several times. Or warm together on low heat for an hour. Strain out flowers or herbs, Store in a cool, dark place, or refrigerate until used.	Herbs,	Syrup, Honey Vegetal Glycerine
Poultice: paste from powdered material or fresh mashed herbs applied to sore, inflamed areas, covered by light cloth to help draw out toxins & inflammation.	Herbs, Clays, Charcoal, Honey or Castor Oil	Water, Honey, or Castor Oil



Pine Resin

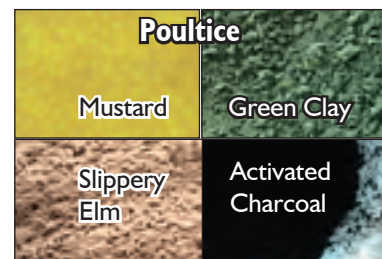
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Pine Resin Salve



Salve / Lotion



Poultice

Mustard

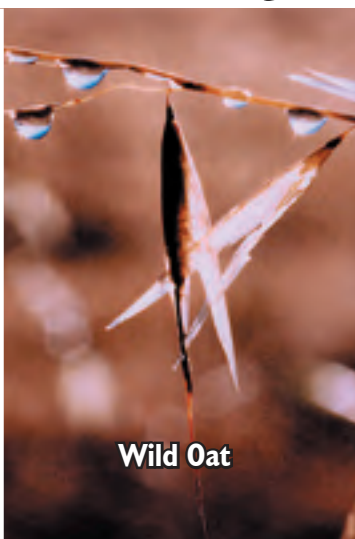
Green Clay

Slippery
ElmActivated
Charcoal

Making Herbal Teas



Red Clover



Wild Oat



Yerba Santa



Hawthorne Berry

STANDARD TEA PREPARATIONS

Use an enamel, glass or ceramic pot to make tea. Warm teas are fast acting, while cool or cold teas have a deeper, longer effect. Use about 1/4 Cup loose dried leaves per Cup of tea. and 1 teaspoon to 1 tablespoon of cut and sifted dried herbs.

Make your tea drinking more ceremonial by choosing a special pot and cup. Buying them directly from the maker enhances the feeling of connectedness. Using herbs you have grown, harvested and processed can ground you in nature. Make having your tea a meditative time, so you feel relaxed whenever you even think about having a cup of tea.

•Blenderizing Fresh Herbs

I use this method for fresh Mint or Lemon Balm water, as it quickly releases the volatile oils. Strip the mint leaves, and triple the amount you would use with dry herbs. Using up to 2 Cups of water in a blender at a time, add mint leaves and blenderize, strain, sweeten to taste, add ice and serve.

•Cold Extracted Fresh Herbs

This is the longer method which captures the maximum volatile oils from fresh herbs. Loosely fill a quart jar 3/4 full with herbs. Lightly chop or leave whole. Soak overnight, refrigerated, strain, and serve.

• Sun Tea

This is the easy summer method which captures the maximum properties. Using a clear glass jar, add 2-3 tsp. herbs for 1 Cup water. Place in full sun for a couple of hours, drain and squeeze herbs to release maximum flavor. Serve iced and store refrigerated.

• Infusion

This is the method most people are familiar with- hot water is added to a tea bag, or loose tea. Chop the fresh herbs, and crush the dried whole herbs before use.. Bring water to a boil, add herbs, let steep covered for 5-10 minutes, and serve. Use this method with fresh or dried flowers and green plant parts.

• Decoction

Soaking the herbs overnight, refrigerated, most efficiently extracts properties from denser seeds, barks, roots & berries. Simmering extracts more of the mineral salts and bitter principles rather than the volatile oils. To decoct leafy plant material add to simmering water, cover and let infuse for 3-5 minutes. Harder herbs should simmer 10-20 minutes covered, requiring less time if soaked.

• Tincture

This is the method used most often for preserving medicinal herbs, allowing you to use 1 tsp.+ in water to make tea. Cover a few ounces of herb in a glass jar with 100 proof Vodka, (50% alcohol) or 80 proof Brandy (40% alcohol) and a dash of distilled water to cover the herbs by about 2". Cover tightly. Shake and store in a cool, dark place. Shake daily. After 2 weeks, strain and transfer to a storage bottle- dark brown glass is best.

• Essential Oils

There are several organic essential oils I use for making instant tea: organic Spearmint, Peppermint & Lemon. **One ounce = 100 lbs. of herb so use with care.** One drop in 1-4 cups of water makes a strong tea or flavors a recipe. See: *The Practice of Aromatherapy*, by John Valnet and *Aromatherapy to Heal and Tend the Body*, by Robert Tisserand.

Teas: page 62



Teas: with Medicinal & Nutritional Properties

My tea ingredients are used for more than flavor. Many of the following formulations include plants that can be grown in your garden or wild harvested. We use organic herbs whenever possible.

HI MIN TEA

I developed this tea as a way to get easily digestible vitamins and minerals from plant sources in a delicious beverage. *Mint* is digestive aid and the most used tea in the world. *Alfalfa* & *Nettle* are high in Vitamin A. *Alfalfa* has a high vegetal protein level. *Nettle* helps the kidneys and balances blood sugar. *Wild Oat* is high in calcium. Harvest this widespread introduced plant when the tops are still green and the seed heads exude a little milky white liquid.

4 parts Peppermint, cut & sifted
2 parts Alfalfa, cut & sifted
2 parts Wild Oat, cut & sifted
1 part Stinging Nettle, cut & sifted

Making Tea: Make Sun Tea or infuse: bring water to a boil, pour over tea in a cup and let steep covered for 5-10 minutes. Use 1 or 2 rounded tsp. Hi Min per cup of tea, to taste. I like mine stronger.

MIXED MINT TEA

Spearmint (more cooling & lighter flavor)
Bergamot mint (spicy & warm)
Peppermint (warm)

*optional: Honey or Stevia sweetener to taste

Making tea: Use any combination of these Mints in any proportions you prefer. There are different flavored mints that you can combine or use alone including the mild flavored native Horse Mint.



GARDEN NERVINE TEA

I combine my easily grown nervine herbs with commercial *Chamomile*. Collect Passion fruit during late summer, and dry the late flowers for tea, since they will not have time to form fruit.

4 parts Native Vervain stems & flowers cut 1-2" lengths
3 parts Chamomile
1 part Passion Flower
1/2 part Hops (very bitter)
Stevia herb to taste

Making Tea: Infuse 1 Tbsp. per cup of water, let steep covered for 5-10 minutes. Sweeten to taste.

CALM DAY

A garden herbal calcium beverage that soothes the nerves & digestion.

2 Cups water
2 Cups Wild Oat, cut & sifted
1/2 tsp. dry Ginger powder
1 Tbsp. Chamomile
1 tsp. Stevia, cut & sifted

Making Tea: Decoct the *Wild Oats* & *Ginger* by simmering for 15 minutes, then add *Chamomile* and *Stevia* and infuse, let steep covered for 5-10 minutes.



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Making Tea 3



BEE BALM - MINT TEA

This combination makes a hearty black tea-like beverage, with the hit of floral flavor. Red Bee Balm, or Oswego Tea, was the herbal substitute for Black Tea used by revolutionaary Americans after the Boston Tea Party boycott of English products. It has a hearty flavor all by itself.

1 part Red Bee Balm leaf & flower / Oswego Tea
1/2 to 1 part Peppermint leaf
1/2 part Basil Leaf

Making tea: Infuse the tea for 10-15 minutes.

BAY LEAF TEA

This is an old Italian remedy for reducing the impact of sugar on your system. After a eating a sweet take 1 Cup of Hot water with a crushed dried Bay leaf. Do NOT use the fresh leaf of the California Bay, which has pungent/hot volatile oils fresh that might irritate your skin. Dried Bay leaf tea is pleasant tasting, soothing to the digestion and does seem to reduce blood sugar spike.

Making tea: Infuse the tea for 10-15 minutes.

OLIVE LEAF TEA

This is a multi-level immune supporting tea *see Properties section*. Collect or buy the dried leaf, and use a few crushed leaves per cup of Water.

Making tea: Infuse the tea for 10-15 minutes.



LEMONGRASS TEA

The strongest flavor is in the root, but the leaves also have a green-lemon flavor. It takes a lot of vegetation to get the flavor. This makes a delightful beverage with high vegetal vitamin A. The grass can be grown out as an annual or in a greenhouse perennial here.

2 Cups Water
3 stalks Lemongrass

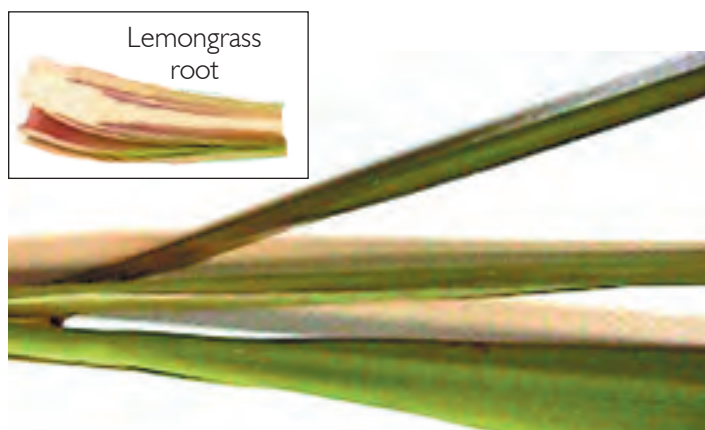
Making tea: Crush the bottom of the stalks, and chop in 1" lengths with the whole plant top. Simmer the ingredients together in a small pot for 15 minutes, uncovered to reduce liquid. Strain and drink warm in cold weather, cold in hot weather.

LEMON LONGEVITEA

This formula has a mix of Lemon & Pine scented herbs with high anti-oxidant properties. Lemon Verbena leaf has a lovely but volatile scent which disappears within a few months. and may be omitted. Lemon Thyme & Rosemary stored in tightly closed jars, keep their aromas and properties for longer than most leaves.

4 parts Lemongrass root and leaves, chopped (high Vitamin A)
2 parts Lemon Balm (minty lemon flavor, cooling)
1 part Rosemary (pine tasting, anti-bacterial, anti-oxidant)
1 part Lemon Thyme (Thyme & Lemon flavor, high anti-oxidant)
1/2 part Lemon Verbena
Stevia leaf, cut & sifted to taste

Making tea: Use any combintion of these in any proportions for a more complex mint flavor. Use infusion or Sun Tea Method. Infuse covered for 5-10 minutes. This is refreshing served cold in hot weather.



Make Tea 4



Cleavers



Chickweed



Corn Silk



Root-Bark-Berry Tea

SPRING DIURETIC TEA

I use equal parts of these mild tasting and acting diuretics fresh or dried as a gentle spring detox. Add *Corn Silk* as a stone dissolving kidney tonic.

1 part Cleavers cut in 1-2" lengths
1 part Chickweed, chopped
1 part Corn Silk
Stevia herb to taste

Making Tea: Infuse covered for 5-10 minutes and sweeten to taste.



Kidney Tea

KIDNEY TEA

This is a kidney soothing formula

2 parts Corn Silk, chopped & separated
2 parts Cleavers, chopped
2 parts Chickweed
1 part Buchu
1/8 part Manzanita leaf
1/8 part Juniper Berry, ground
Stevia herb to taste

Making Tea: soak overnight and then bring to a simmer for 5 minutes Sweeten to taste.

ROOT-BARK-BERRY TEA

This is a warming, hearty winter beverage that supports the immune system & digestion.

2 Cups Rose Hips
1 Cup Cinnamon bark chips, or sticks
1 Cup Sassafras bark, chopped
1 Cup Sarsaparilla
1 Cup Fremontia twigs
1 Cup Marshmallow root, chopped
1 Cup dried organic Citrus Peel
1/2 Cup Jujube, small fruit
1/4 Cup Elderberries
1/4 Cup Licorice root powder
2 Tbsp. Ginger root powder

Making Tea: Soak overnight and then bring to a simmer for 5 minutes, or Simmer for 20 minutes and strain well.



JUJUBE TEA

This makes a spicy, mildly sweet cold weather beverage with blood building properties that will help with weight gain, and supports liver.

3 Cups Water
10 small whole Jujube Red Dates or 6 large Jujube Red Dates
2 Tbsp. dried Tangerine peel
2 tsp. dried Ginger powder
1 tsp. Sucanat, solar dried raw sugar

Making Tea: Bring the ingredients to a boil in a small pot simmer for 15 minutes, strain and drink warm.

Making Tea 5



SUNMT GARDEN TEA

This formula uses many herbs we harvest in the garden. The effect is blood building, toning and purifying. The primary ingredients are Red Bee Balm flower & leaf, also called *Oswego Tea*, which give it a strong flavor and dark, black tea-like color.

Adding some dried Raspberries gives this a more interesting fruity hint. You can also add 1/2 tsp. natural Raspberry extract to each cup of tea to enhance this flavor if you do not have the berries themselves.

Basil may be a surprising ingredient for a tea, but it has a rich flavor and other health benefits. [Click here to see Basil page In10.](#)

4 parts Red Bee Balm flowers and leaves
4 parts Raspberry leaf, cut & sifted *Optional: + some dried berry*
1 part Peppermint leaf, cut & sifted
1 part Red Clover blossoms
1 part Basil leaf

Making Tea: I like this tea stronger than most people. Infuse covered for 5-10 minutes, and sweeten to taste.

WINTER BREW

1 Quart Recipe

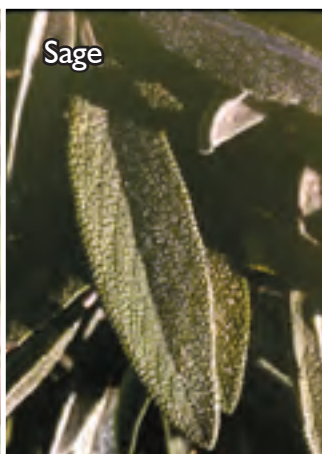
This is a very medicinal, tasting formula that I sip all day long at the first sign of a cold or flu. Yerba Santa is a California foothill native and a superior decongestant with lung and stomach benefits. It has a bitter first taste, with a mildly sweet aftertaste that my body now craves when I have a cold or flu. Leave the leaf whole until use to retain the maximum properties. I keep a 1 quart recipe of dry herbs ready for instant use to get me through the first day of a cold or flu.

2 Cups Dried Yerba Santa leaf (*expectorant, lung support*)
1 Cup Dried Mullein leaf, cut 1/2" pieces, (*lung support*)
1/4 Cup Elderberries (*anti-viral*)
2 Tbsp. Olive Leaf (*anti-viral/bacterial, anti-oxidant, immune support*)
1 Tbsp. Licorice root powder (*sweet, harmonizing, adrenal support*)
2 tsp. Yarrow flower (*antispasmodic diaphoretic*)
1 tsp. Ginger powder (*deeply warming formula catalyst*)
1/2 tsp. Cayenne pepper, ground (*surface stimulating*)
Stevia herb to taste

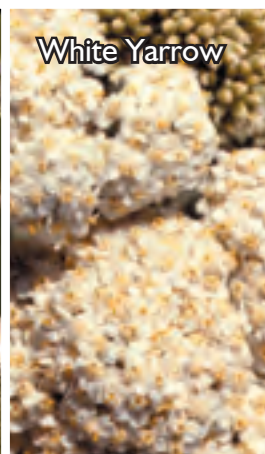
Making Tea: Grind the dry mixture together using a blender. Infuse in a covered pot for 15 minutes. Strain with a fine strainer or cheesecloth, and add **4 Cups hot** water to make 1 quart for a daily dose. Store in a thermos and sip all day. Chew Sage leaf or make a tea for throat gargle.



Red Clover



Sage



White Yarrow



White Yarrow

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FREMONTIA - PEPPERMINT TEA

Fremontia is related to *Slippery Elm Bark*, that is used to soothe irritated tissue internally. However, you need to carefully strain the irritating fibers out of this native plant to get the demulcent properties.

For sustainable harvest, I save the twigs and small branches we prune in the fall. I use garden shears to chop them into 2" pieces. The medicinal properties are not volatile, so the twigs store well for many years. To make the tea, I use an herb mill or dry blender to chop a handful at a time into a fibrous mass, or soak overnight to increase the release of properties; but you can simply use the twig cut in lengths to fit your pot.

Decoct:

1 handful chopped *Fremontia* twigs

1/2 tsp. Licorice Root powder

Optional:

2 tsp.. Fennel Seed

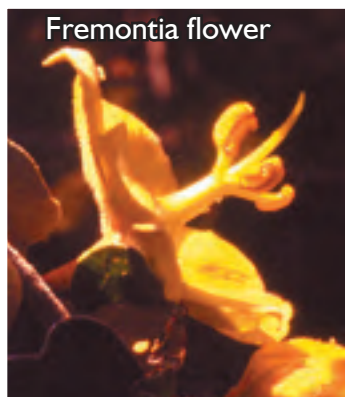
1 tsp. Fenugreek

1/2 tsp. dried Ginger powder

Infuse:

1 handful dried Peppermint

Making Tea: This is a compound tea preparation. Use 2 Cups of Water in a decoction for *Fremontia* & *Licorice root*. Add *Fennel*, *Fenugreek* & *Ginger* for a more detoxifying formula. Simmer the herbs for 10 minutes, then remove from heat and add *Peppermint*. Infuse together in a covered pot for 5-10 minutes. Strain well through muslin or a fine strainer to remove all the fibers.



Fremontia flower

FRESH ROSE HIP TEA

I prefer to use fresh *Rose hips* when they are bright red as in the photos. This high source of Vitamin C can be easily prepared by grinding in a blender in enough hot water to cover the hips.

Strain out the seeds in a fine mesh strainer. Bring the mixture to simmer in a sauce pan. Add sweetener to taste and serve.



DRIED ROSE HIP TEA

When the hips are dried, soak overnight to rehydrate while preserving maximum vitamin. Simmer 5 minutes, sweeten with honey (*mild astringent*) and serve.



Chicory



CHICK BREW

This is our favorite breakfast beverage, and is our replacement for coffee. *Chicory* and *Dandelion* are both supportive and cleansing for the Liver & Gall Bladder and can be bought roasted. *Barley* is a mild nutritive grain.

STORAGE: Unlike most herb teas, because it uses roots and grain, *Chic Brew* can be stored refrigerated for several days without getting rancid. Unlike coffee it does not get bitter if left to brew in a coffee maker.

Roasting Ingredients

Use a dry cast iron skillet, and medium heat. Stir Barley or Chicory frequently while it browns:

- Barley takes 20-30 min.
- Chicory & Dandelion take a little less.

You can use only Roasted roots.



- 4 parts pan roasted whole Barley
- 3 part roasted chopped Chicory root
- 1 part raw chopped Chicory root
- 1 part raw Dandelion root, chopped
- 1 part roasted Dandelion root, chopped

Making Tea: Decoction Method Use one tablespoon of *Chic Brew* per 1 cup of tea. Or soak overnight and bring to a boil, or simmer 10 - 15 minutes and strain.

VARIATIONS PER CUP add one of the following:

- 1 tsp. ground Guarana seed (higher level of caffeine than coffee with no acids to go rancid)
- 1/2-1 tsp. Vanilla Extract
- a dash of Cinnamon powder
- a dash of Garam Masala (East Indian spice mix)

SunMt Garden Facials

I was introduced to the concept of garden facials by Rosemary Gladstar, and it has become one of those special treats that enhance life. Since 70% of what goes on your skin ends up in your blood stream, it makes sense to me to use food grade products whenever possible. This is my version using plants from our garden with common commercial herbs. Over the years, my SunMt Garden Facial sessions have been a delight for men as well as women, and another way to have a relationship with your garden.



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1. HERBAL STEAM

Organize all your products and wash your face. Tie back hair from face. Select plants for your skin type. Place the whole flowers and leaves in a 10-12" diameter bowl. Cover the plants with boiling hot water to create steam. Immediately cover your head and the bowl with a bath towel and blow gently on the water to make steam rise in your face, until your pores are open-3-5 minutes.

2. FACIAL MASK

Mix & apply the Cleansing Grain paste in circular motion, to gently exfoliate the skin. Then dry as directed for skin type. Wash off with warm water.

3. FLORAL HONEY FACIAL

Use the Floral Honey recipe from Spring section as a very gentle antibacterial astringent massage. Dampen your hands with your partner's steam formula, and spread the Honey, massaging his/her face gently in upward circular motions. Add more floral liquid when the Honey gets sticky. Rinse off with warm water when you are done.

4. ASTRINGENT

Apply your favorite astringent to close your cleansed and toned pores.

5. MOISTURIZER

Using your favorite Lotion, do a light protective layer to hold in the moisture.

6. FOOTBATH

Add more hot water to your herbal face steam liquid in a tub big enough for your feet and add water up to you ankles. You can do 2 or more people in a large pan. Soak for 5 minutes to soften skin.

7. FOOT MASSAGE

You & your partner massage each others feet with Lotion or Olive Oil. After drying feet, powder them. GLOW!



Aromas enter your nose and affect the limbic system of the brain, which controls emotions. This therapy expands an amazing world that you have experienced if you have ever smelled a flower. But please approach the use of Essential Oils with cautious respect! *It takes 100 pounds of rose petals to produce a an ounce of Essential Oil. These are very concentrated substances. Always use sparingly and dilute in a carrier substance, as only a few can be safely used directly on the skin. Ingesting some Essential Oils can cause health problems and some can be fatal in large doses. Robert Tisserand, recommends that you do not use citrus essential oils internally or externally before sunbathing, and that you avoid home use of the strong Oregano, Sage, Savory, Thyme & Wintergreen oils. In Pregnancy, avoid the home use list plus Basil, Clove, Hyssop, Marjoram, Myrrh.*

Essential Oils are highly concentrated, and are produced by lengthy distillation of plant parts using 50 pounds to several tons of material to make one quart. These concentrates are used in products of the flavoring and fragrance business, and they have been well tested for toxicity and irritation levels in commercial products. In my recipes I optionally use several essential oils to enhance the flavor and medicinal effects of recipes: *Basil, Spearmint, Lemon & Lime at 1 drop per cup of fluid; and the hotter Peppermint & Lemongrass at 1 drop in 2 to 4 cups of fluid.* Measure the drop into a spoon to prevent overdose, or cook off the volatile oil excess. Citrus oils last about 6 months, but other pure essential oils last a long time stored in glass, in a cool dark place.

The Egyptians practiced a form of therapy using the essential oils and resins of botanicals 5,000 years ago, but it was French cosmetic chemist René Maurice Gattefossé who researched the profound effects of essential oils on the skin. Antibiotics eclipsed the early focus on essential oils as antibacterial agents; but they remain a deep, natural well of benefit to mind and body. Educate yourself before you begin experimenting. Rosemary Gladstar & Mindy Green introduced me to Essential Oils in classes at the California School of Herbal Studies. The most authoritative sources for the study of Aromatherapy I know of are: *The Art & Science of Aromatherapy, by Jean Valnet, The Secrets of Life and Health by Maguerite Maury, and the books of Robert & Maggie Tisserand.* You can add Essential Oils to alcohol or oil based products that you make yourself, or to personalize commercially made products. They can be used in creams, lotions, ointments, gels, syrups, & sprays. The name *fragrance* implies that the product is a cheaper synthetic, and it lacks the natural effects. These synthetic smells can be allergens, and are part of the artificial world our bodies have to work to eliminate. Use oils tested by *gas chromatography* (GC) for adulterants. Here are my SunMt recipes.

FACIAL STEAM RECIPES

These are quick formulas for facial steams that can be used instantly. **Add 1-2 drops to your facial steaming water lotion or body oil.**

DRY SKIN drops

10 Sandalwood
4 Geranium
3 Rose
3 Chamomile
1 YlangYlang
1 Jasmine

NORMAL SKIN drops

8 Lavender
4 Rose
Geranium
2 Rose
2 Jasmine

OILY SKIN drops

8 Bergamot
4 Lavender
3 Cyprus

HOUSEHOLD AROMATHERAPY SPRAYS

These are my favorite formulas used in glass spray bottles. Hulda Clark links rubbing alcohol with diabetes, so you may want to use Vodka or witch hazel. Make and store the Essential Oils full strength or in Tincture of Benzoin for freshness.

BASIC FORMULA

2/3 Cup Vodka + 1/3 Water + 6-10 drops Aromatherapy Blend
Witch Hazel has an aroma which will change the result.

SUMMER WOODS antibacterial drops

20 Eucalyptus
30 Bay
12 Spearmint
12 Lavender
5 Siberian Fir
2 Thyme
2 Clary Sage
2 Citronella

SUMMER FLORAL drops

8 Lavender
4 Rose
Geranium
2 Rose
2 Jasmine

WINTER SPICE drops

8 Lavender
4 Rose
Geranium
2 Rose
2 Jasmine

WINTER WOODS drops

20 Eucalyptus
20 Peppermint
20 Siberian Fir
12 Bay
8 Lavender
1 Clary Sage

DRY SKIN drops

20 Palmarose
10 Sandalwood
6 Rosemary
3 Clary Sage
4 YlangYlang
6 Rose
Geranium
3 Jasmine

NORMAL SKIN drops

30 Lavender
30 Rose
Geranium
3 Patchouli
5 Rose

OILY SKIN drops

12 Lemon
12 Lavender
12 YlangYlang
12 Geranium
9 Clary Sage
3 Bay



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4 Geranium
3 Rose
3 Chamomile
1 YlangYlang
1 Jasmine

NORMAL SKIN drops

8 Lavender
4 Rose
Geranium
2 Rose
2 Jasmine

OILY SKIN drops

8 Bergamot
4 Lavender
3 Cyprus

HOUSEHOLD AROMATHERAPY SPRAYS

These are my favorite formulas used in glass spray bottles. Use Vodka, ethyl alcohol, a mint flavored mouthwash or witch hazel, but **not** isopropyl rubbing alcohol.

BASIC FORMULA

2/3 Cup Vodka + 1/3 Water + 6-10 drops Aromatherapy Blend
Witch Hazel has an aroma which will change the result.

SUMMER WOODS antibacterial

drops
20 Eucalyptus
30 Bay
12 Spearmint
12 Lavender
5 Siberian Fir
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2 Clary Sage
2 Citronella

SUMMER FLORAL

drops
8 Lavender
4 Rose
Geranium
2 Rose
2 Jasmine

WINTER SPICE

drops
8 Lavender
4 Rose
Geranium
2 Rose
2 Jasmine

WINTER WOODS

drops
20 Eucalyptus
20 Peppermint
20 Siberian Fir
12 Bay
8 Lavender
1 Clary Sage

DRY SKIN

drops
20 Palmarose
10 Sandalwood
6 Rosemary
3 Clary Sage
4 YlangYlang
6 Rose
Geranium
3 Jasmine

NORMAL SKIN

drops
30 Lavender
30 Rose
Geranium
3 Patchouli
5 Rose

OILY SKIN

drops
12 Lemon*
12 Lavender
12 YlangYlang
12 Geranium
9 Clary Sage
3 Bay

*caution

Useful Plants

BAY (*Umbellularia californica*)

The Bay Laurel Leaf that is a classic flavoring for stews is the European variety; but the dried California native Bay leaf, which has stronger volatile oils, can be used the same way in cooking.

Leaf: Crush a fresh leaf with a little water or spit to make a strongly aromatic, anti-bacterial hand soap in the wild. A light dose of aroma of the fresh leaf is stimulating, and can help cure a headache; but an overdose of fresh leaf can cause headache and possibly skin irritation. Bay leaf Infused in oil is also used for rheumatic/arthritis pains. Burn the leaf to fumigate the air, or put crushed leaves in kitchen cabinets to discourage pests, and in chicken coops for lice prevention.



California Bay leaf



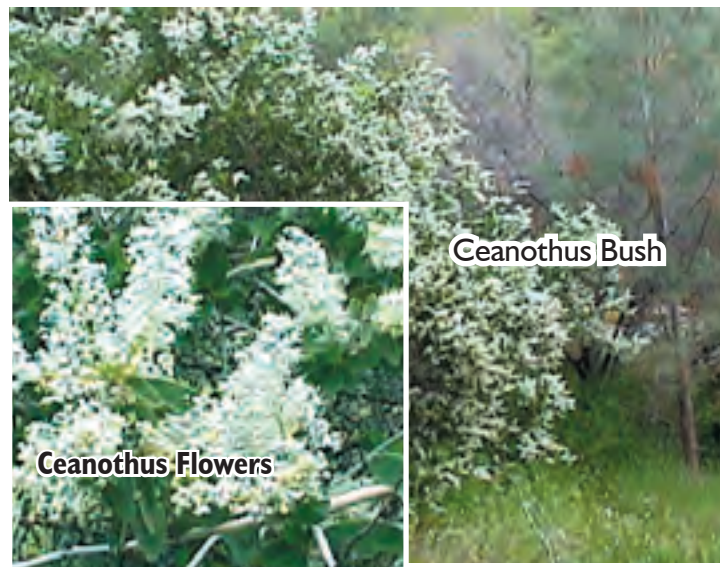
Calendula

CALENDULA (*Calendula officinalis*)

Besides using the flowers for color in tea, salads and sauces, they contain tissue healing, antibacterial properties. The plants are in flower from Spring to Winter here. I crush the fresh petals with my teeth and apply the mash to small gardening cuts, as an anti-bacterial healing poultice.

Calendulated Oil: The dry flowers infused in olive oil can be used for cuts, bruises & burns. They stop bleeding, soothe pain & inflammation. Pull the petals from a handful the fresh flowers, and let dry enough to remove surface moisture. Water will spoil an oil. Cover with warm Olive Oil, which is an internal and external tissue food. Let cool and sit in a dark place. Shake daily. After two days, strain out the flowers. Store in a cool, dark place.

Salve: To make a salve, use 1/4 Cup Calendulated Olive oil, with about 1 Tbsp. of melted bees wax. Chill the salve to test consistency, and adjust with more wax or oil to get the firmness you want.

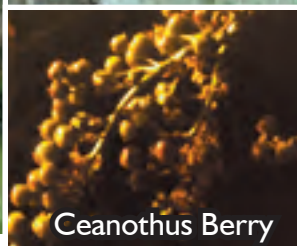


Ceanothus Bush

Ceanothus Flowers



Ceanothus Soap



Ceanothus Berry



Ceanothus Flower

CEANOTHUS, California Wild Lilac (*Ceanothus varieties*)

Flowers & Berries: both will produce a delicate soap or shampoo used fresh or dried. This drought tolerant, foothill native plant has lovely white to intense blue flowers that may be garden grown. Plant where regular garden irrigation will not reach it.

Soap Formula: to make a fine shampoo or soap for hair or lingerie use 1/2 Cup fresh or dried blossoms or berries to 1 Cup water blended for 10-20 seconds. **Root:** called Red Root, is used medicinally - see Properties.



Lavender & Rosemary
Stove top aromatics

Aloe Vera

LAVENDER & ALOE VERA

In addition to using **Lavender** flowers in food, we use the dried leaves & flowers as an aromatic, nerve soothing, air freshener. We use it on our wood stove top in winter with the benefits of anti-viral/bacterial/fungal properties. You can also use a cast iron skillet on low heat to release the aromas of the essential oils. The rest of the year we keep dried Lavender hanging or in baskets. That is the welcoming aroma people notice when they enter the house. The straight **Lavender** essential oil will heal burned tissue, and we keep some in reach of the kitchen stove in addition to our **Aloe Vera Plant**. The inner flesh of fresh Aloe leaf is another burn treatment. We use Lavender-Tea Tree essential oil combination for bites from spiders, mosquitoes and kissing bugs.

ROSEMARY

Like Lavender, Rosemary is a common drought tolerant culinary Mediterranean herb. It has a fresh pine-like aroma and is a high anti-oxidant herb we use as an anti-bacterial air freshener when warmed on the kitchen wood stove top. Rosemary tinctured in Vinegar with a few Cloves makes a good dark hair rinse. It also makes a nice base for *pot pourri* blends.



WHITE SAGE (*Salvia apiana*)

This native sage has been burned for ceremonial *smudge* purification by native peoples since ancient times. We now know it actually has antibacterial properties, and we use it like incense.

GOURDS

Dried gourds have been used by indigenous people for centuries. We use them for funnels, scoops and containers. Click on page numbers: *In34* and *In74* to see the utility items we make from gourds. When dry, they are lightweight, and can last decades if treated with care. We have used our gourd products for over 25 years. To prevent mold, they are best grown on a trellis pig wire or other heavy gauge fence. Like winter squash, let dry on the vine hanging or on dry ground, or on pallets for the large African gourds. I made a form to hold the gourd in place while cutting. Cut off the parts you do not want with a fine saw blade, remove the dried seeds & pulp, then sand the inside. Paint the inside with bees wax for items that will get water on them, and stain, then rub with Olive or Linseed oil to finish.



Gourd Blossom
& Fruit set



Gourds ripe



Gourds drying



Gourd craft

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Loofa Flowers



Loofa Squash



Dry Loofa

Loofa vines double as evaporative cooler & shade on arbor trellis, South wall of SunHouse



Finished Loofa Sponges

LOOFA SQUASH - SPONGE

The young squash can be eaten, and the older ones can be dried to use for sponges. Trim off the end of the dry Loofa and shake out the seeds to replant. Soak the dry Loofas in water to soften, and strip the outer skin off to expose the skeleton. Dry & use as scrubber in tub. For kitchen use, cut 1 large sponge into several short ones.

WILD CUCUMBER - SPONGE

This perennial native plant shown below is not edible, but produces a green oval fruit with a skeleton that also makes a sponge like Loofa,. Collected after the skin has deteriorated naturally, they are ready to use without more processing.



Wild Cucumber Sponge

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HERB WREATHS & HANGING GOURDS

Besides the aromatics, having a wreath of dried herbs near the kitchen encourages you to use them. Most Mediterranean herbs will shatter, but you want to avoid using commercial preservative products that will be toxic if you plan to cook with the herbs. Just sweep up the occasional leaf drop. Bay leaf is a notable exception because you can pin each leaf into a straw base.

I use the tops of dried gourds for hanging vases. Using 3 points, pierced with an awl, and tied with heavy duty thread or waxed linen, these make lightweight holders for dried arrangements. The dried stalks of Yellow Dock & Yarrow make long lasting dried arrangements. Yarrow leaf makes a ready bathroom styptic powder.



PERSIMMON EDIBLE ORNAMENTS

If you dry persimmons when they are still firm you will get a light orange flat circle with a star pattern that shows against the light. The riper fruit will create a darker dried fruit with more of a gummy bear type gelatinous texture. Don't store for next year - just eat!

Use a doubled thread to create a loop. Use a long loop by itself, or tie onto an ornament hook and hang from your tree, or where it will be backlit occasionally, to make the star pattern more dramatic.



ROSEMARY- ROSE HIP WREATH

Making this seasonal wreath takes about an hour and helps mark the seasonal change.

Cut enough fresh Rosemary to overlap inside and out of a wreath form. Wearing gloves, cut Rose Hip clusters from the ends of the plant.

Use a bowl as a form, and tie the grape vines in a rough circle, using garden ties or florist's wire.

When you have a form, tie a few sprigs of Rosemary onto the frame, twisting the wire to secure. Tie the next bunch so the tops will cover your first tie, and continue to overlap the bunches all around the circle. When the last space is filled, the bundle will be tied under the top of the first bundle so the tie is hidden.

Wearing gloves, stuff the Rose Hips in roughly equal distances into the arrangement. The thorny stems will stick where they are placed.

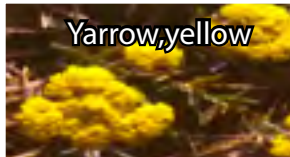
I use my wreath flat as a table centerpiece, but you can finish with a bow in seasonal ribbon, and hang on a wall from a wire secured to the top center. At the end of the season, you can use the components for cooking or other purposes.



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Yarrow, white



Yarrow, yellow



Yarrow, pink



Tarweed

Cattails, Dock & Eucalyptus.

DRIED FLOWERS

There are wonderful garden and wild botanicals that double as ornamental dried flowers. Sun House is filled with these beauties. Some of the herbs will shatter with rough treatment, so handle with care. There are commercial preparations that will retard shattering, but I prefer to moisten them periodically. This both cleans the dust off and keeps the parts less brittle.

You can also use glycerine, a syrup from plants, to preserve plants in a way that makes them less brittle. *Immerse the cut bottom of you plants in a jar of glycerine and allow the plant to suck up the nutrient. This makes the leaves and petals more leathery and less likely to shatter.*

I clean my dried arrangements seasonally with a spray of water. Then hang them up-side-down to dry. If they are not entirely dried when returned to a vase, some flowers may droop.

Bee Balm will lose its florets, but lasts for awhile. Dock gives me 3 different shades of brown, depending on when they are harvested. They go from red-brown to brown to dark brown late in the season. In late summer, we get the amazingly strong aromatic flowers of *Tarweed*, and *Turkey Mullein*. The combination makes a pungent air freshener.

Favorite Everlastings

Baby's Breath
Bee Balms
Buckwheats
Cattails
Dock Seed stalks *in 3 shades*
Eucalyptus
Lavender
Lotus Pod
Nigella pod
Oregano flowers
Pearly Everlasting
Plantain
Popcorn
Statis
Tarweed
Turkey Mullein
Yarrow, Golden
Yarrow, Pink
Yarrow, Yellow
Wheat & other dried Grasses
White Sage



Tarweed



Turkey Mullein



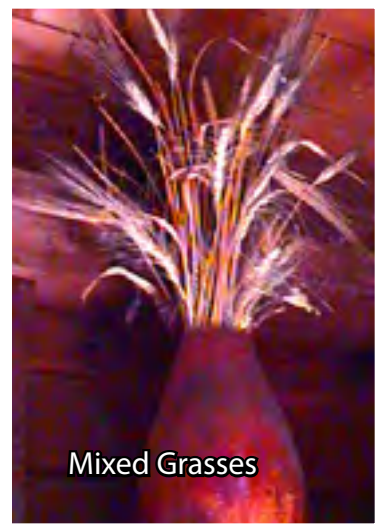
Popcorn & Plantain



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White Sage



Mixed Grasses

DRYING OLIVES



Fresh ripe Olives



Dried Olives

UNCURED DRIED OLIVES

Oil: Olive Fruits are an ancient crop that requires little water. The fruit indisputably makes the best culinary Oil. It takes about 1 tree of Olives for 1 gallon of oil. We get our Olive oil locally from the Verni family, 2nd generation Olive Oil producers who brought their grinding stones from Italy. We found them doing our farm trails map.

California Black Olives were developed as a crop by the University of California. The mild flavored, pitted fruits are popular, but have caused environmental problems in Lindsay, the olive capital of the Central Valley. After an accidental test, we now air dry like the ancients Greeks. I carried a ripe black Olive around in a cotton jacket pocket for a season, where it dried perfectly and tasted great. We tried air drying our own Olives, and that worked too. Our Black Olives are fully ripe in January when they have the best oils. They begin green and go to purple, and then black. We air dry them in flat baskets in the kitchen near the wood stove. We use no salt or lye - *we are not polluting the ground water*. They can be eaten straight when dried, but tend to stain your teeth.

For the best flavor in cooking, we pit and marinate them. When they are hard and well dried, they have a rich, olive oily flavor. If you marinate them in Balsamic Vinegar and Bay leaf as seen to the right, you will reduce the tannin flavor and have an amazingly rich flavored Olive and marinade to exquisitely flavor your sauces. With Capers in a Tomato Sauce, this is superb. Now I know why my old world Italian cookbook calls for only 4 to 6 olives in a recipe. On rare occasion I get a moldy olive. I have not yet found a reliable way to spot them in the batch, but you taste it right away.

The Leaf is an anti-oxidant, anti-bacterial, anti-viral, anti-fungal immune booster. The medicinal properties are extracted in Water, but I add a few dried olive leaves to my Extra Virgin Olive Oil bottle for any benefits that transfer. It can be used as a tea or an extract. *See the Properties section for details.*

PROCESSING DRIED OLIVES



I cut the top of the dried olive to help it split in half when crushed. Use the flat of a large knife & press with the flat of your hand to crush, and release the pit. You will also release some of the oil.

Marinate the pitted Olives overnight as in the recipe below. When adding to cooked recipes, use the marinade as an ingredient to impart the rich flavors.



Dried Olive Marinade

1/2 Cup pitted Olives
1/2 Cup Balsamic Vinegar
2 Tbsp. Olive Oil
1 Bay leaf
1/4 tsp. Sea Salt

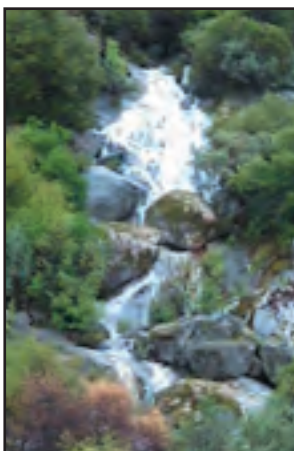
Soak the Olives in the marinade refrigerated overnight.



Dried Olive Marinade



SunMt kitchen



SunMt Spring Waterfall



SunMt North-East view

SunMt Herbal Cookery

**Using seasonal cultivated and wild food, herbs, spices & flowers
for their medicinal & nutritional properties**

by MAIA BALLIS

with graphics & photography by Maia & George Elfie Ballis

Sun Mt House & Gardens is the energy conservation heart of our Environmental Center. We are on 40 acres located at 2,000-2,500 foot level of the Sierra Foothills in Central California between Sequoia and Yosemite National Parks. Our earthly pursuits at Sun Mt revolve around sustaining the sacred web of life, and bringing it deeper into our consciousness. We encourage visitors to take with them whatever part of the Sun Mt state of mind that will work in their lives. We all make choices every day that move us toward a more or less equitable/ecological world food system. We choose deep connection.

Since the late 1960's, we and our co-workers have both worked on the issues of food, land & water; and explored the world of growing, gathering and using garden foods, herbs, flowers and wild edibles. For decades, we shared our experiments with visitors in food exploring meals - vegan & omnivore - and are publishing the best recipes here. We hope that introducing people to this lush world of gardening & wild harvesting with less inputs, will encourage the use of more edible/usable native and drought tolerant plants. We also encourage energy conservation solar cooking. Visit us at: www.sunmt.org

• **SIMPLE & DELICIOUS/LOW ENERGY** recipes are my focus. There are some things that take time - like presoaking tincturing or fermenting, but the benefit is reduced cooking time, saving energy and labor.

• **SOLAR COOKING ICON** This symbol indicates recipes that can be solar dried or cooked. We rely on our low tech solar cooker and dryer units in summer and fall.

• **SEASONAL/LOCAL FOODS** available from our garden, grocery, CSA & farmer's markets so the recipes are organized by season - this is also traditional diet wisdom.

• **PLANETARY HERBS & SPICES** are incorporated into my cooking with consideration for their medicinal benefits, and used at a time of year that considers their energetics. We use some wonderful herbs & spices from ancient herbal traditions of Ayurveda and Traditional Chinese Medicine. We have a number of related plants native to the U.S.

• **EDIBLE LANDSCAPING / MULTIPLE USE PLANTS:** part of the wholistic picture we offer our visitors. We have tried to introduce multiple use plants that are also beautiful landscape elements. You will see them in our section on Edible Flowers, Herb Teas and the Harvest/Process section.

• **WILD AREA:** we are bordered by National Forest on two sides, and most of our land is left wild. This is where we sustainably harvest edible, medicinal & useful plants.

• **ORGANIC GARDENS** on three acres since 1983. We have chosen drought tolerant crops with high nutritional value. We have experimented with growing out a number of unusual crops from the the Mediterranean, the Sonoran Desert, Japan, etc., to see how they grow here. The best of these are in the Harvest/Process section.

See our web site for more information.

Intro: page 1

HONORING ROOTS

My long time interest in integrating culinary herbs, wild edibles & flowers into our diet has been developed and nurtured. There were many teachers who have aided my vision of nature, and I thank and recommend them to you here.

Juliette de Bairclai Levy

Rosemary Gladstar introduced me to this amazing woman, who may well be the Mother of the Herbal Renaissance. She collected and incorporated all the natural healing wisdom from peasants, gypsies & nomads she could gather; and then amplified that body of knowledge with her own intuitive experiments. Her books are a treasure of natural health for simple living humans and animals. Read them all.

Rosemary Gladstar

This nature spirit in human form blooms fair, free and wild. She has been a prodigious influence on the world of herbalism. Her eloquently expressed appreciation for nature carries you there with her. Her voice comes through in her books. She has called my recipes exciting and unusual.

Michael Tierra

Author of *Planetary Medicine*, he integrated herbalism from the East & West. He evolved a new practice using the best plants of the world, and made me aware of the healing tonic foods from the East. I also thank him for talking me into eating more animal protein when vegetarianism was not working for me.

Susan Weed

Iconoclast and nature connected wise woman, she shares her intimate life with the individuals who are her plant allies. All her books are excellent.

Robert Rodale & Rodale for pioneering *Organic Gardening* concepts that encouraged greater soil health for increased nutrients and healthier plants. It was he who stressed building healthy plants with natural substances to resist predators, rather than using more chemical nutrients & pesticides.

Ruth Stout

How to Garden without an Aching Back, for getting us on the heavy mulching path.

Donald R. Kirk & Charlotte Bringle Clarke

For their excellent books on wild edibles: *Wild Edible Plants by Kirk*, & *Edible & Useful Plants of California*, by Clarke.

Francis Moore Lappé

Author of *Diet for a Small Planet*, whose concepts and recipes early pushed us into eating as a political act. Going beyond recipes, she along with Joe Collins of Food First were allies on our economic justice work in agriculture.

Denise Diamond

For her inspiring book *Living with the Flowers* which introduced me to the most exhaustive and useful book on bringing flower friends into your life for food, body care and life enhancement.

Masonobu Fukuoka

Author of *the Green Revolution* for making us ask what in the garden we can NOT do and benefit the plants, And for introducing us to the Kama as a tool.

Bill Mollison

Author of *Permaculture I and II*. This sustainable growing system perspective is a challenge in our arid environment, but remains a consideration.

Robert Kourik & Rosalind Creasy

Authors of *Edible Landscaping Naturally*, and *the Complete Book of Edible Landscaping*. From them we got our Edible Landscaping imperative. We now look for multiple use plants for our gardens. Robert gave us insights into soil health & supplied us with some wonderful fruit trees.

Barry Sears

We have clearly benefitted from his ratios of protein-fat-carbo for a balanced diet as described in *the Zone*.

Dr. Peter D'Adamo

His research which indicates that different blood types reflect our internal chemistry and related ability to digest various foods, has had a major impact on how we eat. *Diet for Your Blood Type* tells us that while an "O" type does well on heavy flesh foods; type "B" does better with certain fish & fowl, & lamb; and only type "A" is an adaptive vegetarian and can thrive on soy foods and plants.

We share this research because it has made a big difference in food related allergies for me. During the years when this book was developed, we were strict vegetarians, eating by conscience for 20+ years.

We found that as we aged, health problems arose for us that were resolved by adding more protein to our diets. These classic recipes have been updated to include some added high protein dishes. In twenty years, more research has changed some of my ingredients too.





Winter Recipes



Winter Soup 1



WON TON SOUP

4 servings

8 Cups Broth Chicken, Beef or Veggebroth
 1 Cup Peas
 1 Onion, chopped
 1 Cup Carrot, chopped
 4 stalks Celery, sliced diagonally
 12 Prepared Won Ton or use Fresh Quinoa Noodle recipe

Add the vegetables and Won Ton to your broth of choice. Bring to a boil, and simmer for 10 minutes. Serve.

Herbal Won Ton Filling

1/4 Cup Walnuts
 1/2 Cup Spinach, chopped
 4 Green Onions, chopped
 1/4 Cup Mushrooms, chopped
 1 Tbsp. Rosemary, ground
 1/2 tsp. Sea Salt
 1/4 Cup Sunflower Seeds, ground



Won Ton Press

Other Possible Fillings:

- Seed Cheeses • Black Bean Molé paste • Spiced Tofu
- Wild Sage Pesto • Savory Nut spread

Grind the Sunflower Seeds in an Herb mill. Add half the vegetables to a blender and pulse grind to mash. Mix with all the other ingredients. Use a Won Ton Press, or simply spoon a teaspoon of filling in the center, and moisten the edges with water, pressing firmly with your fingers to seal them.

Won Ton wrappers are little pasta squares, easily found here in supermarkets. You can use the Quinoa Pasta recipe to make them. Buy plastic won ton presses in hardware or cooking supply stores.

WINTER STEW with tonic herbs & wild greens

1 quart stock made with:

Vegetable, Chicken or Beef broth
 Stew Bones

1- 4 pieces Astragalus root

1 Cup, chopped Burdock Rt.

1 Yellow Onion, chopped

2 thin Carrots, chopped diagonally

2 stalks Celery, chopped

2 green onion, chopped

1 Bay leaf

4 cloves Garlic

2 tsp. Marjoram

2 tsp. Thyme

1 tsp. Savory

1 tsp. Rosemary

1 lb. Chicken, Turkey Bratwurst or Tofu Dogs

1 Cup dried Wild Greens: Lambsquarters &/or Mallow

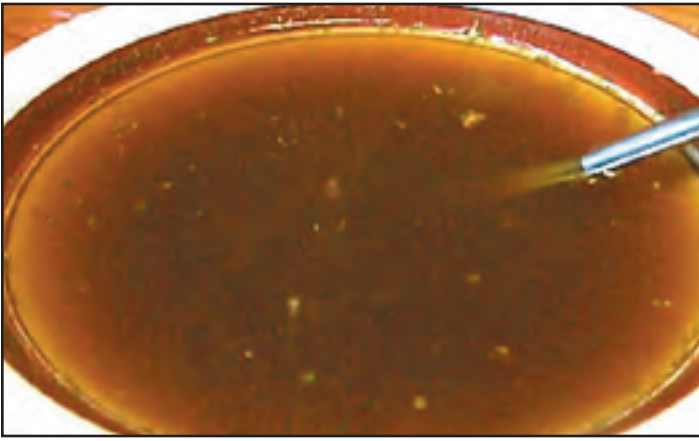
1 piece Black Fungus, soaked 30 min. in warm water, cut in strips

Simmer the stock for 1/2 hour and remove the Astragalus. Add the vegetables & meat. Simmer 10 minutes. Add the herbs & simmer 3 minutes more. Turn off the heat and add the Black Fungus. Remove the Soup bones and serve.



Winter: page 1





DECONGEST SOUP

2 Servings

4 Cups Water
 4 tsp. Vegebroth powder or to taste
 4 tsp. fresh Ginger, grated or 1/2 tsp. dried Ginger powder
 2 tsp. Turmeric
 2 tsp. Cumin, dry skillet roasted & ground
 4-6 Green Onions, chopped
 Optional: 1 Cup dried Mallow leaf or fresh Leaf, chopped
 prepared Horseradish or fresh grated to taste
 1 tsp. Hi Mineral Herb Blend [Click here to see Seasonings In55](#)

Dissolve the broth powder in the water in a small pot. Then add the other ingredients except Horseradish. Add a tiny bit of the very hot Horseradish at a time to see how hot you like it. Simmer 5-10 minutes. Dissolve Hi Mineral Herb powder in cold water and stir in. Drink hot. *The Horseradish & Ginger heat will clear your sinuses. The Green Onion is an anti-mucoid, and Mallow is demulcent. Turmeric is anti-inflammatory. Cumin is a digestive. The Hi Mineral Herbs are alkalizing.*

POST CONGEST SOUP

Once I have decongested, I add more chopped greens to this to continue alkalizing my system. I dry chopped Mallow & Lambsquarters leaves to use here. Fresh Mallow may be coming in already.



LEMON SOUP

2 Servings

4 Cups Chicken Broth
 or 4 Cups Water + 4Tbsp. Vegebroth powder
 1/2 Cup Quinoa flakes, or cooked rice
 2 Cups Celery, thinly sliced diagonally
 2 Tbsp. Lemon zest
 1 Lemon, juiced
 1/2 Lemon, sliced
 1 tsp. Lemon Pepper or more to taste
 1 tsp. Turmeric
 2 room temperature Eggs, separated
 2 Green Onions, chopped

Add the Chicken broth or dissolve the broth powder in the water in a small pot. Add the Quinoa flake, Celery and Lemon Pepper, and simmer 5 minutes. Remove from heat. Beat the Egg Whites firm in a bowl or blender. Beating continuously, add the Egg Yolks, Lemon Zest & Lemon Juice, and then slowly add 1 cup of the hot broth *to prevent curdling*. Now stir the egg mixture back into the rest of the hot soup. Reheat to just below simmer DO NOT BOIL!

Serve garnished with thinly sliced Lemon & a chopped Green Onion. If they are organically grown and not too tart for you, eat the Lemon slices.

Vegan Variation: substitute 1/2 lb. Tofu cut in small cubes for the Eggs, and use Vegebroth for Chicken broth. Cook the Tofu for 5 minutes in Broth.

• Add 1 tsp. Ginger & 2 tsp. Coriander seed as a digestive stimulants.



LENTIL CURRY

Serves 4

During the cold days of winter when we burn wood, we can bake potatoes in the wood stove oven, as well as using the cook top. This is a recipe that uses both these functions.

- 2 Tbsp. Olive oil
- 2 tsp. Lentil Curry blend ([Click here to see recipe In58](#))
- 1 Red Onion, chopped
- 1 Cup Carrots, chopped
- 1 Cup Celery, chopped
- 2 Cups Lentils or 2 Cups Sprouted Lentils
- 4 Cups water Onion Soup or Chicken or Beef broth

In a soup pot, add the Olive Oil and stir in the Lentil Curry blend. Heat together for a minute to start releasing the flavors. Add the Onion, Carrot & Celery, and cook 3 minutes, stirring. Add Water to steam, and then add the Lentils. Simmer together in the pot for 5 minutes for sprouted Lentils or 20 minutes for regular lentils until the lentils are soft.

Variations:

Add with vegetables one or more of the following:

- 1 Sweet Potatoes, diced
- 1 Baked Idaho Potato, diced
- 1 Block firm Tofu, cubed



SQUASH - LENTIL SOUP

Serves 4

Once you roast Butternut or Acorn Squashes, you will appreciate their rich flavor and natural sweetness.

- 2 Onions , chopped
- 2 Tbsp. Olive Oil
- 2 tsp. Clarified Butter
- 1/4 Cup. Water
- 1 tsp. Curry powder
- 2 tsp. Cumin, ground
- 1 tsp. Coriander Seed, ground
- 6 Cups Chicken Broth or Veggie flavored Chicken Broth
- 2 Cups Lentils or sprouted Lentils
- 2 Carrots, chopped
- 2 stalks Celery, chopped
- 2 Cups cooked Squash solids, Butternut, Acorn or Pumpkin
- 2 Cups Mushrooms, sliced
- 1 Cup Black Mushrooms, dried
- Miso Paste

Soak the Black Mushrooms in enough water to cover for 20 minutes to soften and cut in thin strips. In a large Soup pot, add Olive Oil, Butter, Curry, Cumin & Coriander with Onion. Heat, stirring for a few minutes to draw out flavors, adding a little of the Water at a time to prevent sticking.

Add Broth Chicken Stock or liquefied Chicken Flavored Veggie Broth, Lentils and simmer for 10 minutes.

Then add all the other Vegetables plus the soaking liquid from Black Mushrooms. Simmer 10 minutes more, remove from heat and stir in Miso Paste to taste.



STEAMED GREENS

4 Servings

Grape leaves are standardly used in Mediterranean dishes, stuffed with a seasoned rice. They lend a unique flavor to steamed greens.

with Grape Leaves

Stack a variety of large leaves, roll & thin slice horizontally to make thin strips of greens that will cook rapidly. Place them in a steamer. Then slice the lambs quarters and grape leaves the same way, placing them on top.

4 Cups chopped leaves: Broccoli, Beet, Chard, &/or Kale leaf

1 Cup chopped Lambs quarters or Spinach leaves

4 7" or 6 5 1/2" canned cultivated or wild Grape leaves

Bring the steamer pot to a boil, add the steamer tray and steam covered for about 7 minutes, until soft but still dark green.

with Wild Greens

4 Cups Chard leaf

1 Cup Mallow leaves

1 Cup mixed wild pot herbs

1 Red Onion, sliced

1 Cup Purple Cabbage sliced thinly

1 Red Bell Pepper, cleaned & sliced lengthwise

Sauté the Onion in a little Clarified Butter or Olive Oil until caramelized. Chop the greens to bite size and steam 5-7 minutes. Add dressing. Toss Feta cheese with powdered Basil and Garlic to taste. Sprinkle 2 Tbsp. over the top of the dressed greens.

Serve with a drizzle of:

Olive oil

& Meyer Lemon juice or Balsamic Vinegar

Feta Cheese

Basil

Garlic powder



STEAMED CABBAGE & QUINOA SPINACH PASTA

Makes 4 servings

1/4 Head Red Cabbage, sliced 3" lengths

1/4 Head Green Cabbage, sliced 3" lengths

4 Kale leaves, sliced 3" lengths

1/2 sweet Bermuda Onion, sliced vertically

Italian Dressing

1/2 Cup Walnuts

Parmesan Cheese

crushed Red Pepper to taste

3 Cups fresh Quinoa Spinach Noodles

Cut the vegetables and steam for 5 -7 minutes, until soft but still dark colors. Pour into a colander and drain. Toss with Italian Dressing of choice, & serve over Quinoa Spinach Noodles or other Pasta topped with Walnuts, Parmesan Cheese & crushed Red Pepper.



KALE & CHARD

Makes 4 servings

1/2 Bunch Kale, chopped in 3" lengths

1/2 bunch Chard, chopped in 3" lengths

2 Garlic cloves, mashed & chopped

2 Tbsp. Lemon Juice & 2 Tbsp. Water

1 Tbsp. Olive Oil

2 tsp. Chicken Bullion powder or Vegebroth powder

1/2 Cup Pecans or Walnuts, chopped

Mix the Garlic into the Lemon Juice, & Bullion powder & then stir in the Olive Oil to make a dressing. Steam the Vegetables for 5-7 minutes to softened but still bright green, drain, toss with the dressing and top with Nuts.



ROASTED ROOTS

Makes 4 servings

Roasting brings up the sugar in these root vegetables.



1 Beet

4 medium sized Carrots

1 sweet Onion,

1 Garlic bulb

Sea Salt to taste

Wash the whole vegetables, leaving skin on Beets & Carrots and place in roasting pan with Olive Oil. Roast veggies:

Oven: 400° oven / 30 minutes to 1 hour Check with a fork for softness. The Carrots will roast faster than the beets.

Solar cook: 2-6 hours when possible.

Chop the roasted Beets, Carrots, peeled Garlic cloves and Onion into bite sized pieces. Toss with a Dressing or Butter of choice & serve. *The longer the vegetables sit together, the more the beet will color the other vegetables a cool dark red, as in photo above right.*

DRESSINGS & BUTTERS for Roasted Roots

Raspberry Ginger Dressing

2 Tbsp. Olive Oil

1/4 Cup. Raspberry Vinager

2 Tbsp. Seasoned Rice vinegar

2 tsp. fresh Ginger, grated

1/2 tsp. Orange Extract

1/4 tsp. Chinese 5 Spice

In a small bowl stir the ingredients together in order as they are listed. Toss with warm vegetables, and serve.

Curry Butter

2 Tbsp. Clarified Butter, melted

2 Tbsp. Water

2 tsp. Curry powder of choice

Simmer together for 3 minutes and toss with vegetables.

Orange Caraway Dressing

The sweet, zesty Orange, Caraway & Spices enrich the root flavors.

1/2 Cup Water

2 tsp. Arrowroot

2 Tbsp. Orange Juice Concentrate

2 tsp. Caraway Seds

2 tsp. Pumpkin Pie Spices

2 tsp. Clarified Butter

Sea Salt to taste

In a small sauce pan, stir the Water and Arrowroot together to dissolve. Stir in Caraway & Pumpkin Pie Spice and bring to a simmer to thicken the Arrowroot. Remove from heat and stir in the Butter and Orange Juice. Toss with warm vegetables, and serve.

5 Spice Butter

2 Tbsp. Clarified Butter, melted

2 Tbsp. Water

2 tsp. 5 Spice seasoning

Simmer together for 3 minutes and toss with vegetables. The 5 spice seasoning is more commonly available today, but in case you can't find it:

5 Spice Seasoning

1/4 Cup Ginger root powder

2 Tbsp. Cinnamon powder

1 Tbsp Allspice, powder

1 tsp. Anise seed, ground

1 tsp. Cloves, ground

HERB BUTTER / COMPOUND BUTTERS

Mash any chopped fresh, or ground dried herb blends with clarified Butter. Use by itself, or add to hot vegetables or liquids to enrich the flavor.



BROCCOLI & Thyme

4 servings

- 1 head Broccoli
- 4 tsp. Thyme, ground or Lemon Thyme
- 2 tsp. Clarified Butter
- 1 Tbsp. Olive Oil
- 1 Tbsp. prepared Mustard
- 1/2 Cup steaming water
- 1/2 Cup seasoned Pumpkin Seeds or 1/4 Cup roasted Pine Nuts

Trim the hard lower ends off the Broccoli stalks and cut them in 3" lengths. I use the harder part of the stalk cut in half, and then sliced in 1/4" sections.

In a steamer pot, add 1 Cup water, bring to a boil, add the Broccoli and simmer 10 minutes. Strain off the hot steaming liquid and in 1/2 Cup melt the butter and the Thyme and stir. Now stir in the Olive Oil, and drizzle over the Broccoli in a bowl, tossing with a spatula to coat the surface. Serve hot topped with Seasoned Pumpkin Seeds, or Roasted Pine Nuts.



GREEN BEANS & Marjoram

2 servings

- 1 Lb. Green Beans
- 2 tsp. Marjoram
- 1 tsp. Clarified Unsalted Butter
- 1/2 Cup water

Trim the stem ends off the Beans and cut them in 3" lengths. In a steamer pot, add 1/2 Cup water, bring to a boil, and place the beans in the steamer tray. Simmer covered for 9 minutes.

Remove from heat. Using a kitchen glove, lift out the steamer tray. Drain off the steaming liquid, reserving 1/2 Cup. Stir in the Marjoram and Butter in a measuring cup. Return the Beans to the pot and toss with the Herb Butter. Serve.

Garnish with:

- slivered Almonds
- Mushrooms sautéed in Butter
- roasted Pine Nuts

SUN CHOKE SALAD Serves 4

Jerusalem Artichoke

Marinade:

- 1 Cup Water
- 2 Tbsp. Soy Sauce
- 1 Tbsp. dark Sesame oil
- 1 tsp. Onion powder
- 4 Cups Sun Chokes, 1/2" slices
- 2 Cups Mung Beansprouts
- 1 Cup Sunflower seeds
- 1/4 Cup Piñon nuts

Make marinade. Dig & wash Sun Chokes well before slicing. Toss Chokes with marinade to prevent browning, adding all other ingredients. Marinate refrigerated for 20 minutes before serving. **Caution:** Because some people get severe gas from Sun Chokes, taste a small amount first.

STUFFED MUSHROOMS

- 4 Oz Feta or Blue Cheese
- 2 tsp. Garlic powder
- Mushrooms
- Clarified Butter

Crumble the Cheese and sprinkle with Garlic powder. Clean the mushrooms and remove the stems. Brush with a light coat of melted butter, then fill level with cheese. Quantity depends on type/size of mushroom. Place under a broiler or in a hot solar or regular oven enough to melt the cheese.



BAKED POTATO & GARLIC SAUCE

2 servings

2 Russet Potatoes, baked

Oven bake: the potatoes: 400°/ 1 hour

Solar Bake: in warm weather 3-4 hours.

GARLIC SAUCE

1/2 Cup Yogurt or Imo Soy Sour Cream

6 cloves Garlic, roasted or 4 tsp. garlic powder

1 Tbsp. Olive Oil

1 tsp. Lemon Juice

Sea Salt

Garlic Chives, chopped

Parsley, minced

Mix together in a bowl, the Yogurt, Garlic, Olive Oil, Lemon Juice and a dash of Salt to taste. Use 1/2 the mixture for each Potato, sliced open, garnished with chopped Chives, or Garlic Chives & Parsley.



ROSEMARY LATKES

4 servings

These are very savory tasting potato pancakes.

1 large, raw Russet Potato, grated

1/2 a Red Onion, grated or finely chopped

1-2 Eggs

1 Tbsp. Olive Oil

2 Tbsp. Wheat Flour, or Rice, Oat, or Quinoa flours

2 Tbsp. protein powder

1/4 Cup fresh Rosemary or 2 Tbsp. dried Rosemary

8 cloves fresh Garlic or 1 Tbsp. Garlic powder

1 tsp. Sea Salt

1/4 Cup fresh Rosemary Flowers

Mix the Potato & Onion in a bowl. Chop the fresh Rosemary or grind the dried, and mix with the remaining ingredients in a small bowl, then stir into the Potato & Onion in the larger bowl

Preheat a cast iron skillet, add a little Olive Oil. Scoop rounded tablespoons of batter into the skillet, and flatten. Cook covered, on low heat until browned on the bottom. Turn and add a little water to steam and return cover.

Serve with:

- Sour Cream
- Sour Cream with Smoked Salmon, or
- Plain Yogurt & Applesauce on the side.

Garnish with Rosemary sprig and flowers, *which have a mild Rosemary flavor and bright blue color.*



HERBED MASHED POTATO

2 servings

2 baked Russet Potatoes, mashed, about 1 1/2 Cups

1 Tbsp. Olive Oil

1 Tbsp. Seasoned Rice Vinegar or more to taste

1 Tbsp. dried Rosemary, ground in herb mill

1/2 Cup chopped Parsley

1-2 cloves of Garlic, mashed and chopped

Mash the Potatoes with the skin of one, together in a bowl. Mix in other ingredients. Salt to taste. Parsley garnish.

Variation: use mixture as hash browns, and cook in more Olive Oil to make crispier.



SWEET POTATOES & PECANS Serves 4

We substitute the baked sweet potato for pecan pie during the holidays.

2 baked Sweet Potatoes

Oven Bake: 400° for 1 hour in a baking pan.

Solar Bake: whenever the outside temperature is over 80°.

Sauce:

1/2 Cup Pecan pieces

1 Tbsp. Clarified Butter

2 Tbsp. Water

1 tsp. Maple Syrup

Sauce: In a sauce pan, warm Butter, Water & Maple Syrup, and toss Pecans to lightly coat them. Cut the warm potatoes in halves and spread the buttered Pecan & liquid over the top. Serve: warm. Garnish with Whipped Cream Cheese or Imo Soy Sour Cream.



CHESTNUTS & ONION Serves 4

1 Red Onion thinly sliced

1 Tbsp. Olive Oil

3/4 Cup roasted Chestnuts

2 Tbsp. Sherry

2 tsp. Poultry Seasoning

1 tsp. rubbed Sage

Soy sauce or Sea Salt to taste

Sauté Red Onions in Olive oil, adding a little water as needed, until brown and caramelized. Slice the Chestnuts in small sections, and add them along with Herbs and Sherry to the Red Onions. Simmer together for 3-5 min. to blend flavors. Add Soy Sauce or Sea Salt to taste. Serve over rice, or as a side dish to a meat main dish.



SPINACH-POTATO CURRY Serves 2

2 Tbsp. Ghee (Clarified Butter)

2 Tbsp. Coriander seed, fresh ground

2 tsp. prepared Mustard

2 tsp. Curry powder

1/2 tsp. Fenugreek, fresh ground

1/8 tsp. Hing, Asafoetida powder

1 large baked Russet Potato, cut bite sized, skin on

2 Cups Cubed winter Squash

2 Cups chopped Spinach

2 Green Onions, chopped

Heat the Ghee in a cast iron skillet with the spices, stirring for 2 minutes. Add Vegetables and 1 Cup Water, cooking until the mixture is warmed through. Salt to taste. Serve with Yogurt.



CHESTNUT ONION TURKEY Serves 2

1 recipe of Chestnuts and onions

8 oz. cooked light meat, Turkey or Chicken, julienne slice

2 Cups Celery, diagonally sliced

Add the Turkey to the dish above with the Chestnuts and herbs. Add a little more water to moisten the mixture and stir on low heat for a few minutes to warm through.

Quinoa makes a gluten free, high protein pasta that tastes good by itself. You can cut the noodles by hand, by rolling around the rolling pin & cutting in 1/4" strips. Making noodles with a pasta machine makes uniform size easy.



FRESH QUINOA NOODLES

2 Cups +

1 Cup finely ground Quinoa flour + 1/2 Cup board flour
1/4 Cup Cornmeal
1/2 tsp. Sea Salt
1/2 tsp. Cinnamon powder
2 Tbsp. Flax Seed, fresh ground
1 Egg + 1 Egg yolk
1 Tbsp. Olive Oil

In a bowl, mix together the 3/4 Cups of the Quinoa flour, Cornmeal, Cinnamon & Salt. Stir in the Flax powder. Make a depression in the center and pour in the Eggs & Olive Oil. Use a fork to break the yolk and begin mixing into the flour. Then use your fingers to work the ingredients into a dough, kneading for about 5 minutes until it becomes more elastic and does not stick to your hands. **Let sit in a bowl covered with plastic wrap or a plate, refrigerated for 1 hour.**

Use some of the board flour to coat your work surface. Divide the dough in 4 parts. Form 4 rolls and use a rolling pin to roll each out in a rough rectangle on the floured board as shown above, using the remaining Quinoa Flour. Hand cut noodles by cutting even strips, or use the noodle section of a pasta machine as directed by manufacturer. Depending on thickness, cook the fresh pasta for 3-7 minutes in boiling water with a dash of Salt & 1-2 tsp. Oil to both season the Water and prevent Noodles from sticking.



Use this recipe at the flat dough stage to make Won Tons. Make by hand or use a plastic press, which can be found in Cooking supply & Hardware stores. See Won Ton Soup recipe page W1. Click here.

After rolling out the flat dough, cut it in 3" + squares, add 1 tsp. filling of choice to the center, moisten the edges, fold in a triangle, and press the edges together. The Won Ton is ready to cook in broth for 5-7 minutes.

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FRESH QUINOA SPINACH PASTA

3 Cups

1 Egg + 1 Egg yolk
1 Tbsp. Olive Oil
2-3 tsp. Liquid Chlorophyll with Allantoin, Aloe & Mint
1/2 Cup chopped, blanched, squeezed Spinach (5 oz.)
2 Cups finely ground Quinoa flour
1/4 Cup Blue or Yellow Cornmeal
2 Tbsp. Flax Seed, fresh ground
1 tsp. Sea Salt
1/2 tsp. Nutmeg, fresh grated

Mix the Eggs, Olive Oil, and Chlorophyll together in a blender. Add the well drained Spinach a little at a time & puree. In a bowl, add 1 1/2 Cups of the Quinoa flour. Stir in the Flax powder, Salt & Nutmeg. Make a depression in the center and pour in the blender mixture, working the mixture into a dough, kneading for about ten minutes until it becomes more elastic and does not stick to your hands. **Let sit in a bowl covered with plastic wrap or a plate, refrigerated for 1 hour.**

Use some of the board flour to coat your work surface. Divide the dough in 4 parts. Form 4 rolls and use a rolling pin to roll each out in a rough rectangle on the floured board as shown above, using the remaining Quinoa Flour. Hand cut noodles by cutting even strips, or use the noodle section of a pasta machine as directed by manufacturer. The machine will have settings that will progressively roll out your dough to an even thickness of choice (photo upper right), and a section that will cut that dough into noodle (wider) or spaghetti (thin) widths.

Depending on thickness, cook the fresh pasta for 3-5 minutes in boiling water with a dash of Salt & 1-2 tsp. Oil to both season the Water and prevent Noodles from sticking.

Winter Sweet Biscuits



This is my version of the ancient European biscuits traced back to 5th Century Greece. Store refrigerated. Use for breakfast, or snacks.

SWEET BISCUITS

Basic Recipe

Makes 26 - 30 biscuits



Dry ingredients:

3 Cups Whole Wheat Pastry Flour
2 Tbsp. Stevia herb ground
1 Tbsp Baking Powder
1 Tbsp. ground Cardamom Seed
2 tsp. Cinnamon powder
1/2 Cup Sunflower Seeds, ground
1/2 Cup Sunflower Seeds, whole

Wet ingredients:

1 Cup Water
2 Tbsp Honey
1/3 Cup light Oil
1 tsp. Vanilla Extract

Mix dry ingredients well in a bowl

Mix wet ingredients in a 2 Cup measure and pour into the dry ingredients to make a dough.

Divide batter in 1/2. On a well floured board, roll out the dough in 2 rectangles 4" wide and about 1/2"-3/4" thick. Use a pastry cutter to cut 1" sections horizontally or diagonally. Press down and wiggle back & forth enough to separate the section. Lay out on cooking parchment or a greased cookie sheet.

Oven Bake: 20 minutes at 350° or until lightly browned. Cool and air dry thoroughly before storing in a container with a sealed lid.

Solar Cook in hot weather:

1-1 1/2 hours
in a 250° oven
or until lightly
browned.
Air dry thoroughly.



Forming the loaf



Cutting the biscuits

FLAVOR VARIATIONS

PERSIMMON

ADD: 1/2 Cup diced dried Persimmons

ORANGE-RYE

OMIT: 1/2 Cup Whole Wheat flour
1/2 Cup Water
Cardamom Seed

ADD: 1/2 Cup Rye flour
1/2 Cup Orange juice concentrate
2 Tbsp. Poppy seed
1 Tbsp. grated Orange peel

ALMOND

OMIT: Sesame seeds, Cinnamon, Cardamom

ADD: 1/2 Cup slivered almonds
2 tsp. Almond Extract

ANISE

OMIT: Cinnamon & Cardamom Sees

ADD: 2 Tbsp. ground Anise Seed
2 Tbsp. whole Anise Seed
2 Tbsp. Licorice Root powder



WILD SEED BREAD

1 loaf

This is a very heavy, dark bread especially good with soups in cold weather,

Dry ingredients:

- 2 Tbsp. Lambs quarters seeds or Poppy Seeds
- 2 Tbsp. Chia Seeds or Flax seed
- 1/4 Cup Dock Seed = 1/2 Cup ground in blender, or 1/2 Cup Bulgar
- 1 Cup Rye Flour
- 1 Cup Oat Bran
- 1 Cup Whole Wheat Flour
- 1 Cup Buckwheat Flour
- 1/2 Cup rolled Rye or rolled Oats
- 1/2 Cup Cornmeal
- 1/3 Cup Carob powder
- 1/4 Cup Millet
- 2 Tbsp. roasted, Chicory root, ground
- 1 Tbsp. Caraway seed, ground
- 2 tsp. Rumford non-aluminum Baking Powder
- 1 tsp. Sea Salt

Wet Ingredients:

- 2 Tbsp. Olive Oil
- 1/4 Cup Apple Cider Vinegar
- 2 Tbsp. Cup Molasses
- 2 Cups water

Mix dry ingredients well in a large bowl. Mix wet ingredients well in a measuring cup, and pour into dry ingredients. Use your hands to work the dough together just until evenly moistened. Tuck Parchment paper into a covered casserole pot. Shape the dough into a round loaf form in the pot, using a rubber scraper to smooth the sides and top.

Oven Bake: bake covered 45-60 minutes 350^a oven

Solar Bake: 10am-2 or 3pm on good solar day

Remove from the regular or solar oven and let cool in the closed pot before removing bread to retain moisture. If the top is too crusty, spray with a little water. Cut when cooled in wedges or horizontal slices.

HERB BREAD

1 loaf

This is a mildly sweet quick bread that we serve for breakfast with floral cream cheese & nut butters.

Dry ingredients:

- 1 Cups Whole Wheat Flour
- 1/2 Cup rolled Oats
- 1/2 Cup Millet
- 1/2 Cup Cornmeal
- 1/2 Cup Raisins
- 1/2 Cup Sunflowers
- 2 tsp. Basil, ground
- 2 tsp. Oregano. ground
- 2 tsp. Stevia powder
- 1 tsp. Marjoram, ground
- 1 tsp. Thyme, ground
- 1 tsp. Turmeric powder
- 2 tsp. Rumford non-aluminum Baking Powder
- 1/2 tsp. Sea Salt

Wet ingredients:

- 1 large Egg
- 3/4 Cup Water
- 1/2 Cup plain Yogurt
- 1/4 Cup Olive Oil

Mix herbs together and grind in an electric coffee mill. Mix with other dry ingredients well in a large bowl. Separate the egg white pouring the yolk into a bowl. Beat the white to thicken, add into the yolk and then stir in the other wet ingredients. Add liquids to dry ingredients, stirring just enough to make a batter. Tuck Parchment paper into a covered casserole pot. Shape the dough into a round loaf form in the pot, using a rubber scraper to smooth the sides and top.

Oven Bake: 35 minutes / in preheated 400^a oven.

Solar Bake: 10am-2 or 3pm on good solar day

Cool covered before removing from pan.

WARM WALNUT DRESSING

Makes 1 1/2 Cup

1 Cup boiling water
1 Tbsp. Sherry
1 Tbsp. Olive oil
1 Tbsp. Liquid Aminos or Soy Sauce
1/2 tsp natural Walnut Flavoring
1/4 tsp. Liquid Smoke
1 Tbsp. Whole Wheat Flour
1/2 Cup chopped Walnuts
1/4 C cold Water
1 Tbsp. Arrowroot powder or Cornstarch
1 Tbsp Basil
2 tsp. Garlic powder
2 tsp. Thyme

Add oil to a cast iron skillet on low heat. Stir in flour, then walnuts. Dissolve Arrowroot in 1/4 cold Water and add to skillet, stirring until the mixture thickens. Add Sherry to boiling water, then pour into the skillet mixture.

Mix the remaining ingredients in a bowl, and pour/stir into skillet. Remove from heat as soon as well mixed. Serve over steamed greens, Nature Burger or with meat or grain loaf.

MOCK NUT SAUCE

Makes about

2 Cups
1/2 Cup hot Water
1/4 Cup Lecithin granules
1/4 C Tahini
2 tsp. Dark Sesame Oil
2 Tbsp Miso Paste
1 Tbsp Lemon juice
1 Tbsp. prepared Mustard
1 Tbsp Brewer's Yeast
1/4 Cup Water

Liquify the Hot Water and Lecithin in a blender. Then add the remaining ingredients, and blend.

MUSHROOM SAUCE

Makes 2 Cups

6 Mushrooms, sliced
2 cloves Garlic, minced or pressed
2 Tbsp, Clarified Butter
2 Cups cold Water
1 Tbsp. Brewer's Yeast
2 Tbsp. Arrowroot powder or Cornstarch
2 Tbsp. Beef flavored Veggie Broth powder

Dissolve Arrowroot & Brewer's Yeast in cold water. Sauté Garlic & Mushrooms in Butter in a skillet. Add the other ingredients, stirring on low heat until the sauce is thickened.

MUSHROOM WINE SAUCE

Makes 2 Cups

1 Tbsp Butter, sweet unsalted
3 cloves Garlic, pressed
1 Onion chopped
1 1/2 C Mushrooms, sliced
3/4 C Water
1 Cup Port Wine
2 Tbsp Arrowroot or Cornstarch
2 Tbsp Worcestershire Sauce
2 Tbsp. Lea & Perrine Steak Sauce
1/8 tsp, ground Cloves
1 tsp. ground Rosemary
1 tsp. ground Thyme
1/4 Cup Raisins

Sauté the Garlic and Onion in Butter, then add Mushrooms and continue cooking for 2-3 minutes. Add all remaining ingredients but Raisins to a blender and mix well. Then pour into a sauce pan and bring to a boil, stirring occasionally. Add the Mushroom mixture and raisins. Simmer 10 minutes, stirring occasionally. Serve warm.

BUTTER BEAN SAUCE

Makes 1 Cup

3 bulbs of Garlic, solar or oven roasted
1 1/2 Cup Butter Beans, cooked
1/4 Cup Apple Cider Vinegar
2 Tbsp. Olive Oil
1/4 Cup Rice Protein Powder or other unflavored Protein powder
1 Tbsp. dried Oregano, ground
1 Tbsp. Basil, ground or 2 drops Basil Essential Oil
Sea Salt

Trim the top off the Garlic bulbs, place top down in a Pyrex Bowl coated with Olive Oil. Solar cook 1-2 hrs. until the Garlic cloves are translucent. Add to a blender with the Beans, Vinegar, Olive Oil and blenderize. While on low, sprinkle in the protein powder. Scrape into a container and stir in the Oregano and Basil. Salt to taste. Use as a high protein dip or sauce for vegetables.

APPLE MUSTARD SAUCE

Makes about 2 Cups

1 Cup Water
1/2 Cup frozen Apple Juice concentrate
2 Tbsp. light Oil
2 Tbsp. Lemon Juice
2 Tbsp. prepared Mustard
1 tsp. Apple Cider Vinegar
1 Tbsp. Psyllium hulls or Guar Gum

Mix together in a blender the Water, Apple Juice, Oil, Lemon Juice, Mustard, Vinegar. While on low, sprinkle in the Psyllium seed to mix in well. Let stand for 10-15 minutes to thicken,



LOTUS STIR FRY

4 servings

1/2 Cup dried or fresh Shiitake Mushrooms
1 Tbsp. Olive Oil or Peanut Oil
1 inch fresh Ginger root, grated
1 Onion chopped
2 cloves Garlic, chopped
1 Cup Carrots, diagonally sliced
1 Cup Lotus root sliced 1/4" thin, or 1 Cup canned Lotus rootlets, drained and rinsed or 1/2 Cup Bamboo Shoots
1/2 Cup canned Lotus seeds, drained and rinsed or Water Chestnuts
2 Turkey Sausages, or 8 oz. Tofu cut in bite sized pieces
8 oz. roasted turkey julienne cut
1 Cup Broccoli florets or zucchini julienne cut
1 Cup Celery, diagonally sliced
Sauce
1/2 Cup Beef Broth or Onion Soup
2 Tbsp. Oyster Sauce
2 Tbsp. Sherry or Rice Wine
2 tsp. Roasted Sesame Oil
2 tsp. Arrowroot powder, or Cornstarch
1 tsp. Chinese 5 Spice powder
1 tsp. Hoisin Sauce or to taste

If using dried Shiitakes, soak the mushrooms 30 minutes. Remove the stems, stack and slice 1/8" thin. Prep all the other ingredients, mix the Sauce ingredients in a bowl and set aside. In a wok on medium heat add the Oil, Ginger, Garlic, Onion, Turkey Sausage, Broccoli & Carrots. Stir constantly for a minute to release the juices. Lower the heat and add a little water. Simmer, stirring frequently to prevent sticking or burning for about 10 minutes.

Add the Mushrooms and their soaking liquid, the Roasted Turkey, Lotus Rootlets and Seeds, and the Celery. Simmer stirring 2-3 minutes longer. Stir in the Sauce mixture, bring to a boil to thicken. Serve with Hoisin Sauce over Rice.



LOTUS SOUP

2 large servings

4 cups Chicken Broth
1/2 inch fresh Ginger root, grated
2 Turkey Sausages, or 8 oz. Tofu cut bite sized pieces
1 Cup canned Lotus rootlets, drained and rinsed
1/2 Cup canned Lotus seeds, drained and rinsed
1/2 Cup Sugar snap peas cut in half
1 Cup Celery, diagonally sliced
1 Cup Bell Peppers chopped in squares
1 Tbsp. Black Bean Garlic Sauce

Simmer the Chicken Broth and Ginger with the Turkey for 5 minutes. Then add all other ingredients and simmer 5 minutes longer. Serve.

Dried Lotus Seeds: blanch and remove the brown tip. Or soak for 20 minutes. Then simmer in water for 20 minutes or until the seeds are soft.



HERBED CHICKEN VEGETABLE SOUPS

To change the flavor of basic chicken soup, try adding these herbs

1 Bowl Chicken Soup with Celery, Carrots, & Onion

Plus:

- 1-3 tsp. Lemon Juice
- Lemon Pepper to taste
- 1 tsp. Tarragon
- 1 tsp. Marjoram
- 2 tsp. Italian Herbs
- 1 tsp. grated fresh Ginger or 1/2 tsp. dry ginger powder
- 1 tsp. Curry blend of choice
- minced fresh Garlic to taste
- 1 tsp. Chinese 5 Spice powder + 2 Jujubes

SENEGAL CHICKEN SOUP

1 serving

1 Bowl Chicken Soup
1/4 tart Pippin Apple, grated
1/2 Cup Celery, chopped diagonally
1 tsp. Arrowroot powder
1 Tbsp. Imo or Sour Cream
1 Green Onion, chopped
1 tsp. Curry powder
1 Tbsp. Lime Juice
1 Tbsp. Sherry or White Wine

Mix the Arrowroot, Imo, Onion, Curry, Lime Juice, & Sherry into the cold Chicken Soup in a pot, add the rest of the ingredients, bring to a boil. Simmer on low for 5 minutes, and serve.

JUJU CHICKEN

4 servings



This is a yummy way to use Jujubes

4 tsp. Fresh Ginger, grated
2 tsp. Chicken Bullion powder
1/2 tsp. Chinese 5 Spice powder
1/2 tsp. Lemon Pepper
1/4 Cup Lemon Juice
1/4 Cup Water
1 Tbsp. Olive Oil
1 Lb. boneless Chicken Breasts
1 Cup whole Jujubes, Apple Date ripeness
4 tsp. Arrowroot
1/4 Cup cool Water

Mix the Ginger, Chicken Bullion, Chinese 5 Spice and Lemon Pepper in a bowl. Then stir in the Lemon Juice, Water & Oil. Cook:

Stove top: place the Chicken breasts in an oiled skillet. pour the seasoned mixture over them and add the Jujubes. Simmer covered for about 10-15 minutes, adding water as needed, until the chicken is cooked through and the Jujubes are moist.

Solar oven: Solar cook any season with adequate sun and heat. If the Jujubes are Red Date dry, soak overnight in enough water to cover. Place the Chicken Breasts in a black or dark Pyrex covered casserole, pour the seasoned mixture over them and add the Jujubes. Solar cook about 2-3 hours depending on season.

Dissolve the Arrowroot in the Water, and the stir into the hot pan juices. Bring to a boil in a sauce pan to thicken, and serve over the Chicken.

Serve with the Jujubes nesting around the Chicken. If they are soft enough, squeeze out the pits, ***or warn your diners that they will need to eat around the pits.***



BUCKWHEAT LENTIL WALNUT LOAF

8" casserole or 9"x5" pan

2 Tbsp. Olive Oil

1 Cup Onion, chopped

1/3 Cup Celery, chopped

1/3 Cup Carrot, chopped

4 cloves Garlic, chopped

2 Cups cooked Lentils

2 tsp. Lentil Curry Blend [see Herb & Spice Recipes page In58. Click here.](#)

1 Cup Beef or Veggie Broth of choice

Dry ingredients

1/2 Cup Rolled Oats

1/2 Cup Buckwheat Groats, ground

1/2 Cup Non-instant, non-fat dry milk powder

1/4 Cup Walnut, chopped

1/4 Cup Flax seeds, ground

Liquid ingredients

1 egg

2 Tbsp. Soy Sauce or Liquid Aminos

1 Tbsp. Molasses

1/4 Cup Balsamic Vinegar or Sherry

1 Cup Tomato Sauce for topping

2 Tbsp. Sesame Seeds

Brown in a skillet the Onion, Carrots & Celery in Olive Oil. Purée about 1/2 the Lentils in the Broth in a blender with the Egg, Soy Sauce and Molasses. If the Lentils are hot, drizzle them into the other ingredients to prevent cooking the Egg.

Dry grind the Buckwheat Groats in a blender. Mix the dry ingredients well in a bowl, then mix all the wet ingredients, except Tomato Sauce, into the dry, and pour into an 8" covered casserole.

• Or: top with Tomato Sauce and /or sprinkle Sesame Seeds on top and bake.

• Or serve warm with Mushroom-Wine Sauce or Warm Walnut Dressing.

Oven Bake: 60 minutes at 350°

Solar Bake: 2 hours+-

GRAIN BURGER GRANULES 4 Cups

This is my favorite Vegan meat substitute. The finished granules should have a rich herbal flavor and the texture of loose ground beef in sauce.

1 1/2 Cup cooked Buckwheat Groats

2 1/2 Cups water

Dry ingredients

1 1/2 Cups Textured Soy Protein

1/2 Cup Whole Wheat flour or Quinoa flour

1/4 Cup Brewer's Yeast

1/4 Cup Walnut pieces, chopped

1/4 Cup Sunflower Seeds, ground in dry blender

2 Tbsp. Arrowroot powder

4 tsp. Basil

2 tsp. Garlic powder

2 tsp. Sage, rubbed

2 tsp. Beef Bullion powder, or veggie beef broth powder to taste

1 tsp. Rosemary, ground

1 tsp. Thyme, ground

1/4 tsp. Cayenne or to taste

Liquid ingredients

2 Cups Water

2 Tbsp. Liquid Amino broth or Soy Sauce

Optional: 1/4 Cup Sherry for 1/4 Cup Water

Cook 3/4 Cups groats & 1 1/2 Cups water for 20 minutes in a double boiler, or bring to a boil stove top and Solar cook 1-2 hours as needed.

In a bowl, mix together all the dry ingredients and stir in the cooked Groats. Mix together the Liquid ingredients in a small bowl and stir into the dry ingredients in a skillet. Heat the mixture, stirring, bringing to a simmer. Continue simmering to allow juices to thicken and flavor the grains.



JAMAICAN MAHI MAHI

1 Lb. Mahi Mahi
 1/4 Cup Raspberry Vinegar
 2 Tbsp. Jamaican Spice of choice
 2 tsp. Caraway Seed, ground
 2 tsp. fresh Ginger, grated
 1 Red Bermuda Onion, sliced
 Olive Oil

Cook the Onions & Ginger in a little Olive Oil low heat, stirring occasionally until brown and caramelized. Dip the Mahi in a bowl with the Vinegar to coat both sides of the Fish. Sprinkle half the mixed Jamaican Spices & Caraway over the top and lay that side over the cooked Onion mixture, then season the top of the Fish. Add the remaining Vinegar and Cook 5 minutes covered, adding water as needed, until cooked. *Some cuts are thinner and will cook faster.* Serve over Rice with the pan juices & Onions on top.

MILD JAMAICAN SPICE

1/4 Cup Sucanat, or Brown Sugar
 2 Tbsp. Paprika
 2 Tbsp. Chili
 1 tsp. Allspice
 1 tsp. Star Anise powder
 1 tsp. dried Ginger root powder
 1 tsp. Cinnamon powder
 1/2 tsp. Nutmeg, fresh grated
 2 Bay leaves, crushed, then ground
 1 tsp. Sea Salt or to taste

HOT JAMAICAN SPICE

add to the recipe above:
 1/2 tsp. Cayenne pepper or to taste



SAMBHAR COD

The firm Cod has low fat content, so the Pecans give it some richness and the mild Sambar curry is accented by Lemon Pepper.

2 tsp. Clarified Butter
 1 Tbsp. Olive Oil
 Water
 1 Lb. Cod Fillets
 4 tsp. Sambhar Curry powder
 2 tsp. Caraway seed, ground
 2 tsp. Lemon Pepper
 Pecans
 Sea Salt
 2 Tbsp. Whole Wheat flour

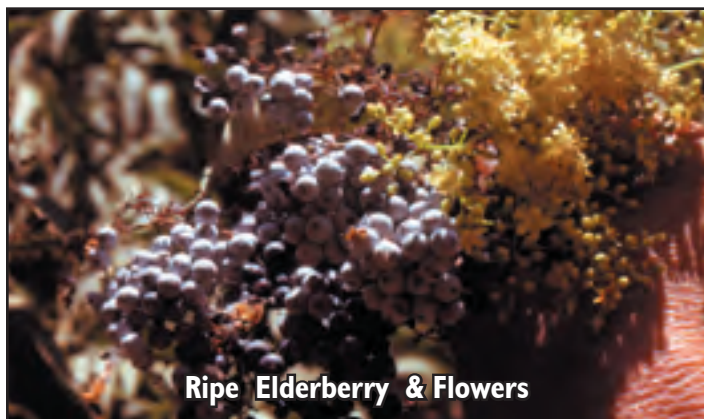
Heat skillet and melt the Butter, mix in the Olive Oil. Season both sides of the fish with Curry & Lemon Pepper. Add fish to skillet and simmer covered for 5 minutes. Add a little water to steam, and cover immediately. Add more water as the pan bottom dries for another 5 minutes.

Remove the fish to a platter. Add a little water to the skillet and sprinkle in 2 Tbsp. Whole Wheat flour, stirring to remove all sediments from the pan bottom. This will make *roux*, or a thick sauce. Pour this over the fish. Garnish with chopped pecans.

Serve with Asian Spinach and cooked Carrots garnished with:

- Basil Seed
- Black Cumin seeds
- Black Sesame Seeds

Sambhar Curry is a mild spice combination of Northern India, commonly used to season lentils and soups.



Ripe Elderberry & Flowers



POMEGRANATE PUNCH Makes 1 quart+
This is a spicy-sweet dessert drink for the holidays.

1 Cup Pomegranate Juice, bottled or fresh pressed
2 Cups Apple Juice
1/2 Lemon, juiced
2 Cups Water
2 Red Zinger Tea bags
1 tsp. dried Ginger or fresh grated Ginger (for deep warming)
1/8 tsp. Cayenne powder or to taste (for surface warming)

Bring the Water to a boil in a small sauce pan with the Ginger & Cayenne. Remove from heat and add Red Zinger Tea bags. Steep covered for 5 minutes, strain. Press about 4 Pomegranates, *see the Harvest/Process section*. Mix all the ingredients. Serve room temperature in holiday glasses.

ELDERBERRY-GRAPE PUNCH Makes 1 1/2 quarts
Elderberry is a good winter beverage as it has anti-viral, immune system supporting properties. See cautions about unripe berries in Properties of Herbs section Click here to see page 14.

2 Cups water
1 Cup cleaned, dried Elderberries
or substitute 2 Cups fresh berries stripped from the stem
1 quart Concord Grape juice
Stevita

Soak berries overnight to plump. Bring berries & water to a boil in a pot. Let sit covered for 20 minutes, then strain. Elderberries are tart, so add the grape juice and a few drops of Stevita liquid or a pinch of powder to taste.



Elderberry Flowers



Peppermint



Manzanita

ELDER FLOWER-PEPPERMINT TEA 1 Cup
Elderberry Flower or Elderblow is a good for bringing down a fever, Elderberry is antiviral, and peppermint is a mild digestive stimulant. The combination makes a good winter beverage during a cold or flu.

1 Cup water brought to a boil
1 Tbsp. Elderflowers
1 tsp. Peppermint Leaf cut and sifted
1 tsp. Elderberry Extract
Stevia herb powder to taste

Pour the hot water over the herbs in a large coffee mug and let steep 15 minutes. Add about 1/2 tsp. Stevia powder to taste.

MANZANITA CIDER Makes 1 quart+

2 Cups water
1 Cup Manzanita berries
1 quart Apple juice
Stevita white powder to taste
1 tsp. fresh grated Ginger

Simmer Water, Manzanita Berries & Ginger in a covered pot for 15-20 minutes, remove from heat and cool enough to handle. Pour into a blender and grind to break up fruit. Strain the liquid through muslin or a fine strainer. Add the apple juice, and 1/2 tsp. of Stevita powder or to taste.



BASIC HOT MULLED CIDER

Makes 5 cups

- 3 Cinnamon Sticks
- 6 whole Cloves
- 1/2 tsp. Cayenne
- 1 Cup Water
- 1 Lemon sliced
- 1 quart Apple Juice or Port Wine

Bring the water to a boil with the spices & simmer 10 minutes. Add to Cider or Wine with the Lemon slices, and heat below simmer for 10 minutes and serve warm.

MULLING SPICES 2

Use 1/4 Cup per quart fluid

- 1/2 Cup Cinnamon chips
- 1/2 Cup dried organic Orange peel, thinly cut
- 2 Tbsp. Cup Ginger root, ground
- 2 Tbsp. Allspice, whole
- 2 Tbsp. whole Star Anise

JUJUBE ELIXIR

This elixir makes a powerful immune booster. It has a smooth firewater first taste with a lingering tingle on your tongue from the Osha & Echinacea. Use in small doses for benefit.

- 4 Cups Jujubes
- 1 inch Osha root
- 1 inch Echinacea root
- Brandy

Cover the Jujubes and a piece of sliced Osha Root with Brandy and store in a cool, dark place for 2 weeks.

Shake daily. Strain off liquid and decant into a storage bottle.

Serving: 2 Tablespoons *The dried roots of Osha and Echinacea are available commercially.*



ELDERBERRY WINE

If you are going to drink wine, consider the medicinal properties of Elderberry Wine. We are fortunate to have access to this product from a local vintner. Take as an anti-viral tonic, 2 Tbsp. daily. Add a dropper of Echinacea Extract at the first sign of a cold, and sip.

PERSIMMON-ROSE HIP NECTAR

2 quarts

- 3 Cups fresh Rose Hips
- 3 Cups Water
- 4 ripe Hachiya Persimmons
- 12 oz. Frozen Apple Juice concentrate
- 2 tsp. Stevita white powder
- 1 tsp. Cinnamon Extract
- 2 tsp. fresh Ginger, grated



Slice the tops & bottoms off the young, fresh Rose Hips, soak in Water overnight to soften. Bring the rose hips & water to a boil then cool enough to handle and grind in blender. Use a strainer or Champion Juicer to separate the seeds from the Rose Hip pulp and liquid.

Add the strained Rose Hip pulp with all the other ingredients in a blender, and liquefy together.

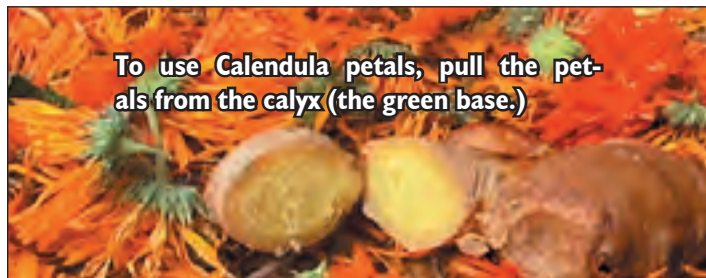
PERSIMMON LIQUEUR

1 quart

- 1 Lb. very ripe Hachiya Persimmons
- 4 Cups Brandy or 1/2 Brandy & 1/2 Vodka
- 1 tsp. Cinnamon extract
- 1 tsp. Orange extract
- 2 tsp. fresh Ginger, grated
- 2 Cups Fructose corn sugar granules, or refined Sugar

Stir into a glass container the Brandy & Spices. Stir in the Fructose. Slice the persimmons or scoop lumps of the pulp into the jar. Cover the top with waxed paper and then tighten the lid. Shake daily. Store in a cool, dark place for 2 weeks. Strain off the liquid and adjust the flavor if needed. Bottle in airtight bottles and use within 6 months.

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To use Calendula petals, pull the petals from the calyx (the green base.)



KUMQUAT HONEY

Kumquats are like little lemons with sweet, orange flavored skins and citrus seeds. The astringent Honey extracts the citrus flavor leaving the Kumquats shriveled when done.

Kumquats

Unfiltered raw Honey

Cover the whole Kumquats with Honey. Store refrigerated. Use the Honey as a Citrus Syrup, and eat the Kumquats as finger food in addition to the Sauce here.

GINGER GINGER CAKE

The double ginger comes from topping this bread with Ginger Calendula Sauce .



Dry ingredients

- 3 1/4 Cups Whole Wheat flour
- 2 Cups grated Carrots
- 2 tsp. Ginger root powder
- 2 tsp. Cinnamon powder
- 1/2 tsp. fresh grated Nutmeg
- 1/4 tsp. ground Cloves
- 1 tsp, non-aluminum Baking Powder
- 1/2 tsp. Baking Soda
- 2 Tbsp. Stevia powder

Wet ingredients:

- 1/2 Cup light oil
- 2 Eggs
- 1/2 Cup Molasses
- 1 1/2 Cup non-fat milk
- 1 1/2 tsp. Lemon Juice

Mix dry and wet ingredients together in a large bowl, just stirring as much as needed to make a batter. Pour into oiled, floured baking pan. Bake. Top with Calendula Sauce.

Oven Bake: 45-60 min. at 350^a

Solar Bake: 3-4 hours or until done

GINGER-CALENDULA SAUCE uncooked

Calendula grows year round in mild climates. This sweet-sour topping goes well on French Toast as well as Ginger Bread.

- 3/4 Cup Water
- 1/2 Cup Kumquat Honey
- 2 Tbsp. Orange Juice concentrate
- 2 Tbsp. Lemon Juice
- 2 drops Lemon Essential oil
- 8 Kumquats, seeded and minced
- 1 Tbsp. fresh grated Ginger root
- 1/4 Cup fresh Calendula petals or 2 Tbsp. dry petals
- 1 tsp. Psyllium Hull powder or Guar Guar Gum

Stir to dissolve the Guar Gum in liquids. Stir in the Kumquat Ginger and let sit 20 minutes to thicken.

GINGER-CALENDULA SAUCE cooked

- 3/4 Cup Water
- 1/3 Cup Lemon juice &
- 1/3 Cup Honey
- 1 tsp. Clarified Butter
- 2 drops Lemon Essential Oil
- 2 tsp. Arrowroot powder or cornstarch
- 1 Tbsp. fresh grated Ginger root
- 1/4 Cup fresh Calendula petals or 2 Tbsp. dry petals

Stir together to dissolve the Arrowroot powder, Honey, Water, Lemon juice & Lemon Essential Oil & Ginger in a small sauce pan to thicken, then remove from heat. Stir in the Butter and Calendula petals and serve.



MAPLE WALNUT ROLL

Makes 2 rolls

1/2 Cup Peanut Butter, room temperature
1/4 Cup. Maple Syrup
2 Tbsp. Peanut Oil
1 tsp. natural Maple Extract
1/4 Cup Protein Powder
1 Cup Walnuts, chopped
2 tsp. Stevia herb powder
1/2 tsp. Sea Salt

If the Peanut Butter is not soft, warm it in a sauce pan on low heat to soften. Stir in the Maple syrup, Peanut oil, and Maple Extract. In a bowl mix together the Protein Powder, 1/4 Cup Walnuts, Stevia powder and Salt. Mix the warm Peanut mixture into the dry ingredients, and form a ball. Cut the ball in 1/2.

Make the nut dough into 2 rolls about 8" long. Cut 2 pieces of waxed paper large enough to wrap around the roll on all sides. On one piece of waxed paper, scatter half the remaining finely chopped walnuts. Press the top of the rolls into the nuts, wrapping the waxed paper around the roll. Pull the paper roll snugly around the nut dough and roll back and forth to press nuts in. Repeat with the 2nd roll using the rest of the nuts.

Fold the ends of the waxed paper to seal and store in a plastic bag frozen until use. This firms the roll and allows you to cut it in slices to serve any time.



TAHINI CASHEW BALLS

Makes 1 dozen+

1/4 Cup Designer Whey Protein Powder or Dry Milk powder
4 tsp. Stevita white powder
1 Tbsp. Cardamom seed, ground well
1 tsp. Garam Masala
1/2 tsp. Sea Salt
1/2 Cup Tahini
1/2 Cup. roasted, Cashews, chopped
2 Tbsp. Honey
2 tsp. natural Lemon Flavoring or 4 drops Lemon Essential Oil
1 tsp. Vanilla Extract
1 tsp. Lemon Pepper or Black Pepper

Stir together the Whey powder, Stevita, Cardamom, Lemon Pepper and Salt. In another bowl mix together the Tahini, Honey, Vanilla, Lemon Extract or Essential Oil and Cashews. Mix this well and form into bite sized balls. Roll the balls in Whey powder, 1/4 Cup Ground Cashews or Sesame Seeds. Serve with roasted, salted Cashews.

ALMOND BALLS

Makes a dozen or more balls

This is similar to the Maple Walnut Rolls, but with Almonds formed into balls.

1/2 Cup Almonds, coarsely hand chopped
1/2 Cup. Sunflower Seeds
1/2 Cup Non-instant Dry Milk powder or Whey Protein powder
2 tsp. Stevia powder
1/2 tsp. Sea Salt
1/2 Cup Almond Butter or Peanut Butter at room temperature
1/4 Cup Honey
1 tsp. Vanilla Extract
1 tsp. Almond extract
Sesame Seed

Grind the Almonds, Sunflower Seeds and Sesame Seeds in an electric Coffee mill or dry blender, and pour into a bowl. Stir in the Milk powder, Stevia and Salt. In another bowl mix together the Almond Butter, Honey, Vanilla and Almond extracts. Mix this well into the dry ingredients, and form bite sized balls. Roll the balls in Whey Protein Powder or Sesame Seeds.

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PINEAPPLE COCONUT QUINCE 4 servings

Pineapple Quince inspired this tropical lemon flavored recipe.

2 Quince

- 1/2 Cup very ripe Pineapple cut in small chunks
- 1 Tbsp. grated fresh Ginger
- 2 Cups Pineapple-Coconut juice
- 1/2 Cup Lemon Juice
- 4 tsp. Lemon Extract or 10 drops organic Lemon Essential Oil
- 20 drops Stevita liquid, or 2 tsp. white Stevita powder
- 1 tsp. Clarified Butter
- 2 Tbsp. Vanilla Protein Powder
- 4 tsp. Psyllium Seed Hull powder
- 1/4 tsp. Turmeric for yellow color
- 1/4 tsp. Salt

Optional: 1/4 Cup Protein powder

Wash & cook the Quince by steaming 20 minutes stove top or solar baking until soft. Chop into bite sized cubes. Combine the Quince & Pineapple in a bowl. Purée in a blender together 1/2 a cored cooked Quince, Lemon Juice and Butter. Add the Pineapple-Coconut juice, Lemon Extract, & Salt. Mix together the Protein powder, Psyllium & Turmeric, and sprinkle into the blender mixture on low speed to prevent lumps.

Pour the Blender mixture over the remaining Quince & the Pineapple, and mix together. Let sit 15 - 20 minutes to fully thicken. Refrigerate. Serve with a sprig of Spearmint.

ANISE APPLE SAUCE

4 servings

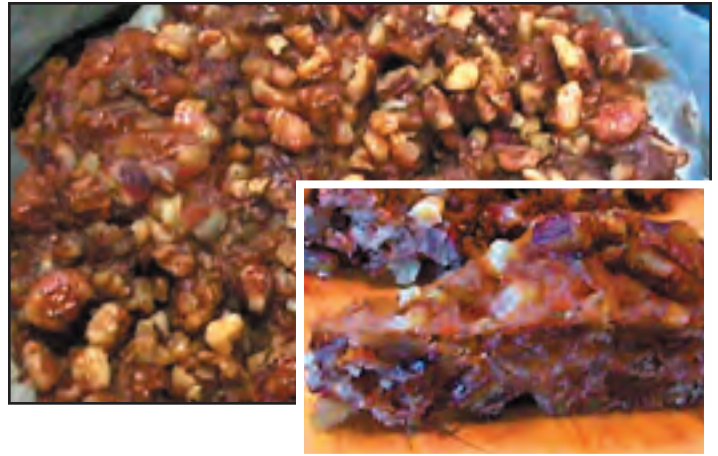
6 Apples

- 2 tsp. Apple Pie Spice powder
- 1 tsp. Anise Seed ground or Star Anise powder
- 1 tsp. Clarified Butter, melted
- 1 Tbsp. Lemon Juice

Wash apples core through center, slice & core center with melon scoop. Sprinkle with spices in covered baking pot. Chop after baking and purée in a blender with Lemon Juice.

Stove top: steam 20 min or until cooked through.

Solar Bake: place in a covered baking pot for 2-4 hours



FRUIT-NUT CHEWS

7" round pan

This is a gooey yummy sweet.

APPLE recipe

Dry Ingredients:

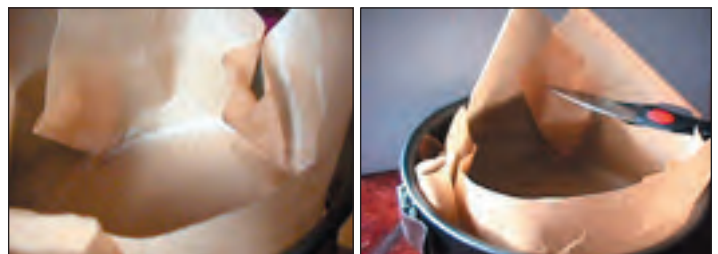
- 2 Tbsp. Vanilla *Designer brand Whey Protein Powder
- 1/2 Cup Arrowroot powder
- 1 Tbsp. plain Gelatin powder
- 2 tsp. Apple Pie Spices
- 1/4 tsp. Cardamom Seed, ground
- 1/4 tsp. Sea Salt
- 1/2 tsp. Stevita white powder
- 3/4 Cup Walnuts, chopped
- 1/2 Cup dried Apple & Pineapple chunks
- 1/2 Cup Frozen Apple Juice concentrate
- 2 Tbsp. Water
- 2 tsp. Lemon Juice

ORANGE recipe

Dry Ingredients:

- Tbsp. Van. Designer Whey Protein Powder
- 1/2 Cup Arrowroot
- 1 Tbsp. Gelatin powder
- 2 tsp. Pumpkin Pie Spices
- 1/8 tsp. Clove powder
- 1/4 tsp. Sea Salt
- 1 tsp. Stevita white powder
- 3/4 Cup Pecan pieces
- 1/2 Cup dried Persimmon chunks
- 1/2 Cup frozen Orange concentrate
- 1 Tbsp. Water
- 2 drops Lemon Essential Oil

Line a 7" diameter spring form pan with about 12" square of cooking parchment, folding the overlap in around the sides, and trimming off any paper above the pan, as shown below.



In a bowl, mix the Dry Ingredients, stir in the Juices & Water and mix well. Stir in the Fruit and Nuts. Pour the batter into the lined pan, shake to level, and place the 7" pan inside an 8" black enamel covered casserole and bake:

Solar cook: 1-3 hours, until the mixture thickens.

Oven cook: at 350° for 1/2 hour or until the mixture thickens into a firm, sweet gum.

Cool to room temperature, peel off the cooking parchment paper and let air dry on a wire rack for awhile. Cut into bite sized sections to serve. * Designer Whey is a high protein/low carbohydrate formula.

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CAROB-PERSIMMON-FIG SORBET 8 servings

3 Cups Hachiya Persimmon pulp
 1 Cup dried Figs, soaked in water overnight or fresh figs
 1/4 Cup Walnut or Pecan pieces
 2 Tbsp. Molasses
 2 Tbsp. Carob powder
 1 tsp. roasted Chicory Root, ground
 2 tsp. Vanilla extract
 1 tsp. Brandy Extract
 Sea Salt
 Stevita Liquid or white powder to taste

Make sure all the Persimmons are very soft with no hard places that might be astringent. Blenderize all the ingredients together, and pour into ice cube trays and put through a Champion Juicer with expeller plate on, or process in an electric ice cream maker.

PERSIMMON SORBET 8 servings

6 oz, Frozen orange Juice concentrate
 4 Cups Hachiya Persimmon pulp
 1 Cup Water
 1 Cup plain Yogurt
 1 Tbsp. fresh Ginger, grated
 1 tsp. natural Cinnamon flavoring
 1 tsp. Stevita white powder or to taste

Make sure all the Persimmons are very soft with no hard places that might be astringent. Blenderize all the ingredients together, and pour into ice cube trays and put through a Champion Juicer with expeller plate on, or process in an electric ice cream maker.

PERSIMMON INSTANT PUDDINGS

Make a pudding by scooping the ripe Hachiya Persimmon pulp from the skin with a spoon, mash or blenderize and stir together with any of the combinations below:

- Pomegranate seed, Arbutus Unedo Berries quartered, a dash of Pumpkin Pie Spice, chopped Pecans and Lemon Juice
- a dash of Cinnamon & Clove powder
- grated Fresh Ginger & Mandarin Orange slices
- ripe Banana, chopped & Walnut pieces
- soaked Dried Cranberries & Walnuts or Pecans
- mix or top with Carob Sauce & Walnuts
- Brandy extract, chopped Apple, baked Quince & Pecans
- Cooked Quince, Raisins, & Walnuts or Pecans

PERSIMMON-MACADAMIA GELATIN 6 servings

1/4 Cup plain gelatin
 2 Tbsp. Protein Powder, unflavored or Vanilla
 2 1/2 Cups Hachiya Persimmon pulp
 1 tsp. natural Lemon Extract
 2 tsp. Cinnamon powder
 1 Tbsp. fresh Ginger, grated
 2 tsp. Stevita liquid or white powder
 1 Cup Water
 1/2 Cup Macadamia Nuts, coarsely chopped
 1 Orange, peeled and cut into sections

Cut the peeled Orange into sections and place in a 2 quart bowl, cutting between the natural divisions so the inner membrane does not show. Chop the Macadamia Nuts and add them to this bowl.

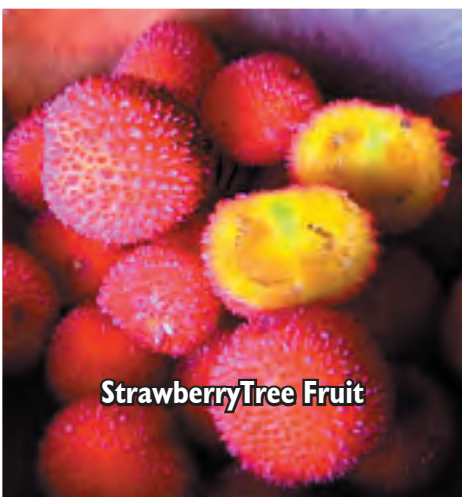
Blenderize the Persimmons with Protein Powder, Orange Extract, Cinnamon, Ginger and Stevita and set aside in a bowl.

Bring the Water to boil and pour into blender. With the blender on low, sprinkle in the Gelatin to dissolve without lumps. Stir in the Persimmon mixture quickly and pour into the bowl with Orange slices and Nuts.

Winter Dessert 5



Jujube Apple Date



Strawberry Tree Fruit



Fuyu Persimmon

The Jujube or Apple Date tastes like an Apple fresh, and more like a Date as it dried. The Strawberry Tree Fruit has a bumpy skin and soft, mildly sweet, dark yellow flesh. The Fuyu persimmon is never astringent, and can be eaten when crisp like an Apple or when it becomes softer and sweeter. The Persimmons all have a star shaped pattern when sliced horizontally.



PERSIMMON SALAD

Makes 6 servings

- 2 Hachiya Persimmon
- 2 Apples, cut in wedges
- 6 Jujube Apple Dates, sliced off pits
- 6 fresh Figs, cut in sections
- 1/2 tsp. Cinnamon
- 1/4 tsp. Star Anise
- 2 tsp. fresh Ginger, grated

Simmer the Jujubes in water for 2 minutes and let sit covered for 5., Drain & mash the warm Jujubes to remove the pi, the chop. Mix the spices into the Persimmon pulp with a fork and toss with the Figs, Jujubes & Apple. The persimmon will prevent the Apple from browning.

Optional: If you can digest nuts & fruits together, add;
1/4 Cup Pecan or Walnut pieces

DOUBLE PERSIMMON PLUS

2 servings

- 2 Hachiya Persimmons
- 1/4 Cup frozen Orange Juice concentrate
- 1/4 tsp. Cinnamon
- 2 firm-ripe Fuyu Persimmon
- 12 Strawberry Tree Fruit, Arbutus Unedo Berry
- 4 Jujube Apple Dates, sliced off pits
- 1 organic Orange + Zest
- 1 Tbsp. Crystallized Ginger

Scoop ripe Hachia Persimmon pulp from the skin with a spoon and stir together with the Orange Juice concentrate in a bowl with the other Fruit. Cut the Fuyu in 1/4" horizontal slices, then cut into triangular wedges. Slice the Strawberry Tree fruit in half. add the Apple Dates. Zest the Orange skin in fine strips. Peel and cut the Orange between segments then cut in smaller pieces. Gently mix the fruits together with the Crystallized Ginger, and most of the Orange zest, leaving a long piece for the top. Save 1/2 slice of Fuyu persimmon to decorate the dessert bowl as shown above.

CAROB SAUCE

Makes about 2 Cups

- 2 Cups Water
- 2 Tbsp. Molasses
- 1 tsp. Vanilla extract
- 4 tsp. Stevita + 2 Tbsp. Sucanat, or 1/4 Cup Honey
- 1/4 Cup Arrowroot or Cornstarch
- 1/4 Cup toasted Carob Powder
- 2 Tbsp. Chicory Root, roasted & ground
- 1/4 tsp. Sea Salt
- 1/2 Cup Walnuts, chopped

In a blender, stir together the Water, Molasses, Vanilla & Honey if used. Mix the dry ingredients except Walnuts in a small bowl, add to liquids just enough to stir in. Pour into a sauce pan or double boiler and stir constantly over low heat for a few minutes until the mixture thickens. Remove from heat and stir in the Walnuts. Serve immediately by itself or over another dessert like No Bake Carob Bars [Click here for Su22.](#)

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PLUMS & POMEGRANATE

2 servings

The mild, sweet flavor of the *Thompson Sweet* Pomegranate makes a nice flavor crunch with ripe Plums. The pink Thompson Pomegranate seeds are softer than the standard darker varieties which have hard little seeds.

1 ripe Pomegranate, seeded

2-3 Plums, diced

Seed the Pomegranate. *It is cleaner to do this in a bowl of water, which separates the seeds from the rind with less mess.* Chop the Plums, toss & serve.



CHAMOMILE PEARS

4 servings

Chamomile Honey makes a soothing compliment to the Pears.

4 ripe Bosc Pears, core, peel & slice

1/4 Cup Vanilla Yogurt

2 Tbsp. Vanilla Designer Whey Protein Powder

1 Tbsp. Chamomile infused Honey

1/2 tsp. Stevita white powder

2 Tbsp. Crystallized Ginger granules or slices

2 Tbsp. dried Pineapple, thinly sliced

Lemon Pepper

Slice Pears, core & steam 20 minutes until soft. Warm the Chamomile infused Honey and mix into the Yogurt, Stevita powder & Designer Whey protein powder to make a syrup. Drizzle the steamed Pears with the Syrup. Top with Crystallized Ginger & Pineapple, and garnish with Lemon Pepper.

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TROPICAL FRUIT SALAD

4 servings

Sweet-acid flavors of the fruit vs. Chamomile Honey & Coconut

1 Cup Pineapple Guava fruit, skin removed

1 Cup Banana, sliced

1 Cup Dried Pineapple rings, cut in small wedges

1 Cup fresh Pineapple, cored & cut in chunks

1/2 Pomegranate, Wonderful variety, seeded

Juice & Zest of 1 Lime

Syrup:

2 Tbsp. Chamomile Honey see floral honey page In42

4 tsp. Stevita white powder

1/2 Cup Coconut Milk

1 tsp. pure Vanilla extract

2 tsp. Crystallized Ginger granules

1 tsp. fresh Ginger, grated

1/2 tsp. Black Pepper

1/4 tsp. Cardamom Seed

Optional: Seeds of 4 Nigella pods & 1 Tbsp. Vanilla Protein Powder

Combine all the prepared fruits except the Pomegranates in a bowl and toss with the fresh Lime juice & Zest. Put all the Syrup ingredients in a sauce pan, warm and stir to mix well. Toss gently with the fruit. Let marinate 15 min. to blend flavors. Top with Pomegranate Seeds just before serving at room temperature.

TROPICAL PANCAKE TOPPING 4 servings

1/4 Cup Coconut milk

1 Cup fresh Pineapple chunks

1 Cup baked Quince or raw Apple

1 Cup Kiwi fruits or Pineapple Guava

1 tsp. Vanilla extract

1/2 tsp. Stevita white powder

2 Tbsp. crystallized Ginger, granules or slices



Cut the Quince or Apple in chunks. Peel & slice the Kiwi. Mix with all ingredients but Ginger & Nigella seed, which is sprinkled on top. For Pineapple Guava, cut in 1/2 and scoop out fruit with melon baller. Add a dash of Salt to mellow the acids.



Spring Recipes



Spring Wild Salad 1



SPRING WILD EDIBLES & GARDEN FLOWERS

Wild Edibles

Chickweed: the whole young plant is tender & succulent

Dandelion: the liver beneficial bitter leaves can be used in small amounts raw, cut in thin slices.

Day Lily tubers & shoots: mild tasting cooked foods.

Dock, Yellow or Curly: the leaf has a lemony, oxalic acid flavor. Use tender young leaves in small amounts. **Dock root:** used as a blood purifying/ liver detox tea.

Fennel leaf, root & seed: all the parts have a licorice flavor, and the mild root is a common European vegetable raw or cooked. The leaf is mild and the flower & seed are the strongest.

Filaree or Storksbill: mild flavored, rough textured potherb.

Lamb's Quarters & Pigweed: related plants with rich, mild chlorophyll flavored leaves contain oxalic acid. Eat raw or steam older leaves lightly to reduce binding with calcium foods.

Mallow leaf: Cut off the stems. Use up to 50¢ sized young leaves raw. Cook larger, leaves a few minutes to soften. Steam or add to soups. Root used medicinally in decoction tea.

Milk Thistle young leaves and larger leaf ribs : the best part is the tender celery-like center rib of the leaves. The very young leaf is edible after trimming off the very spiny outer edges.

Miner's Lettuce plant: mild succulent raw salad green.

Mustard leaf & Flower: peppery greens common potherbs cooked in the Southern U.S.

Plantain: the young leaves have a mild flavor and can be used chopped raw in salads. Cook the stronger tasting older leaves.

Purslane: the succulent raw leaves and stems have a mild chlorophyll flavor, a source of vegetal B Vitamins and oil.

Watercress: spicy water plant with succulent parts. *If Giardia may be in your water, cook well or soak overnight in Iodine as directed by the manufacturer. Adding Vitamin C will help neutralize the taste.*

Wild Onion leaves and flowers: onion flavored parts.

Most Used Spring Edible Garden Flowers

Borage petals: mild, cooling cucumber flavored blue petals.

Broccoli family flowers: these flowers taste like a milder version of the leaves.

Calendula petals: mild bitter bright yellow petals

Garlic Chive leaves and flower: onion flavored parts

Violet leaf & Flower: mild flavored leaf & flower are high in Vitamin A. Most Ca. native Violets are rare or endangered. Use only your unsprayed, cultivated varieties.

Spring: page 1





FRESH FENNEL SALAD

2 servings

1 Cup Fennel Root, cut in 1/2 & thinly sliced
1 1/2 Cup Celery, thinly sliced
1 Green Onion, chopped
1/2 Cup Chayote julienne cut or Chayote Pickles
1 Cup fresh Peas
Salt
Garlic Chives, chopped
a sprig of fresh Spearmint leaves, minced

Dressing:

1 Tbsp. Lime Juice
1 tsp. prepared Mustard
1 tsp. Honey
1/4 tsp. Stevita white powder
2 Tbsps. Olive Oil
Sea Salt to taste

Mix the Fennel, Celery, Green Onion & Chayote together in a bowl. In a small bowl, mix the Lime juice and prepared Mustard, drizzle in the Olive Oil while stirring and add Salt to taste. Toss with salad. Strip the leaves off the Mint stalk and mince. Garnished with Peas, Garlic Chives and Mint.

MARINATED VEGETABLES

Makes 1 quart+

2 Onions, sliced horizontally & sliced
1 Cup Fennel Root, quartered & sliced
2 Cups. Fennel stems sliced & fronds, cut 1" long
1 Tbsp. fresh or dried Fennel Seed
2 Cup Celery, thinly sliced on diagonal
1 Cup sliced Mushroom
*12 young fresh or canned Grape Leaves, stems removed
3/4 Cup Water
3/4 Cup Seasoned Rice Vinegar
3/4 Cup Apple Cider-Tarragon Vinegar
2 Tbsp. Olive Oil

Trim the stems off the Grape Leaves. then roll them and slice thinly. Mix the vegetables: Onion, Fennel parts, Celery & Mushrooms together in a bowl. In a pot, bring the Water to a boil and add the vegetables. Cover, return to simmer, and remove from heat. Cool enough to handle and transfer into a 2 quart French canning jar, add the vegetables, and then the Vinegars, Water and Olive Oil. Seal the lid and shake gently. Let sit refrigerated for a day before using. Stores refrigerated for 2 weeks.

To serve: garnish with fresh Peas- goes well with Salmon.

* Canned grape leaves can be found in grocery stores.





RED CARROT SALAD Makes 2 Servings

This is a vegetarian spread that resembles a tuna salad, with Yeast providing the protein and flavor. If you juice Carrots, this is a way to use the pulp. Cooling- use on warm Spring days. Raw Carrots are high in sugar & Vitamin A. Raw Beets are high in Hydrochloric acid and potassium. Cooked, the sugar comes out and you have a sweeter dish.

1/2 Red Bermuda Onion, chopped
 1/2 raw Red Beet, **grated** cooked or roasted for sweeter flavor
 Olive Oil
 1 1/2 Cup raw Carrots, finely **grated** or 1 Cup pulp from juicing
 1 Cup Celery, chopped
 1/4 Cup Pecan pieces, chopped
 1/4 Cup Mayonnaise, Eggless or regular
 1 tsp. Lemon Juice
 1/4 Cup Lewis Labs or Solgar Brewer's Yeast
 or 1 Tbsp. light Miso paste & omit Salt
 1 Tbsp. Poultry Seasoning
 1/2 tsp. *Old Bay Seasoning mix:
 Celery Seed, Mustard, Red Pepper, Black Pepper, Bay leaf, Cloves, Allspice,
 Ginger, Mace, Cardamom, Cinnamon
 1/2 tsp. Sea Salt
 2 Tbsp.- 1/4 Cup water as needed

Juice the Carrots and Beet and pour 1/4 Cup of the juice in the blender.

Or grate the Carrot & Beet and mix together in a bowl. Simmer the Onion in Olive Oil 3-5 minutes, then mix into the grated Beet, and Carrot. Stir together until the mixture turns red.

Mix all the ingredients together in a blender. Use the vegetable juice or about 1/4 Cup Water to get the blender going and grind the mixture coarsely. Make 2 portions of Green Salad of Choice, and top each with half the recipe. Serve topped with sliced hard boiled Eggs, and hearty Crackers.

Meat eaters: Substitute a can of Tuna for the Brewer's Yeast.

*Old Bay seasoning for fish & fowl is often found near the fish counter if not among the spices.



SUNNIES & CARROT

Makes 4 Servings

The nutty flavor of the sprouted Sunflower Seeds is what gives this salad a distinctive flavor.

2 Cup sprouted Sunflower Seeds
 2 Cup Carrots, **grated**
 1/2 Cup Onion, chopped
 1/4 Cup roasted unsalted Almonds

Dressing:

2 Tbsp.- 1/4 Cup Light Oil of choice
 2 Tbsp. Lemon juice
 2 Tbsp. Water
 2 tsp. Honey or a pinch of Stevita white powder
 Optional: 2 drops organic Lemon Essential Oil

Sea Salt

Lemon Pepper

It takes 3 days of sprouting, rinsing 2 x daily, to get the Sunflower Sprouts.

See Sprouting section.

To bring out the natural sugars in the Carrot & Onion, sauté in Oil about 2 minutes. Add the Almonds and set aside to cool while you prepare the dressing.

Mix the Water, Oil, Honey, Lemon Essential Oil to the Lemon juice and toss with the Vegetables. Season with Salt & Lemon Pepper to taste.



Sunflower Seeds
3 days of sprouting



POTATO SALAD

4 Servings



2 Cups cubed solar baked Potatoes
 2 Cups thinly sliced Lambs quarters or Spinach
 1 Cup chopped Celery
 1/2 Cup Sunflower Sprouts or 1/4 Cup Sunflower Seeds
 1/2 Cup fresh Dill Weed, *chopped* or 1/4 Cup dried
 1/2 Cup chopped Parsley or Purslane
 4 boiled Eggs, sliced or *chopped*
 1/2 Onion, *chopped*
 1/2 Cup Spanish olives
 Optional: 1 4oz jar Artichoke Hearts

Solar Bake the Potatoes or peel and cook stove top. Cool and chop bite size. Bring the the Eggs to a rolling boil, cover and turn off heat. Let sit for 12 minutes, immerse in cold water, peel and slice or chop. Set aside in a bowl.

Prepare the remaining vegetables. Mix all the Salad ingredients together in a bowl, reserving 1/2 the Parsley for garnish.

DILL DRESSING

1/4 Cup Cider Vinegar
 1/4 Cup Mayonnaise
 2 Tbsp. unflavored Protein Powder
 1/4 Cup Dill Relish or *chopped* Dill Pickles
 1/4 Cup Water
 1 Tbsp. prepared Mustard
 1 tsp. Garlic powder

Mix the Dressing ingredients in a measuring cup and dress salad. Refrigerate 1/2 hour before serving to allow flavors to blend.



CHARD & FETA

4 Servings

1 sweet White Onion, *chopped*
 1 bunch Chard, sliced in 1" sections
 2 tsp. Marjoram
 1/2 Cup Walnut pieces, *chopped*
 1/4 Cup Pumpkin Seeds
 1/2 Cup crumbled Feta Cheese, or Sheep's Cheese
 2 Tbsp. Olive Oil
 2 Tbsp. Lemon juice or Balsamic Vinegar

Sauté Onion in a little Olive Oil until translucent. Add to a pot with Chard, Pumpkin Seeds & Marjoram and steam with a little water until the Chard wilts - about 2 minutes. Drain and top with shaved Sheep's milk cheese or crumbled Feta Cheese and Walnuts. Use as side dish or Pocket bread filling.

SPANISH BULGAR

Bulgar is whole wheat that has been cracked and partially cooked, so it takes less time to prepare. Combining Wheat & Sunflower seeds increases the complimentary protein value by 47%.

3 Cups Water
 1 1/2 Cups Bulgur
 1/4 Cup Tomato Paste
 2 Tbsp. Cup Chili Oil
 1/2 tsp. Sea Salt
 1 Cup canned Nopales, *diced*
 1/4 Cup Green Onion, *chopped*
 1/4 Cup Sunflower Seeds
 1/4 Cup Spanish Olives, *sliced*

Mix together the Water, Chili Oil, Tomato Paste, and Salt in a small bowl, and stir in the Bulgur. Soak in Water for 1-2 hours, or bring to a boil in a small pot and let sit covered for 15 minutes. In a bowl, mix the Onion, Nopales, Olives and Sunflower Seeds, then stir in the cooked grain. Serve with sliced, hard boiled Eggs and more Chili Oil or Tamari as a garnish.



CHINESE 5 SPICE TUNA SALAD

1 serving

1 6 oz. can Tuna, Dolphin safe
4 Green Onions, chopped
1 stalk Celery, chopped
1/4 Cup Water
2 Tbsp. Lime Juice
1 Tbsp. Mayonnaise
1 Tbsp. Soy Sauce
1 tsp. Chinese 5 Spice powder

Using a fork, mix together in a bowl, the Tuna, Water, Onion, Celery. Mix in the Mayonnaise, Soy Sauce and Chinese 5 Spice. Use as sandwich spread or salad topping.

DILLED SALMON SALAD

1 serving

1 6 oz. can Salmon
1/2 Red Onion, chopped
1 stalk Celery, chopped
1/4 Cup Water
1/4 Cup Dill Pickle relish
1 Tbsp. Mayonnaise
1 Tbsp. Dill Weed

Using a fork, mix together in a bowl, and use as sandwich spread or salad topping.

CHILI SALMON SALAD

1 serving

1 6 oz. can Salmon
2 Green Onions, chopped
1/2 Green Bell Pepper, chopped
1/4 Cup Water
1/4 Cup Salsa
2 tsp. Chili Powder

Using a fork, mix together in a bowl, and use as sandwich spread or salad topping.



Basil is a late Spring- early Summer plant here but you can use Spinach, combined with other herbs to make an intensely flavored green paste. See Fall Pestos. [Click here.](#)

BASIC BASIL PESTO

2 Cups densely packed fresh Basil leaves
6 Garlic cloves
1/4 Cup Pine nuts or Walnuts
1/4 Cup Parmesan Cheese or Nutritional Yeast
Olive Oil
Salt

Crush the garlic and remove the skins. Add fresh Basil leaves & Garlic to a food processor and chop, adding Pine Nuts and Parmesan Cheese. Drizzle in just enough olive oil to make a paste. Top Pastas or use as Sandwich spread. Freeze excess in ice tray for later use.

SPRING HERB PESTO

Follow the Basic Pesto directions above substituting:

2 Cups fresh Spinach or Parsley, chopped
4-6 cloves Garlic, crushed & chopped
1/2 Cup Fresh Tarragon, or 2 Tbsp. dried Tarragon or: Cilantro & Green Onion
1/4 Cup Cheese,
Parmesan grated
or Feta crumbled
1/4 Cup Pine Nuts
or Walnuts



AVOCADO SPREAD

1 Cup

1 Haas Avocado, flesh
juice of 1 Lime
2-3 tsp. Bronner's Mineral Powder
1/4 Cup Onion, chopped
1/4 Cup Celery, chopped
1/4 Cup fat free Sour Cream or Mayonnaise
1/4 Cup Green Salsa

Slice Avocado, cut half remove pit, & scoop out pulp. Purée all ingredients together in a blender.

Spring Cheese Spreads



Italian Herbs
& Garlic

SOY SOUR CREAM & DILL

*Imo brand soy spread has the texture/flavor of thick sour cream.
Use it as a base for a spread, dip or topping for Baked Potato, or Fish.*

*1/2 Cup. mashed Potatoes
1/2 Cup Imo Soy Sour Cream
2 Tbsp. Apple Cider or Balsamic Vinegar
1/2 tsp. Dill Seed, ground
1 Tbsp. dried Dill Weed, or 1 sprig fresh Dill Weed (garnish)
Sea Salt to taste*

Wash & peel a couple of small New Potatoes and quarter.
Cook covered in salted water for 15-20 minutes until soft.

Mash the Potatoes in a bowl. Mix all other ingredients together in the bowl until blended well and garnish with the fresh or dried Dill Weed.

Variations:

- **Dairy whipped cream cheese:** substitute for Imo

HERBED CREAM CHEESE / SOY SOUR CREAM ITALIAN HERBS & GARLIC

*4 oz. Whipped Cream Cheese or Imo soy cream cheese
2 tsp. Italian Herbs
1 tsp. Garlic powder
Sea Salt to taste*

If there are whole rosemary leaves in the Italian herbs, grind with a mortar and pestle, or use a coffee mill, or hand rub to make smaller pieces. Mix the ground Italian Herbs and the Garlic powder into the Cream Cheese with a fork. Serve in a bowl and garnish with a dash of Italian herb blend.



Curried



Chili

Variations:

- **CURRY:** 2 tsp. Curry powder & 2 tsp. Onion powder
- **CHILI:** 1 Tbsp. Chili powder, 1 tsp. Cumin ground, 1 tsp. Garlic powder & 2 Tbsp. Ketchup
- **FRENCH:** 2 tsp. Herbs of Provence & 2 tsp. Onion powder
- **DILL:** 3 Tbsp. fresh Dill Weed or 2 Tbsp. dried Dill Weed & 2 tsp. Onion powder

COTTAGE CHEESE

*1 lb. tub Cottage Cheese, small curd, low fat
1 Tbsp + 1 tsp. Italian Herbs
1 to 2 tsp. Garlic powder
2 Tbsp. Olive Oil*

Mix the Italian Herbs, Garlic powder and Olive oil into the Cottage Cheese with a fork. This makes a thicker spread, but only requires stirring.

Spring Dressings 1



CREAMY TARRAGON DRESSING

1 Cup

For salads, baked potatoes, fish, chicken, rice.

1/4 Cup Water
1/4 Cup Mayonnaise
1/4 Cup Tarragon Vinegar
2 cloves Garlic
1 tsp. Curry powder
2 Tbsp. Olive Oil

Stir together all ingredients but Olive Oil, which is then drizzled in while stirring.

ONION TARRAGON DRESSING

1 Cup+

1/2 Cup Tarragon Vinegar
1/4 Cup Apple Juice Concentrate
1/2 Cup Green Onions, chopped
1/2 Cup fresh Spinach, chopped
2 Tbsp. Tarragon dried leaf or 1/4 Cup fresh
1/2 tsp. Sea Salt
1/2 Cup Olive Oil

Purée in a blender: the Vinegar, Apple Juice, Onions, Spinach Tarragon and Salt. Drizzle in the Olive oil with the blender on low. Good on Spinach salad with Feta Cheese.

SOUTHWEST DRESSING

1 Cup

1/4 Cup Water
1/4 Cup Apple Cider Vinegar
2 Tbsp. Sour Cream
2 Cloves Garlic, minced
1 Tbsp. Chili powder
2 tsp. ground Cumin
1 tsp. Onion powder
1/4 Cup Olive Oil

Optional: 2 Tbsp. Nutritional Yeast *optional

Stir together all ingredients but Olive Oil, which is then drizzled in while stirring.



BASIL-WALNUT DRESSING

Makes 1 Cup+

This makes a nutty herb flavored dressing for spinach cold salad, or steamed greens.

1/3 Cup Lemon juice
2 Tbsp. ground Basil
1/2 Cup chopped Walnut
1 tsp. prepared Mustard
1 tsp. Honey
1/4 Cup Olive Oil

Stir together all ingredients but Olive Oil, which is then drizzled in while stirring.

LEMON-DILL DRESSING

Makes 1/2 Cup

Good over asparagus or steamed greens.

2 Tbsp. Water
1/4 Cup Lemon juice
1/4 Cup Olive Oil
2 tsp. prepared Mustard
2 Tbsp. Dill Weed
1 Tbsp. Lemon Zest
1/2 tsp. Lemon Pepper
1 pinch Sea Salt

Stir together all ingredients but Olive Oil, which is then drizzled in while stirring.

AVOCADO-LIME DRESSING

Makes 3/4 Cup

2 ripe Avocados, peeled and chopped
1/4 Cup Lime juice
1/2 Cup Water
3 cloves Garlic or 3 Tbsp. Garlic Powder
2 Tbsp. Bronner's Mineral Salt

Combine in a blender and grind till smooth. I use this over a Salad of:

4 Cups thinly sliced Armenian Cucumber
2 Cups diagonally sliced celery
1 red onion sliced thin
1 Cup tiny Cherry Tomatoes

LEMON-HONEY-MUSTARD DRESSING 2 cups

1 1/2 Cup Water
1/2 Cup Lemon juice
2 Tbsp. prepared Mustard
2 Tbsp. Honey or reduce Honey & add Stevita liquid to taste
1 rounded tsp. Psyllium Hulls or Guar Gum powder

Blenderize together the Water, Lemon Juice, Mustard & Honey. Add Psyllium Hull powder, or Guar Gum while blending on low for a few seconds. Let stand 10-15 min. to thicken.

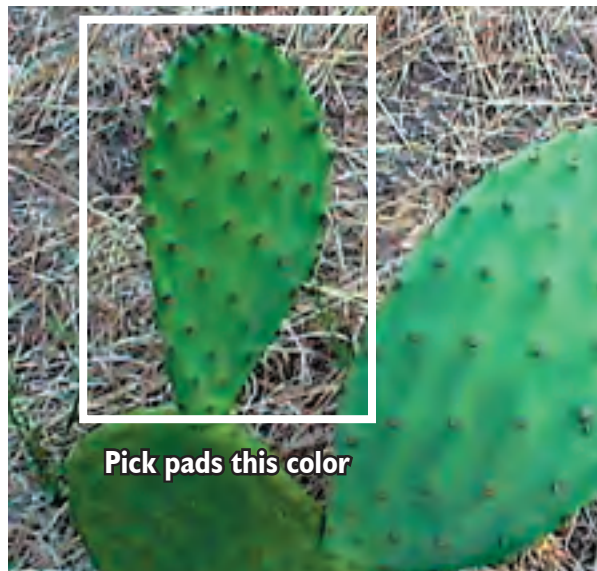
Spring Cactus / Nopales

The Opuntia, or Prickly Pear Cactus has an edible pad in Spring & fruits in Summer. This desert plant needs little water or care. Harvest the younger lighter pads using tongs and a sharp knife or kama. *See Harvest/process*

Cactus. At this stage the spines are easier to remove.

The mild flavored young pads can be used fresh and are sliced into horizontal strips and canned at home and commercially.

Click here to see illustrations: Harvest/Process In35



FRESH NOPALES

Use tongs to hold the young cactus pad while you slice it off the plant. Wearing gloves, use a scotch pad to scrape off the young green spines against the grain. Check against cross light to see if any spines remain. Refrigerate until use.

CACTUS-AVOCADO DRESSING *Makes 1 1/2 Cups*

The mucilaginous fresh cactus replaces some of the oil needed for a creamy reduced calorie dressing.

1 small fresh Nopale, diced
1 ripe Haas Avocado, mashed
1/2 Cup Lime juice
3 cloves Garlic, pressed
2 Tbsp. Onion powder
2 Tbsp. Olive oil

Purée the ingredients in blender, and refrigerate until use.

NASTURTIUM-AVOCADO DRESSING

Makes about 2 Cups

The fresh Nopale provides a mucilaginous texture that thickens the dressing. Canned Nopales are a little less mucilaginous. The Nasturtium leaves have a delicate texture & hot flavor.

1 Cup diced fresh Nopales or canned Nopales
1 ripe Avocado mashed
1/4 Cup Olive Oil
2 Tbsp. Lime Juice
1/2 Cup minced Chives
4 cloves Garlic chopped
2 tsp. Bronner's Mineral Seasoning
1 tsp. Curry powder
4 - 8 Nasturtium leaves or Lemon Pepper to taste

Mix the ingredients in a blender.

Substitute: 1 Cup Bell Pepper & 1 tsp lemon juice for nopales.

CANNED NOPALES

CANNED NOPALES

(Opuntia Cactus Pads)

Add to each 1 quart jar:

1 tsp. Lemon juice

1 tsp Sea Salt

**optional:*

2 tsp. Marjoram
(Marjoram gives the nopales a green bean flavor)

1/4 Onion

1 small Hot Pepper



Use tongs to hold the young cactus pad while you slice it off the plant. Wearing gloves, use a scotch pad to scrape off the young green spines against the grain. Check against cross light to see if any spines remain. Sterilize the canning jars.

Cut the pads into 1/2" wide strips, about 2-3" long leaving the thicker section at the base. In a pot, add water to cover the sliced nopales and bring to a boil.

Add Lemon juice and Salt and any other optional ingredient to the sterile jars. Remove from heat and fill the jars to 1/2" from the top and put on lids, but not too tightly. Cover the jars with hot water in a large canning pot and boil for 20 minutes. Cool draft free, and check for poorly sealed lids before storing *Canned Nopales are commonly added to Scrambled Eggs, called Nopale Eggs. Click here to go to recipe Sp21.*

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Cooked Spring Wild Edibles1



WILD SPRING STIR FRY

4 servings

2 Cups Day Lily Tubers
4 Cups Day Lily Shoots
1 Cup Watercress
3/4 Cup loose packed, chopped Garlic Chives
2 tsp. Rosemary Leaf, ground
1/4 Cup Olive oil

Day Lily Tubers: Dig lilies no more than 5" tall, and clean tubers using a vegetable brush. *Do not use rootlets!* Boil the clean tubers in salted water for 5 minutes, cool, cut in 1/2 and set aside.

Day Lily Shoots or *Cossack Asparagus*: wash and chop coarsely in 1/2" sections.

Watercress: if the stream you wild harvest in may have *giardia*, for extra protection soak the cress in water treated as directed with iodine available at camping supply stores. Rinse the Cress well and chop coarsely.

Heat Olive oil and Rosemary in a wok or cast iron skillet, and add Lily Tubers first. Then toss with Lily shoots, and Chives. Turn off heat and stir in Cress. Let sit covered for 5 minutes, and serve with Rice or other whole Grain.

WILD SEEDS & STEAMED VEGGIES 4 servings

Using canned Grape Leaves adds a little flavor complexity, and their rough texture disappears in the high fiber blend.

Dressing:

1/2 Cup Water
1 Tbsp. Olive Oil
1/4 Cup Seasoned Rice Vinegar
1 Tbsp. Wild Black Mustard Seeds or Yellow Mustard Seeds
1 Tbsp. Nigella Seeds or Poppy Seeds
1 Tbsp. Fennel Seeds

In a sauce pan boil the Water and add the Mustard, Nigella and Fennel Seeds, simmer for 3 minutes. Cool and stir in the Vinegar and then the Olive Oil. Let sit for 10 minutes to blend the flavors while steaming veggies.

Steamed Veggies:

1 head Cabbage, shredded wide, short cuts
2 Cups chopped Mallow or Spinach or Chard
1 Cup Carrots, shredded
*optional: 4 canned Wild or Cultivated Canned Grape Leaves rolled and cut horizontally in 1/8" slice & vertically in 1/2.
Sea Salt and fresh ground Black Pepper to taste

Steam the mixed Vegetables for 7 minutes or until they are wilted but not soggy. Remove from heat. Toss the steamed veggies with the dressing and season with Salt & Pepper to taste.

Spring Cooked Wild Edibles 2



WILD GREEN SOUP

Makes 4 servings

Using frozen peas makes this a quick recipe, and also avoids the gassiness from dried peas. You can just substitute pea soup for the base. The Broccoli Flowers taste like a delicate form of the plant. The Wild Mustard Leaf tastes like the commercial variety.



Broccoli Flower

1 Lb. Fresh Frozen Peas

4 Cups Water

2 Cups chopped Mild Greens : Mallow

1/2 Cup stronger flavored Greens: Filaree and/or Plantain

2 Cups chopped Garden Greens: Chard, Kale, Spinach or Broccoli

1/2 Cup chopped Hot Greens: Mustard leaf

1 Tbsp. Nettle leaf powder

2 tsp. Marjoram leaf, ground

2 tsp. Clarified Butter or Ghee

Sea Salt & Pepper to taste

1 Cup fresh Broccoli Flowers

In a pot, simmer the Vegetables in the Water for 7 minutes. Remove from heat. Stir in frozen Peas, Nettle, Marjoram, Butter and Salt. Set aside until cool enough to handle.

Purée 1/2 the soup in a blender. Return to soup pot and re-heat, stirring to prevent burning. Collect Broccoli Flower stalks. Pull off top flowers, and strip lower flowers against the grain. Chill until ready to use.

Serve the soup garnished with the fresh Broccoli Flowers.



Fennel leaf

Fennel has a green Licorice flavor to varying degrees in the edible tender Stems, Leaves, Root, Flowers & Seeds.



Mallow

Cut off stem and steam or boil Mallow Leaf as a potherb. The Roots are also demulcent, related to classic Marshmallow Root. They can be chopped and the decocted tea used as a cough syrup base with honey.



Filaree

Wild Lettuce in Filaree patch. Filaree is coarse, and eaten cooked. Wild Lettuce is good for fresh salads at this stage.

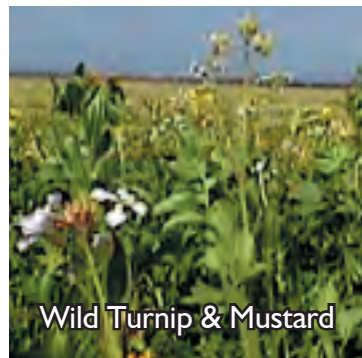


Plantain



Stinging Nettle

Young Plantain Leaf is a strong flavored green with anti-venom properties fresh, and can be eaten as a vegetable cooked. Gather Stinging Nettle with gloves and cook, pickle or dry to neutralize the stinging formic acid, making a tasty vegetable high in minerals.



Wild Turnip & Mustard



Wild Mustard Leaf

The Wild Brassicas - Mustard (yellow flowers) & Turnip (white to pale Lavender flowers) are abundant in Spring. Their rough Leaves are edible cooked only, and are a staple in the South. Their spicy Flowers are edible fresh or cooked.

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COD & LEMONGRASS SOUP

4 servings

- 4 Cups Chicken Broth
- 2 stalks Lemongrass or 1 drop Lemongrass Essential Oil
- 1 Cup small Carrots, diagonally sliced
- 1 Lb. Cod, sliced in 1 1/2" sections
- 1 Lemon, sliced
- 1 Cup Celery, thinly sliced
- 1 Cup Pea Pods, trim stem, cut in 1/2
- 1 Tbsp. Rosemary, ground
- 1/2 Cup Coconut Milk

Simmer the Chicken Broth in a large pot with the Carrots for about 7 minutes. Mash the Lemongrass roots. Add all the remaining ingredients and simmer for about 7 minutes more. Remove Lemongrass & serve.



QUICK BEAN SOUPS

Use dried Refried Pinto beans or Black Beans in 2 or 3 times the recommended water for a quick soup base with:

- Garden vegetables: chopped Carrots, Celery & Onion
- Wild Edibles: Mallow
- Grains: Bulgar, Buckwheat Groats, Rice, Barley or Quinoa.
- Seasonings: Chili blend, Italian herbs. Garlic or Cayenne
- Expand with: Beef bullion, Vegit broth powder or Miso

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SWEET & SPICY SOUP

4 servings

- 1 Red Onion, chopped
- 2 Tbsp. Chili Oil (see recipe Summer Pizza page)
- 7 Cups Turkey Broth or Chicken, Beef or Veggie Broth of choice
- 1 Tbsp. fresh Ginger, grated
- 1 tsp. Garam Masala or 1/4 tsp. @ Clove powder & Cinnamon
- 12 small Jujubes
- 2 small Carrots sliced diagonally
- 1/4 head Red Cabbage, sliced thinly
- 1 Bunch Greens: chopped Mallow, Spinach, Beet Greens or Kale
- 1- 2 Tbsp. Black Bean Garlic Sauce or Miso paste or Tamari
- Black Pepper, fresh ground
- Cayenne pepper
- 4 Green Onions, chopped
- 4 droppers Reishi Mushroom extract 1 per serving

Simmer the Jujubes in 1 Cup Broth 10 minutes, then mash with a knife side and remove pit. Heat the Chili Oil in a cast iron skillet with the Cloves and Ginger, add the Onion and cook about 5 minutes until browned. Stir in the Carrots & Cabbage and cook 3 minutes, coating with the Onion.



Add the skillet ingredients and the Jujubes to the Broth, and the simmer 10 minutes. Add the thinly chopped Greens and simmer for 2-3 minutes more, depending on their toughness. *For fresh Spinach, remove from heat before adding.* Dissolve 1 Tbsp. the Black Bean paste, stirring with some hot soup in a cup, and season soup to taste. Grind in a little fresh Black Pepper and add Cayenne pepper to taste. Serve topped with Green Onion and add 1 dropper Reishi Mushroom extract for immune boosting. *Omit if in inflammatory stage of cold or flu.*



SEA VEGETABLE SOUP

4 servings

4 pieces Lotus Root soaked overnight or 1 Cup Water Chestnuts

Soaked 30 min.: 1 piece Kombu

1/4 Cup Hiziki Seaweed

2 pieces Black Fungus

1 Cup dried, sliced Shiitake Mushrooms.

4 Cups Water & 1/2 Cup Vegit Broth powder or Vegebroth

2 pieces Astragalus root

1 tsp. dried Ginger root powder

1 lb. Red Snapper, cut in 1" strips or Tofu chunks

1 Cup Carrots, diagonally sliced

2 Cups Celery

2 Cups Spinach, chopped

2 Tbsp. Chili Oil

2 Tbsp. Black Bean Sauce or Soy Sauce & 1 Tbsp. garlic powder

After soaking, use kitchen scissors to cut the Lotus Root into 1/4" horizontal slice, and the Kombu & Black Fungus into thin strips. In a large pot, add the Water, Astragalus, and Ginger. Simmer 20 minutes, then remove the root. Add Vegit powder, (or any Vegetable broth + 1 tsp. ground Dill or Caraway Seed) Carrots & Red Snapper & simmer 10 minutes. Add the soaked mixture with its liquid, Celery & Spinach to the pot. Return the pot to a low simmer- do not boil. Cover and let sit 5 minutes. Add Chili Oil and season with Black Beans Sauce and Garlic.

PORTABELLO & PEPPER SOUP

4 servings

2 Red onions, sliced

3 Tbsp. Olive Oil

1/2 tsp. crushed Red Pepper

2 Portabello Mushrooms, sliced vertically

1/4 Cup Sherry

2 Cups frozen Bell Pepper strips

4 Cups hot Water

2 Tbsp. dark Miso paste or Liquid Amino acids broth to taste

Brown the Onions & Red Pepper in the Olive Oil & Butter about 10 minutes adding a little water as needed to prevent sticking. Add the Mushrooms & Sherry, cover and cook about 5 minutes more. Stir in the Peppers, cover and cook 2-3 more minutes. Remove from heat. Dissolve Miso in Water and add.



THAI SOLE

4 servings

1 lb. Sole

1 Cup Chicken Broth

1/4 Cup Coconut milk

2-3 tsp. Frontier Herbs Thai Seasoning

1 clove of Garlic crushed

Zest of 1 Lime

1/2 cup canned Lotus rootlets, diagonally sliced

Green Onion

2 tsp. Lime Juice

1 stalk Lemongrass or 1 drop Lemongrass Essential Oil

Mix the Broth, Coconut Milk, Chicken Bullion, Thai Seasoning, Lime Zest, Garlic and bring to a simmer in a pan. For large frozen Sole, I use a roasting pan stove top. Add the Sole and let simmer, covered for about 8 minutes. Add the Lotus Rootlets, Lime Juice and a stalk of crushed Lemongrass; and rock the pan back & forth to mix flavors. Cover and turn off heat. Let sit on stove top for 5 minutes. Serve over rice, garnished with Green Onion, with Portabello & Peppers omitting the Water and Miso.



THAI SOLE SOUP

4 servings

2 servings of Thai Sole & Portabello Mushroom recipe

If you make the recipe above, you will have a quantity of cooking juices left over. Mix any leftovers of the recipe above with this broth. Garnish with more fresh Green Onion. Season to taste with more Thai Seasoning, Salt & Pepper

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GREEK ROLL-UPS

Traditional Chinese herbalism cautions against combining soy and dairy, so these recipes are one or the other. The filling can also double as a dip.

Filling:

1 8oz. Cream Cheese

Water

4oz. Feta cheese, crumbled

2 Cups chopped Spinach, 1 large bag frozen Spinach, thawed & well drained, or blanched fresh Spinach

2 1/4 Cups chopped Dill Pickles or Dill relish

6 Green Onions, chopped

**optional: deli baked sliced Chicken or Turkey meat*

Add a couple of Tbsp. Water to cream cheese with a fork, mashing to make a firm paste. Crumble Feta & mix in. Chop the Dill Pickles and Green Onions, and mix with Spinach. If the Spinach is not well drained, the filling will be too wet. Then stir in the Cheese.

Greek Wrappers:

Makes 4 servings

1 bag (8) Lite whole wheat Gordita tortillas/ spinach tortillas / or Armenian cracker bread

Tortillas do not require the spraying with water to soften that the cracker bread does. and they come in Whole Wheat, Spinach & Tomato flavors. Use about 1/2 Cup filling for a tortilla spread from the center and thinner on outside edges left & right. If using Meat, place a few sliced on top of filling and then roll up from 1 side to the other. Serve 2 whole roll-ups this way or make into appetizers below.

Finger Food Appetizers:

Makes 36-40 pieces

Chill for 1 hour wrapped in waxed paper, and cut when they are firmer. Cut them in 4 -5 sections with a sharp serrated knife, and serve chilled. You may trim the 1/2-3/4" outside edges to make them all even, or leave the full size and stuff once they are rolled.

VEGAN GREEK ROLL-UPS

Traditional Chinese herbalism cautions against combining soy and dairy, so these recipes are one or the other. The filling can also double as a dip.

Filling:

1/2 Lb. firm Silken Tofu

1/2 Cup Imo soy "sour cream"

2 Tbsp. dried Oregano, rubbed

2 Cups chopped Spinach, 1 large bag frozen Spinach, thawed & well drained, or blanched fresh Spinach

2 Cups chopped Dill Pickles or Dill Relish drained well

1/4 Cup Spanish stuffed olives, chopped

6 Green Onions, chopped

Sea Salt

Pepper

Mix the Tofu Imo and Oregano with a fork, mashing to make a firm paste in a bowl. Mix in the Oregano. Chop the Dill pickles and Green Onions, and mix with the Olives, & Spinach. Then combine with the Tofu mixture. Add Salt and Pepper to taste.

Greek Wrappers:

Makes 4 servings

1 bag (8) Lite whole wheat Gordita tortillas/ spinach tortillas / or Armenian cracker bread

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Spring Grape Leaves1



Harvest these leaves

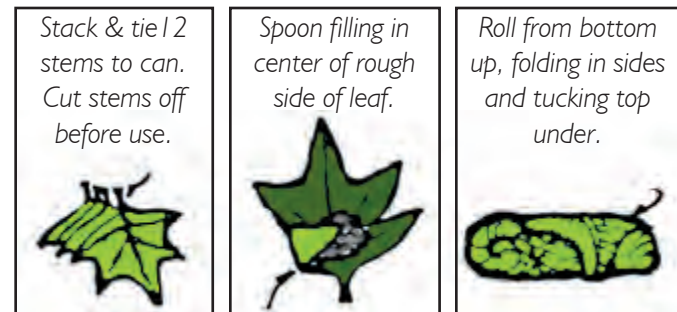


CANNED GRAPE LEAVES

Pint Canning jars, sterilized
Grape Leaves tied in Bunches of 12
Lemon juice
Fresh Lemon Slices
Sea Salt



Select the young, lighter green 3rd to 5th leaves from the tip of the grape vine. Thompson Seedless grape leaves are best, but other smooth grape leaves, including Wild Ca. Grape leaves will work. The 5 1/2" - 7" leaves may require 30-60 minutes of cooking when filled, depending on size, type and toughness.



Tie together in bunches of about 12 with white cotton Butcher's string. Bring a brine of 1 tsp. Salt to a boil in 4 Cups Water with 2 Tbsp. Lemon juice (1/2 lemon) in a sauce pan. Dip the bundles for 30 seconds, remove, and plunge into cold water.

Drain & cut off the stems to 1/2" and roll 3 bundles together from one side to the other with the veins out. Use sterile Pint canning jars, and add 1 tsp. salt and a slice of Lemon, plus 1 tsp. Lemon Juice to each jar. Stuff the leaf rolls into the jar and add hot water leaving 1/2" space at the top. *Metal lids will rust if there is contact.* Simmer jars immersed in a hot water bath for 20 minutes. Can be used while still warm or cool and store in a cool, dark place for 1 week. Keeps for about 6 months.

VEGGIE STUFFED GRAPE LEAVES

This is not the traditional Mediterranean recipe, but has a refreshing minted lemon herb flavor

1/2 Cup Raisins
1/4 Cup Sherry
1/4 Cup Water
2 packed Cups Chard or Spinach leaf, **chopped fine**
4 sprigs fresh Peppermint leaf or 1 Tbsp. dried Mint, rubbed
1 Cup fresh Lemon Thyme sprigs or 3 Tbsp. dried leaf
1 Cup Sunflower Seeds, ground in dry blender
2 Tbsp. Protein Powder
1/2 Cup Green Onion, **chopped**
1 Cup sweet white Onion, **chopped**
1 Cup Walnuts, **chopped**
2 Tbsp. + Lemon Juice
Olive Oil
a pinch of Salt & Pepper to taste

Soak Raisins in Sherry & Water. Steam Chard 3-5 minutes to wilt. Strip Lemon Thyme leaves and grind with Sunflower seeds in a dry blender or herb mill. Mix all other ingredients but Lemon juice together in a bowl. Salt & Pepper to taste.

Raw: Roll up a teaspoon or more of filling as in diagram in fresh picked, tender grape leaves from the tips as shown above. Drizzle Olive Oil & Lemon Juice over the top and refrigerate a few hours or a day before serving.

Cooked stove top: Rinse and strain the canned leaves. Lay one leaf at a time rib side up on a plate. Spoon a rounded teaspoonful to 1 Tbsp. of filling in the center and roll up as in diagram to left. Tuck in the sides of the leaf ending with the top of the leaf on the bottom to secure it. Place in a heavy skillet, lightly oiled and lined with 3 leaves. Squeeze the Lemon juice over the top. Cover with another layer of leaves. Drizzle Olive Oil over the top. Add 1/4" deep water to the pan to prevent burning & sticking. Simmer covered 25-30 min. Store refrigerated, & serve chilled. Keeps about 5 days.

To Bake: 350° /about 30 minutes in covered casserole using the cooked directions. Store refrigerated. Serve chilled.



CLASSIC DOLMA

2 Cup cooked Rice
1 Tomato, diced or 1/2 Red Bell Pepper, seeded & Diced
2 Onions, chopped
1 Tbsp. dried Mint leaf
2 tsp. Dill seed, ground
Olive Oil
2 Lemons, juiced

Cook the onion in Olive Oil until golden. Mix all the other filling ingredients in a bowl.

Remove the leaves from the canning jar and trim off the stems. Lay one leaf at a time rib side up on a plate. Spoon a rounded tablespoonful of the filling near the stem end and start rolling up. Tuck the sides of the leaf in. End with the top of the leaf on the bottom to secure it.

Place in a baking pan or frying pan lined with leaves, stacking rolls 2 deep. Cover with another layer of leaves, and squeeze the Lemon juice over the top. Drizzle Olive oil over the top. Add 1/4" deep water to the pan to prevent burning & sticking.

Stove top: Simmer in a frying pan 10 minutes

Bake: 350° /25 minutes

Store refrigerated.



TURKEY DOLMA

2 Onion, chopped
Olive Oil
2 Tbsp. Balsamic Vinegar
2 Tbsp. dried Oregano, rubbed
2 Tbsp. Dill seed, ground
1 Tbsp. Thyme
1 tsp. Sea Salt
1 Lb. free range ground Turkey
2 Cup cooked Rice, Bulgar or Quinoa
2 Lemons, juiced

Cook 1/2 the onion in Olive Oil in a cast iron skillet until golden. Mix the Vinegar with the other 1/2 Onion, the Herbs & Salt in a bowl. Add the Turkey, and mash together with seasonings using your hands. Add the meat mixture in little chunks to the cooked onions in the skillet, using a spatula to divide it into loose meat as it cooks. When cooked through, stir in the Rice and mix well. Remove from heat and let the flavors blend. Season with Salt and Pepper to taste.

Remove the leaves from the canning jar and trim off the stems. Lay one leaf at a time rib side up on a plate. Spoon a tablespoonful of the filling near the stem end and start rolling up. Tuck the sides of the leaf in. End with the top of the leaf on the bottom to secure it.

Stove top: Place in a skillet lined with leaves, stacking rolls 2 deep. Cover with another layer of leaves, and squeeze the Lemon juice over the top. Drizzle Olive Oil over the top. Add 1/4" deep water to the pan and cover to prevent burning and sticking. Simmer covered in the frying pan for about 10 minutes. Cool and store refrigerated.

Spring Nasturtiums



NASTURTIUM LEAF APPETIZER Makes 8-10

1 Cup fresh Nopale Cactus pad, cleaned & chopped
1 ripe Haas Avocado
1 tsp. Curry powder
1 tsp. Lemon juice
1/2 Cup Garlic Chives chopped, or green Onion
1/2 tsp. Garlic powder
10 large Nasturtium Leaves

Mash all the ingredients together except Nasturtium Leaves in a bowl. Lay the shiny side of the leaf on a plate, and spread filling on the right half of the leaf. Fold the left side over it. The filling will hold it together. Garnish with Chive Flowers and serve.

PICKLED NASTURTIUM BUDS

Makes 1 Cup

1 Cup fresh Nasturtium pods
1 Cup Apple Cider Vinegar
5 Peppercorns
1 tsp. Salt



Soak the Nasturtium Pods in 1 Cup water with 2 tsp. Salt for 4 days, then drain. Simmer the Vinegar, Salt & Peppercorns in a sauce pan for 10 minutes. Cool, strain and pour over Nasturtium pods in a glass jar with a plastic or glass lid. Refrigerate for a week.

Use: Add 1 tsp. to tomato pasta sauces.

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STUFFED NASTURTIUM FLOWERS 6 flowers

The nasturtium flower has a peppery hot flavor, which is balanced by the rich nut butter or cream fillings.

Cut long stems on the Nasturtium Flowers and store in a vase until just before use. They wilt rapidly at room temperature after 1-3 hours. Make the filling in advance, trim the stems to about 2" and stuff right before serving. I use a 1/2 teaspoon measure to fill the center of the flowers with a mound, which makes the filling look like a flower part. Chill until use.

Curried Peanut Filling

2 Tbsp. Peanut Butter

1 tsp. Honey or Stevita to taste

1/2 tsp. regular Curry powder or Sambar Curry powder

Using a fork, mash the ingredients together in a small bowl. Fill the Nasturtium flowers with a greased 1/2 tsp. measure.

Sesame Butter & Chive

2 Tbsp. Sesame Butter

1 tsp. Cumin powder

**Optional: top with 3 Garlic Chive florets*

Using a fork, mash the ingredients together in a small bowl. Fill the Nasturtium flowers with a greased 1/2 tsp. measure.

Flower Cream Cheese

2 Tbsp. Cream Cheese

2 tsp. chopped edible Flower Petals: Rose, Calendula, Borage

1 tsp. Honey or Stevita to taste

If you use regular cream cheese, follow instructions for softening with water or milk. Mix & fill flowers as above. If you use soft Cream Cheese, just add the flowers. Low fat, and presweetened Strawberry Cream Cheeses are also available.



CHINESE 5 SPICE EGGS

12 each

6 Hard Boiled Eggs, or Batiked Eggs below
 1 Constant Comment Tea Bag
 3-4 tsp. dark Miso paste or Tamari or Soy Sauce
 1/2 Cup Walnuts, chopped - save 1/4 Cup for garnish
 1/4 Cup sunflower seeds, ground in herb mill
 2 green onions chopped
 2 tsp. Chinese 5 Spice powder
 1 tsp. Molasses
 1/2 tsp.. Star Anise powder

Brew 1 cup of tea with Constant Comment or other Black Tea. Cut eggs in half, Remove yolk mash with all the other ingredients and about 1/4 Cup of Constant Comment Tea. Stuff the Eggs and garnish with Walnuts. Refrigerate until use.

TEA BATIK EGGS

6 Eggs

Fill these batik surfaced Eggs with Chinese 5 Spice recipe above.
 6 free range Eggs
 4+ Cups Water
 4 Black Tea Bags
 1 Tbsp. Salt

Boil the Eggs in 1 quart of water for 12 minutes. Remove the Eggs, but reserve the hot cooking water. Cool the Eggs in cold water enough to handle, drain and crack the shells all over on a hard surface. Add the Tea bags to the warm cooking water, return the cracked Eggs and bring to a boil, turn off heat, cover and let sit for 1 hour. Refrigerate in tea water until ready to use.

Short Method: Remove the whole shell for a subtle pattern.

3 Day Method; cover the drained eggs with Vinegar in a jar with a non-metallic lid, and refrigerate for 3 days. The Vinegar acid will dissolve the calcium carbonate of the shell while setting the tea dye. Remove the batik membrane before eating.



VEGGIE LOAF BAR

Makes 18 bars

About 30g fat, 30g protein and 50g carbs each.

1 Cups rolled Rye flakes
 1 Cups Rolled Oats
 3/4 Cup Oat Bran
 1 Cup diced Celery
 1/3 Cup Herbal Seasoning
 3/4 Cups Protein powder (egg white, milk or rice protein)
 1/4 Cup Sunflower Seeds or chopped Almonds
 3/4 Cup Water
 2 Egg Whites
 1 tsp. Olive Oil

Herbal Seasoning Mix

1 Tbsp, Basil
 2 tsp. ground Sage
 2 tsp. ground Rosemary
 2 tsp. Poultry Seasoning
 2 tsp Garlic powder
 1 tsp. Savory, ground
 1/4 tsp. Cayenne powder
 1/2 tsp. Sea Salt

Mix dry ingredients in a bowl. Blenderize Water, Egg Whites & Olive Oil. Line an 8"x 8" pan with 12"x12" cooking parchment with 2 " cuts at the corners for a flush fit. Pour in batter. Cover with Aluminum foil & Bake:

Oven Bake: 30 minutes at 350°

Solar Bake: Top foil with a dark casserole lid for 1-3 hours

Cool, and turn out up-side down & remove parchment. Cut the loaf with one slice down the center of the length, and slice in 3/4" sections. Store refrigerated. Serve with Mustard and drink water with this dense protein snacks.



CURRIED QUINOA TONIC MUSH

1 serving

This is my favorite immune boosting morning mush. because the Quinoa flakes are quick cooking, they are excellent year round.

- 1 Cup Water
- 1/3 Cup Quinoa Flakes high protein/ low allergen vegetable seed
- 1 tsp. Milk Thistle Seed, freshly ground supports liver
- 1 tsp. Curry powder catalyst
- 1 tsp. Turmeric anti-tumor agent
- 1/2 tsp. Cardamom seed, ground aromatic digestive
- 2 Tbsp. Protein Powder
- 1 tsp. Hi Mineral herb blend easily absorbable minerals
- 1 tsp. Chinese Red Rice Yeast, cholesterol support
- 1 tsp. Lycii Berries: kidney & heart tonic

Choose 1 fat:

- 1 Tbsp. Olive oil tissue healing
- 1 Tbsp. Chia Seed, ground Omega 3 fatty acids & Antioxidants
- 1 Tbsp. Flax Seed, freshly ground Omega 3 fatty acids
- 1 Tbsp. Pumpkin Seed, freshly ground anti-worms and supports prostate gland
- 1 Tbsp. Sunflower Seeds, freshly ground

Sea Salt & Lemon Pepper to taste

Immune supporting extracts: 12-24 drops as needed.

- Astragalus deep immune support
- Black Elderberry anti-viral

Bring water to a boil in a small sauce pan. Mix the Quinoa, Curry, Turmeric, Cardamom & Milk Thistle seed powder together and stir into simmering liquid. Cook for 1 minute. Leave covered for 5 minutes. Remove from heat and stir in Protein powder, Mineral herbs, one Fat of choice and Salt. Also add Immune tonic liquid herbal extracts now. Astragalus is best in cold weather. Elderberry is a food grade anti-viral and can be used for a long time.

HI MINERAL HERB BLEND

Easily absorbable vegetally derived minerals

- 2 parts organic Alfalfa leaf powder
- 1 part organic Nettle leaf powder
- 1/2 part Kelp granules or powder

SUN MT GRANOLA

Makes 8 Cups

- 6 Cups rolled Oats
- 1 Cup Oat Bran
- 1 Cup Non-instant, Non-fat dry Milk powder, or Soy Milk powder
- 1 Cup Sunflower Seeds
- 1/4 Cup Almonds
- 1/4 Cup Walnuts
- 1 Tbsp. Apple Pie Spice blend
- 1 6 oz. can Frozen Apple Juice concentrate
- 1/4 Cup light Oil
- 1 tsp. Stevia Herb powder

Mix together well in a bowl, the Grains, Milk powder, Seeds & Nuts. Mix the Stevia Herb and Spices into the Water and stir in the Oil. Then stir the liquid into the dry ingredients. Spread the mixture over 2 baking pans. Bake:

- **Oven Bake:** 350°/ 30 minutes or until browned
- **Solar Dryer:** brown

When Cool, add:

- 1 Cup Raisins
- 1 Cup mixed dried fruits of choice:
 - Mulberries
 - Blackberries
 - Lycii Berries
 - Elderberries
 - Apple pieces
 - Persimmons pieces
 - Jujube slices
 - Figs pieces
 - Prunes

Store in a glass jar with a tight lid. Serve with yogurt, and cow, rice, almond or soy milk



QUINOA CREPE

2 -3 servings

1 Cup Milk or Water
 1/2 Cup finely ground Quinoa flour
 2 Tbsp. Whole Wheat pastry flour
 2 Tbsp. Protein Powder plain or Vanilla
 2 Eggs
 1 tsp. melted Clarified Butter
 1/2 tsp. Stevia herb powder
 1/8 tsp. Sea Salt
 Clarified Butter
 Orange zest

In a blender, mix together all the ingredients just enough to blend. Let sit 1 hour, or overnight. Use a 1/4 Cup measure to pour into a crepe pan or a small cast iron skillet coated with melted Clarified Butter. Brown the pancakes on medium low heat. Then flip and cook the other side. Spread a thin layer of filling on one side, and roll in quarters. Drizzle with more chopped Nuts & Maple Syrup. Top with Orange zest.



Carob-Orange Nut-Cream Filling

2 Tbsp. Protein Powder, Vanilla or Plain
 2 Tbsp. Carob powder or 2 Tbsp. unsweetened Cocoa powder
 2 Tbsp. roasted Chicory root granules, ground
 1 tsp. Stevia Herb powder
 1 tsp. Instant Coffee or Frontier Coffee Extract
 1 tsp. Frontier Natural Brandy Extract
 1 tsp. Frontier Natural Vanilla Extract
 1 tsp. Frontier Natural Orange Extract
 3-4 Tbsp. Water
 1/2 Cup Whipped Cream cheese, Imo or Peanut Butter
 1/2 Cup chopped Walnuts &/or Pecans
 1/4 tsp. Sea Salt

Continued next column

BLUE CORN - MESQUITE PANCAKES

Makes 8

These are very tasty, light, high nutrient Corn-Bean Complimentary Protein pancakes that are brown on the outside and blue on the inside. If you do not have access to Mesquite pods, you can buy the meal and get a pancake recipe at www.mesquitmagic.com

1 Cup Mesquite Juice or 1 Cup Milk
 1/2-3/4 Cup Frozen Blueberries, defrosted
 2 Large Free Range Eggs, room temperature
 1 Cup Blue Cornmeal
 1/4 Cup Designer Whey Vanilla Protein Powder
 1 tsp. Stevia white powder
 1 tsp. Baking Powder
 1/2 tsp. Baking Soda
 1 tsp. Juniper Berries, ground
 1/2 tsp. Sea Salt
 1/2 Cup Quinoa Flake
 Clarified Unsalted Butter

Make the Mesquite juice *see In43*. or use Milk. If you use Soy milk, use soy protein with it. Defrost the Blueberries. Separate the Eggs and **beat the whites to a froth** in a blender. Then add the the Mesquite Juice, Blueberries, Cornmeal & Egg yolks into the blender, mix well and let sit for 10 minutes to soften the corn.

Mix the Protein Powder, Stevia, Baking Powder, Baking Soda, & Salt in a bowl. Mix into the blender mixture after it has rested. Pulse- mix a few times just enough to mix in the whole Quinoa Flake without grinding it- this helps the cakes rise.

Cook the pancakes in Clarified Unsalted Butter on medium low heat until the tops firm, flip and cook the other side. Top with Yogurt & Pomegranate Jelly, Cactus Fruit Jelly, Wild Berry Sauce or any other toppings.

Carob-Orange Nut-Cream Filling cont.

Mix the powders in a bowl, and use a fork to work the powders into a paste with the Water and all the liquid flavorings. Then mix in the Cream Cheese or Nut Butter. Salt to taste. Use as filling for Quinoa Crepe, or as a topping for Pancakes.



HERB OMELETTES

Makes 2 servings

- 4 Egg whites
- 2 Tbsp. Protein Powder
- 1/2 tsp. Turmeric powder (anti-tumor, yellow color)
- 1- 2 Tbsp. Olive Oil

Beat the room temperature Egg Whites in a blender until frothy, then add the whole Eggs, Turmeric & Herbal seasoning of choice. Cook covered in a cast iron skillet with Olive Oil. After 2 minutes, add a little water to the sides of the skillet and cover to steam cook the top. Fold in half, and serve.

Herbal Seasoning Variations:

- **Dill & Onion**

1 Tbsp.. Dill Weed + 1 tsp. Onion powder.

- **Sage & Garlic:**

2 tsp. Sage +
1 Tbsp. chopped garlic +
2 tsp. fresh chopped Rosemary
leaf & flowers, or 1 tsp. dried.

- **Basil**

1 Tbsp Basil
4 cloves garlic, chopped.

- **Chili:**

1 Tbsp. Chili powder + 1 tsp. ground Cumin.

- **Chinese:**

2 Tbsp. Sherry + 1 Tbsp. Soy Sauce + 1/2 tsp. Sesame Oil +
2 cloves chopped Garlic + 2 chopped Green Onion.



DESERT SCRAMBLE

Makes 4 servings

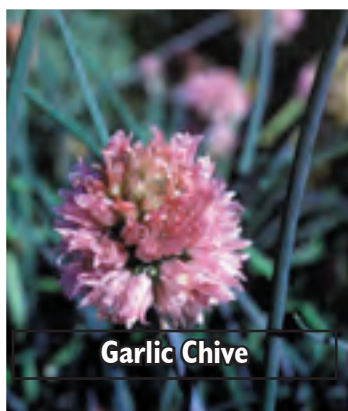
Spices:

- 1 Tbsp. Chili powder
- 1 Tbsp. Garlic powder
- 1 tsp. Sage, ground
- 1 tsp. Oregano
- 1 tsp. Curry powder
- 1 tsp. Turmeric
- 1/8 tsp. Cayenne pepper powder
- 1/4 Cup Olive Oil
- 1 Tbsp. Soy Sauce
- 1 tsp. Liquid Smoke
- 1/2 sweet White Onion, chopped
- 1 Cup canned Nopales, rinsed & drained or 1 Green Bell Pepper
- 1 Red Bell Pepper, seeded & chopped
- 1 baked Potato, chopped bite size
- 1 Cup Yellow sweet Corn kernels
- * Optional: 1/2 Cup sprouted Blue Corn kernels, cooked
- 1 Lb. firm Tofu, rinsed & drained, or 8 Large Eggs

Stir the the Spices in Olive Oil in a warm cast iron skillet, and then stir in Soy Sauce and Liquid Smoke. Stir in the Onion, Nopales, Pepper, Potatoes, & Corn. Squeeze the Tofu through your fingers into the pan to create lumpy texture, simmering covered until all the ingredients are warmed through. Or break Eggs into a bowl and mix and cook longer. Serve with Corn Tortillas, grated Pepper Jack Cheese topped with Garlic Chive & Wild Onion Flowers.



Wild Onion



Garlic Chive

NOPALE EGGS

Makes 4 servings

- 4 Green Onions, chopped
- 4 Cups Zucchini, grated
- 1/2 Cup Rice or other Protein Powder
- 1 Red Bell Pepper, cleaned and chopped
- 1 Cup canned Nopales, rinsed & drained
- 1 Cup Green Salsa
- 8 Free Range Eggs
- 1/4 Cup Parmesan Cheese
- 1 Tbsp. Olive oil
- 1 Tbsp. Clarified Butter

In a cast iron skillet, add the Butter & oil. Cook Onion until soft & caramelized. Grate Zucchini into a bowl and stir in: Protein Powder, Bell Pepper, & Nopales, mixing with a fork. Then stir in the Eggs. Pour the mixture into the onions in the skillet. Cook covered on low for 3-5 minutes, stirring occasionally until the eggs are cooked through. Add 2 Tbsp. cold water around the edges to steam. Serve with Corn or Wheat Tortillas, Salsa and Cheese of choice. • **Substitute:** Bell Peppers & 1 tsp lemon juice for Nopales.

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HUMMUS & NIGELLA SEED

Makes 2 Cups

Nigella Seed is also called *Black Cumin* in India, where is used as an aromatic seasoning. The tiny black seeds add another dimension to classic Hummus.



- 2 Cups cooked Garbanzo Beans
- 1/4 Cup Tahini
- 6 cloves Garlic, mashed & minced
- 1/4 Cup Lemon Juice
- 1/4 Cup Water
- 2 Tbsp. Olive Oil
- 1/2 Cup minced Parsley
- 3 Tbsp. Cumin, ground
- 2 Tbsp. Black or Brown Sesame Seeds or Gamashio
- 1 Tbsp. Nigella Seed
- Sea Salt to taste

Mash the Beans, Tahini, Garlic, Lemon Juice, Water, Olive Oil, Parsley and Cumin with a fork, or use a food processor or blender for a finer texture. Then mix in the Sesame & Nigella Seeds. Salt to taste. Serve with crackers or in whole wheat pocket breads with sprouts, Yogurt & leaf lettuce.

Variations:

- Save out 1/2 Cup Garbanzo beans whole for more texture.
- Add 1/4 to 1/2 Cup plain Yogurt.



CARROT HUMMUS

- Stir into main Hummus recipe.
- 1 Cup Carrots grated, steamed 12 minutes
- 1 Tbsp. Coriander seed, ground

NUT BURGERS

Makes 2 to 4 servings

This yummy grain free recipe makes very filling vegan burgers.

- 1/3 Cup Carrot, grated
- 1/3 Cup Celery, chopped
- 1/3 Cup Onion, chopped
- 2 Tbsp. Zone Bar Herbal Seasoning
- 1 tsp. Sea Salt or Tamari Sauce
- 1/2 Cup Sunflower Seeds or Pumpkin or Hemp Seeds
- 1/2 Cup Cashews or Pecans, Almonds or Walnuts
- 2 Tbsp. unflavored Protein powder or Brewer's Yeast
- Olive Oil

In combining protein and nuts, I find that the Brewer's Yeast compliments Pecans, Walnuts & Almonds. The Cashews make a very creamy texture. You can add 1/3 Cup grated Zucchini in Summer or chopped Bell Pepper to the veggies. A food processor comes in handy here.

Mix together in a bowl, the Carrot Celery, Onion, and Salt. Grind the Sunflower Seeds & Nuts into meal in an herb mill. Pre chop hard nuts like Almonds and Brazil Nuts. Add Protein Powder to seed/nut meal and mix into the vegetables.

The batter should be a little moist, and stick together. If too dry, add a Tbsp. of water at a time to get it to hold its form. Form into 4 patties and brown on both sides in a cast iron skillet with a light coat of Olive Oil. I cover mine after turning over and add a little water to steam the burgers. Everything in this recipe is edible raw, so you do not need to cook it until the burgers are hard.

PETER'S NUT PANCAKES

Makes 2 to 4 servings

Peter Campize is adamant that there is no specific recipe for his very filling / blood sugar stabilizing nut pancakes. Just make a batter of

- about 2 Cups Brazil Nut & Cashew meal, herb mill ground
- about 1 tsp. Baking Powder
- 1 Egg
- Milk or Soy Milk

Beat the dry and wet ingredients together to make a pancake-like batter and fry in Clarified Butter



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 1/4 Cup Water
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 1/2 Cup minced Parsley
 3 Tbsp. Cumin, ground
 2 Tbsp. Black or Brown Sesame Seeds or Gomashio
 1 Tbsp. Nigella Seed
 Sea Salt to taste

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 about 1 tsp. Baking Powder

1 Egg
 Milk or Soy Milk

Beat the dry and wet ingredients together to make a pancake-like batter and fry in Clarified Butter.



SALMON

in Dried Olive-Tomato Sauce

4 servings

1 lb. Salmon fillets

4 cups frozen mixed Bell Pepper

Dried Olive-Tomato Sauce - see Fall Main Dish 2 omitting the Pasta and Eggplant. [Click here.](#)

After simmering the sauce for 5 minutes add Salmon, skin side down and cook 5 minutes. Turn and simmer covered with 4 Cups frozen mixed Bell Peppers for about 5 minutes more. *Fabulous!*



SALMON CAKES

4 servings

1 Can Salmon

2 Hard Boiled Eggs, chopped

1/2 Cup Parsley, chopped

1/2 Cup Celery, chopped

1/2 Cup baked Potato, chopped

1/4 Cup, Onion, chopped

1/4 Cup Dill pickle relish

2 Tbsp. Mayonnaise

1 Tbsp. Veggie Loaf Herbal Seasoning [see Sp18. Click here.](#)

1 tsp. Old Bay Seasoning

Chop the vegetables by hand or in a food processor for speed. Mix all the ingredients in a bowl and divide into 8 parts to form into patties. Let the flavors blend for 1/2 Hour and serve garnished with Parsley.



SPICY SALMON RUB

Makes 2 servings

This earthy blend of warming carminatives and antioxidants make a rich neutralizing flavor for fatty fish like Salmon, & gamey flavored Goose & Duck. The recipe will make enough seasoning for later use.

8 oz. Salmon fillet

2 tsp. Clarified Butter or Ghee

2 Tbsp. Olive Oil

Water

Sea Salt

Herbal Seasoning Mix makes about 1 Cup volume

2 Tbsp. Dill Seed

1 Tbsp. Caraway Seed

1 Tbsp. Cumin Seed

1 Tbsp. Coriander Seed

1 Tbsp. Fennel Seed

1 tsp. Yellow Mustard Seed

1/4 Cup Paprika

2 Tbsp. Sucanat or Brown Sugar

2 Tbsp. Garlic powder

1 Tbsp. Basil, ground

1 Tbsp. Marjoram, ground

2 tsp. Rosemary, ground

1 tsp. = mild to 1 Tbsp. = spicy Black Pepper or Lemon Pepper

Coarsely grind, then roast the Seeds of Dill, Caraway, Cumin, Coriander & Fennel on low heat in a dry cast iron skillet for a few minutes, until they begin to release their aroma. Remove from heat immediately if they begin to smoke. Let cool enough to handle, and grind in an herb mill. Mix in a bowl with the other Seasoning ingredients, and store in a jar.

Rinse the Salmon, and while still damp, rub the seasoning on both sides. and set aside on a plate. Melt the Butter in the Olive Oil in the skillet, and add the Salmon, skin side down. Let simmer 3-4 minutes, then add a little Water and cover to steam for 5 minutes more, adding a more water if the pan dries out. Remove from heat. and let sit for a few minutes, covered. Then remove Salmon to serving plates.

Return the Skillet to low heat, add a little Balsamic Vinegar and water. Stir and rub all the pan residue to make a sauce and pour over Salmon.

Spring Beverages

HERBED VEGGIE JUICE

Makes 1 quart +

A tasty high Protein /Vegetal Mineral & Fiber Beverage

4 Cups Very Veggie, or V-8 Juice

1 1/2 Cup Lambs quarters or Spinach, chopped

3 cloves Garlic, chopped

1/4 Cup Protein powder or Nutritional Yeast

1 Tbsp. *Hi-Mineral Herb Blend or Nettle powder

1 tsp. Spirulina or Barley green powder

1 tsp. Stevia Herb powder

1 tsp. Kelp powder

1 Tbsp. Guar Gum powder or Psyllium hulls

Save out 2 Cups Veggie juice and add in after blending the rest of the ingredients. Mix in a blender all the above ingredients, and sprinkle in the Guar Gum while the blender is on low and let sit 15 - 20 minutes to thicken before drinking:

MINTED BREAKFAST DRINK

Makes 1 serving

A tasty high Protein /Vegetal Mineral & Fiber Beverage

2 Cups Water

1 Tbsp. Liquid Chlorophyll

1 tsp. Peppermint extract

1 Tbsp. Olive oil

2 Tbsp. Rice Protein powder

2 tsp. *Hi Mineral Herb Blend

1 tsp. Stevia powder

1 rounded tsp. Guar Gum powder or Psyllium hulls

Blenderize the ingredients above. While blender is on low stir in Guar Gum. Let sit for 10-20 minutes to thicken, before drinking.

CARROT-CAROB SHAKE

Makes 1 1/2 Cup Serving

1,267 mg. Vitamin A

This is a high Vitamin A drink which requires a Juicer or store bought Carrot juice.

1 Cup water

1 Tbsp. Slippery Elm powder (soothing to the stomach)

1 Cup Carrot juice

2 Tbsp. roasted Carob Powder

2 Tbsp. Protein Powder

2 tsp. roasted Chicory Root, ground

1 tsp. Molasses

1/2 tsp. Stevia Herb powder or Stevia white powder

1 tsp. Guar Gum powder or Psyllium (for more soothing fiber)

Mix the Slippery Elm powder into the Water in a small sauce pan and simmer a few minutes to thicken. Cool the Slippery Elm mixture, then blenderize with all other ingredients.

APPLE CIDER VINEGAR & HONEY etc.

1 serving recipes

Classic medicinal beverages.

Mix together:

1 Cup hot Water

1 tsp.-1 Tbsp. Honey to taste

2 tsp. - 2 Tbsp. Apple Cider Vinegar

VARIATIONS:

- add 1-2 quarter size slices fresh ginger
- or for Honey substitute: 1-2 tsp. chopped Candied Ginger
- or substitute Molasses for some or all honey
- or substitute fresh Lemon Juice for Vinegar

SIMILAR

- A slice of Lemon in hot Water - simple cleansing drink
 - For the onset of a cold or sore throat, combine to make a syrup:
2 cloves garlic, pressed (antibacterial)
1 Tbsp. Honey (astringent-antibacterial)
1 tsp. Lemon Juice to taste (Vit. C , alkalizing, soothing)
-

PINK LEMONADE

Makes about 1 quart

4 Blood Oranges or navel orange **1/4 Cup dried Hibiscus flower**

8 Meyer Lemons or organic Lemonade

1/4 Cup Sucanat

2 tsp Stevita

Water

Juice the fruit and add to a pitcher with Water, Sucanat and Stevita to taste. Or use organic Lemonade. This will make a beautiful dark pink lemonade. *Make an infusion of Hibiscus in 1 Cup of the Water as a substitute for Blood Orange.* To serve, thinly slice horizontally 1 orange and 1 lemon and place in a glass pitcher.

NUT NOG

Makes 3 Cups

3 Cups Almond Milk or low fat Cow Milk

1 Tbsp. Maple Syrup

1 Tbsp. Almond Butter

2 tsp. Vanilla extract

4 drops Stevita

1/2 tsp. fresh grated nutmeg

1/2 tsp. ground Cardamom seed

1 Tbsp. Guar Gum or Psyllium hulls

Blenderize Milk, with all other ingredients but Guar Gum, turn on lowest setting and sprinkle in Guar Gum to blend in. Let sit 20 minutes to thicken. Serve warm or cold.

** See Seasoning Recipes for Hi-Mineral Blend*



APPLE MINT GELATIN

1 Cup Apple juice
 1 Cup Green Apple, chopped
 2 Tbsp. frozen Apple Juice Concentrate
 1/4 tsp. Clove, powder
 1/4 tsp. Clarified Butter
 1 Cup Applesauce
 1/4 Cup plain Gelatin powder, or Agar Agar powder or flake
 1/4 Cup Lime Juice
 2 Tbsp. Liquid Chlorophyll
 1 tsp. Spearmint extract or 1 drop Spearmint Essential Oil
 Leaves from 2 sprigs fresh Spearmint, minced

Bring the Apple Juice, Cloves, Butter, chopped Apple and Apple Juice concentrate to a simmer. Dissolve the Gelatin powder slowly sprinkling into Apple sauce while stirring. *Vegetarians use Agar-agar for Gelatin.* Add the Lime Juice & then pour into hot Apple juice mixture. Continue stirring while returning to a boil. Remove from heat. Stir in the Spearmint extract and liquid Chlorophyll. Pour into a bowl and cool enough to refrigerate. Refrigerate for 1 hour or more to set gelatin.

Place in hot water briefly to release from the bowl. Place a platter face down on the bowl and invert to create a mound. Top with the Walnut Ginger Cream Topping below, and garnish with fresh Spearmint leaves.

WALNUT-GINGER CREAM

1/2 Cup Whipped Cream Cheese or Soy Imo Sour Cream
 2 Tbsp. frozen Apple Juice Concentrate
 2 tsp. Rose Honey, or plain Honey + 1/2 tsp. Vanilla
 1 tsp. white Stevita powder
 1/2 Cup Walnuts, chopped
 Crystallized Ginger
 optional: 2 Tbsp. Protein powder

Use a fork to mash the Apple Juice, Honey and Stevita into the Cream, then stir in the Walnuts. *If using Protein, use Rice protein with Dairy, and Soy protein with Imo.* Chill until use. Add the Crystallized Ginger after spreading the topping.



ORANGE GELATIN

1 Tbsp. Clarified Butter
 1 tsp. Sucanat
 2 Tbsp. Coriander, ground finely
 1/4 tsp. Clove powder
 1/8 tsp. Cinnamon
 1 Cup Carrots, grated
 Zest of 1 Orange
 1/4 Cup Lemon Juice
 2 Tbsp. frozen Orange Juice Concentrate
 2 Cups Apricot Nectar or ripe Hachiya Persimmon
 1/4 Cup plain Gelatin powder, or Agar Agar powder or flake
 2 Oranges, peeled & cut in sections between segments
 1 Tbsp. Orange Extract

Sauté the Coriander, Cinnamon & Cloves in Clarified Butter, stirring for about 2 minutes to bring out the oils. Add the Carrot and Orange Zest. and simmer on low for 5 minutes.

Mix together the Orange Juice, Lemon juice, & Orange Juice-Concentrate in a large sauce pan. Dissolve the Gelatin powder slowly sprinkling into the mixed Juices. *Vegetarians use Agar-agar for Gelatin.* Bring to a boil, stirring. Remove from heat. Add the Carrot mixture Orange extract and sliced Oranges & then pour into a bowl to make the gelatin form. Cool, and then refrigerate for 1 hour. Place in hot water briefly to release from the bowl. Place a platter face down on the bowl and invert to create a mound. Top with Pecan recipe below.

CARAMELIZED PECAN-ORANGE

2 tsp. Ghee Clarified Unsalted Butter
 1 tsp. natural Orange Extract
 1/4 tsp. Cinnamon powder
 1 Tbsp. Maple Syrup
 1 Tbsp. Sucanat or 1/2 tsp. white Stevita powder
 1/2 Cup Pecans, chopped
 Sea Salt

Melt the Ghee in a small skillet on low. Stir in the Cinnamon, Maple Syrup, Orange Extract & Sucanat. Then stir in the Pecans, and coat with the skillet mixture. Remove from the heat, Salt to taste and cool before topping the Orange Gelatin.



YOGURT Rose & Lavender Pudding 2 Cups/4 servings

2 Cups Plain Yogurt

1/4 Cup Whipped Cream Cheese

4 Tbsp. Cup Rose Honey or Rose Lavender Honey

1 Tbsp. Lavender Honey with lavender flowers removed,

1 Tbsp. Tahitian Vanilla extract

2 tsp. Liquid Stevita

1/4 tsp. Sea Salt

2 tsp. Psyllium Hulls or Guar Gum powder

In a blender add: Yogurt, Whipped Cream Cheese, Flower Honeys, Vanilla, Stevita & Salt and blenderize until smooth. With the blender on low, sprinkle in the psyllium powder blending enough to mix the psyllium evenly. Let sit for 15 minutes to thicken, and refrigerate until use.. Serve Chilled garnished with a fresh Rose or Rose Petals



FLOWER CREAM CHEESE

The Rose Honey creates a wonderful delicate flavor that goes well served with bagels, breads, crackers. See Intro Flowers & Honey.

4 oz. Whipped Cream Cheese or Imo soy cream cheese

2 Tbsp. Rose Honey or Lavender Honey

or Stevita liquid to taste

1/4 Cup chopped mild flavored fresh flower petals:

Roses,

Borage,

Calendula,

Day lily,

Mallow

Violets may have an aftertaste

Use a fork to mix in the Rose Honey and chopped Flowers or Stevita. Refrigerate until use. We use the Rugosa Roses, which are highly aromatic, and tough; so do not require the pesticide protection of fussier Roses.



TOFU Rose & Lavender Pudding 2 Cups/4 servings

1/4 Cup regular Silken Tofu, rinsed & drained

2 Cups Vanilla Soy Milk

3 Tbsp. Cup Rose Honey or Rose Lavender Honey

1 Tbsp. Lavender Honey, Remove the lavender spikes from the Honey, and cut off 1" of 4-6 soft tips in little pieces.

2 tsp. Tahitian Vanilla extract

2 tsp. Liquid Stevita

1/4 tsp. Sea Salt

1 Tbsp. Psyllium Hulls or Guar Gum powder

Follow the instructions above.



FLOWERS & CREAM CHEESE FROSTING

Flowers & Cream Cheese flavored with any of the Flower Infused Honeys can be used a cake frosting. Top with edible flowers for more drama. Frost just before use. Harvest flowers and store refrigerated until use to maximize life.



Summer Recipes



Summer Salad 1



Dandelion



Wild Onion



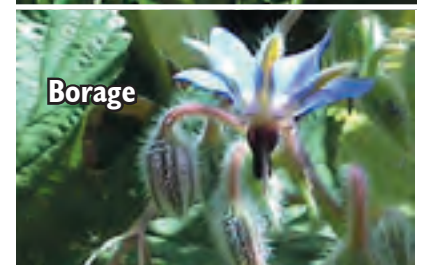
Garlic Chive



Day Lily



Calendula



Borage



Purslane



Watercress



Yellow Dock



Lambs Quarters

SUMMER SALAD WILD EDIBLES & GARDEN FLOWERS

SunMt summer salads are remembered for their complex flavors that may include:

Raw Edible Flowers:

Wild Onion: strong onion flavor, use sparingly as a visual and flavor garnish on top.

Garlic Chive: intense garlic flavor in the pink to purple florets, separated and used sparingly as a garnish, the whole flower as a center accent.

Calendula: use as a sparse garnish for its intense yellow to orange flower petals, mild bitter but healing to tissue.

Borage: delicate, succulent cucumber flavor and a small but bright blue color accent.

Day Lily: whole flower, raw on salads, or dried and seasoned as finger foods on the side. Orange colors may be more bitter.

Raw Wild Edibles:

Chicory leaf: bitter, or mildly bitter if grown blanched. Use sparingly as a digestive stimulant and for flavor complexity.

Dandelion: bitter leaves. Use sparingly as a flavor complexity that stimulates digestion. Milder is soaked in salt water for 30

minutes, rinsed and used raw.

Lamb's Quarters: good, mild flavor raw when young.

Dock, Yellow Dock: lemony flavor from oxalic acid, use sparingly raw for flavor complexity.

Purslane: a very succulent, mucilaginous plant. Use the leaves and tender stalk chopped, & prolific black seeds. Vegetal Omega fatty acid source. Commercial seeds are available.

Watercress: spicy, tender green found wild in streams, goes well in cucumber sandwich as well as sparingly in salads.

Make sure the water where you harvest is not polluted.

Cooked Wild Edibles:

Mallow: steam lightly to soften mild flavored leaf.

Lamb's Quarters: older leaves from taller plants have a spinach-like quality, with higher Vitamin A. Steam lightly.

Wild Mustard Greens: late spring potherb, may still be available in early summer.



AVOCADO SALAD

Makes 4- 5 servings

2 ripe Haas Avocados
1 Lime, juiced
2 Tbsp. Bronner's Mineral Seasoning or Sea Salt to taste
2 Tbsp. Brewer's Yeast
1/2 sweet Onion, chopped
4 Cloves Garlic, mashed and minced or 2 tsp. Garlic powder
1 ripe Tomato, cut in 1/2, squeezed, chopped
1 Cup canned Nopales, rinsed, drained, chopped
1 Cup flat Parsley, chopped
1 Cup Celery, chopped
1/2 Cup Cilantro, chopped
Cilantro leaf tops for garnish

Slice the Avocados in half, remove the seed. Use a small knife to cut 5 lines through the soft flesh horizontally & vertically and scoop out the soft flesh into a bowl with a spoon. With a fork, mash the Avocados with the Lime Juice, Brewer's Yeast & Bronner's Mineral Salt.

Cut the tomato in half, squeeze out the liquid, and chop. Rinse and drain the Nopales, then chop. Then stir the Tomato and Nopales into the Avocado with the Onion, Garlic, Cilantro & Celery.

Serve as a Salsa for Chips or over fresh Spinach, Cucumber or mixed Salad Greens garnished with Whole Cilantro tops.

The Brewer's Yeast is a flavored protein source. The Bronner's Mineral salt provides easily digested vegetal minerals & a unique flavor. The Nopales are high in soluble fiber.



CUCUMBER CHUTNEY

Serves 4

Cucumber is very cooling to the body & beneficial in hot weather.

1 Cup Armenian or English Cucumber, chopped
1/2 Cup Red Bermuda Onion, Chopped
1/4 Cup. Fresh Spearmint, minced
1/2 Cup plain Yogurt
1 Tbsp. Cumin, ground
1/2 tsp. Sea Salt
Spearmint Sprig for garnish
Borage Flowers for garnish

Combine Cucumber, Onion & Spearmint in a bowl. Mix together Cumin & Salt, and then mix into vegetables. Stir in the Yogurt and mix well.

Refrigerate several hours before serving to allow flavors to blend. Garnish with a sprig of fresh Mint leaves, and/or Borage Flowers and serve as a cooling side dish; as a topping for Tabouli or other grains; or as a Sauce for Hummus or Falafels, alone or in pocket bread.

Summer Fingerfood 1



STUFFED SQUASH BLOSSOM

4 servings

8 fresh Squash Blossoms
2 Green Onions, chopped
2 tsp. roasted Cumin, ground
1/2 Cup Sweet Corn, kernels
1 Yellow Crookneck Squash, grated
2 Tbsp. grated Parmesan Cheese
1 tsp. Lemon Pepper
1 Tbsp. Pine Nuts or Bull Pine Nuts or chopped Macadamias

Mix well in a bowl: the Onion, Cumin, Corn, Squash, Cheese, Spice and Nuts. Use a small spoon or pastry bag to stuff gently into the Squash Blossoms about 1/2 full. Leave enough blossom so the top petals can be folded over and held in place with a toothpick as shown below.



Place each filled blossom in a steamer, 1 layer deep. Steam in a covered pot for 3 minutes turn off heat and let sit for a few minutes more - just long enough to soften the squash blossoms and warm the filling.

Serve as a side dish with Southwest main Dish like Beans & Rice or Chicken Taco filled with grated Cheese, Lettuce and Salsa.

Daylilies are prolific bloomers- each bloom lasts one day. Here are recipes to help use the buds and flowers, which are high in Vitamins A, B & C.

DAYLILY ONION CRISPS

Serves 2

12 Daylilies
Onion powder
Sea Salt
Olive Oil in spray bottle

These crispy dried liles taste like onion rings, but without any deep fat frying. Like any unusual food, the first time you eat these, try just one and wait to see how they digest before eating more.

Pick the Daylilies. Cover baking pans with cooking parchment paper. Holding the flowers by the stem, dust the interior with Onion powder and then Sea Salt or substitute Onion Salt. Lay them on the baking pans head to toe. and bake:

Solar Dryer: Dry in a solar dryer with the glass covered with cardboard or paper until dry, brown and crisp to the touch. For later use, reheat in Solar Dryer for 10-15 minutes or until crisp again. Spray lightly with olive oil & serve immediately.

Oven Toasting: in a warm, well ventilated place until dry, brown and crisp to the touch. To use, oven crisp 350° for 7- 10 minutes until crisp to the touch. Spray lightly with Olive oil. Serve immediately.



SPICED TOFU SPREAD

Makes 3 servings

This tastes like egg salad & is common in Vegan delies.

1/2 Cup canned Nopales, chopped or 1 Green Bell Pepper
 6 Green Onion, chopped
 1/4 Cup Mayonnaise or Eggless Mayo
 1 Cup Dill Pickle Relish
 1 Tbsp. prepared Mustard
 1 tsp. Turmeric
 1 stalk Celery, chopped
 1 Lb. firm Tofu, rinsed & drained
 3 Pocket Breads
 Sea Salt

Combine all ingredients mashing together in a bowl with a fork until the mixture is the texture you want. Salt to taste and serve in pocket breads



CORIANDER GARBANZO SPREAD 2-4 Servings

1 1/2 Cup Garbanzo Beans
 1 tsp. prepared Mustard
 2 hard boiled eggs, peeled & chopped or 2 Tbsp. Protein powder
 1 Tbsp. Olive Oil
 1 tsp. Clarified Butter
 1/2 Onion, chopped
 1/2 tsp. Sea Salt
 Coriander Curry Spices recipe to right
 1 Cup Celery, chopped
 1 Green Bell Pepper, chopped
 2 Tbsp. Lemon juice
 2-4 Tbsp. Water as needed
 2 sprigs Spearmint leaf, chopped

SAVORY NUT SPREAD

Makes 1 1/2 Cup

1 Onion, chopped
 1/2 Cup water from steaming
 1 Cup Tomato Paste
 2 tsp. Sage, rubbed
 1/2 tsp. Oregano, ground
 1/2 tsp. Basil, powder
 1/2 tsp. Thyme, powder
 1/2 tsp. Rosemary, ground
 1 tsp. Liquid Smoke
 1/4 Cup Miso Paste
 1/4 Cup Protein powder
 1/4 Cup Peanut Butter

Steam the Onion 15 minutes in 1/2 Cup Water, or until soft. Pour the Steaming Water into a blender add more water if needed to make 1/2 Cup. Purée together with the Tomato Paste, Herbs, Liquid Smoke, Miso Paste & sprinkle in the Protein powder. Pour the blenderized ingredients into a bowl. Using a fork, mash and stir the Peanut Butter in until it is well mixed. Serve.

Coriander Garbanzo Bean Spread directions continued

Add the Garbanzo beans, Mustard and Eggs in a bowl & coarsely mash together with a masher or fork. In a small skillet add the Olive Oil, Butter and Coriander Curry Spices and heat together 2 minutes, add the Onion and simmer, stirring for 3 minutes. Then add them to the bowl, mashing together.

Add a little Water as needed to a blender, and add 1/2 Cup of the mashed mixture to blenderize smoother, and return to the bowl. Then mix in the Celery & Bell Pepper. Garnish with chopped Spearmint leaves. Serve on crackers or in pocket breads.

CORIANDER CURRY SPICES

Elfie does not like standard curry, but loves this!

2 Tbsp Coriander, ground or leave whole for more crunch/flavor
 2 Tbsp. Cumin, ground
 1 tsp. Fennel Seed, ground or leave whole for more crunch/flavor
 1 tsp. Curry powder
 1/2 tsp. Turmeric
 1/4 tsp. Cloves

Summer: page 4



The summer abundance of vegetables, herbs & fruits have been the inspiration for the following recipes. I try to do meals that are quick to prepare and that can be solar cooked to reduce heating up the kitchen. *Gardeners usually have an abundance of these vegetables in summer, so here is a basic recipe with the flavor variations we use to keep the combination interesting.*

SUMMER VEGETABLES

Serves 4

Basic Recipe

Olive Oil

2 Japanese Eggplant, sliced thinly (or 1 regular, cubed)

1 large Red Bermuda Onion, peeled & chopped

1 large Green Bell Pepper, seeded & chopped

4 cloves Garlic, chopped

2 small Zucchini, sliced

4 Tomatoes, vertically sliced in wedges

Sea Salt

In a cast iron skillet, sauté Eggplant in a little Olive Oil. Add Onion & Garlic and brown together. Stir in the other vegetables and salt. Then:

Stove top: add a splash of cold water and cover the skillet to steam. Simmer until the vegetables are cooked, adding more Oil as needed.

Solar Cook: place in a covered baking pot and bring to a simmer stove top. Finish cooking in a preheated solar oven until soft, 30-60 minutes depending on weather.



SUMMER VEGETABLE VARIATIONS

Classic Ratatouille

At the last few minutes of cooking, stir in:

1/2 Cup chopped fresh Basil or 1/4 Cup dried Basil

SAUL'S GREEK STEW

Mix together in a bowl:

1/2 Cup plain Yogurt

2 oz. crumbled Feta Cheese

1/2 Cup fresh *Dill Weed, chopped or 1/4 Cup dried

*Dill Weed is much milder than the more available dill seed, so substitute 1 Tbsp. of ground seed if that is all you can find.

1/4 Cup fresh Mint leaf, chopped or 2 Tbsp. dried

Remove the pot from heat and stir in the above ingredients. Let sit for at least 10 minutes before serving to blend flavors.

Premixed Seasonings

During the last few minutes of cooking, stir in 1-2 Tbsp. one of the following to taste:

- Cajun Spices
- Jamaican Spices
- Curry
- Chili Blend
- Taco Seasoning



APPLE CIDER VINEGAR

This is an ancient recipe

Fresh organic Apple Juice

Cider Mother the fermented culture

1 gallon glass or ceramic container

You will need to find someone who makes vinegar to get your *Mother*. This is the bacterial culture that turns apple juice into vinegar. Just use unpasteurized apple juice in a wide mouth gallon jar, add the Mother, cover with several layers of cheese-cloth bound by a rubber band.

Let sit until the vinegar achieves the flavor you want. We have made our own when the apple harvest exceeded storage. Now we use a commercial source of organic Cider Vinegar aged 3 years in oak barrels.



Recycle wine bottles or other decorative bottles and have fun making your own labels. These vinegars make nice gifts too.



Maia pointing out Chayote fruit on the prolific vine

SWEET CHAYOTE PICKLES

4 Cups volume

2 Chayote

1 Cup Water

1/4 Cup Apple Juice concentrate

1/4 Cup Honey

1/4 Cup Tarragon - Apple Cider Vinegar or Cider Vinegar

2 Tbsp. Lime Juice

1 Tbsp. Stevita white powder

1 Bay leaf

1 Tbsp. Pickling Spices blend

1/8 tsp. Clove powder

Quarter the Chayote lengthwise, then slice in 1/4" sections. In a Sauce pan, simmer the Chayote and other ingredients except Honey for 10 minutes. Remove from heat & add Honey. Pour into 2 quart French Canning Jar, cool and store refrigerated for several weeks.

Easy Canning Recipe

See basic Hot Bath Canning Recipe in the Introduction section. Simmer in hot bath for 15 minutes. Cool and store in a cool, dark place. Cure for 2 days. They last about 3 weeks refrigerated after opening.

HERBED VINEGAR

Quick Stove top Method

Herbs of choice, chopped

2 Cups Apple Cider Vinegar

Place the Herbs in a wide mouthed glass jar with nonmetallic lid. Bring the Vinegar to a simmer. Remove from heat. Pour the hot Vinegar over the Herbs, cool, cap and let sit in a cool, dark place for 3-4 days. Shake daily. Add 1 whole sprig of the fresh herb to a wine or dressing bottle. Strain Herbs out of Vinegar and pour the liquid into the wine or dressing bottle. Label.

Use one or more:

1/2 Cup Basil

1/2 Cup Tarragon

1/2 Cup Garlic Chives

1/4 Cup Wild Onion

1/4 Cup Peppermint

6 Cloves Garlic

HERBED VINEGAR CONCENTRATE

I use Tarragon & Garlic but you can use other herbs.

1 quart jar

Herbs, chopped

Apple Cider Vinegar

Fill a quart glass jar 3/4 with fresh herbs and cover with Vinegar. Use a sheet of waxed paper or plastic over the opening before tightly closing the metal lid to prevent rusting. Store in a dark, cool place and shake daily for 2 weeks. Strain out the herbs, and you have an herbal concentrate which can be added to plain Apple Cider Vinegar to taste. Label bottle.





Roma tomatoes cut for drying



Roma tomatoes dried 4 days

SUN DRIED TOMATOES

Overnight Marinade: The best way to prepare dried Tomatoes is to soak them overnight. in a flavorful marinade so it soaks into the Tomato.

Tomatoes Now: But if you need them now, you can simmer them with the marinade recipe in just enough water to cover them for 3 minutes or until they plump and soften to taste.

Oven Baked Tomatoes:

Coat pan with Olive Oil or use cooking parchment, and Salt lightly or not. Bake 200° 1/4 hours or 250°/ 2 hours to concentrate the flavors.

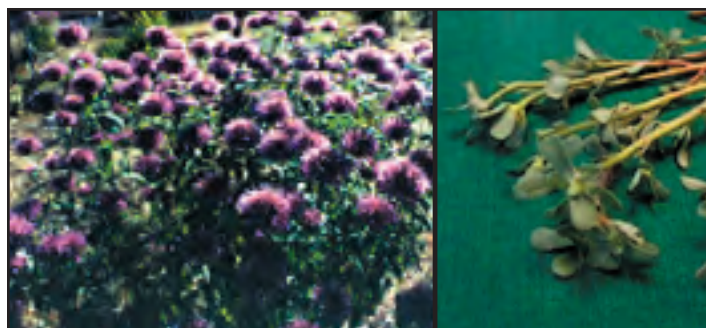
DRIED TOMATO MARINADE or SAUCE

1/4 Red Bermuda Onion, chopped
 1 Cup Water
 2 Tbsp. Apple Cider Vinegar, Balsamic or Red Wine Vinegar
 1 Tbsp. Olive Oil
 2 cloves Garlic, chopped
 1 Cup Dried Tomatoes, soaked
 1 Tbsp. Italian Herb blend

**Optional: 1 tsp. Sucanat or 1/4 tsp. Stevia white powder*

Brown the Onion in Olive Oil in a cast iron skillet. Add the Water, Apple Cider Vinegar, Garlic & Tomatoes and stir together. Refrigerate overnight.

SAUCE: Pour the marinated mixture into a blender, adding enough water to purée. Refrigerate until used.



SALSA Variations

Add to your favorite salsa recipe

- 1-2 Tablespoons Pineapple Sage flowers as an edible, oregano flavored garnish
- 1 Tbsp. Pink or Purple Bee Balm Florets for a spicy oregano flavored garnish
- Chopped Purslane and/or Nopales.

CHILI OIL Volume 1 Cup

1/4 Cup Chili Blend powder
 2 Tbsp. Garlic powder
 2 Tbsp. Sage, rubbed
 1/2 Cup Olive Oil
 1/2 Cup Soy Sauce



Mix together in a jar, the Chili powder, Garlic, & Sage add the Soy Sauce and Olive Oil. Shake well to mix, and use. Store refrigerated.

ZUCCHINI MARINADE Makes 6-8 servings

1/4 Cup Brewer's Yeast *Lewis Labs brand*
 2 Tbsp. Onion powder
 4 tsp. Oregano powdered
 2 Tbsp. Chili Oil
 2 Tbsp. Olive Oil
 1/4 Cup Soy Sauce
 4 Cups Zucchini, sliced
 2 sprigs fresh Basil leaves, thinly cut

Mix the Oregano, Onion powder and Nutritional Yeast together in a cup and then into the Chili & Olive Oil and Soy Sauce in a measuring cup.

In a pot with a steamer basket, bring 1/2 Cup water to a boil. Add the sliced Zucchini and simmer 2 minutes covered. Leave on the stove covered for 5 minutes more. In a bowl, toss the Zucchini with the marinade. Let stand 5 minutes to cool, stir in fresh Basil and serve.



SALSA-SALMON SALAD

2 servings

1 can Salmon
1 Cup fresh Salsa
1 Tbsp. Cumin seed, ground
1 Tbsp. Coriander seed, ground
2 Tbsp. Olive Oil
2 tsp. Balsamic Vinegar
Sea Salt to taste
Mixed Salad Greens

Mix the Salmon, Spices, Oil and Vinegar together in a bowl using a fork to mash them together. Use half the recipe to top each bowl of mixed salad greens.



BASIC SALSA RECIPE

2 Cups Chopped Tomatoes
1/2 Cup Chopped Onion
1/4 Cup Red Pepper
1/4 Cup Cilantro, minced
1 Tbsp. Apple Cider Vinegar
2 cloves Garlic, mashed & chopped
Sea Salt to taste
*optional: 1/4 Cup Purslane or Nopales, chopped

Mix together in a bowl and refrigerate until use. Let sit to blend flavors before serving.



SALSA & RED SNAPPER

2 servings

8 oz. fresh Red Snapper
2 Cups fresh Salsa
2 tsp. Oregano, powdered
4 cloves roasted Garlic, mashed
1/2 Cup pitted California Black Olives
Olive Oil
1/4 Cup Cilantro, chopped
1 Lemon sliced

Mash the garlic into the Salsa and add Oregano. In a skillet, pour in 2 Tbsp. or more Olive Oil and a little water to coat the bottom of the skillet. Then add 1/2 the Salsa, followed by Red Snapper and Olives. Top with the rest of the Salsa. Simmer covered 10 minutes. Serve over Rice garnished with fresh Cilantro, and Lemon wedges.



SOLAR ROASTED GARLIC

4 bulbs Garlic
Olive Oil

Using a Pyrex or enamel covered pot, coat the bottom with Olive Oil. Trim the top off the Garlic bulb, exposing the tops of the cloves. Place face down in the pot and cover. Solar bake for 1-2 hours in full sun until the cloves have become translucent and soft.





CRACKER BREAD PIZZA

I use Dried Tomato Sauce on our local Armenian cracker bread, or flat Pita Bread. For this the 7" rounds make a perfect prepared individual pizza dough replacement.

Use my Dried Tomato Sauce recipe or replace with the following:

- 1 Cup Tomato Paste
- 1 Tbsp. Basil, ground
- 1 tsp. Oregano, ground
- 1/2 tsp. Rosemary, ground
- 1/2 tsp. Stevia powder
- 4 tsp. Garlic powder
- 1 Tbsp. Apple Cider Vinegar
- 1/4 Cup Water

Spread Sauce thinly on a cracker bread and we top with any combination of:

- Red Onions: sliced raw or sautéed
- Mushrooms: sliced, raw or sautéed in butter
- whole Dried Tomatoes, soaked in Herbs & Olive Oil
- Marinated Artichoke Hearts, sliced
- Olives, Spanish or Black, whole or sliced
- Avocado slices
- Cheese, grated or sliced
- roasted Chicken, sliced and marinated in Italian Dressing
- solar cooked ground Turkey, free range
- Brewer's Yeast
- Mung Bean Sprouts
- Zucchini Marinade
- Dried Tomatoes softened in water as garnish

DILLED DRIED TOMATO PASTA 8 servings

The marinated tomatoes are a savory accent to the basic Dill flavor.

Sauce:

- 1 Cup Water
- 2 tsp. Lime Juice
- 2 Tbsp. Dill infused or regular Olive Oil
- 3 Tbsp. Chicken flavored Veggie Broth or
1 Tbsp. Chicken Bullion powder
- 1 Tbsp. Arrowroot powder or Cornstarch
- 2 large Garlic Cloves
- 2 Tbsp. Dill Weed
- 1/2 Cup Pumpkin Seeds
- 2 Cups Green Peas
- 2 Cups Zucchini, cut in bite size chunks
- 1 Cup dried Tomatoes, soaked overnight in basic marinade
- 1/2 Cup Artichoke Hearts canned in water, sliced in half
- 1/2 Cup Spanish stuffed Olives, sliced in half
- 2 Cups Rotelli Pasta
- Garnish: Parmesan Cheese, grated

Soak dried tomatoes overnight in marinade to left.

The next day, make the Sauce in a small pot: add the Water, Lime Juice, and Olive Oil. Then stir in the Chicken Broth powder and Arrowroot to dissolve. Then add the Garlic and Dill Weed. Bring to a simmer to thicken the Sauce, remove from the heat and set aside.

In another pot, bring a quart of water to a boil. Add a dash of Salt and then the Rotelli, simmering for 1 minute. Then add the Zucchini and cook for 5 minutes, adding the Pumpkin Seeds and Peas the last 2 minutes. Remove from heat, and rinse in a colander to stop cooking.

Use kitchen shears to cut the marinated Tomatoes into bite sized pieces. Add the Tomatoes, Artichoke hearts & Spanish Olives with 2 Tbsp. of Olive brine to the Sauce and toss gently with the Rotelli/Vegetable mixture and serve with Parmesan Cheese.

Summer Main Dish 3

These rice or tapioca base wrappers can be found in Asian markets.



BASIC SUMMER ROLL

Find a container large enough to allow the spring roll wrapper to lay flat in 1/2" water, and a dinner plate covered in triple folded paper towel. Take 3 pieces of dried spring roll wrapper at a time to soak for 3 minutes, totally submerged. Use 2 hands to pick up and place on the paper towel on the dinner plate. Use 2-3 sheets for strength. Add filling to the center & wrap. One sheet works for lighter fillings.



CHICKEN SUMMER ROLL 2 servings of 2 rolls

1/2 lb. roasted Chicken breast, sliced 3-4" long
1/4 Cup Italian Dressing
Garlic Powder
4 Mild Green Chilies, roasted
8 Green Onions, chopped
1 Cup Mung Bean Sprouts
Hoisin Sauce or Barbecue Sauce
12 Spring Roll Wrappers

Toss the Italian Dressing with the Chicken strips in a bowl, and add a shake of Garlic powder.

Roast the Peppers over a gas flame until the outside skin is blackened. Wrap in a damp towel and let sit to cool and soften outer skin. Use a little knife to scrape off the skin. Cut off the top and slice in 1/2. Scrape out the seeds, and cut into quarters. Cut the Green Onion tops in half lengthwise.

Prepare the Wrappers as described in Basic Summer Roll.

Combine the 2 oz. of Chicken strips and 1 quartered chili, 2 Green Onion strips, and 1/4 of the Bean Sprouts. Top with Hoisin Sauce and fold the back edge over the center as in *photo above*.

Then place 2 Green Onion strips in the center and fold the front edge forward to cover them. Repeat the process 3 more times. to make 4 rolls. Chill until served.

CRAB SALAD SUMMER ROLL 2 servings of 2

CRAB SALAD FILLING

1 Cup Crab Meat pieces, torn
1/4 Cup Sour Cream
1/2 Red Bell Pepper, seeded & chopped
2 Green Onions, chopped
Choose 1 Herb:
• 2 Tbsp. Dill Weed or 1 Tbsp. Tarragon, or 1 Tbsp. Cilantro

Mix together in a bowl, the Crab with sour Cream. Add Bell Pepper and an herbal seasoning. Let sit refrigerated until use.

SUMMER ROLL

Crab Salad Filling
Water
8 Green Onion tops
4-6" length of English or Armenian Cucumber
12 Spring Roll Wrappers

Slice the Green Onion tops lengthwise in 6" pieces. Cut the Cucumber in quarters lengthwise, and make long, thin strips of Cucumber in 4 stacks.

Place 1/4 Cup Crab Filling in 2 or 3 softened sheets as described in Basic Spring Roll. Place 1/4 of the Cucumber and 2 Green Onion strips on top. Then roll the front toward the center. Place 2 more Green Onion strips in the center and roll the back side forward to cover them. Repeat the process 3 times to make 4 Rolls, and garnish with extra Cucumber & Green Onion.



ZUCCHINI SQUASH FRITATTA Serves 2

This is a simple, delicious dish for breakfast or lunch.



- 2 Zucchini Squash, *grated coarsely*
- 4 Green Onions, *chopped*
- 3 Tbsp. Rice Protein Powder or other unflavored Protein Powder
- 1 Cup Green Salsa
- 2 tsp. dried Basil
- 2 Large Free Range Eggs
- 2 tsp. Clarified Unsalted Butter
- 1 Tbsp. Olive Oil
- 1/4 Cup cold water
- *optional: Parmesan Cheese*

Grate the zucchini into a bowl. Add Green Onions, Basil, Rice Protein Powder and stir in.

Then add 1/2 Cup Salsa and the eggs, and mix well.

In a preheated cast iron skillet, add the Clarified Butter and Olive Oil to coat the surface. Then add the mixture to the center, leaving space around the outside edges of the skillet and cook covered on medium heat for 3 minutes.

Lifting the lid, create steam by adding a little of the water at a time around the edges of the pan. Cover the skillet and remove from heat. Let sit a few minutes more, then sprinkle the top with Cheese and add the remaining Salsa in the center. Serve with tortillas and cheese or crusty french bread and butter.

RED SALSA FRITATTA variation

Add:

- 1 Red Bell Pepper, *seeded & chopped*
- 2 tsp. ground Sage + 2 tsp. ground Rosemary

Substitute:

- Red Salsa for Green Salsa
- Feta Cheese for Parmesan



CROOKNECK SQUASH FRITATTA

Cumin enhances the flavor of Crookneck Squash.



Serves 2

- 4 small Crook neck Squash, *grated coarsely*
- 2 Red Bermuda Onions, *chopped*
- 2 Red Italian Sweet Peppers, *seeded and chopped*
- 1 Tbsp. ground Roasted Cumin seeds
- 3 Tbsp. Rice Protein Powder or other unflavored protein powder
- 1 Cup Green Salsa
- 2 Large Free Range Eggs
- 2 Tbsp. Clarified Unsalted Butter
- 1/4 Cup cold water
- *optional: Parmesan Cheese to taste*

Roast whole Cumin Seed in a dry cast iron skillet until it is dark brown. This mellows the flavor. I grind a few ounces at a time in a coffee mill and store it in a recycled shaker bottle to maximize freshness.

In a preheated cast iron skillet, add the Clarified Butter and stir in Cumin. Add the Onion and cook, stirring until browned. Remove from heat.

Grate the squash into a bowl. Add Protein Powder and stir in. Then add 1/2 Cup Salsa and the eggs, and mix well. Add the cooked Onion-Cumin mixture and mix well. Then add this mixture to the center of the skillet, leaving a little space around the outside edges and cook covered on medium heat for about 3 minutes.

Lifting the lid, create steam by adding a little of the water at a time around the edges of the pan. Cover the skillet and remove from heat. Let sit a few minutes more, then sprinkle the top with Cheese and add the remaining Salsa in the center.

Serve with more Salsa and Corn Tortillas and Cheese or crusty French Bread and Clarified Butter.



TURKEY MEATLOAF

Makes 4 Servings



- 1 Lb. free range Ground Turkey
- 1 Carrot, grated
- 1 Cup Celery, chopped
- 1/2 Red Bermuda Onion, chopped
- 1 Large Free Range Egg
- 1/2 Cup Rolled Oats or Quinoa flake
- 1/4 Cup Turkey herb Blend

Turkey Dried Herb Blend:

- 2 Tbsp. Poultry Seasoning
- 1 Tbsp. Basil, ground
- 1 Tbsp. Sage, ground
- 1 Tbsp. Cumin seed, ground
- 2 tsp. Garlic powder
- 1 tsp. Rosemary, ground
- 1 tsp. Sea Salt
- 1/2 tsp. Black Pepper

In a bowl, make the turkey into a big ball, and push a hole in the center. Add the other ingredients to the center and mix together using your hands. Form a mounded loaf and place in a covered casserole.

Oven Cook: 350° / 1 hour

Solar Cook: about 3 hours *Heat the bottom for a few minutes stove top to speed the cooking.*



or 4 Turkey Patties

TUNA CAPER SALAD

- 1 6oz. Can dolphin safe Tuna
- 1 Tbsp. Mayonnaise
- 2 Tbsp. Sherry
- 1 Tbsp. finely chopped parsley
- 2 tsp. Onion powder
- 2 tsp. Oregano, rubbed
- 1/4 tsp. Nutmeg
- 1 tsp. Worcestershire Sauce
- 1 Tbsp. Capers
- 1/2 Cup Carrot, shredded
- 1/2 Cup Celery, diced

Mash the tuna in a bowl using a fork. Add the Mayo and mash together. Then mix in the Sherry, Onion powder, Oregano, Nutmeg & Worcestershire. Stir in the Capers, Carrot & Celery. Let sit 10 minutes to blend flavors.

PEPPER/NOPALE EGGS

Serves 2

- 2 Tbsp. Chili Oil
- 2 Tbsp. Water
- 2 cloves Garlic minced
- 4 Eggs
- 2 Tbsp. Soy Sauce or Liquid Amino acids
- 2 Cups Bell Peppers, seeded and chopped
- 1/4 Red Bermuda Onion, chopped
- 1/2 Cup canned Nopales, drained and chopped
- 2 Tbsp. Sherry

Coat the cast iron skillet bottom with the Chili Oil & Water, add the Garlic & Onion, and then the Peppers. Simmer 2-3 minutes. Beat the egg whites to froth. Mix the Egg yolks, Sherry & Nopales together in a bowl with a fork or whisk, and fold in egg whites.

Pour the Egg mixture into the skillet. Add 2 Tbsp. cold water and cover to steam. Turn off heat and leave for 5 minutes to let the eggs finish cooking.



Day Lilies are an ancient food, and are used medicinally. Dried Day Lily buds or Golden Needles can be purchased in packages in Oriental markets.

DAY LILY BUDS & GARBANZO Serves 2

24 Day Lily Buds

1 Cup water

1/4 Cup water

1/4 Cup Lite Soy Sauce or Bragg Liquid Aminos

1/4 Cup Seasoned Rice Vinegar

1 Tbsp. Peanut Butter

1 Tbsp. Garlic powder

1 Tbsp. Chili powder

1/4 Cup Onions, chopped

1/2 Cup roasted Peanuts

Mix together in a bowl the 1/4 Cup Water, Vinegar & Soy Sauce Garlic, Chili and Peanut Butter. Stir in the Garbanzo Beans. Refrigerate for 30 minutes or more to blend the flavors.

Soak Day Lily buds in 1 Cup water for 1/2 Hour. Then simmer the Lily Buds 5 minutes in water until soft. Drain and trim off the little hard ends, if there are any.

In a bowl add the Onion, Day Lily Buds and Peanuts. Mix together with the Garbanzo Beans and sauce in a bowl. Serve over solar cooked Rice with Hoisin sauce.

*Optional: Solar roast the peanuts - 1 hour full sun.



CHICKEN ORANGE - 5 SPICE

Serves 4-6

Marinade

2 tsp. Dark Sesame Oil

1/2 Cup Orange Juice Concentrate

1/2 Cup Water

1/4 Cup Soy Sauce

1 tsp. Chinese 5 Spice or Cinnamon powder

1 tsp. natural Orange Extract

1 Lb. boneless Chicken breasts, cut in small pieces

1 Green Bell Pepper, seeded & cut bite sized

2 Tbsp. Peanut Oil

1 Tbsp. Clarified Butter

2 Red Bell Peppers, seeded & cut bite sized

2 Celery stalks, diagonally sliced

1/4 pound Edible Pod Peas, stems cut off

1/2 Cup sliced Water Chestnuts, drained & washed

1 Cup Bamboo Shoots, drained & washed you can use edible

Bamboo Shoots from your garden here

1 Cup fresh Bean Sprouts

2 Tbsp. Arrowroot powder or Cornstarch

1/4 Cup roasted Almonds

Use kitchen shears to cut the Chicken into small pieces. Cover the Chicken with Marinade and refrigerate for 1 hour. Strain the marinade from the Chicken and place in a bowl. Dissolve the Arrowroot in the remaining marinade.

Prepare all the vegetables and mix in a bowl. Melt the Butter in the Oil in a covered wok or cast iron skillet. Add the Chicken to the wok, & cook, stirring constantly until done - about 5 minutes.

Add the marinade to the wok and stir in the vegetables & Almonds, stirring to totally coat with liquid. Cover and continue to steam for 2-3 more minutes on low heat. Serve immediately over Rice or Sesame-Rice Rotelli.

Vegetarian Variation: Substitute 1 lb Tofu, cut in bite sized pieces or crumbled, for Chicken.



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THAI LEMON GRASS SOUP

Makes 2 Servings

2 Cups Chicken Broth, or Chicken Flavor Vegebroth
 8 oz cooked Chicken, in bite size pieces or 8 oz Tofu chunks
 1/2 Cup low fat Coconut milk
 1 tsp. Sesame Oil
 1 tsp. Frontier Salt Free Thai Seasoning
 1 Cup Celery, sliced diagonally
 1 Green Bell Pepper chopped
 1/2 Red Bell Pepper, chopped
 1/2 Cup Cilantro, chopped
 1 Cup fresh or frozen Green Peas
 1 piece fresh Lemongrass root, thinly sliced
 or 1 drop Lemongrass Essential Oil
 2 tsp. well ground Coriander

Clean and chop the bottom 8" of the Lemongrass stalk. Simmer for 5 minutes in a soup pot: the Chicken Broth, Chicken, Coconut Milk, Thai Seasoning & Sesame Oil. Add the Lemongrass, Celery, Peppers, Cilantro & Peas and return to a simmer for 3-5 more minutes. Turn off heat. *Add the Essential Oil the last minute to prevent oils from boiling off.*

If you have fresh Lemongrass, save the tops for tea. If you use Essential oil, measure into a spoon (*to prevent putting too much into the soup directly*) and add to soup the last few minutes of cooking. If you do not have the oils, use the herbs. *Lemongrass is hard to find unless you grow it, and its oils are volatile.*

Vegetarian Variation: Use 1/4 Cup Chicken flavor Vege Broth, and 1/2 a block of Tofu, cut in thin rectangles.

Notes: Freeze the unused coconut milk in ice cube form & store frozen in a baggie for later use.

SUMMER PEA SOUP

Makes 2 Servings

I find that fresh or frozen Peas make a quick pea soup without the gas that Dried Peas can cause. The Dock leaf & Lemon Thyme add a cooling and refreshing flavor for hot weather.

2 Cups fresh or frozen Green Peas
 1 Cup French Onion Soup or Chicken Broth
 2 Cups tender Dock leaves, chopped
 2 Green Onions
 2 Tbsp. hull free Pumpkin Seeds, ground (1/3 Cup powder)
 2 Tbsp. Protein Powder, or 1/4 Cup plain Yogurt
 2 Tbsp. Olive Oil
 4 tsp. Lemon Thyme, ground
 Sea Salt
 Lemon Pepper
 Parsley or Cilantro

Mix the Dock, Onions and ground Pumpkin Seeds in a bowl, and sprinkle/stir in the Protein Powder. Cook the Peas & Dock in the Soup for 3 - 4 minutes, cool, then purée in a blender with the Olive Oil & the Lemon Thyme.

Season with Salt & Lemon Pepper to taste, and serve with Parsley or Cilantro garnish.



CHINESE SUMMER SOUP

6 servings

This soup or porridge is made up of an herb based broth that is used traditionally to combat hot weather fatigue, thirst, sunstroke and indigestion. The herbal combination of mostly beans and flower parts can be found commercially packaged in Chinese markets in summer. It makes a mild flavored Porridge or Soup.

Contents: Semen coicis, Fried Semen Coicis, Semen Phaseoli, Semen Dolichoris Album, Gossampinus Mal..., Rhizoma Smilacis Glabrae, Semen Nelumbinis Hous, Medulle junci

Cook the herbs in 10 Cups of Water for 1 hour:

• *with Rice and sugar as Porridge or Congee:*

1 part Rice to 10 parts Water. Solar cooking is lower and takes longer to make this thin gruel. Sweeten with raw sugar. Serve hot or cold.

or

• *cooked with Pork or Poultry as a Soup - I solar cook:*

1/4 Lb. ground Turkey

2 tsp. Sage

2 Tbsp. Beef Bullion



DILLED TOMATO SOUP

Makes 4 servings

1 quart Very Veggie Juice or V-8

1 Cup water

1 Cups dried Tomatoes, soaked & cut in thin strips

2 Cups Carrots, thinly sliced

1 Tbsp. Dill Seed, ground

1 tsp. Allspice

1 Cups fresh Peas

1/4 Cup Orange Juice concentrate

1/4 Cup Flax Seed, fresh ground

1 Tbsp. Olive Oil

1 Cup plain Yogurt

2 Tbsp. Dill Weed

Simmer 2 Cups of Veggie Juice with Water, Carrots, Tomatoes, Dill Seed & Allspice for 7 minutes. Stir in the Peas, Orange Juice, Flax Seed and simmer 3 minutes more. Remove from heat and add the last 2 Cups of Veggie Juice and the Olive Oil. Allow to cool and thicken. Pour into individual bowls. Then add 1/4 Cup Yogurt topped with Dill Weed garnish. Serve with crackers and cheese. To make into a Main Dish, add 2 cans of rinsed, drained Tuna broken into flakes with a fork.

NO COOK GAZPACHO Serves 4

Cactus nopales provide a refreshing thickener

1 quart Very Veggie Juice or equivalent vegetable juice like V-8

2 Red Bermuda Onions chopped

1 Armenian or English Cucumber, chopped

2 Carrots, shredded

1 small pad fresh Cactus, or 1 Cup canned Nopales

2 Bell Peppers, cleaned & chopped

1 Cup Parsley, chopped

1 Cup. fresh Basil, chopped or 1/3 Cup dried

1/4 Cup fresh Oregano, minced or 2 Tbsp. dried

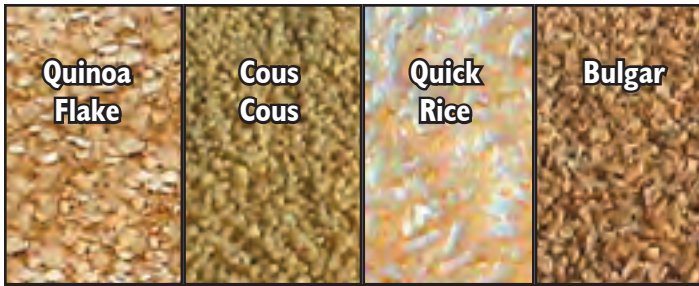
1/4 Cup fresh Dill Weed or 1 Tbsp. Dill Seed. ground

1/4 Cup fresh Lemon Juice

2 Tbsp. Olive Oil

Mix all the ingredients in a gallon jar and refrigerate for a few hours to blend the flavors. Serve garnished with a dollop of plain yogurt. We serve this with our whole grain crackers and spreads.

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WHOLE GRAINS

Solar cooking whole grains is a delight in summer. No solar oven? Use a crock pot plugged in outside, reducing the energy demand to heat the pot while keeping your kitchen cooler. **Add per 1 Cup Grain: 1/2 tsp. Sea Salt, 1/8 tsp. Cinnamon powder & 1/2 tsp. Clarified Butter to subtly enhance the nutty flavor with little fat.**

QUICK COOKING GRAINS

	<i>Soaked</i>	<i>Cooked</i>
Quinoa Flakes	5 minutes	1 1/2 min.
CousCous	15-30 minutes	3 min.
Minute Rice		5 min.
Bulgar	1-2 hours	15 min.

Soak the grains in twice the volume of liquid, or cook. Bring the water to a boil, add the Bulgar, return to simmer. Cook stove top or move to the solar oven in a covered black enamel pot. Solar cooking evaporates less water. You can also use Vegetable Stock or Meat Broths to replace the water, or stir in Miso paste after cooking.

HARD, LONGER COOKING GRAINS

Use grains like: Spring Whole Wheat berries, Triticale, or Brown Rice (rice takes less time than the harder grains). Presoaking reduces cooking time. Bring the water to a boil, add the grain, return to simmer and moved to the solar oven in a covered black enamel pot. Solar cooking evaporates less water. You can also use Miso paste, Vegetable Stock or Meat Broths to replace the water.

Solar Oven proportions:

1 Cup grain to 2 Cups liquid cooked for 2-4 hours

Crock Pot proportions:

1 Cup grain to 3 Cups liquid cooked for 2-4 hours



WHOLE GRAIN SALAD Variations

Tabouli is a classic ethnic dish that now comes packaged. Make your own variations mixing chopped summer greens, vegetables and cooled cooked grains. 1 Cup Chopped Greens to 1-2 Cups Grains.

Add one or more combinations:

- **Lime Juice & Spearmint / Lemon Juice & Peppermint**
- **Chopped Greens:** Lambs quarters, Mallow, Watercress, Parsley, fresh Basil, or Tarragon.
- **Tomatoes:** Cherry, Beefsteak, Pear
- **Sweet Corn kernels, Nopales, & Green Onion**
- **Peppers, mild to hot**
- **Cucumbers:** English, Armenian, Lemon, Burpless
- **Capers with Garlic Chive Flowers and Leaves**
- **Pea pods, or fresh Peas**
- **Canned Nopales, rinsed, drained & chopped**

Toss gently and garnish with Olive Oil and Lemon Juice, fresh chopped Peppermint, grated Parmesan or crumbled Feta Cheese. See In60 for Tabouli mix seasoning and Tabouli Carrot Salad.

TABOULI

Makes 4 servings

Make this refreshing ethnic grain salad with or without cooking.

- 1 Cups Bulgar
- 2 Cups Vegetable Broth, Chicken Broth, or Water
- 1/4 Cup fresh Peppermint Mint leaf, chopped or Spearmint
- 2-4 cloves Garlic, minced
- 1-2 Tbsp. Lemon Juice or Lime Juice to taste
- 1-2 Tbsp. Olive Oil
- Sea Salt to taste
- 1 Cup Parsley, chopped

Mix the ingredients together in a bowl and:

- Soak for an hour in a covered bowl or
- Solar Cook until the liquids are absorbed and the grain is soft or
- Simmer 15 min.

To serve, garnish with Parsley & Edible Flowers: like Garlic Chive or Wild Onion Florets separated from the head.

SUMMER GRAIN DRESSING

2 Cups cooked Whole Grains

Dressing:

2 tsp. Olive Oil or Clarified Butter

2 cloves Garlic, chopped

1 tsp. Sea Salt

Optional: 2 Tbsp.- 1/4 Cup Lemon Juice

In a bowl, mix together the Grain with Garlic & Sea Salt Drizzle the Olive Oil over the grains and gently stir in with the Lemon juice.

WHOLE GRAIN CRACKERS

We Solar Dry these crackers for a tasty way to eat grains in hot weather. But you can oven bake them too. They are dense, not crispy, & lower in fat and sodium compared to most commercial crackers.

**Basic Cracker Recipe**

If Cornmeal is in the recipe, let the batter sit for 20 minutes to allow this hard meal to soften. Add a little water (1-2 Tbsp.) to the recipes if they are too stiff. They should roll out easily. Use your hands to form the dough into a ball. Cut the dough in 1/2 for two cookie sheets and work dough into to oblong rolls shorter than the sheet length.

Then use cooking parchment paper to cover the cookie sheets. Dusting dough with flour, use a rolling pin to roll out the dough on the parchment paper to about 3/16"-1/4" thick. This should take about 1/2 -3/4 Cup of "bench" flour for a 2 tray batch.

Score the Dough using a pizza cutter to make 1 1/2" square crackers. This allows them to easily break apart when baked.

• **Oven Bake:** 350°/ 25 minutes, turn off oven, turn crackers over to dry out in the closed oven.

• **Solar Dryer:** 10am-2 or 3pm until cooked through
If they get too hard, spray mist with water to soften.

Cool, separate, and store in airtight containers or refrigerate. The herbal flavors are better after the first day,

**RYE CRACKERS**

2 sheet recipe

Dry ingredients:

- 2 Cups Rye Flour
- 1 1/2 Cups Rolled Oats
- 1/2 Cup Sunflower Seeds
- 2 Tbsp. Caraway Seeds
- 2 Tbsp. Carob Powder
- 2 tsp. Chicory Root granules
- 1 tsp. Sea Salt

Wet ingredients:

- 3/4 Cups Water
- 1/4 Cup light Oil
- 1/4 Cup Molasses
- 2 Tbsp. Apple Cider Vinegar

Grind the Oats, Seeds, and Herbs in a coffee mill or dry blender. Mix together in a bowl with the Rye Flour and Salt. Mix the Water, Oil, Molasses & Vinegar in a measuring cup and stir into the dry ingredients. Follow the Basic Recipe.

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SIX SEED CRACKERS

2 sheet recipe

Dry ingredients:

- 1 1/2 Cups Whole Wheat Flour
- 1 Cup Cornmeal
- 1/4 Cup Non-instant Milk powder
- 1/4 Cup Sesame Seed + some in bench flour
- 1 Tbsp. Amaranth Seed
- 1 Tbsp. Caraway Seed
- 1 Tbsp. Dill Seed
- 1 Tbsp. Flax Seed
- 1 Tbsp. Poppy Seed
- 2 tsp. Sea Salt
- 1 tsp. Stevia powder

Wet Ingredients:

- 1 Cup Water
- 1/3 Cup Olive Oil

Mix the dry ingredients well in a bowl. Combine the wet ingredients in a measuring cup, and stir in. Let rest 20 minutes, then follow Basic Recipe using more Sesame Seeds as part of the bench flour.



CHILI CRACKERS

2 sheet recipe

Click here to see Whole Grain Cracker Basic Recipe Su17 for details. These mildly spicy crackers go well with beans & chili, or Southwest dishes in general.

Dry Ingredients:

- 1 Cup Corn meal, Blue or Yellow
- 1 Cup Whole Wheat Flour
- 1/2 Cup Rolled Oats
- 1/2 Cup Sunflower Seeds
- 1/4 Cup Chili powder
- 1 Tbsp. Cumin, ground
- 1 tsp. Sage, rubbed
- 1 tsp. Garlic powder
- 2 tsp. Oregano, ground
- 1 tsp. Sea Salt
- 1 tsp. Stevia herb

Wet Ingredients:

- 1 Cup Onion, minced
- 1/2 Cup Water
- 1/2 Cup Tomato Paste
- 1/4 Cup Olive Oil

Dry grind the Oats and Sunflower Seeds in a dry blender or coffee mill to make Oat Flour. Place in a bowl with the other dry ingredients and mix well.

Liquefy the wet ingredients in a blender and stir into the dry ingredients. Let sit 20 minutes. Add enough water for the dough to be pliable and follow the Basic Recipe.

Oven Bake: 350°/ 25 minutes, turn off oven, turn crackers over to dry out in the closed oven.

Solar Dryer: 10am-2 or 3pm until cooked through. *If they get too hard, spray mist with water to soften.*

Cool, separate, and store in airtight containers or refrigerate. The herbal flavors are better after the first day,

Quinoa Variation:

Exchange Quinoa for Wheat, Quinoa flake for Oats but do not grind and exchange 1 Egg Yolk for 2 Tbsp. Water.

DILLY BISCUITS

Makes 18

Dry ingredients:

- 3/4 Cup Rolled Oats or Quinoa flake
- 1/2 Cup Whole Wheat flour or Rice flour
- 1/4 Cup Flax Seed, fresh ground
- 2 Tbsp. Dill Seed, ground
- 1 tsp. Baking soda
- 1/2 tsp. Sea Salt

Wet ingredients:

- 1 Cup Frozen chopped Spinach - helps keep dough cold
- 1/2 Cup Onion, chopped
- 1 Egg
- 1 Tbsp. Olive Oil
- 1 Tbsp. Clarified Unsalted Butter, chilled

Grind the Rolled Oats in a dry Blender or Herb Mill. If using Quinoa flake, leave whole. Mix the Grains, Flax Seed, Salt and Baking Powder together in a mixing bowl. Make a shallow well in the center of the bowl. Chop the Butter into little chunks using a fork. Mix the Egg & Olive Oil into the Onion in a small bowl. Chop the frozen Spinach Greens and mix into Onion. Keep cool.

Then mix all wet ingredients into the dry ingredients using your hands to work together just enough to make the batter. Using a Tablespoon, scoop a rounded spoon of batter onto a cookie sheet covered with baking parchment paper or a lightly oiled skillet.

Oven Bake: covered in a 400° preheated oven/ 12 minutes

Cook Stove top: cook in a covered cast iron skillet on medium low until both sides are browned. Add 1-2 Tbsp. tap Water to steam periodically.

Solar Bake: covered in a black enameled pot lined with cooking parchment paper. Give 5 seconds of bottom heat as a booster to rising, before placing in preheated Solar Oven.

Summer Fruit 1



Summer breakfast drinks are a fast, delicious way to use seasonal fruit. Protein powders with Yogurt or Soy Milk add protein and fat and the Psyllium adds fiber to slow down your sugar metabolism. These are roughly Zone balanced recipes.

STRAWBERRY-APPLE-MINT SMOOTHIE

1 Cup organic Apple Juice
1/4 Cup plain Yogurt
5 large fresh Strawberries
1 drop Spearmint Essential Oil or 2 tsp. fresh mint minced
2 Tbsp. Protein Powder
2 tsp. Psyllium hull powder or Guar Gum powder

In a blender, add the Apple juice, Yogurt, 4 Strawberries, Spearmint Essential Oil, and blend. While on low sprinkle in the Protein powder & Psyllium powder.

Let stand 15-20 minutes to let the Psyllium expand fully. Add a garnish of 1 fresh Strawberry and a sprig of fresh Mint, and serve.

PEACH-MULBERRY SMOOTHIE

1 fresh, sweet water Peach
1/2 Cup Apple Juice
1/4 Cup plain Yogurt
1/2 Cup fresh Mulberries
2 Tbsp. Protein Powder
2 tsp. Psyllium hull powder

In a blender, add the Apple juice, Yogurt, 4 Mulberries, and blend. While on low sprinkle in the Protein powder & Psyllium powder.

Let stand 15-20 minutes to let the Psyllium expand fully. Add a garnish of a sprig of fresh Mint, and serve.



DESERT SUNRISE JUICE

4 Servings

Chia Lemonade is served in Mexico with the soaked Chia Seed strained out, but we keep the whole seed for maximum nutrition: 24% protein & 34% oil. The seeds provide a soft crunch.

4 Cups Orange Juice or Lemonade
4 tsp. Psyllium hull powder
8 tsps Chia seeds
* Optional: 1/4 Cup Cactus Jelly
*Optional: 1 drop Lemongrass essential oil in Lemonade

Mix the Psyllium into the Orange Juice or Lemonade using a blender. Add the Chia Seeds and let stand for 20 minutes or until the gelatinous cover develops around the seeds. Sweeten to taste or add Cactus Jelly.

Variation: For a refreshing double Lemon flavor add 1 drop Lemongrass Essential Oil and stir in well.

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ZONE SMOOTHIES

Barry Sears, author of *the Zone Diet* considers all fruit juices too high in concentrated sugars (high glycemic) and lacking in enough fiber to slow down the digestive process.

1 Block of Carbohydrates = 27 grams.

Juices 1/3 Cup = 1 Block Carbo: *Apple, Orange, Lemon, Grapefruit, & Cherry.*

Juices 1/4 Cup = 1 Block Carbo: *Pineapple & Pear*

High glycemic whole fruits: *Banana, Raisin, Apricot, Papaya, Fig, & Mango*

FRUIT by 1 Block Carbs (27 grams of carbohydrates)

1 Cup Cantaloupe or Strawberries

2/3 Cup Raspberries

1/2 Cup Blackberries, Grapes or Peaches

1/3 Cup Pear

2 1/2 oz. Persimmon

1/2 an Apple

7 Cherries



FRUIT SALAD & COMPOTES

The Base fruit is the main ingredient with smaller amounts of the other ingredients to taste.

- *Black Mission Fig base & Raisins*
Dark Plums
Star Anise powder



- *Fresh Calmyrna Figs & Lemon-Honey-Ginger Sauce*



- *Peach or Strawberry base & Wild Berry Sauce*

- *Apple base & Applesauce*
Lemon juice
Apple Pie spices



- *Mixed Apple base & Lime-Honey-Fennel Sauce*

- *Pippin Apple base & Apple Juice*
Lemon Balm, minced



- *Watermelon base & Red Bee Balm flowers and Red Flame Grapes*



ZONE SMOOTHIE

MAKES 1 @ 3 Block serving

We make Fruit Soup or Compote when fresh fruits are not available.



FRUIT SOUP / FRUIT COMPOTE INGREDIENTS

Soak fruit refrigerated overnight in enough water to cover.

Equal parts:

Dried Sliced Peaches

Dried sliced Apples

Dried Mulberries

1/4 part:

Dried 1/4 figs

Dried Elderberries

Minced Dried Persimmons

Lycii Berries

Raisins

1 tsp. Stevia Herb Powder per quart

Mix together in a blender:

1 Cup SunMt Fruit Soup

or 1 1/2 Cup Water and 3 blocks fresh Fruit (see below)

1/4 Cup Protein Powder

12 drops Stevita or 1 tsp. powdered Stevia

1 tsp. Vanilla extract



GINGER-HONEY-SAUCE

If we get a melon that does not have optimum flavor, I use these sauces to enhance the flavor in a fruit salad.

2 Tbsp. fresh Ginger, grated

1/2 Cup Honey

1/2-2/3 Cup Citrus Juice to taste

1 small Melon or 1/2 a large Melon

Mix the fresh Ginger into the Honey and let sit for 1/2 hour to blend the flavors. *Dried Ginger will not give the same flavor.* Then add:

- Lemon Juice for Yellow to Orange Melons
- Lime Juice for Green Melons

Cut the Melon in slices. Then cut slices to the rind and make bite sized chunks, by running the knife along the inside of the rind.

Put the Melon in a glass bowl, and drizzle the Ginger-Honey Sauce over the fruit. Marinate chilled for a few hours. Stir the juices around to coat the fruit and serve while still chilled.



FENNEL-HONEY-SAUCE

Fennel has a pungent green-licorice flavor. If you do not like licorice, you may not like this herb. If we get a melon that does not have optimum flavor, I use these sauces to enhance the flavor in a fruit salad.

1/4 Cup fresh Fennel Seed or Flower, crushed

1/4 Cup Honey

2 Tbsp.- 1/4 Cup Citrus Juice to taste

1/4-1/2 a Melon or 4-6 Apples, cored and sliced

Crush the Fennel with a mortar & Pestal to release its flavor. Mix the Fennel into the honey and let sit for 1/2 hour to blend the flavors.

Add:

- 1/2 a Lemon, juiced for Yellow Melon or Yellow to Red Apples
- 1 Lime, juiced for Green Apples or Melons

Cut the fruit into bite sized chunks. Melon is best digested alone, but Apples and Grapes work well with this sauce. Put the fruit in a bowl and drizzle the sauce over it mixing well. Chill refrigerated for a few hours. Stir the juices around to coat the fruit, and serve while still chilled.

NO BAKE OAT & ALMOND BARS

Makes 1 8"x8" pan

Dry ingredients

- 5 Cups rolled Oats
- 1 Cup Oat Bran
- 1/2 Cup chopped Almonds
- 1 Cup Sunflower Seeds,
ground in a blender
- 1/2 Cup Sucanat
- 1/4 Cup nonfat powdered Milk
- 2 Tbsp. Stevia powder

Liquid ingredients:

- 1 1/2 Cups hot water
- 2 tsp. Vanilla extract
- 1/2 tsp. Almond extract
- 1 tsp. Garam Masala
- 1/2 tsp. ground Cardamom seed
- 1/2 tsp. Dark Sesame Oil
- 1 tsp. Sea Salt

Mix the dry ingredients together well in a bowl. Mix the liquid ingredients in a blender. Pour the blender mixture into the dry ingredients and mix together well. Pour immediately into an 8"x8" baking pan and sit to let cool uncovered about an hour to set. Store refrigerated. Cut in 1"x4" sections for bars.



These are mildly sweet desserts that do not require an oven

NO BAKE CAROB BARS

Makes 1 8"x8" pan

Wet mix:

- 2 1/4 Cups warm Water
- 3 Tbsp. Blackstrap Molasses
- 1 tsp. Clarified Butter
- 1 tsp. Vanilla extract
- 2 tsp. Cinnamon powder
- 3 Tbsp. Stevia or Stevita powder
- 2 tsp. Sea Salt
- 1/3 Cup roasted Chicory Root
- 1/4 Cup Protein Powder
- 1 Cup ground Sunflower Seeds

Dry Mix:

- 4 Cups rolled Oats
- 1/2 Cup whole Sunflower Seeds
- 3/4 Cup roasted Carob Powder
- 1/2 Cup Oat Bran or Quinoa flake
- 1 Cup Walnuts, chopped

Grind in a dry blender or herb mill the 1 Cup Sunflower Seeds & Chicory root. Blenderize this grind with Water, Molasses, Butter, Vanilla, Stevia, Cinnamon, Protein Powder & Salt. Combine the dry ingredients and mix well in a bowl. Heat the Liquids to a boil, stirring constantly. Immediately pour the hot liquid into the dry ingredients and mix together well. Pour into an 8"x 8" baking pan and press down firmly with a spatula. You can line the pan with cooking parchment for easy removal later. Let sit uncovered for an hour until cooled and firm. Cut into single serving bars. Refrigerate until use.

• **Minted Variation:** add 10 drops organic Peppermint essential oil or 1 tsp. natural Peppermint extract to liquids after bringing to simmer.

• **Hot Carob Sauce:** [Click here to see recipe W23](#) .

HI PRO • NO BAKE OAT & ALMOND BARS

Makes 1 8"x8" pan

Dry ingredients

- 4 Cups rolled Oats
- 2/3 Cups Protein Powder
- 1/2 Cup chopped Almonds
- 1 Cup ground Sunflower Seeds
- 1/4 Cup Sucanat
- 1/4 Cup nonfat powdered Milk
- 2 Tbsp. Stevia powder
- 1 tsp. Sea Salt

Liquid ingredients:

- 1 1/4 Cups hot Water
- 1 Tbsp. Butter
- 2 tsp. Vanilla extract
- 2 tsp. Almond extract
- 1 tsp. Garam Masala
- 1/2 tsp. ground Cardamom seed
- 1/2 tsp. Dark Sesame Oil

Mix the dry ingredients together well in a bowl. Mix the liquid ingredients in a blender. Pour the blender mixture into the dry ingredients and mix together well. Pour immediately into an 8"x8" baking pan and let cool at room temperature. Store refrigerated. Cut in 1"x4" sections for bars.

NO BAKE CAROB NUT CLUSTERS

MAKES about 40 fifty cent size clusters

Blenderize together until lecithin gets creamy:

- 1 1/2 Cups hot water
- 1/4 Cup Lecithin granules

Then add:

- 1 tsp. Stevita liquid
- 2 tsp. Peppermint extract

Mix dry ingredients together in a bowl:

- 1 Cup Roasted Carob powder
- 2 Cups Almonds
- 2 Cups raisins
- 2/3 Cup Non-instant non-fat dry milk

Mix wet ingredient into dry and spoon onto a wax paper covered cookie sheet. Set in a warm place to dry. If the weather is too humid, dry in a low oven.



NO COOK LEMON PUDDING

Serves 2

1/2 Cup Orange Juice concentrate
1/4 Cup Water
2 tsp. Psyllium Hulls or Guar Gum powder
the Zest of 1/2 a Lemon or the skins of 4 Kumquats
2 Cups Lemon Yogurt

Mix the Orange Juice concentrate and Water in a blender on low and quickly sprinkle in the Psyllium Seed Hull powder to dissolve without lumps. Turn off the Blender. Stir in the Yogurt and Lemon zest gently by hand, and pour into serving glasses. Let sit 15 -20 minutes at room temperature to thicken. Store refrigerated if not using soon.

Serve topped with uncooked or cooked Ginger-Calendula Sauce *See Winter Desserts. [Click here.](#)*



PLUM-RAISIN-BEE BALM

Serves 2

The fresh Bee Balm flowers are fading as the Plums are ripening. Dried flowers will work just as well in the recipe, but not for the garnish. *The Red Bee Balm flowers give this dish a unique spicy-sweet flavor that I have not been able to duplicate with other herbs.*

1/4 Cup Raisins
1/2 Cup water
1 1/2 Cups Dark Plums, sliced
2 Tbsp. Red Bee Balm Flowers, loosely packed

Soak the Raisins overnight in the water. Mix together with the Plum & Bee Balm Flowers and let sit for a few hours to blend the flavors, then stir well. Garnish with a Bee Balm Flower head, and serve chilled.

This recipe can also be pureed and frozen for the Summer Frozen Dessert recipes.



Cutting zest from thicker skinned lemons is easier than using the sweeter Meyer Lemon, which has a thinner skin and more juice. Remove the outer skin of the lemon with as little of the pith as possible. Kumquats have sweet skin and tart flesh, so separate the fruit from the skins.

Summer Frozen Desserts

One simple way to preserve our bounty of organic fruit is to use them in frozen desserts. The secret is to use herbal fiber in Psyllium Seed Hulls commonly used as laxatives (Metamucil) or Guar Gum powder, used to thicken commercial foods. The trick is to let them fully expand before freezing. This makes the fruit freeze soft enough to eat as a popsicle or to use in cubes run through our Champion Juicer (extrusion juicer). Both herbs are available at health food stores.

BASIC FROZEN FRUIT BATTER

Low Fiber Fruit Batter

Cup fruit juice or Milk

1-2 tsp. Psyllium Seed Hulls or Guar Gum Powder

Use these proportions for low fiber batters like plain milks (Cow, Soy, Rice, Almond) or fruit juices which may have whole fruit or pieces added. Not liquefied.

High Fiber Fruit Batter

1 Cup high fiber fruit, liquefied in blender

NO Psyllium Seed Hulls or Guar Gum Powder are needed, as most liquefied whole fruits are high in fiber.

Pour liquid into blender. Add Fiber powder while blender is on low to mix in. Stop. Wait 10 - 15 minutes for fiber to expand completely. They expand faster in hot weather, slower when it is cold.

Pour into 4 oz. Cups = 1 Cup volume, or Freezing Trays. 1 standard tray = about 2 Cups volume.



POPSICLES

My solution to making popsicles is to use 4 oz. paper cups, craft sticks (*buy a box from your local craft store*) and large hair pins (*used exclusively for this purpose*) to hold the sticks in place.

I use a tray for large batches, so I can move the cups in & out of the freezer easily. The craft sticks can be washed, boiled to sterilize and remove juice stains and recycled.

BASIC VANILLA ICE MILKS Makes 4 1/2 Cup servings

2 Cups Milk, any kind, sweetened to taste

4 tsp. Psyllium Seed Hulls

** OPTIONAL 1 tsp. Vanilla extract If not using Vanilla flavored milk*

Because Soy Milks are often flavored and sweetened, the proportions may vary. I use processed Stevia liquid or white powder for these recipes because the green herb will give the batter an off color.

VARIATIONS:

- *1 heaping Tbsp. fresh Rose Petals*
- *sweeten with Maple Syrup, and add 1 tsp. Maple flavoring & 1 Tbsp. chopped walnuts or pecans*

GRAPE-LEMON-MINT Makes 6 pops

1 quart Lemonade or White Grape Juice

1/2 tsp. Mint Extract or 1 drop Spearmint Essential Oil

4 tsp. Psyllium Seed Hulls

2 Cups small Green Grapes, Thompson seedless

Mix the Lemonade, Peppermint oil and blend in the Psyllium Hulls and let stand to thicken. Spread the grapes evenly among 6 4 oz. cups. Then pour in the thickened juice. The whole sweet grapes will provide a fun texture & flavor change.

FRUIT VARIATIONS

Use the following summer fruit salads blenderized to make popsicles or sorbet cubes:

High Fiber:

- *Lemon-Ginger Honey Sauce & Cantaloupe*
- *Lime-Ginger Honey Sauce & Honeydew Melon*
- *Fennel-Honey Sauce & Green melon*
- *Plum-Raisin-Bee Balm*
- *Wild Berry Sauce*

Lower Fiber:

- *Peach-Berry Smoothie*
- *Desert Sunrise juice*

Summer Desserts 4



Wild Berry Sauce Sorbet

1 Cup Wild Berry Sauce

1/2 Cup Water or Boysenberry Apple juice

Thin the Sauce, which is high in fiber, and sweeten to taste, then freeze in ice cube trays and run through Champion Juicer.



Fennel-Lime-Honeydew Melon Sorbet

Add: Fresh Pineapple chunks &/or Frozen Banana



Lemon-Mint-Grape Sorbet

2 Cups Lemonade

2 tsp. Psyllium

1 drop Spearmint Essential Oil

1/2 Cup seedless Green Grapes

Thicken the juice with Psyllium basic formula. Freeze Thompson or other Seedless grapes and add them whole as garnish.

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BANANA NUT ICE CREAMY

4 1/2 Cup servings

2 Cups Vanilla Soy or other Milk sweetened to taste

* OPTIONAL 1 tsp. Vanilla extract If not using Vanilla flavored milk

2 tsp. Psyllium Seed Hulls

1 ripe Banana, frozen without skin

1/4 cup Walnuts

2 tsp. Tahitian Vanilla extract

1 tsp. Stevita white powder or to taste

Because Soy Milks are often flavored and sweetened, the proportions may vary. I use Stevita white powder form for this recipe. In a blender, add the Psyllium Hulls to the Milk and let sit for 15 minutes or so until thickened. Freeze in ice cube trays. Frozen foods need to be a little sweeter than when tasted at room temperature.

Remove the frozen cubes from the trays and put them in a bowl. I cut the frozen Banana in quarters and add to the ice cube bowl. Have the nuts in a measuring cup, ready to use. Use a Champion Juicer with the solid plate that forces the batter out the end. Place a bowl under the extrusion end.

Add 2 cubes of frozen milk to the feeder tube to start, then a piece of banana and a few nuts. The batter will be very creamy and rich. Continue feeding the mixture until all ingredients have been processed together. Add Vanilla, and stir the frozen batter to mix the ingredients evenly and test for sweetness. Add sweetener to taste if needed and serve, or it will keep in freezer for a short time until use.

We boycotted bananas for years because they are one of the cash crops that turn peasant farmers into cheap labor for multinationals, growing for export rather than for themselves and local consumption. They often lose their land in the process. Now we can find Fair Trade, Organic Bananas that insure that the product is grown organically and the farmers get a fair price. Look for the organic label.



Summer Jelly



PLUM - RAISIN PRESERVES

You really need the Bee Balm flowers to make this -tastes great.

Makes about 10 pints

12 Cups Satsuma Plums, very ripe

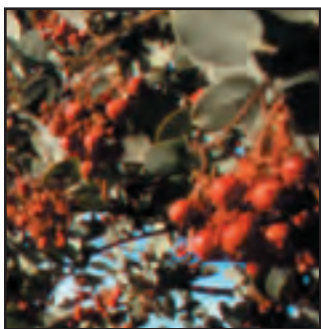
3 Cups Raisins

3/4 Cup water

4 oz. frozen Apple Juice concentrate

1 Cup fresh Bee Balm flowers or 1/2 Cup dried flowers

Slice the Plum flesh off the pits. Put all the ingredients except the flowers into a large pot, and simmer for 25 minutes, stirring frequently. Remove from heat, stir in flowers. Fill sterile pint jars to 1/2" of top and process in a 20 minute hot bath. Cool, label and store.



MANZANITA JELLY

Makes about 3 pints

1 Quart Manzanita Cider (see Winter Beverages W17)

1 Cup Pectin Solution (see Canning without Sugar In29))

4 oz. frozen Apple Juice concentrate

1/8 tsp. DCP powder dissolved in 1/4 Cup Water

zest of 1 Lemon

Add Stevita white powder to taste

Follow the Basic Instructions for Canning without Sugar, using the above proportions. Bring the Fruit and Zest to a simmer. Stir Low Methoxyl Pectin Solution into fruit, and simmer to dissolve. Then stir in the dissolved DCP Solution of 1/8 tsp. DCP in 1/4 Cup Water. Immediately bring to a boil. Fill sterile pint jars to 1/2" of top and process in a 20 minute hot bath. Cool, label and store.

CACTUS FRUIT JELLY

Low Methoxyl pectin allows you to make jelly with honey, rather than sugar. You must use DCP powder with the low methoxyl pectin, and they come together when purchased.

Makes about 2 dozen 1/2 pint jars

6 Tbsp. Chia Seed (soaked 1 hour in 1/2 Cup water)

20 Cups Cactus Fruit pulp Opuntia or Robusta

1/2 Cup Honey

1 Tbsp. Stevita Liquid Sweetener

1/2 Cup Low Methoxyl Pectin powder

1 tsp. DCP powder

1/4 Cup water

3/4 Cup Lemon Juice

1 Tbsp. natural Orange flavoring

Bring the Cactus Fruit (Tuna) pulp and Chia Seeds to a simmer. Mix together the Honey & Low Methoxyl pectin and stir into simmering fruit to dissolve. Mix the DCP powder and water together in a cup.

After the fruit mix has come to a simmer, stir in the dissolved DCP powder with Lemon Juice and Orange Flavoring. Add the Stevita liquid to the jelly and test for sweetness. Add more to taste if necessary.

Fill sterile pint jars to 1/2" of top and process in a 20 minute hot bath. Cool, label and store.



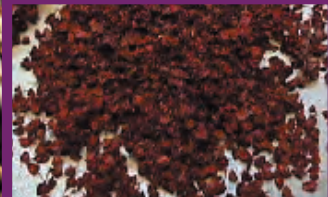
Opuntia Fruit Jelly

This lighter colored fruit makes a lighter jelly.

Low Methoxyl Pectin Source: see Sources in Intro section.



Fall Recipes

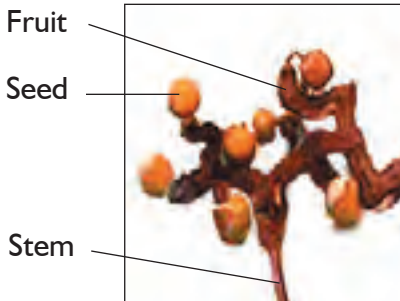




RAISIN TREE FRUIT

This exotic tree comes from Asia. The fruit is actually the thick part that the seeds attach to.

To eat, remove the seed and snack on the fleshy brown, twig-like fruit, which tastes more like sweet Carob than Raisins. Serve this in a bowl with the stems off, or stems on as an edible bouquet that makes a fun conversation piece.



DRIED PERSIMMON & Ginger-Walnut

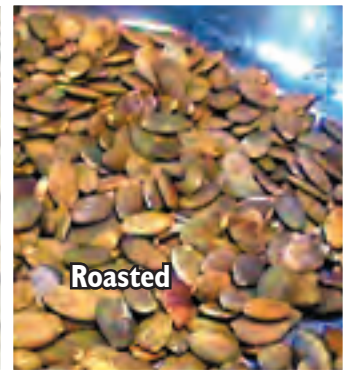
Click here to see In47 Harvest/Process section on Persimmon drying to make this wonderful chewy treat.

*1 Cup thinly cut, dried Persimmons, loosely packed
2 Tbsp. Crystallized Ginger, thinly sliced
1/4 Cup Walnuts, chopped
1-2 tsp. dried Orange zest
Lemon Pepper, no salt*

Toss the dried Fruit and Walnuts together with the Orange zest, and add a dash of Lemon Pepper to taste. Add Cayenne if you like it hot.



Raw



Roasted

ROASTED PUMPKIN SEED Seasonings

You can slow solar roast seeds using the sun or burn energy and roast them faster in an oven.

*1 Cup Pumpkin Seeds raw, organic
2-3 tsp. Tamari or Soy Sauce or Water
And Seasoning of choice:*

*1 tsp. Garlic Powder
a dash of Cayenne Pepper to taste*

*1 tsp. Curry powder
1 tsp. Onion powder*

*2 tsp. Chili powder
1 tsp. Onion powder
1/2 tsp. Cumin, ground*

*substitute 1/2 tsp. Tamari or Soy Sauce sea vegts. are salty
2 tsp. Sea Whip or Sea Palm fronds, crushed
1 tsp. Garlic powder*

Crush the Sea Vegetables with a mortar & pestle to make small flakes. Use Water rather than Tamari with this already salty mixture.



Toss the Pumpkin Seed with Tamari or Water to moisten their surface so dry seasoning will stick. Mix a spice blend and toss to season the seeds further. If they are too wet, they will stick to the bottom of the baking pan. Use cooking parchment to prevent sticking. Pan roast, stirring in a dry cast iron skillet.

Solar Dryer: cook until as roasted as you like.

Skillet Roast: 5 min. stir • **Oven Roast:** 350°/ 15-20min.

POPCORN SEASONINGS

Popped with hot air or traditionally, here are the seasonings we have used.

- Jamaican Spice & Butter
- Nutritional Yeast & Olive Oil
- Parmesan Cheese, Garlic & Italian Herb powder
- Onion powder & Chili powder with/without Cheese
- Chinese 5 Spice & Butter



OLIVE MUSHROOM TAPENADE

4 Cups

- 1 Cup Mushrooms, chopped*
- 1 Cup Black Pitted Olives, drained rinsed & chopped*
- 2 White Walla Walla sweet Onion, peeled & chopped*
- 4 tsp. Tarragon leaf*
- 1/4 Cup Mayonnaise or Sour Cream*

Clean the mushrooms and chop. Drain & rinse the Olives. Add all ingredients together in a blender, purée, Salt & Lemon Pepper to taste.



GREEK GARLIC SAUCE, Skordalia 2 Cup volume

We use this as a dip for veggies or crackers. It also makes a great sauce for potatoes, chicken salad & white fish.

- 3/4 Cup hot Water*
- 1 C mashed Potatoes*
- 3 large cloves Garlic, mashed and chopped*
- 1/2 Cup Olive oil*
- 1/4 Cup Balsamic Vinegar or Apple Cider Vinegar*
- 1/2 tsp. sea salt*
- Fresh Parsley*

Add all ingredients to a blender and grind until smooth. Hot potatoes make this very creamy. Balsamic Vinegar makes it pale peach color. Garnish with minced Parsley, or Dill Weed. Variation: exchange 1/2 the Potato for plain Yogurt or Imo Soy Sour Cream.

TUNA 5 SPICE

1 Cup+

- 1 6 oz. can Dolphin safe Tuna*
- 1/4 Cup Onion, chopped*
- 1/4 Cup Celery, chopped*
- 2 Tbsp. Sour Cream or Mayonnaise*
- 1 tsp. Chinese 5 Spice seasoning*

Drain & rinse the Tuna. Add all ingredients together in a bowl and mix with a fork. Refrigerate until use.

MOCK TUNA 5 Spice 1 Cup

- 1 Cup Carrot, grated*
- 1/4 Cup Red Onion, chopped*
- Olive Oil*
- 1/4 Cup Celery, chopped*
- 2 Tbsp. Mayonnaise*
- 2 Tbsp. Brewer's Yeast*
- 1 Tbsp. Tomato Paste*
- 2 tsp. Poultry seasoning*
- 1 tsp. Chinese 5 Spice seasoning*



Sauté Carrot & Onion in a little Olive Oil about 3 minutes. Add all ingredients to a blender and pulse a few times. Refrigerate until use.

NUT BUTTERS

We used to grind nuts and seeds into butters, but they are commonly available commercially now, so here are my flavorings. I soften the nut butter to room temperature, and work in the spices with a fork, adding more oil if necessary.

5 SPICE NUT BUTTER

1 Cup

- 1 Cup Nut Butter, Almond or Peanut*
- 2 Tbsp. Lewis Lab Nutritional Yeast*
- 2 tsp. Chinese 5 Spice powder*

SPICED ALMOND BUTTER

1 Cup

- 1 Cup Almond Butter 2 tsp.*
- Cinnamon powder 1/4 tsp.*
- Clove powder 1/8 tsp.*

SUNFLOWER-CARAWAY BUTTER 1 Cup

- 1 Cup Sunflower Seed Butter*
- 1 Tbsp. Olive Oil*
- 2 Tbsp. Caraway Seed, ground*
- a dash of Salt to taste*



HERBED CHEESE ROLL

Makes 1 Roll

2 tsp. *Garlic powder*
 2 tsp. *Marjoram or Italian Herbs*
 1/2 Cup *Walnuts, Pecans or roasted Chestnuts, chopped*
 1/2 Cup *Sunflower Seeds*
 1 Tbsp. *unflavored Milk or Rice Protein Powder*
 1 tsp. *Bronner's Mineral Seasoning or Beef Broth powder*
 1/2 Cup *Whipped Cream Cheese*

Place all the ingredients in a bowl. Use a fork to mash the Cream Cheese into the other ingredients. Form the mixture into a roll.

On a piece of waxed paper, make a thin layer of Marjoram about 3" wide and 8" long. Place the cheese roll on top and roll up the waxed paper to coat the surface. Now press some chopped Nuts on the top, roll up in the waxed paper again and chill until use.



WILD NUT SPREAD

Makes 1 Cup

This savory spread can be made with commercially available nuts and seeds or substitute any wild harvested ingredients.

1/4 Cup *Sunflower Seeds or Acornmeal coarsely ground*
 2 Tbsp *Poppy Seeds or Flax Seeds or Chia Seeds*
 1 Tbsp. *Milk Thistle seed, fine ground*
 1/4 Cup *Macadamia Nut or roasted *Chestnuts nuts, chopped*
 1/2 Cup *Walnuts, chopped*
 1/2 Cup *Pecans, chopped*
 2 Tbsp. *Peanuts dry roasted or Bay Nuts parched & ground*
 2 tsp. *Poultry Seasoning powder*
 2 tsp. *dried Rosemary, ground*
 1 1/2 tsp. *dried Wild Sage, or Garden Sage, ground*
 1 tsp. *Poultry Seasoning powder*
 1/2 tsp. *Juniper Berry ground*
Sea Salt to taste
 3 Tbsp. *Water*

Process the wild Nuts and Seeds as directed in the Harvest/ Process section. Hand chop or use a chopping jar to coarsely chop the nuts. Mix all dry ingredients together in a bowl. Add:

Vegan: 1/2 tsp. *Liquid Smoke* & 1 Tbsp. *Olive Oil*

Omnivore: 1 Tbsp. *Olive Oil* & 1/4 Cup *Bacon bits*

Add Sea Salt to taste, and then add about 3 Tbsp. Water to make a thick paste. Use spread on Breads, Crackers, or Veg-gies.

*packaged Roasted Chestnuts can be found in Asian markets.

SEEDWURST

Makes 1/4 Cup

This is a favorite, quick spread for bread, crackers or veggies.

1/4 Cup *Pumpkin Seed, no hull or Sunflower Seeds*
 1 Tbsp. *Brewers Yeast Lewis Labs or Solgar*
 2 tsp. *Garlic powder*
 1 tsp. *Poultry Seasoning powder*
Cayenne Pepper or prepared Mustard to taste
Sea Salt to taste
 3 Tbsp. *Water*

Grind all dry ingredients together in an electric coffee mill and add enough water to make a thick paste.

Fall Ferment Cheese

Ferments are easily digestible foods used in traditional cultures as an assist to digestion: cleansing the digestive tract, while discouraging unfriendly bacteria, & aiding regularity. We make an herbal version, high in beneficial nutrients.



Soak & drain the grain AM & PM for 2 days



Rinse & Drain 2 x daily



Fermented water = Rejuvelac
Use extra Rejuvelac as digestive aid. Store refrigerated.



Seed Cheese and Rejuvelac begins fermenting in this bowl covered with muslin.

REJUVELAC

Seed Cheese Starter: Rejuvelac takes 3- 4 days

This fermented grain water is loaded with enzymes, Vitamins K & E, lactic acid & Minerals. Suggested for replenishing intestinal flora after a round of antibiotics. Wheat is the standardly used grain, Millet is more alkaline.

2 Cups Water

1/4 Cup whole Spring Wheat berries or Millet

Soak together for 1-2 days in a 1/2 gallon jar or crock covered with a clean muslin or a paper towel fixed with a rubber band, stored in a place that is 60°-80°. Rinse well & drain every AM & PM until the Grain sprouts. Pour off the liquid and refrigerate in a lidded jar. Sip after meals as digestive aid. Reuse the grain for another batch. *The Rejuvelac should last a month and have a mild fermented flavor and smell. If it becomes offensive, it is too old or contaminated - discard.*

SEED CHEESE BASE

2 Cup volume

1 Cup ground Sunflower Seed or Pumpkin Seed

1 Cup Oat Bran

2 Tbsp. Flax Seed, ground

2 Tbsp. mixed dark seeds: Poppy, dried Basil seed, Nigella, Black Sesame seed, Chia

1 + Cups Rejuvelac

Grind Sunflower Seeds in an electric coffee mill or a dry blender. Stir in Bran and the other whole Seeds, the the Rejuvelac and add a Flavoring recipe. Pour into a glass jar or ceramic bowl. Let ferment covered with muslin secured with a rubber band in a place that is 60°-80° for 2 days. Store refrigerated in a French Canning Jar or other glass or ceramic container jar with a lid.



Flavoring Recipes

Mock Liverwurst

Use Seed Cheese recipe plus:

1 Tbsp. Poultry Seasoning

1 Tbsp. Onion powder

1 Tbsp. Brewer's yeast

2 tsp. prepared Mustard

Sausage Herbs

2 Tbsp. Sage, gound

1 Tbsp. Garlic powder

2 tsp. Basil, ground

1 tsp. Black Pepper

1 tsp. Marjoram

1 tsp. Rosemary

1 tsp. Sea Salt

1/2 tsp. Kelp

1/4 tsp. Cayenne

• **Fermented Seedwurst:** Use Seedwurst recipe and replace Pumpkin seed with Seed Cheese Base recipe.

Sourdough Crackers

Ferments are easily digestible foods used in traditional cultures as an assist to digestion: cleansing the digestive tract, while discouraging unfriendly bacteria, & aiding regularity. We make an herbal version, high in beneficial nutrients.



Soak the grain for 2 days



Rinse & Drain 2 x daily



Sprouted Grain



Refrigerate Rejuvelac

REJUVELAC Sourdough starter

takes 3- 4 days

This fermented grain water is loaded with enzymes, Vitamins K & E, lactic acid & Minerals. Suggested for replenishing intestinal flora after a round of antibiotics, Wheat is the classic grain, Millet is more alkaline.

1/2 gallon Water

1 Cup whole Spring Wheat berries or Millet

Soak Grain in Water for 1-2 days in a 1/2 gallon jar or crock covered with a clean fiberglass screen, muslin or a paper towel fixed with a rubber band, stored in a place that is 60°-80°. Rinse and drain well every AM & PM until it sprouts, to prevent mildew. *Do not store near compost bucket or garbage that may contaminate the bacteria.*

Pour off the liquid when it has a mild, sour taste. Refrigerate in a lidded jar to sip after meals as digestive aid. Reuse the grain for another batch. *The Rejuvelac should last a month and have a mild fermented flavor and smell. If it becomes offensive, it is too old or contaminated - discard.*

After pouring off Rejuvelac 1x and refrigerating, refill the grain jar and let sit 1-2 more days. Pour off each new Rejuvelac and refrigerate to stop fermentation.

SOURDOUGH CRACKERS

Makes 3 Cups.

1 Cup Rejuvelac

1 Tbsp. Garlic powder

1/4 tsp. Cayenne pepper powder

2 Cups Sprouted Wheat

Mix the Rejuvelac Garlic & Cayenne in a blender. Add the Grain a little at a time to grind to break down the grain, but not to liquify. Stop when you have a thin batter with lumps.

In a cooking sheet with sides, cover the surface and sides with cooking parchment. Pour in the batter and make it fairly thin. Solar dry 2 days or Oven heat on low heat until crisp. Peel off the parchment paper and cool. Cut or break into cracker size and serve.



SOURDOUGH CRACKER STEPS



Pouring batter into cooking sheet over cooing parchment.



Batter leveled out on cooking sheet.



Finished crackers broken in snacking sized pieces.



QUINOA PANCAKES

3 Servings

Wet Ingredients:

- 2 Cups Water
- 2 Tbsp. Almond Butter or Peanut Butter
- 4 Eggs at room temperature if using egg whites only
- 2 Tbsp. Flax Seed or 1 Tbsp. Chia Seed, **fresh grind** (thickens batter)

Dry Ingredients:

- 1/4 Cup Protein powder
- 1 tsp. Baking Powder
- 2 Tbsp. Stevia leaf powder
- 1 Tbsp. Garam Masala
- 2 tsp. Cardamom Seed, **fresh ground**
- 2 tsp. Curry powder
- 1/2 tsp. Sea Salt
- 1 1/2 Cups Ancient Grains **Quinoa Flakes**

Crack eggs in a cup to prevent getting shells in batter. Add the Water to a blender with the Eggs, Almond Butter, ground Flax or Chia Seeds and mix well. In a bowl, mix together all the dry ingredients except the Quinoa Flake and blenderize. Then stir Quinoa into the blender mixture by hand to prevent grinding the Quinoa flakes and give them more bulking action.

In a hot cast iron skillet, add Clarified Butter to coat the surface, and pour enough batter in the middle to make about 6" wide cake. When the batter has formed an edge, add 1 Tbsp. water to the edge in a dry part of the skillet to create steam, and quickly cover. This helps cook the top. Flip the pancake and brown the top. Continue making the pancakes using all the batter, adding more Butter as needed.

Serve with Maple Syrup, Spiced Fruit Topping, Fruit Compote, Chutney, Anise Apple Sauce, or any of my Sorbet recipes warmed.

Optional Egg Whites only: Separate the 4 Egg whites into a cup, Beat them to medium firm, and fold into the batter at the end to provide more volume. **Making good egg beaten whites:** any fat or oil on equipment will prevent good aeration. A large, wide stainless bowl will allow a whisk to move over a larger area and get more volume faster than a smaller deep bowl.



SPICED FRUIT TOPPING 2 Cups volume

1 Cup Water

1/2 Cup frozen Orange Juice or Apple juice **concentrate**

2 Tbsp. Arrowroot or Cornstarch

1/2 tsp. Clarified Butter

1 tsp. Apple Pie Spices or Pumpkin Pie Spices

2 tsp. Lemon or Orange **natural flavoring**

2 Tbsp. Honey

1 tsp. Stevia liquid

1 Cup **chopped mixed fruit:** the recipe in the photo above is 1 Peach, 6 Kumquats marinated in Honey, 1 Tbsp. Elderberry & 1/4 Cup Raisins.

1/2 tsp. Sea Salt

Mix the Arrowroot into the Water & Juice concentrate, then add , Butter, Spices, Lemon Flavoring & the chopped Fruit. Heat on low, stirring together to simmer, and remove from heat before it boils. Stir in the Honey & Stevia. Cool a little to thicken and serve warm or cold.

Variations:

- Kumquat Honey for regular Honey
- 6-12 Kumquats, 2 tsp. fresh Ginger, grated, & 1/4 Cup dried Persimmon, minced.

EGGLESS FRENCH TOAST

Makes 4 servings

8 slices of dry or dense bread

Wet Ingredients:

3/4 Cups Soy or Dairy Milk

1/2 tsp. Almond or Vanilla Extract

1 Tbsp. light Oil

Dry Ingredients:

3 Tbsp. Whole Wheat flour

1 Tbsp. Arrowroot powder or Cornstarch

1/2 tsp. Cinnamon powder

1 tsp. Stevia herb, powder

1/4 tsp. Sea Salt

1/4 tsp. Nutmeg, **fresh ground**

Mix the wet ingredients in a blender. Mix dry ingredients in a bowl. Slowly add to the blender mixture, on low. Pour batter into an 8"x8" baking pan, and dip both sides of bread. Cook in a cast iron skillet lightly greased with Clarified Butter or light Oil. Cover, add about a tablespoon of water to steam, and cover to cook the top, then turn to brown briefly. Serve with Wild Berry Sauce or Spiced Fruit Sauce.



BLUE CORN TORTILLA

Makes 1 dozen

Cornmeal is hard and precooking the corn into a mush expands and softens the tortillas. The Juniper berries add a slightly wild, clean taste. The Juniper is a urinary tract disinfectant, and can be harsh if too much is used, but the heat dissipates the volatile oils and leaves a hint of flavor. These tortillas are very tasty.

1 Cup Blue Cornmeal, finely ground
1 Cup Whole Wheat flour
2 tsp. ground Juniper Berries
1/4 Cup Olive Oil
2 tsp. Herb Salt or Bronner's Mineral Seasoning
1/2 Cup cold water
1 Cup Hot Water

Board Flour: about 1/2 Cup Blue Cornmeal

Grind the Juniper Berries and set aside. Add the cold water and Olive Oil to a small bowl, and slowly stir in the the Cornmeal to prevent forming lumps. Then scrape it into a pot or double boiler and stir in the Hot Water.

Simmer 3 minutes to thicken into mush, stirring constantly. Cool the Corn mush for 5 minutes or until it is cool enough to handle. Mix in the Wheat flour, ground Juniper Berry and Salt to form a ball. Knead the dough a few minutes or until it becomes elastic and sticks together. Divide into 12 parts and roll into balls. Dust your pastry board with Blue Cornmeal and then use a floured rolling pin to roll out the dough in round tortilla shapes and stack on a plate.

Heat a cast iron skillet, and using no oil, heat the tortillas at medium heat until cooked. I use a soup pot lid over the skillet to keep in the moisture.

Variation: You can blenderize a dozen Mulberries or Blueberries in the Cold Water and add to the dough to make it more blue and add a little acid.

BLUE CORN - MESQUITE MUSH

Serves 2

We have grown Blue Corn from the Taos Pueblo for many years.

2 Cups Mesquite-Carob Drink or Water
1/4 Cup Blue or Yellow Corn meal
1 large free range Egg
1/4 Cup Quinoa Flakes
1/2 tsp. Maple Flavoring
2 tsp. Rice Protein powder
optional: 1/4 Cup Raisins
optional; 1/4 Cup Pecan pieces
Soy Milk

Mix the Cornmeal, into the cold Mesquite-Carob Drink in a blender to prevent lumps, then pour into a double boiler. Cook covered, on low, stirring occasionally for 8-10 minutes. Turn off heat but leave on burner.

In a small bowl, mix together with a fork, the Egg, Quinoa Flake & protein powder. Stir in a little of the hot Cornmeal -Mesquite mixture, and then stir the rest back into the still hot Cornmeal-Mesquite for 2 minutes to finish cooking. Stir in the Raisins, top with Pecans & Serve. If adding a milk, use Soy Milk. Mesquite & Soy are both legumes.

SLIPPERY ELM GRUEL

Serves 2

Slippery Elm bark is a mild flavored, nutrient demulcent herb that thickens with cooking. It makes a gruel that can be digested by those in weakened conditions.

2 Cups Water
1/4 Cup Slippery Elm bark powder demulcent nutritive fiber
1/4 Cup Quinoa Flakes hypoallergenic nutritive
2 Tbsp. Carob powder nutritive flavoring
1 Tbsp. Molasses. blood building
1 tsp. Stevia herb anti-bacterial sweet
Salt to taste

Mix the ingredients in a blender to prevent lumps, then pour into a double boiler. Cook covered, on low, stirring occasionally until the mixture comes to a simmer and thickens.



SPICED WEHANI BROWN RICE 4 servings

This is a rich flavored, aromatic red-brown rice.

- 2 Cups Water
- 1 tsp. Clarified Butter
- 1 Cup Wehani Brown Rice
- 1 Bay leaf
- 1 tsp. Garam Masala
- 1/2 tsp. Sea Salt
- 1/4 Cup unsalted, roasted Almonds

Bring the Water to a boil in a pot, add Butter, Rice, Bay leaf, Garam Masala & Salt. Cook as below. Garnish with whole Almonds.

SPICED RICE Makes 4-6 servings

- 1 Tbsp. Clarified Butter
- 1 Onion, chopped
- 3/4" Ginger, grated
- 1/4 Cup Water
- Spices:
- 1 tsp. Garlic powder
- 1 tsp. Curry powder
- 1 tsp. Garam Masala
- 1 tsp. Sea Salt
- 1/2 tsp. Stevia herb powder
- 1/4 Cup Almonds
- 1/4 Cup Raisins

1 Cup Rice, Basmati or Brown Rice

Boiling Water: 2 Cups Solar, 3 1/2 Cups Stove Top

Bring water to a simmer in a tea pot. Mix the Spices in a cup. Mix the Rice with the Almonds & Raisins together in a bowl. In a heavy cooking pot add the Oil, & 1/2 Cup water and coat the bottom while adding Onion and Ginger. Heat together, stirring for 2 minutes, and then add the Spices, and the bowl of Rice, & Nuts. Then add the hot water, bring to a boil, cover and cook Solar or Stove Top. Serve with a side dish of Mint Chutney and/or Fig Chutney

Solar Cook: 1-2 hours

Stove Top: simmer 25-45 minutes covered Basmati 25 min. or Brown Rice 45 min.

CARROT-MILLET-CITRUS 4 servings

This is a tummy warming lemony grain dish.

- 2 tsp. Cumin
- 2 tsp. whole Coriander seed, freshly ground
- 2 tsp. Turmeric
- 3 Cups Water
- 1 Cup Millet
- 2 Cups Carrots, shredded
- 1/2 Onion, chopped
- 1/4 Cup Lemon Juice
- 2 tsp. Lemon Pepper
- 1 tsp. Sea Salt
- 1 tsp. Clarified Butter
- 2 tsp. Light Oil
- Parmesan Cheese

*Optional: 2 Tbsp. dried Calendula petals

Dry roast the Cumin, Coriander & Turmeric in a small cast iron skillet or frying pan until slightly browned and the aroma rises. Add the Water and spices into a *double boiler top, add the Millet, Carrot, Onion, Lemon Juice, Lemon Pepper & Salt.

Stovetop: simmer 30 minutes

Solar Oven: bring to a boil stove top then solar cook 30 min- 1 Hour in a black enamel pot

Garnish with the Calendula petals and serve with grated Cheese. *If you do not have a double boiler, a heavy bottom pot will do.



EGGPLANT & MUSTARD SAUCE

*1/4 Cup Wheat flour plus 1/4 Cup cornmeal
or 1/2 Cup Quinoa flakes
4 Japanese Eggplant, sliced
or 1 regular Eggplant cut into bite sized chunks
1 Tbsp. Poultry Seasoning
2 tsp. Curry powder
2 tsp. Onion powder
2 tsp. dried thyme, ground
2 Tbsp. Olive Oil
1 1/2 Cups Water
3 Tbsp. prepared Mustard
1/2 Cup Sunflower Seeds, ground in a dry blender*

Stove top

Steam the eggplant in a covered pot with a little water for 15 minutes.

Meanwhile, mix together the dry grains & herbs in a double boiler. Stir the Olive oil & Mustard into the Water and stir into the mixture in the double boiler until well mixed.

Bring to a boil to thicken, and stir in the Eggplant and then the sunflower seeds. Remove from heat & serve.

Solar Cooked

Coat the bottom of an enamel covered pot with the Olive Oil. Add the Eggplant. Combine the herbs and grain/s and sprinkle into the pot. Then mix the Water & Mustard, and pour over the other ingredients in the pot.

Solar cook for 3-4 hours until the Eggplant is soft. Remove from the oven, mash the eggplant with a fork and then stir in the Sunflower Seeds. Serve as a side dish with lamb or chicken.



DRIED EGGPLANT & CAPERS 4 servings

MARINADE:

*2 Cups Chianti or other dry red wine
1/4 Cup Balsamic Vinegar
1/2 Cup Water
2 Tbsp. Soy Sauce
1/4 Cup Olive Oil
1/4 tsp. Cloves
2 Bay leaves
1 Tbsp. Basil
2 tsp. Oregano
1 tsp. Rosemary
1/4 tsp. Cayenne Pepper, powder
3 cloves Garlic, minced
2 Tbsp. Capers
2 Cup dried Eggplant, french fry cut
1 Red Bermuda Onion, sliced thinly
2 Red Bell Peppers, thinly sliced
1 Tbsp. Arrowroot or Cornstarch in 1/4 Cup water*

French fry cut the Eggplant and dry for 4 days. Marinate the Eggplant & Onion, refrigerated overnight in the Marinade. Remove the Bay leaves and add the Peppers. Dissolve the Arrowroot into the water.

Stove top: add to a double boiler with all the other ingredients. Bring to a boil & simmer 5 minutes, remove from heat & stir in Arrowroot dissolved in water to thicken.

Solar Cooked: In an enamel or Pyrex covered pot add the marinade and the vegetables. Stir in the Arrowroot water. Solar cook for 3-4 hours until the Eggplant is soft. Serve with Rice & Tofu, Beef, Turkey, Lamb or Chicken.





EGGPLANT TAPENADE

2 Cups

*1 Cup Onion, chopped
1/2 Eggplant, chopped
4 cloves Garlic, mashed & chopped or 2 tsp. Garlic powder
2 Tbsp. Olive Oil
1 1/2 Cups pitted California Black Olives, drained and rinsed
1 Tbsp. dried Basil leaf, powdered
2 tsp. Rosemary, ground*

Cook the Onion, Garlic & Eggplant in Olive Oil for 5 minutes. Chop the Olives and stir in with the Basil the last minute with a little Water to steam and cover. Turn off heat. Serve with bread or crackers.

Variation: Substitute 1/4 Cup cured whole Olives for the pitted Olives. Mash the Olives to remove pit, and chop.



LEMON EGGPLANT

4 servings

*1 large Eggplant
Dipping Liquid:
1/4 Cup Lemon Juice
1/4 Cup Water
1 tsp. Lemon Extract or 1 drop organic Lemon Essential Oil
1 tsp. prepared Mustard*

*Dry Seasonings
1/4 Cup Arrowroot or Cornstarch
2 tsp. Chicken Bullion or 2-4 Tbsp. Chicken Veggie Broth powder
2 tsp. Poultry Seasoning
2 tsp. Onion powder
2 tsp. Lemon Thyme, ground
2 tsp. Lemon Pepper
1/4 tsp. Turmeric powder*

Slice the top off the Eggplant. I leaves the skin on, but you can cut it off. Cut lengthwise in 1/4" - 3/8" wide slices. Mix the Dipping liquids and pour in a glass pie plate. Mix the dry seasonings, and place in a glass pie plate. Dip the Eggplant slices in Lemon juice, and then in the dry mix.

Cook the Eggplant slices in Olive Oil in a cast iron skillet on low for about 5 minutes, cover and steam by adding 1-2 Tbsp. water at a time. Turn and repeat, cooking 3-5 minutes more until done. Cook all the Eggplant.

Add any remaining Dry Seasonings in a little Water to the skillet and work the surface flavorings gently with a wooden spoon or spatula. Stir in the remaining Dipping Liquid to make a sauce of the pan juices, cooking until it thickens. Pour over the Eggplant, and serve.

Variation:

Add an Egg to the dipping liquids or 2 Tbsp. Protein powder to the dry seasonings to make this into more of a main dish.



EGGPLANT OLIVE SOUP

2 servings

*2 Cups Onion Soup
1 Cup Eggplant Tappenade
1 Bay leaf*

Stir the Eggplant Tapenade into the Onion soup & simmer them with the Bay leaf for 5 minutes. Turn off heat. Remove the Bay leaf.



SPINACH YUASA

I learned this from some Japanese friends, and it gives Spinach a unique savory flavor.

2 Bunches fresh Spinach

or 2 Cups frozen chopped Spinach, thawed

1/2 Cup Water

1 Tbsp. Soy Sauce

1 Tbsp Molasses

1 clove Garlic mashed & minced

2 tsp. Basil, ground

1 tsp. Onion powder

1/2 tsp. Cinnamon powder or 1 stick Cinnamon

2 tsp. Arrowroot or Cornstarch

Mix together in a pot 1/4 Cup Water, Soy Sauce, Molasses, Garlic, Basil, Onion & Cinnamon, and simmer for about 5 minutes.

If using **fresh Spinach**, blanch it by dipping in very hot water for a minute or two, strain out and dip in cold water immediately. Then chop and add to the sauce mixture.

If using **frozen Spinach**, add the thawed Spinach and add to the sauce mixture.

Dissolve the Arrowroot powder into 1/4 Cup water, stir into the hot Spinach and return to a simmer. Toss the sauce and Spinach to glaze evenly. Sprinkle with Sesame seeds and serve.

Cooked Spinach has oxalic acid which causes its iron to attach to calcium, and is released with more cooking; so I prefer to defrost frozen spinach. If you are in a hurry, simply cook the Spinach as directed on the box, and follow the rest of this recipe.



NOPALES, PEPPERS & ONIONS

The Nopales add a succulent saltiness to the classic pepper and onion combination.

2 tsp. Clarified Butter

2 tsp. Olive Oil

a pinch of crushed Red Peppers

1 Onion, sliced

2 tsp. dried Basil, or 1 sprig fresh

1 tsp. dried Oregano, or 1 sprig fresh

10 Green Italian Peppers, or 6 Bell Peppers

2 Red Italian Peppers, or 1 Red Bell Pepper

1 Cup canned Nopales, drained

Water

Roast the Red Italians over an open gas flame until they are blackened. Place in a paper towel or bag wrapped in a moist towel, and let sit to soften skins. After 10-15 minutes, they should slip off.

Seed and slice the peppers lengthwise. Cut in 3" lengths. In a skillet, add the Oil, Butter & crushed Red Pepper. Simmer the Onion and Peppers together until soft. As the pan dries, add a little water and cover to steam. Stir in the Nopales, Basil and Oregano and turn off heat. Leave covered a few minutes to warm everything, and serve. The Nopales provide the salt.

This makes a main dish with the addition of protein of your choice.



STUFFED SQUASH

Makes 6 Servings

Use the zucchini, or winter squash that gets too big.

- 1 Zucchini 12"-14"
- 1/2 Cup Carrot, grated
- 1 Cup Onion, chopped
- 1/2 Cup Green Bell Pepper, seeded & chopped
- 1 Tomato, squeeze out juice & chop
- 1/4 Cup Basil leaf, chopped
- 2 Tbsp. Oregano leaf, chopped
- 1 Tbsp. Rosemary leaf, chopped
- 4 Cloves Garlic, mashed & chopped
- 1/2 Cup fat free Chicken Broth or
- 1/3 Cup Chicken flavor Vegbroth powder & 1/2 Cup Water
- Optional: 4 oz. can Tomato paste
- 2 Tbsp. Olive Oil
- 1 Tbsp. Balsamic Vinegar
- 1/2 Cup Bulgar or Quinoa flake
- 1 tsp. Sea Salt

Cut the Zucchini in half so it will rest flat in the roasting pan. Scoop out the squash flesh, leaving 1/2" - 1" of flesh & skin to hold the filling.



Combine the squash with all the ingredients except the grain together in a food processor with chopping blade, and chop coarsely. Stir in the Bulgar or Quinoa, and mound the filling into the Squash skins, and place in a large roasting pan or salmon steamer. Bake. Top with grated Parmesan, or other cheese of choice.

Oven Bake: 350°/ 1 hour

Solar Bake: 10am-3pm in covered roasting pot

FILLING VARIATIONS

MILD CURRY FILLING

- 1 Cup Carrot, grated
- 1 Cup Onion, chopped
- 1/2 Cup Green Bell Pepper, seeded & chopped
- 2 Tbsp. Coriander seed, ground
- 1 Tbsp. Cumin seed, ground
- 1 tsp. Curry powder
- 1 tsp. Stevia herb powder
- 1/2 Cup fat free Chicken Broth or
- 3 Tbsp. Chicken flavor Vegbroth powder & 1/2 Cup Water
- or 2 tsp. Chicken Bullion powder & 1/2 Cup Water
- 2 Tbsp. Olive Oil
- 1/2 tsp. Sea Salt
- 1/4 Cup raw Bulgar or Quinoa or cooked Rice



DILL-GRAPE LEAF FILLING

- 1 Cup Onion, chopped
- 1 Cup young Grape Leaves, no stem, chopped & packed
- 1/4 Cup fresh Dill Weed or 2 Tbsp. dried
- 4 Cloves Garlic, mashed & chopped
- 2 tsp. Lemon Thyme
- 1/2 Cup fat free Chicken Broth or
- 3 Tbsp. Chicken flavor Vegbroth powder & 1/2 Cup Water
- or 1 Tbsp. Chicken Bullion powder & 1/2 Cup Water
- 2 Tbsp. Olive Oil
- 1 Tbsp. Lime Juice
- 1/2 Cup Bulgar or Quinoa flake, or cooked Rice
- 1 tsp. Lemon Pepper
- 1/2 tsp. Sea Salt
- Optional: Feta Cheese garnish

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ASPARAGUS SOUP

Makes 4 servings

Buy Asparagus, grow or wild harvest. You can also substitute Pea Soup for fresh or frozen Peas.

3 Cups Water
2 Cups Green Beans
2 Cups Asparagus,
2 Cups Peas
6 green Onions, chopped
1 Cup chopped Mallow or Chard
4 tsp. dried Tarragon rubbed, or 2-3 sprigs fresh Tarragon
Sea Salt & Pepper to taste

Cut the Green Beans in 1 1/2" sections. Snap the Asparagus stalks apart where they separate naturally between the tops and the tough bottoms, and discard the bottoms. Chop the Asparagus tops in 1 1/2" sections. Cook the Green Beans and Asparagus in a covered pot with 2 Cups boiling Water for 12 minutes.

Add the Peas, Green Onions and Mallow for the last 5 minutes. Cool enough to handle.

Strain water from cooked vegetables, and add more Water to make 3 Cups volume in a blender. Rub the dried Tarragon leaf between your palms to powder the dried herb, or use a knife to scrape the fresh leaves off their stems.

With the blender on low, slowly add the Tarragon and then the cooked Vegetables and then purée. Season with Salt & Pepper, and bring to a simmer. Garnish with chopped Green Onions. Serve with hearty crackers.



MUSHROOM-CHOLLA BUD SOUP

Serves 4

Without the Cholla buds, this recipe still makes a thick, non-dairy mushroom soup with a rich mineral taste.

1 Tbsp. Olive Oil
1 Onion, chopped
2 large cloves Garlic, minced
2 Cups Mushrooms, sliced
1 Tbsp. Sherry
3 Cups Water
1/2 Lb. Tofu, crumbled by hand
1/2 Cup Imo soy "cream cheese", or 1/4 Cup Tahini
2 baked Potatoes, chopped
1 Tbsp. Poultry Seasoning
1 tsp. Marjoram
1 tsp. Rosemary
1/2 tsp. toasted Sesame Oil
1/2 tsp. Kelp powder
1/2 tsp. ground Nutmeg
Optional: 12 Cholla dried buds, soaked overnight in water
1 Cup cooked Asparagus, cut in 1" sections
2 Cups Celery, diagonally sliced
1/4 Cup Braggs Liquid Aminos, or Soy Sauce

In a frying pan, add a little Olive Oil and sauté the Onion & Garlic first, then add the Mushrooms and Sherry. Cook, stirring for a few minutes and set aside. Simmer the Cholla Buds in soaking water for 10 minutes, drain. In a blender, mix together the Water, Tofu, Imo, Sesame Oil, Olive Oil, Herbs plus 1 Cup of Potatoes and blend in to make a smooth mixture. Bring the blender mix to a simmer in a pot, stirring frequently. Add the Cholla Buds, Asparagus, Celery & the remaining chopped Potatoes. Simmer 10 minutes. then add the cooked Onion mixture, Liquid Aminos and serve hot or cold.





SQUASH ALMOND SOUP

4 servings

This is a tummy warming, smooth rich pumpkin soup.

- 1 quart Chicken broth, or Chicken flavor Vege Broth*
- 4 Cups cooked Pumpkin or Butternut or Acorn squash*
- 4 Garlic cloves, minced*
- 2 Cups small Carrots, diagonally sliced*
- 1 Lb. Roasted, defatted Chicken, or 1/4 Cup Protein Powder*
- 1 Tbsp. fresh Ginger, grated*
- 1/4 Cup Almond butter*
- 2 Tbsp. Flax Seed, or Chia Seed, fresh ground*
- 1 tsp. Chinese 5 Spice or Pumpkin Pie Spices*
- 2 Tbsp. Miso Paste*
- 4 Green Onions.*

Simmer together for 10 minutes Chicken or Herb Broth, Pumpkin, Garlic, Carrots, shredded, or chopped Chicken. Or substitute Protein Powder dissolved in a little Water added later. *Adding the Protein Powder will make the Soup look lighter and more opaque than the photo above.*

Grind the Flax Seed in an herb mill. Mix together in a bowl with enough cold Water to make a thin paste, the Flax Seed, Almond Butter, Miso paste and Protein Powder. Stir this mixture into the soup. Let it sit a few minutes so the Flax Seed will thicken and make the soup glossy. Serve garnished with a chopped Green Onion or Chives for each bowl.

Variation:

For an Immune system booster, add the Change of Season tonic herbs, and simmer 20 minutes to an hour before continuing this recipe. Replenish the reduced liquid with Water and continue.

Or add a dropper full of Astragalus extract, or a piece of Astragalus to the initial Broth, and remove when the soup is done. *The Astragalus is a major immune support herb that is better cooked and taken with food.*

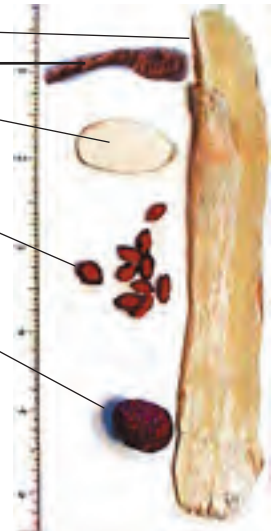


CHINESE CHANGE of SEASON SOUP

4 servings

This is the Classic Chinese change of Season tonic soup to help build resistance to the onset of cold weather. The ingredients can be found combined in one package in Chinese markets in the Fall. **Caution:** *do not use a tonic during acute inflammatory stage of illness, as it will drive the illness deeper into the system.* The meat is thought to enhance the nourishing aspects of the herbs, but Vegetarians can add 1 Lb. cubed Tofu just before removing from heat.

- 1 1/2 oz. Astragalus*
- 1/2 oz. Codonopsis*
- 1/2 oz. Dioscorea, Wild Yam root*
- 1/4 oz. Lycii Berry*
- 1 oz. dried Tangerine peel*
- 1 oz. Ginger root, sliced*
- 8 Red Dates, Jujube*
- 1 tsp. Sea Salt*
- 1/2" Ginger, sliced*
- 2 lbs. or 1/4 Chicken, with bones, but no skin*
- about 2 quarts Water*



Add enough water to cover the Herbs & Chicken in a pot. Bring to a boil and skim any scum on the surface. Transfer to a crock pot or simmer stove top on low for 2 hours. Remove the chicken bones & woody Astragalus herbs and serve.

ADDITIONAL SOUP HERBS & SEASONING

Commercially packaged blends commonly have other herbs, and some recipes call for Soy Sauce and Sesame Oil.

- Black Fungus*
- Longan berry*
- Lotus seed*
- 2 cloves Garlic*
- 1 Tbsp. Soy Sauce*
- 1 tsp. Sesame Oil*





FALL PESTO BASIC

Makes 1 Cup

2 Cups Spinach leaves or Parsley, *chopped*
 1/4 Cup dried Basil leaf, *rubbed*
 4 large Garlic cloves, *mashed and chipped*
 1/4 Cup Walnuts, *chopped* or Pine Nuts
 1/4 Cup Olive Oil
 2 tsp. Water
 1/4 Cup Lewis Labs Brewer's Yeast + 1/4 tsp. Sea Salt
 or Parmesan Cheese, *grated*

In a blender, add the Spinach, Basil, Garlic and Nuts. Pulse blend using a scraper to push the mix back down near the blades to chop. Drizzle in the Olive oil and blend again. Add 2 tsp. Water to help it make a paste. Scrape into a bowl and stir in Nutritional Yeast & Salt or Parmesan Cheese.



WILD SAGE PESTO PIZZA

4 Cracker Breads or Pocket Breads
 1 Cup Wild Sage Pesto
 8 oz. roasted Chicken breast, *sliced*
 1 Cup Cilantro, *chopped*
 1 Red Bell Pepper, *seeded & sliced*
 4 Green Onion tops, *chopped*
 Feta cheese block

Spread 1/4 Cup Pesto paste over each cracker bread or pocket bread. Layer Cilantro, Chicken, slices of Feta cheese, Red Bell Pepper and Green Onion.

Fall Pesto Variations

DRIED BASIL PESTO

1 Tbsp. dried Basil, *rubbed*
 1 drop organic Basil Essential Oil
 The Essential Oil is very strong, so do not over-
 does. Pour the essential oil into a spoon to control
 dose, and then add to the Spinach & purée.

WILD SAGE PESTO

2 tsp. dried Wild Sage, *ground*
 Add to the Spinach & purée.

TARRAGON PESTO

2 Tbsp. dried Tarragon leaf,
 or 1/4 Cup fresh leaf, *chopped*
 Add to the Spinach & purée. The fresh leaf has a
 distinctive aromatic flavor and a lasting bite that is
 not in the dried form.

CILANTRO PESTO

Substitute 1 Cup Cilantro for Parsley.
 Add 4 Green Onions, *chopped*
 Add to the Spinach & purée.

USE: as Sauce for Pasta and Poultry or Fish,
 Spreads for sandwiches, or as Dip.



WILD SAGE PESTO & PASTA

4 servings

4 Cups Spinach Noodles
 2 Cups Cabbage, *sliced thinly*
 12 Cups Water
 2 Cups Zucchini, *French fry cut*
 1 Cup Wild Sage Pesto

Cut Cabbage & Zucchini and cook in a pot of preheated water with Green Spinach Noodles 5-7 minutes, rinse and return to cooking pot. Gently stir in the Pesto sauce, and top with grated Cheese of choice.



CINNAMON MARINARA SAUCE

4 servings

1 Eggplant, cubed
 1 Onion, sliced
 2 Cups Mushrooms, sliced
 2 Cups Marinara Sauce with Basil
 1 tsp. Cinnamon powder
 1 Cup Peas
 1 Cup Black Olives, pitted, drained and rinsed
 4 Cups Water
 2 Cups Whole Wheat Rotelli Pasta
 1/2 tsp. Cinnamon powder
 1 tsp. Clarified Butter
 Sea Salt

Solar Bake: the Eggplant, Onion & Mushrooms in a covered enamel pot or Pyrex baking dish until soft.

Stove top Steam: the Eggplant 20 minutes, the Onion 10 minutes, the mushrooms 4 minutes.

Mix the Cinnamon into the Marinara Sauce in a pot. Add the Peas, and Black Olives, and bring to a simmer. Let sit covered & cook pasta.

Bring the Water to boil in a pot, pour in the Rotelli, and add the Butter, Cinnamon and a dash of Sea Salt. Simmer covered 7 minutes. Drain. Pour on a platter and top with Sauce.



CABBAGE & ARTICHOKE PASTA

4 servings

The various Lemon flavors blend with the Garlic & Artichokes for a delicate, but distinctive flavor.

Sauce

1/2 Cup Water
 2 Tbsp. Olive Oil
 2 Tbsp. Lemon Juice or 2 drops organic Lemon Essential Oil
 1/4 Cup Seasoned Rice Vinegar
 8 cloves Roasted Garlic, sliced vertically
 2 Tbsp. Capers
 1 tsp. prepared Mustard of choice
 1 1/2 Cups Artichokes packed in water, drained & rinsed

4 Cups Garlic & Parsley Fetucinni or plain Fetucinni

4 Cups Green Cabbage, sliced thin

1/2 sweet Yellow Onion, sliced thin

8 Cups Water

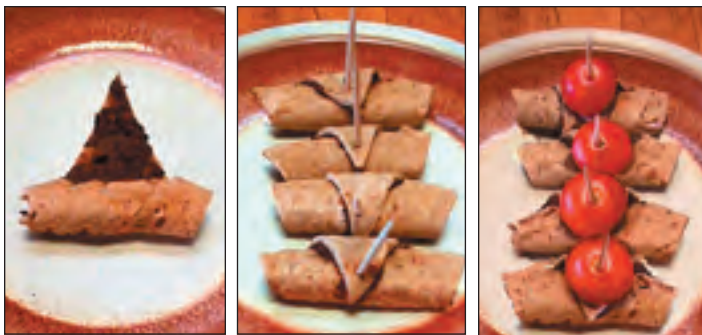
Salt to taste

Topping

1/4 Cup Pumpkin Seed, ground
 1 Tbsp. Lemon Thyme, ground
 2 tsp. Garlic powder
 2 tsp. Lemon Pepper
 1/2 tsp. Sea Salt

Mix the Sauce ingredients, adding the Artichokes last. Marinate while preparing the other elements of the meal. Grind the Pumpkin Seeds in an herb mill or dry blender and mix with the Lemon Thyme, Garlic Powder, Lemon Pepper & Salt and set aside in a bowl.

Bring Water to a boil in a large pot. Add Cabbage, Onion & Pasta cooking for 7 minutes. Drain and return to pot. Pour off the marinating liquid from the Sauce & toss with pasta in the pot, then pour into a serving dish. Sprinkle the Sauce solids over the top. Serve immediately garnished with grated Cheese and Lemon Pepper to taste.



BLACK BEAN CAROB MOLE TAQUITOS

Black Bean Carob Molé

*Whole Wheat tortillas or Flour or Corn tortilla
toothpicks*

Cherry Tomatoes

Spread the Molé paste over the tortilla, thinner at the outside. Cut the tortilla into sections: *6 sections for Corn Tortillas, which are smaller, and 8 for Flour Tortillas*. Then roll the pie shape from the wide end to the narrow tip. With the tip on top, secure the roll with a toothpick. Place on a baking tray, top with Cherry Tomatoes and heat. Serve alone or with salsa.

Oven Bake: 350° /10-15 minutes until the torts are warm and a little crisp at the edges.

Solar Dryer: Solar toast until the torts are warmed and a little crisp at the edges.

BLACK BEAN CAROB MOLE

This savory Mexican Classic uses Carob for chocolate.

2 Cups cooked Black Beans

1/4 Cup Peanut Butter

2 tsp. Blackstrap Unsulphered Molasses

2 tsp. Tamari or Soy Sauce

Spice Blend:

1 Tbsp. Chill powder

1 Tbsp. Carob powder

1 tsp. roasted Chicory powder

1 tsp. Garlic powder

1 tsp. Onion powder

1 tsp. Cinnamon

1/4 tsp. Cayenne

1/4 tsp. Allspice

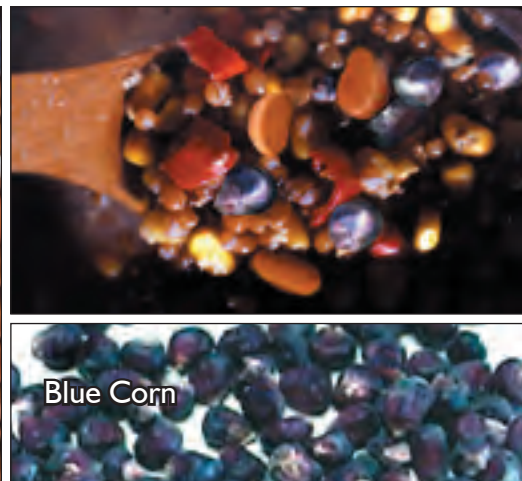
1/4 tsp. Nutmeg

**Optional: 2 Cups Cooked chicken, sliced in bite sized pieces.*

Pre cooked, dried beans, shortens the cooking time to 5 minutes. In hot weather I use Solar Cooked beans from scratch. Mash the hot Beans in a bowl in their cooking water, or add a little water. Then mash and stir in the Peanut Butter, Molasses & Tamari to make a paste. Mix the Spices well to get the Cayenne evenly distributed, and stir into the bean mixture. *Optional: Add more protein by stirring in Chicken.* Serve with Tortillas or over Rice.



Tepary



Blue Corn

TEPARY BEAN & BLUE CORN STEW

Beans, Corn & Grain make Complimentary Protein.

1 Cup dried Tepary Beans, sprouted or soaked overnight

1/4 Cup dried Blue Corn, sprouted or soaked overnight

1/4 Cup Papago White Corn, sprouted or soaked overnight

1 1/4 Cup Whole Wheatberries, soaked overnight or Triticale

1 Cup Red Bermuda Onion, chopped

1 Red Bell Pepper, seeded & chopped

2 Tbsp.. Olive Oil

1 3" slice Kombu

2 Slices FoTi

2 cloves Garlic, mashed, peeled & chopped

Sprout or soak the Beans & Corn overnight refrigerated to speed cooking, then drain. Brown the Onion in Olive Oil in a pot. Simmer together with the other ingredients in enough water to cover for an hour Stovetop or as needed Solar. Salt to taste.

SLOW BAKED BLACK BEANS 4 servings

Polly Brown introduced me to this savory Bean recipe.

1 Cup dried Black Beans

1/2 Cup Apple Cider Vinegar

2 Cups Red Bermuda Onions

1 Green Bell Pepper, seeded & chopped

1/4 Cup. Olive Oil

1 Bay leaf

2 tsp. Apple Cider Vinegar

2 cloves Garlic, mashed, peeled & chopped

1 tsp. Sea Salt

Soak the Beans overnight refrigerated: *yields 2 Cups beans*. Add the Vinegar and bake in a covered glass, ceramic or enameled pot, in enough water to cover. Sauté the Onions and Bell Pepper in Olive Oil. The last hour of Bean baking add the Onion & Peppers in Olive Oil, Bay leaf, Vinegar, Garlic & Salt. Serve with Corn Tortillas & Rice.

Oven Bake: 350° 4 hours **Crock pot cook:** 4 hours

Solar Bake: bring to a simmer stove top and cook all day



DRIED OLIVE-TOMATO SAUCE

serves 4

1/2 Cup Dried Olives or Kalamata Olives pitted & marinated Olive Oil

a pinch of crushed Red Peppers

1 Red Onion, sliced

4 cloves Garlic, mashed & chopped

1/2 large Eggplant, diced with skin on

1/2 Cup Tomato Paste

optional: 2 Tbsp. Guomi Berry Eleagnus berry

2 Tbsp. Capers

1 Tbsp. Dried Basil, cut & sifted

2 tsp. dried Oregano, ground

Sea Salt & fresh grated Black Pepper to taste

1 lb. Quinoa Spaghetti or regular Linguini

Score and crush the dried Olives, until you have 1/2 Cup. Marinate overnight in Marinade recipe below. If using salt cured olives, rinse and drain two times to remove excess salt.

The next day, simmer the Onion, Garlic in a little Olive Oil and a pinch of crushed Red Pepper for a couple of minutes, stirring as needed. Add the Eggplant and lightly Salt. Cook covered on low for 5 minutes, stirring adding a little water as needed.

Add the marinated Olives and their Marinade, the Tomato sauce, the Capers, Basil and Oregano with about 1 Cup of water and stir to blend. Simmer on low 5 -7 minutes more. Serve with freshly ground Black Pepper to taste over the Linguini prepared as directed by manufacturer. For a meat main dish, add ground Free Range Turkey, or sliced Turkey Bratwurst.

Dried Olive Marinade

1/2 Cup dry unsalted Olives, pitted

1/2 Cup Balsamic Vinegar

2 Tbsp. Olive Oil

1 Bay leaf

1/4 tsp. Sea Salt

Soak the Olives in the other ingredients overnight.



CORIANDER CARROT TURKEY

serves 4

2 tsp. Ghee

2 Tbsp. Olive Oil

1 tsp. Orange Extract

1/4 Cup Coriander, roasted and fresh ground

2 tsp. Cumin, roasted and fresh ground

1/2 tsp. Turmeric powder

1/2 tsp. Clove powder or 1 tsp. 5 Spice Seasoning

1 Tbsp. Sucanat or Brown Sugar

2 Cups Red Onion, sliced thinly

1 Cup Sweet Potato, grated

2 Cups Carrot, grated

Zest of 1 Orange

Salt

1 Lb. free range Turkey, cut in strips or small chunks

Melt the Butter in the Olive Oil, and add the Orange Extract, Coriander, Cumin, Cloves, Turmeric & Sucanat, and Salt lightly. Simmer stirring for a few minutes to blend the flavors. Then add the Onion, and brown before adding the Sweet Potato, Carrots, & Orange Zest. Continue cooking for 2-3 minutes. Then make a space in the center of the skillet and add the Turkey, turning to brown. Slowly add about 1 Cup Water to liquefy the mixture and simmer until the Turkey is cooked through. Add Salt to taste. Serve topped with chopped Scallions.

Vegetarian: stop before adding Turkey & add 1 Cup Pecans, as pictured below.





LAMB MEDITERRANEAN

Slow solar cooked this lamb is exceptionally tender.

8 oz. Lamb, chops or stew cuts
 1 Red Bermuda Onion, sliced
 2 Tbsp. Balsamic Vinegar
 Green Peas
 Olive Oil

Marinade:

2 Tbsp. Arrowroot Powder or Cornstarch
 2 tsp. Oregano, ground
 2 tsp. Basil, powdere
 2 tsp. Garlic powder
 1 tsp. Rosemary, ground
 1 tsp. Curry powder
 1 tsp. Sea Salt
 1/4 tsp. Cloves, powdered

Trim fat from meat and cut in bite size chunks. Mix together all the Seasonings, put in a plastic bag. Toss the lamb in the Balsamic or Wine Vinegar and then toss in bag with seasoning herbs.

Stovetop: Heat a cast iron skillet, add Olive Oil and then sear the Lamb quickly for 3 to 4 minutes turning to seal all sides. Add the onion, cover and cook on low heat until tender.

Solar: In a black enamel covered pot, thinly coat the bottom with Olive Oil. Sear the lamb & Onions stove top recipe above, then add to the bottom of the pot. Cover and place in Solar Oven for 2-3 hours. Serve over solar cooked Rice and garnish with Peas.



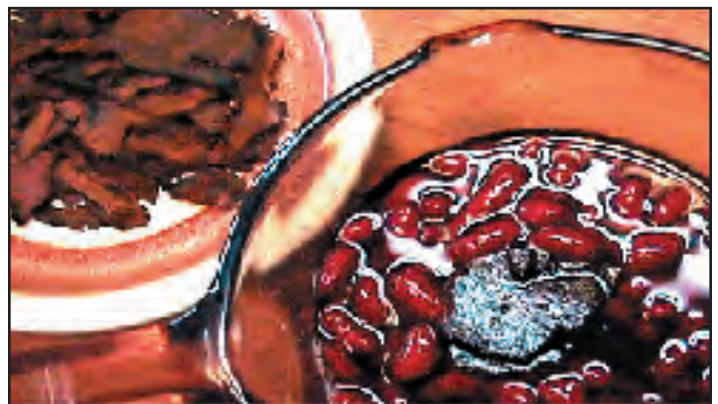
SOUTHWEST TURKEY

1 lb. Free Range ground Turkey
 1/4 Cup Taco Seasoning
 1 Tbsp. Balsamic Vinegar
 1 tsp. Liquid Smoke
 Olive Oil

In a bowl, add the seasonings to a well in the center of the meat and mix well. Form a large loaf and:

Stovetop: Heat a cast iron skillet, add a little Olive Oil and then cook the Turkey covered. Cook on low heat until cooked through.

Solar: In a black enamel covered pot, thinly coat the bottom with Olive Oil. Add the Turkey in a black enamel covered pot. Cover and place in Solar Oven for 2-3 hours. Preheat the bottom of the pot stove top to speed cooking. Serve over solar cooked rice.



FO TI/Kombu BEANS

When you cook beans add:

- 1-3 pieces of this earthy-smokey tasting Chinese herb, **FoTi**, or *Polygonum Multiflorum*,
- piece of **Kombu Sea Vegetable** your beans for a rich flavor & a longevity tonic at the same time.
- 1 slice **Astragalus root**
- a pinch of **Asafoetida** powder, or *Hing*.

Fall Main Dish 4

HERBAL FISH DEODORANT

If the fish smells, I cover the fish with water and 1 Tbsp. freshly ground Caraway Seeds refrigerated for 30 minutes or more to deodorize it, or add ground Caraway when cooking. Dill seed, related to Caraway, is also a flavorful and aromatic deodorant.

SOLAR BAKED: *thinly coat the bottom of a black enamel covered pot with Olive Oil or Clarified Butter. Rinse the frozen or fresh fish and shake the dry seasoning covering both sides. Lay in the pot and add any liquid in the recipe. Defrosted fish will supply liquid, but fresh fish may need more water. Solar bake, checking frequently so the fish is not overcooked.*

BRAISED or STEAMED: *thinly coat a cast iron skillet with Olive Oil or Clarified Butter and a little water. Rinse & drain the Fish, season both sides and lay in preheated skillet. Add 1/4 cup water and cover. Steam 5 minutes on medium heat. Add another 1/4 Cup Water, cover & steam low heat for 5 minutes more.*



SOLE ALMONDINE

4 Servings

This classic combination for Sole or similar white fish, is enhanced with natural Almond flavor and roasted almonds.

1 lb. Sole fillets
1 Tbsp. Clarified Butter
1 Onion, chopped
2 Cups Mushrooms, sliced
1 tsp. Sesame Oil
1/4 Cup Sherry
1 tsp. Almond extract
2 Tbsp. Soy Sauce or Tamari
1/2 tsp. Nutmeg
1/4 Cup Almonds, roasted
1/4 Cup Water
1 Tbsp. Arrowroot powder or Cornstarch

Mix together the 1/4 Cup. Sherry, Almond extract, & Soy Sauce in a container that will hold the Sole and marinate for 20-30 minutes.

In a cast iron skillet add the Butter, Sesame Oil and Onion, simmering until golden and caramelized, and then add the Mushrooms and stir together. Then add the Sole and marinating liquid. Sprinkle with fresh ground Nutmeg. Simmer covered, on low, for 8-10 minutes. Add the Almonds for the last 2-3 minutes. Mix the Arrowroot into the 1/4 Cup Water to dissolve, and add with the Seasoned Rice Vinegar to a small sauce pan. Pour the pan juices off into the same pan and stir together. Heat to thicken the Arrowroot until it becomes translucent. and then pour over the fish.

SALMON CREOLE

2 servings

creole spice & caraway seed

This is a change from the classic Dill seasoned Salmon. If I don't use Caraway in a marinade, I add 1 part Caraway to 3 parts Creole spices.

2 4oz. Salmon steaks
4-6 Tbsp.*Creole Blackened Seasoning
2 Tbsp. Caraway Seed, ground
2 tsp. Clarified Butter
2 Tbsp. Water

Preheat a cast iron skillet, melt Clarified Butter and Water to coat the surface, and liberally sprinkle Creole Seasoning and Caraway Seed. Add the Salmon, and season the top of the fish. Simmer covered for 5 minutes on one side.

Then lift the lid and turn the fish. Season this side as you did the first. Add 1/4 Cup water to the edges and return the lid, Continue simmering for another 5 minutes, Remove from heat and serve.

* Creole Blackened Seasoning is a standard Frontier Natural Products item.



LEMON TILAPIA

These seasonings fill out the Tilapia flavor with a mildly spicy-sweet lemon flavor. I find it is easier to remove the many bones after cooking.

2 Tilapia, gutted with head and tail left on

2 tsp. Clarified Butter

1 Tbsp. Olive Oil

Seasoning:

2 Tbsp. Poultry seasoning powder

2 tsp. Onion Powder

2 tsp. Chicken Bullion

1 Tbsp. Caraway seed, ground

2 tsp. Lemon Pepper

1/2 Cup Water

1/4 Cup Sherry

2 Tbsp. Seasoned Rice Vinegar

2 tsp. Lemon Extract or 3 drops organic Lemon Essential Oil

1 Tbsp. Arrowroot powder or Cornstarch

Rinse and drain the Tilapia, pat dry with paper towel. In a cast iron skillet, add Butter & Olive Oil. Sprinkle both sides of the fish with the Seasoning blend and place in the hot skillet.

Add about 1/2 Cup Water to create steam, and cover. Simmer on low for 5 minutes. Add more water as needed and finish cooking another 4-5 minutes. covered.

Remove fish to a platter. Mix together 1/2 Cup Water with Sherry, Seasoned Rice Vinegar & Lemon Extract and stir in Arrowroot to dissolve. Pour this into the skillet and heat on low, stirring for 2-3 minutes to absorb the pan juices until the sauce thickens. Adjust the flavor with more Lemon Pepper to taste. Pour this sauce over the fish and serve garnished with Pear Tomatoes or Lemon wedges and Lemon Balm.

Tilapia is an ancient perch-like fish from Africa. It has a lean, moist, delicate texture that hold up after cooking. It will pick up the flavors of its surroundings, and the wild varieties may have a muddy, fishy flavor. The farmed fish range in color from red-gold to silvery blue. In the wild it is gray-black.

BREADED TILAPIA FILLET

This is similar to Lemon Tilapia, but has no bones to deal with.

2 Tilapia, fillets 1/2 Lb.

1/2 Cup fine ground Cornmeal or Millet flour

Seasonings:

2-3 Tbsp. Poultry seasoning powder

2 tsp. Onion Powder

2 tsp. Lemon Pepper

2 tsp. Chicken Bullion powder

2 Tbsp. Water

1 free range Egg

1/4 Cup Seasoned Rice Vinegar

2 tsp. Lemon Extract or 3 drops organic Lemon Extract

2 Tbsp. Olive Oil

2 tsp. clarified Butter

Water

Rinse and drain the Tilapia. Marinate in 1 Tbsp. Caraway seed in water to cover 30 minutes if the fish is not fresh.

If using Millet, dry grind in a blender or herb mill. Mix the Cornmeal, Onion, Lemon Pepper & Chicken Bullion (or substitute 1 Tbsp. Poultry Seasoning + 1 tsp. Turmeric + 1/2 tsp. Salt) in a bread pan. In an 8"x8" pan or pie plate, mix the Egg + 2 Tbsp. Water. Then stir in the Seasoned Rice Vinegar and Lemon Extract. Dip the Fillets in the wet mixture with your right hand, and then into the dry mix, coating the Fish well. With your left hand, move to a hot skillet.

Add Butter & Olive Oil and a little Water to cover the pan surface. Add the breaded fish, and cook covered for about 3-5 minutes on low. Add 1/4 Cup more water and continue to simmer for 5 min. more. Remove the fish to a platter. Add the remaining dry coating mixture to the dry skillet and stir to heat through. Add 2 Tbsp. Olive oil, and mix in. Then stir in 1 Cup Water to make a sauce. Put part of the hot sauce back into the wet dip mixture to prevent the Egg from curdling, and then stir slowly into the sauce. Bring to a boil, pour over the Fish fillets and serve.

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BLUE CORN DRINK

1 serving

This makes a hearty, warm breakfast drink with high complimentary proteins and soluble vegetable fiber.

Wet Ingredients:

- 2. fresh or dried Lavender Flowers
- 1 Cup Hot Water
- 1/2 Cups Milk or Soy Milk
- 2 Tbsp. Frozen Blueberries or fresh Mulberries
- 1 Tbsp. Milk Protein Powder or Soy protein powder

Dry Ingredients:

- 2 Tbsp. Blue Cornmeal
- 1 tsp. Stevia white powder or 2 tsp. Sucanat
- 1 tsp. Roasted Cumin, ground
- 1/2 tsp. Psyllium Hull powder
- 1/8 tsp. or a pinch of Cayenne
- a pinch of Sea Salt

Make an infused tea by adding the Lavender to the Hot Water and steeping for 10 minutes, then strain. Liquify together the Lavender Tea, Milk & Blueberries.

Dry roast the Cumin in a small cast iron skillet until the aroma rises. If it begins to smoke, remove from heat. *Roast enough to use in other recipes.* Mix the dry ingredients in a bowl. Mix 2 Tbsp. of the liquid mixture into the dry ingredients to prevent forming lumps, and slowly mix in the remaining liquid. Heat slowly in a small saucepan, stirring constantly, bring to just below a simmer to prevent scalding. Serve warm with Salt to taste.



*Note:
In TCM they advise against using Soy & Dairy together, so use one or the other. They both help increase the protein in Corn.*



CAROB & PEPPERMINT TEA

1 serving

The amount of Mint depends on how fresh your herbs are, their natural level of menthol and your preference. This makes a nice after dinner drink.

- 2 Cups Water
- 2 tsp. Carob powder
- 1 tsp. roasted Chicory root powder
- 1/4 tsp. Stevia herb
- 1-2 Tbsp. Peppermint leaf, rubbed
- 1/2 tsp. Vanilla extract

Bring the Water to a simmer, add the rest of the ingredients, cover and let sit 3-5 minutes. Strain through a fine strainer, and serve.





See Harvest/Process section for how to prepare the juices of Mesquite & Carob.

Carob & Mesquite are both Legumes with a natural sweetness. Mesquite has 11-17% protein by volume and has a mildly sweet, distinctive flavor that does not spike blood sugar. But Mesquite juice seems to be an acquired taste, so I made these flavored beverages which everyone likes.

Soy & Peanuts are also a legumes, so they are a logical complement. Too much of either will dominate the flavor. The roasted Chicory & Cumin enhance the earthy element.



MESQUITE & PEANUT BUTTER *makes 2 servings*

3 Cups Mesquite Juice
2 Tbsp. Peanut butter
2 tsp. Stevita white powder or 2 Tbsp. Maple Syrup
1 tsp. Psyllium powder
Sea Salt

Soak the broken Mesquite pods overnight. Cook for 20 minutes, let sit for 1/2 hour on stove top. Blenderize 1 Cup Mesquite pods and 1 Cup cooking liquid & water, and strain juice. While still warm, mix in the Peanut Butter and the Stevita powder or Maple Syrup in a blender and Salt to taste.

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MESQUITE NOG

makes about 3 Cups

1 1/2 Cups Mesquite Juice
1 1/2 Cups Vanilla Soy Milk
1 Tbsp. Maple Syrup or Honey
6 drops Stevita or more to taste
Nutmeg, fresh grated

Make 1 1/2 Cups of Mesquite juice. Add Vanilla Soy Milk, Stevita liquid sweetener, Honey or Maple Syrup to taste. Refrigerate until use. Serve cold or warm with a dash of fresh grated nutmeg in each cup.



MESQUITE-CAROB DRINK

Makes about 2 Cups

2 Cups cooked Mesquite Pods
2 Cups Mesquite cooking liquid & Water
2 tsp. Rice Protein Powder
1/2 tsp. Psyllium Hull powder
1/2 tsp. Stevita or more to taste
1 1/2 tsp. Cumin, ground
1/2 tsp. Carob powder
1/2 tsp. Chicory root, granules
1/4 tsp. Sea Salt
Cayenne pepper powder

Grind in a blender 1 Cup Mesquite pods + 2 Cups liquid on Pulse. Strain and repeat with the other cup of pods to make 2 Cups of Mesquite Juice. In a blender, stir in Stevita & Psyllium powder. Let stand 10 -15 minutes to thicken.

In a dry cast iron skillet, roast the Salt, Cumin, Chicory root, & Carob powders until browned and the aroma rises. Stir the roasted ingredients into the Mesquite Juice, and add a dash of the Cayenne pepper to taste.



CRAN-APPLE-JUJUBE CRISP 8"x8" pan

Fruit Filling ingredients:

- 1 Cup whole Cranberry sauce
- 2 large Apples, cored & sliced
- 1 Cup Apple Dates (Jujubes), *pitted* or 1/2 Cup regular Dates
- 1 Tbsp. dried Elderberries
- 1/4 Cup Apple Juice concentrate
- 1 Tbsp. Brandy
- 1 Tbsp. Lemon Juice
- 1 tsp. Stevita liquid
- 1 1/2 tsp. Apple Pie Spices
- 2 tsp. Arrowroot powder
- 1 tsp. Anise seed, ground
- dash of Sea Salt

We use the Brandy soaked Jujubes from elixir making in this recipe and omit the Brandy.

Dry ingredients:

- 1/2 Cup Rolled Oats
- 1/2 Cup Pecans chopped, or Walnuts
- 2 Tbsp. Vanilla Protein powder
- 1 1/2 tsp. Arrowroot or Cornstarch
- 1/2 tsp. Stevia herb, powdered
- 1/2 tsp. Sea Salt

Wet ingredients

- 2 Tbsp. Water
- 1 Tbsp. Clarified Butter
- 1 Tbsp. Lecithin
- 1 Tbsp. Molasses



Slice Jujubes in section, avoiding the pit, as shown above. Mix the Cranberries, Apples, Jujubes and Elderberries in a medium sized bowl. In a small bowl, mix the Apple Juice Concentrate with all the other filling ingredients, and then mix into the fruit. Line your pan with cooking parchment.

In another bowl, mix all the Dry ingredients. In a sauce pan, heat the Water & Butter to melt on low, and stir in the Lecithin & Molasses. Stir the hot mixture into the Dry ingredients until well blended to make the crust. Now pour this over the top of the Fruit.

Oven Bake: Cover with aluminum foil, and bake 375°/ 45 min.

Solar Bake: in a covered casserole about 3 hours in Fall

PUMPKIN BREAD

Makes 1 loaf

Dry Ingredients:

- 1 Cup Whole Wheat Flour
- 1/2 Cup Rolled Oats
- 1/2 Cu. Bulgar
- 2 Tbsp. Stevia herb powder
- 2 Tbsp. Flax Seed, ground
- 2 Tbsp. Sucanat or Brown sugar
- 2 tsp. Pumpkin Pie Spice
- 1 tsp. Sea Salt
- 1/2 Cup Raisins
- 1/2 Cup Jujube or Dates *pitted &, chopped*
- 1/2 Cup Walnut pieces

Wet Ingredients:

- 1 1/2 Cups cooked Pumpkin solids or Butternut Squash
- 2 Tbsp. Cup light Oil
- 1 free range Egg
- 1 Tbsp. Molasses
- 1/2 Cup Water

Cut the Jujube in half, slice lengthwise, remove the pit and then cut into smaller pieces.



Mix together the dry ingredients in a large bowl. Add the Oil to a small bowl, then the Egg, Molasses, & Water and stir. Stir in the Pumpkin a little at a time. Then pour the liquid mixture into the dry ingredients in the large bowl.

Stir the batter just enough to mix, and pour into a covered casserole pot lined with parchment paper, *or oiled & floured*, using a rubber scraper to pull it away from the sides and smooth the tops.

Oven Bake: 350°/ 1 1/2 hour

Solar Bake: 10am to 3pm or 5 pm depending on sun



FIG CHUTNEY

Makes about 3 pint jars



1 1/4 Cups Water or Apple Juice
1 Cups dried Plums, pitted & quartered
1 Cups fresh Black Mission Figs, quartered
or 1 1/4 Cup dried figs
1/4 Cup Apple Cider Vinegar
2 Tbsp. Honey
1/2 Cup Raisins
6 Kumquats, quartered and seeded
1 Quince, cored & diced or 1 large Apple peel on
1 tsp. Cinnamon
1 tsp. Lemon Pepper
1/2 tsp. Cardamom Seed powder
1/4 tsp. Allspice powder
1/4 tsp. Clove powderr
1/4 tsp. Cayenne powder
1-2 tsp. Stevita, white powder to taste
1 tsp. Clarified Butter

Soak all ingredients but Butter overnight to soften. Combine Butter and the other ingredients in a 2 quart pot, and simmer together for 20 minutes on low heat. Refrigerate until used. Serve with French Toast, Dessert topping, Curries, or Lamb.

Solar Cook: Cook in Pyrex casserole, or enameled pot until the fruit is soft.

Canning: Pour into sterile canning jars, leaving 1/2" from the top. Seal with sterile canning lids. Let cool to room temperature and store in a cool dark place.

SPICED FIG TEA CAKE

Makes 1 cake



Dry ingredients:

4 Cups Whole Wheat Flour
2 Cups Rolled Oats
2 Tbsp. Stevia herb powder
2 tsp. Baking Powder
1 tsp. Baking Soda
1 tsp. Sea Salt

Wet ingredients:

2 Cups Water + 1/4 Cup Honey
or 1 Cup Kumquat-Honey liquid & 1 1/4 Cups Water
2/3 Cups light oil
2 Tbsp. Molasses

Filling & Topping:

1 pint Fig Chutney above left

Mix the dry ingredients together in a bowl. Mix the wet ingredients together in a measuring cup and pour into dry, and mix again. Purée the Fig Chutney in a blender. Pour 1/2 the batter into an oiled, floured 8"x8" baking pan, spread half the Chutney over the batter in the pan and add the rest of the batter. Or bake in 2 pots or pans, and save the Chutney for filling and topping.

Oven Bake: 350° 20-25 minutes in preheated oven. Cool and slide a knife around the outside of the cake, and invert onto a cutting board to remove from the pan.

Solar Cook: Cook 1/2 the batter in separate enameled pots lined with cooking parchment paper for 1 1/2- 2 hours or until a toothpick inserted in the center comes out clean. Give the pot bottom heat stove top for 10 seconds as a booster to rising, before putting in preheated Solar Oven.

After baking, cool enough to handle. Remove paper.. If two layers were baked, spread 1/2 the Chutney as a filling. Top with the remaining Chutney, and serve.



WILD BERRY SAUCE

Makes about 3 Cups

Use this as another filling for fresh or baked Apples, a topping for pancakes, etc. The Lavender Flower enhances the wild flavor.

2 Cups Apple Boysenberry juice

1 Cup Raisins

1/2 Cup Mulberries or Blackberries

1/4 Cup dried Elderberries

1 sprig Lavender, fresh or dried

1 Tbsp. Arrowroot powder or Cornstarch

Soak in a jar overnight. In a sauce pan or double boiler, bring to a simmer to thicken and remove from heat, remove the Lavender sprig and serve. *Caution: Boiling will evaporate the volatile Lavender Essential Oil.*



APPLE POCKET PIE 2 servings

This is a quick Dessert.

2 Baked Yellow Delicious Apples or 2 Cups Applesauce

1 tsp. Clarified Butter

2 tsp. Apple Pice Spice

1 tsp. Chinese 5 Spice powder

2 tsp. Lemon Juice

1/4 Cup Walnut pieces or Pecan pieces

1 Whole Wheat Pocket Bread or 2 Wheat Tortillas

Core the Apples and bake or steam until browned & soft to maximize the sweetness.

Steam Stove top: 20 minutes

Solar Bake: 3-4 hours in Summer or Fall

Oven bake: 350°/ 30-40 minutes

Mash the warm baked Apple with the Butter, Spices & Lemon Juice. Heat the Pocket Bread or Tortilla over an open gas flame or in a skillet until browned.

Fill each half Pocket with Applesauce mixture and top with Nuts.

Variation: use Tortillas as a filled roll.



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BAKED APPLE

Filling for each Apple:

1 Tbsp. Raisin

1 Tbsp. Walnut, chopped

1 tsp. Honey

1/2 tsp. Clarified Butter

1/4 tsp. Cinnamon

Apple Juice for steaming

Solar bake Fall apples or Oven bake in Winter. Core the apples, and leave the skin on thin skinned varieties, and place in a covered baking dish.

Mix the filling above for the number of apples you have and fill the center holes. Add about 1/4 inch Apple Juice to the bottom of the pan.

• **Solar Bake:** 3-4 hours in Summer or Fall

• **Oven Bake:** 350° /45-60 minutes





Our Burgundy Indian Peaches ripen in September, just as the Mulberries are fading. The Peaches have a red flesh and a distinctive flavor that blends well with the sweet, mild Mulberries.

MULBERRY-PEACH PIE

3/4 Cup Granola
 4 Cups sliced Burgundy Indian peaches about 4
 1 1/4 Cups fresh Mulberries
 1/4 Cup Raisins
 1 Tbsp. Dried Elderberries
 3 Tbsp. Cup Tapioca
 1 1/2 Cups Water
 1 tsp. Clarified Unsalted Butter
 1/4 tsp. Sea Salt
 1/4 Cup frozen Apple Juice concentrate
 1 Tbsp. Lemon Juice
 1 tsp. Stevita white powder
 3 sprigs Lavender

In a round covered casserole, lightly grease the bottom with Clarified Butter using waxed paper. Scatter the Granola over the bottom. Mix the Peaches, Mulberries, Elderberry, Raisins & Tapioca.

In a pot, bring to a simmer together, the Water, Butter, Salt, Apple juice, Lemon juice, & Stevita. Remove from heat, add the Lavender and let sit for 3-5 minutes. Remove the Lavender sprigs. Then pour over the Casserole ingredients.

Oven Bake: 350° / 30-40 minutes in a preheated oven

Solar Bake: 1 - 2 hours, or until tapioca thickens.

Let cool to room temperature before serving, to allow tapioca to jell. Serve with Yogurt.



CRUSTLESS BUTTERNUT SQUASH PIE

This is a high protein dessert that uses the natural sweetness of the Butternut squash.

1/4 Cup Milk Protein Powder
 1 tsp. Stevita white powder
 1 tsp. Pumpkin Pie Pie Spices
 1/2 tsp. Sea Salt
 1 1/2 Cup cooked Butternut squash pulp
 1 Egg + 2 Egg whites
 1 Tbsp. Clarified Butter, melted + 1 Tbsp. Water
 2 Tbsp. Maple Syrup
 3/4 Cup Pecan pieces

Mix in a bowl, the Protein Powder, Stevita, Spice & Salt. Beat the the Egg whites to a froth. Mix all the Eggs and Squash into the dry ingredients, stirring just enough to make a batter. Line a small spring form pan with cooking parchment paper. Pour the batter into the pan and shake to level. Place the pan inside a regular black enamel covered casserole pot.

Oven Bake: Bake: 425°/ 30-35 minutes.

Solar Bake: Cook 1- 2 hours or until

A toothpick inserted in center should come out clean. Cool to room temperature. Remove spring form and parchment paper. Melt the Butter, Water & Maple Syrup in a sauce pan and toss with the Pecans, then spread over the top & serve.



Fall Frozen Desserts

I use frozen fruit cubes in an extrusion juicer, but You can use these batters in electric ice cream machines.

SORBET DIRECTIONS for Champion Juicer

Add cubes of frozen batter to the feeder tube to start. Continue slowly feeding the mixture until all ingredients have been processed together. Stir the frozen batter to mix the ingredients evenly and test for sweetness. Add sweetener to taste if needed and serve, or it will keep in freezer for a short time until use. Avoid freezing it hard.

FIG CHUTNEY FROZEN YOGURT

4 servings

2 Cups Fig Chutney above left

2 Cups Plain Yogurt

Pecans

Stevita Liquid

Blenderize together and freeze in ice trays. Then follow Sorbet Directions above. Adjust the sweetness with Stevita- about 20 drops. Add Pecan pieces for topping.



Fig Chutney Frozen Yogurt

SPICED APPLE FROZEN YOGURT

4 servings

5 baked Yellow Delicious Apples: Solar baked

1 Lemon, juiced

1/4 Cup Honey

1 Cup Yogurt

2 Tbsp. Non-instant Dry Milk Powder

2 tsp. Apple Pie Spice blend (Cinnamon, Allspice, Clove)

Stevita liquid or powder to taste

Core and slice the Apples. Solar bake all day in Fall or steam to cook until soft. In a food processor, puree the cored Apples with the other ingredients, about 2 Cups at a time. Mix all the batter together, then pour into ice cube trays and freeze. Then follow Basic Sorbet Directions. Adjust sweetness with Stevita.



Spiced Apple Frozen Yogurt

CAROB-FIG SORBET

4 servings

2 Cup fresh Black Mission Figs

or 1 Cup dried Figs, soaked in water overnight

2 Tbsp. Molasses

2 Tbsp. Carob powder

2 tsp. roasted Chicory Root, ground

2 tsp. Vanilla extract

2 tsp. Chinese 5 Spice powder

Stevita Liquid or white powder to taste

Blenderize all the ingredients together, and pour into ice cube trays. Then Follow Basic Sorbet directions, adding in:

1 Banana, peeled & frozen

8 frozen cubes Light Coconut Milk

1/4 Cup Pecan pieces



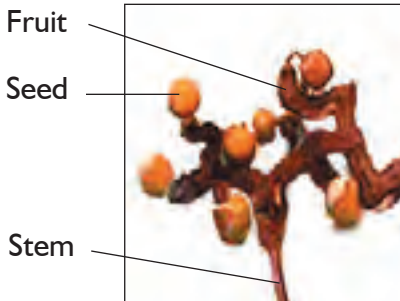
Carob - Fig Sorbet



RAISIN TREE FRUIT

This exotic tree comes from Asia. The fruit is actually the thick part that the seeds attach to.

To eat, remove the seed and snack on the fleshy brown, twig-like fruit, which tastes more like sweet Carob than Raisins. Serve this in a bowl with the stems off, or stems on as an edible bouquet that makes a fun conversation piece.



DRIED PERSIMMON & Ginger-Walnut

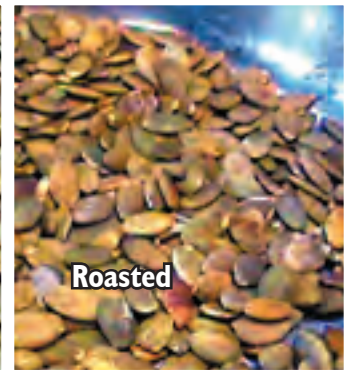
Click here to see In47 Harvest/Process section on Persimmon drying to make this wonderful chewy treat.

*1 Cup thinly cut, dried Persimmons, loosely packed
2 Tbsp. Crystallized Ginger, thinly sliced
1/4 Cup Walnuts, chopped
1-2 tsp. dried Orange zest
Lemon Pepper, no salt*

Toss the dried Fruit and Walnuts together with the Orange zest, and add a dash of Lemon Pepper to taste. Add Cayenne if you like it hot.



Raw



Roasted

ROASTED PUMPKIN SEED Seasonings

You can slow solar roast seeds using the sun or burn energy and roast them faster in an oven.

*1 Cup Pumpkin Seeds raw, organic
2-3 tsp. Tamari or Soy Sauce or Water
And Seasoning of choice:*

*1 tsp. Garlic Powder
a dash of Cayenne Pepper to taste*

*1 tsp. Curry powder
1 tsp. Onion powder*

*2 tsp. Chili powder
1 tsp. Onion powder
1/2 tsp. Cumin, ground*

*substitute 1/2 tsp. Tamari or Soy Sauce sea vegts. are salty
2 tsp. Sea Whip or Sea Palm fronds, crushed
1 tsp. Garlic powder*

Crush the Sea Vegetables with a mortar & pestle to make small flakes. Use Water rather than Tamari with this already salty mixture.



Toss the Pumpkin Seed with Tamari or Water to moisten their surface so dry seasoning will stick. Mix a spice blend and toss to season the seeds further. If they are too wet, they will stick to the bottom of the baking pan. Use cooking parchment to prevent sticking. Pan roast, stirring in a dry cast iron skillet.

Solar Dryer: cook until as roasted as you like.

Skillet Roast: 5 min. stir • **Oven Roast:** 350°/ 15-20min.

POPCORN SEASONINGS

Popped with hot air or traditionally, here are the seasonings we have used.

- Jamaican Spice & Butter
- Nutritional Yeast & Olive Oil
- Parmesan Cheese, Garlic & Italian Herb powder
- Onion powder & Chili powder with/without Cheese
- Chinese 5 Spice & Butter