

Gemmo Memo: Oak

Learn about English Oak , the potential healing actions of the Gemmotherapy extract made from the buds of English Oak, and how this extract can be viewed through the lens of Asian medicine.

Gemmotherapy extracts are a unique botanical therapy, originating in Belgium, that utilizes the meristem cells of trees to restore immunity. Discover the healing potential of these individual extracts through the lenses of your hosts, herbalist Teri Brooks, Gemmotherapy expert and health coach Lauren Hubele, and acupuncturist Maegan Lemp.

Vegan Panna Cotta

Ingredients

- 800 ml plant-based milk:
 - 2 14-oz cans full-fat coconut milk, 400 mL each
 - or 1 can of coconut milk and 400ml of another plant-based milk (I like hazelnut or almond milk)
 - or 800ml of your favorite plant-based milk
- 3 T coconut sugar
- 1 T powdered agar agar
- 1 vanilla bean, split with seeds removed to use, or a pinch of vanilla powder

Fruit topping

- 1 cup (125 g) fresh or frozen berries
- 1 to 2 T maple syrup

- 1 tsp lemon juice (5 mL)
- 1 T arrowroot or cornstarch for thickening

Directions

1. Pour milk into a small saucepan over medium heat. Once milk begins a gentle boil, whisk in sugar and agar agar. Boil gently for 3 minutes.
2. Add vanilla, stirring well, and pour into four lightly greased glass ramekins. Once cooled to room temperature, place in the refrigerator for a minimum of one hour.
3. Prepare fruit topping by combining all ingredients in a small saucepan over medium heat. Cook until berries break down and a sauce begins to form and thicken. Allow to cool at room temperature.
4. When ready to serve, divide berry mixture between four plates, releasing each panna cotta from its ramekin and placing one on each plate.

Enjoy!

Gemmo Memo: Dog Rose

Learn about the Dog Rose Shrub, the potential healing actions of the Gemmotherapy extract made from Dog Rose Young Shoots, and how this extract can be viewed through the lens of Asian medicine.

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Quinoa Pilaf

I found myself in what has become a common situation, peering into my pantry to discover how many more meals I could eke out of the remaining ingredients.

With delivery not a viable option in my area, and the thought of another scavenger hunt in the supermarket filling me with dread, I honed my skills of making do. Thrilled to locate a full container of quinoa that had been pushed to that back of the shelves, a pilaf experiment was soon underway. Keep in mind, this pilaf can tolerate a wide range of variations, so play around with what you have on hand.

I hope you love the results as much as we did.

Ingredients

- 1 bunch red Swiss chard, about 1 pound, stems chopped and leaves rolled together and finely sliced
- 2 -12 ounces small cremini mushrooms, stems trimmed, halved
- Olive oil
- 1 medium red onion, chopped
- 1 1/2 cup quinoa
- 2 cups prepared vegetable broth, or water and 2 veggie bouillon cubes
- A handful of fresh or dried finely chopped herbs (parsley, chives, oregano, etc.)
- Salt and ground black pepper
- Toasted slivered or chopped almonds

Directions

1. Heat 2 tablespoons oil in a 3-quart saucepan on medium. Add onion, and chard stems. Sauté until vegetables are tender, about 5 minutes. Stir in quinoa to toast lightly (stir frequently).
2. Cover with broth, stir, and season with salt and pepper. Bring to a gentle boil, cover and reduce heat.
3. After 15 minutes, remove lid, add chard leaves and cover again. Continue cooking another five minutes until the liquid has absorbed. Keep the lid on and set aside.
4. Meanwhile, heat remaining oil on medium-high in a large skillet. Add mushrooms and sauté, stirring until lightly browned, about 10 minutes. Fluff quinoa with a fork. Fold in mushrooms, herbs and chopped nuts, seasoning to taste.

Enjoy!

Inspired by NYT Quinoa Salad

White Bean Patties

This isn't exactly the kind of recipe that would normally catch my eye. But as we sit, just like you, housebound during the spring of COVID-19, I'm doing a few things out of the ordinary. It just happens that this week I received five pounds of organic spring carrots from a local farm, and three cans of white beans were ready for something in my pantry. So when this recipe came up in my feed this week I thought, why not?

It turned out to be a fantastic idea, made even better by a sprinkling of mixed Greek herbs from my podcast buddy,

herbalist Teri Brooks. I can imagine using a number of other herb blends such as Italian seasoning, Herbes de Provence, or even Za'atar to enhance these patties, so please use your imagination.

Ingredients

- Olive oil
- 1 cup nut crumbs or gluten-free breadcrumbs
- 1 medium onion, finely diced
- 2 tablespoons tomato paste
- 2 teaspoons kosher salt
- 2 cups packed grated carrot (from four medium carrots)
- 3 tablespoons apple cider vinegar
- Three 15-ounce cans cannellini or other white beans, drained and rinsed
- 2 flax eggs (2 tablespoons flax meal and 5 tablespoons hot water, mix and let rest five minutes)
- 2 heaping tablespoons of mixed dried herbs (Greek, Italian, Herbes de Provence, Za'atar, etc.)
- Freshly ground black pepper
- Accompaniments, as you like

Directions

1. Begin by heating the oil in a large, heavy skillet. Add onion, reduce heat, and saute until translucent.
2. Add tomato paste, salt, and carrots, increasing heat to medium. Cook for 8-10 minutes, stirring often, until golden brown and tender.
3. Pour vinegar over mixture, stir well and heat until all liquid has evaporated in the pan.
4. Add herbs, salt, and pepper to taste and remove from heat.
5. Rinse and drain beans. Using a potato masher or large fork, roughly mash beans, leaving about $\frac{1}{3}$ whole. Add to seasoned veggie mixture, along with flax egg, and blend

well. You may want to use your hands to be sure all ingredients are well incorporated.

6. Remove from skillet and allow mixture to set for 15-30 minutes.
7. Use an ice cream scoop or $\frac{1}{2}$ cup measure to portion and shape into patties. Wipe skillet clean, add oil to just cover the bottom. Heat cooktop to medium and add just three at a time, allowing for room to flip easily. Give each side 3-4 minutes to brown.

Note: Patties are fragile, so handle with care when turning and putting on platter to serve

Serve with this yummy avocado mayo or a sauce of your choice. Enjoy!

Inspired by Smitten Kitchen's Carrot and White Bean Burgers

Acute Care: One Mom's Journey to take charge of her family's health

Join Health coach Lauren Hubele and cohost Megan Ethridge, RN as they chat with Ashley Dalme, art teacher and mother of two children. A year ago Ashley began to consider natural options to support her children. Her daughter was in a constant cycle of acute illness and her son challenged them all with his poor sleep, mood swings and difficulty focusing. Once Ashley learned the root of her children's symptoms and how to resolve them she began to see amazing progress. Listen to Ashley's story.

Acute Care: One Mom's Journey to Trust Herself

Join Health coach Lauren Hubele and cohost Megan Ethridge, RN as they chat with Ashley Dalme, art teacher and mother of two children. A year ago Ashley began to consider natural options to support her children. As she learned about Gemmotherapy and how immunity is restored her own fears and stories about health and healing were quickly revealed. Hear how Ashley was able to drop those stories and take charge of her family's health.

Nut Butter Coconut Cookies

I'm a fan of fruit for breakfast and a plateful of cruciferous veggies for dinner... but some days, we just need cookies. So if you are feeling that today, you have found your answer.

Ingredients

- 2 tablespoons (10 g) ground flax or chia
- 6 tablespoons (90 mL) water
- 1 cup (100 g) unsweetened shredded coconut
- 1 cup (100 g) gluten-free rolled oats
- 2 teaspoons baking powder
- 1/2 teaspoon fine sea salt (this can also be flaked

salt to top each cookie)

- 1 cup (240 g) almond butter, thick tahini, or your favorite nut or seed butter (I like a blend the almond and tahini)
- 1 teaspoon (5 mL) pure vanilla extract
- 6 tablespoons (60 mL) pure maple syrup
- 1/4 cup (50 g) dairy-free chocolate chips, chopped dairy-free dark chocolate bar or raisins.

Directions

1. Mix flax or chia and water in a small bowl first, and allow to gel as an egg replacement.
2. Measure and combine all dry ingredients in a large bowl. Blend in nut/seed butter, flax or chia mixture and maple syrup until mixture forms a dough. Your hands may be the best tool here. Add chocolate or raisins and refrigerate for an hour or more.
3. Portion cookies with a small ice cream scoop or teaspoon onto a parchment-lined baking sheet.
4. Bake in a preheated oven set at 350 F (180 C) for 13-15 minutes.
5. Allow to cool and enjoy!

Makes 20-24 cookies.

Inspired by Angela Liddon's Flourless Peanut Butter Cookies

Gemmo Memo: Black Poplar

Populus nigra, commonly known as Black Poplar, is a deciduous tree that can grow up to 100' tall in sun to part shade. It is in the same family as the Willow. This pioneer tree is fast growing and covers open ground quickly, preferring moist

ground. It is a short-lived tree, only living 60-70 years, and is native to Europe, North Africa, Asia and the Middle East. Black Poplar is a food plant for many caterpillars and moths and is an early source of nectar for bees and insects. Black Poplar's love for wet soil gives us an indication of one of its important actions as a Gemmotherapy extract, as a fluid harmonizer.

The benefits of Black Poplar Gemmotherapy extract are best received by honoring the order in which the body heals. Black Poplar is quite useful in resolving acute respiratory symptoms along with other partnering extracts. Later in the healing process, once elimination is optimized, it can be used to resolve chronic symptoms involving the lower body arteries or respiratory inflammation.

Those who could benefit from Black Poplar extract may exhibit some or all of the following:

- Male and female over 25 years of age (without an allergy to aspirin)
- In need of strong immune protection (with Walnut)
- In the later stage of acute inflammation of the bronchi (with Black Currant and alternated with other respiratory extracts)
- With recurring Bronchitis (alternated or paired with Hornbeam)
- To prevent possible thrombosis

There is much more to learn about Black Poplar as a Gemmotherapy extract, so be sure to listen to this 20-minute podcast. You will discover the primary and secondary actions of Black Poplar Gemmotherapy extract and gain a clear picture of the various use cases of this extract.

Consider subscribing now to my Restoring Immunity podcast on Spotify or ApplePodcast/iTunes. Or, if you prefer to watch videos, subscribe to my YouTube channel.

You can find Black Poplar, as well as other single extracts, for purchase on my Immunity store.

Gemmo Memo: Sweet Chestnut

Learn about the Sweet Chestnut Tree, the potential healing actions of the Gemmotherapy extract made from the young buds of Sweet Chestnut Tree, and how this extract can be viewed through the lens of Asian medicine.

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