

Restoring Immunity: Gemmo Memo Blackberry

Listen in and discover what Blackberry extract can offer you and your family now. Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Blackberry Gemmotherapy Extract.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

Learn more about Gemmotherapy here.

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New to Gemmotherapy? Here's a Beginner's Guide to get you started.

Restoring Immunity: Gemmo Pets

Homeopath and pet expert Susie Killian pairs up with Lauren to share the very latest information on Gemmo extracts for your furry friends. Learn to harmonize your pet's nervous system, support healthy elimination, and address chronic symptoms naturally with Gemmo plant bud extracts. Your pets will thank you. In this episode learn the basic guidelines for dosing your pets and the first two extracts you might consider to harmonize your pet's Central Nervous System.

In this episode learn about Oat Gemmo Extract and what it can offer you dogs and cats.

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Contact Susie Killian susiekillian17@gmail.com

Sheet Pan Gnocchi

Mentally and creatively caught up this week in explorations beyond my kitchen I was in search of straightforward simplicity. Inspired by Ali Slagle's NYT recipe I ad-libbed my own version using what I could scavenge between the next trip to the Farmer's Market and my CSA delivery and what a winner! How something so ridiculously simple can be so good I don't know, but I'm not going to argue. There are no limits to the veggie combinations here so be creative and curious. Right now I am dreaming up a version using butternut chunks, but it can just as easily be sweet peppers and cherry tomatoes.

Ingredients

- 1 pound mixed mushrooms, such as shiitake, oyster, maitake or cremini, trimmed and quartered (or cut into 1-inch pieces, if large)
- 1 (12- to 18-ounce) package shelf-stable or refrigerated potato gnocchi
- 6 tablespoons extra-virgin olive oil, plus more as needed
- 1 red onion, peeled and sliced thin

- 1 bunch of chard roughly chopped
- Red Pepper Flakes
- Kosher salt and black pepper

Directions

1. Heat the oven to 425 degrees.
2. Line a sheet pan with parchment paper.
3. On the sheet pan toss mushrooms, red onion and gnocchi with 4 TBL olive oil.
4. Season with salt and pepper, shake into an even layer, and roast without stirring until the gnocchi and mushrooms are golden and crisp, 20 to 25 minutes.
5. In the meantime, add the remaining olive oil to a skillet over medium heat, sprinkle in a pinch of red pepper flakes, and add the chard stems. Saute gently until fork tender and add the leaves, cover, and reduce heat allowing them to wilt. Toss greens with gnocchi mixture before serving. Adjust seasoning if needed.

Enjoy!

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Almond Cherry Biscotti

While these delightful twice-baked bites keep well, you will have to hide them to do so.

Adapted from Canelle Et Vanille Bakes Simple

Ingredients

- 1 cup Super-fine Brown Rice Flour
- $\frac{3}{4}$ cup Sorghum Flour
- $\frac{1}{4}$ cup of Tapioca Starch
- 1 tsp Baking Powder
- $\frac{3}{4}$ tsp Salt
- Prepared Egg Replacer for Two Eggs (I use Bob's Red Mill)
- $\frac{1}{3}$ cup honey
- $\frac{1}{4}$ cup olive oil
- Grated zest from one lemon
- 1 tsp of Almond extract
- 7 ounces/200g coarsely chopped almonds and dried cherries

Directions

1. Preheat oven to 350
2. Prepare a baking sheet with parchment paper
3. Blend dry ingredients (except fruit and nuts) with a wisk
4. Blend wet ingredients in a separate bowl
5. Add wet to dry, fold in nuts and fruit
6. Using a spatula scrape dough onto the prepared baking sheet and shape it into a log approx 2 inches wide.
7. Bake for 30 mins. Allow the log to cool completely.
8. Slice carefully with a very sharp knife, laying out on

the baking sheet.

9. Never mind if a slice breaks in the process, it will still taste delicious!
10. Bake until dry and crunchy, approx 20 minutes.
11. Cool on wire rack. Store in an airtight container to retain their crisp texture.

Enjoy!

Restoring Immunity: Gemmo Stories

Stories offer us an opportunity to tap into someone else's journey that may not be unlike ours. By listening we learn a bit more about ourselves and when we learn more about ourselves we grow. I experience growth through each unique and intimate conversation about health and healing. You never know what lesson each hero's journey holds, from fear to resilience and challenge to triumph.

Today I welcome Shanna Boatler, wife, mother of one teen-aged daughter, Certified Nutritional Coach and serious Gemmo fan. Listen in to discover where Shanna's journey led her.

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