

# Restoring Immunity Gemmo Memo: Rowan

Listen in and discover what Rowan tree 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 Rowan Gemmotherapy Extract.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

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## Tahini Snickerdoodles

I've shared her recipes before and they are always spot on. Aran Goyaga knows her stuff when it comes to gluten free baking and these cookies are no exception. Here is my adaptation to her Sesame Snickerdoodles.

### Ingredients

- 6 T Vegan Butter
- $\frac{1}{4}$  cup of Tahini
- $\frac{3}{4}$  cup of sugar- I use coconut or maple, if using normal sugar replace  $\frac{1}{4}$  cup of it with brown sugar

- A pinch or two of vanilla powder or 1 tea of vanilla extract
- Egg replacer for 1 egg
- $\frac{3}{4}$  cup of light buckwheat or sorghum flour
- $\frac{1}{4}$  cup of potato starch
- $\frac{1}{4}$  cup of almond flour
- 1  $\frac{1}{2}$  t of baking powder
- $\frac{1}{2}$  t of sal
- $\frac{1}{2}$  t of cinnamon
  
- 2 T sugar
- $\frac{1}{2}$  t of cinnamon
- 2 T of sesame seeds, lightly toasted in a pan over low heat

## Directions

1. Preheat the oven to 400 degrees.
2. You'll want to use your stand or hand mixer for combining the butter, tahini, sugar, vanilla, egg replacer. Whip until light and fluffy.
3. Measure out dry ingredients in a separate bowl and whisk to combine. Add them to the wet ingredients and blend until smooth. Place the bowl into the fridge for a minimum of 15 minutes.
4. Line a baking sheet with parchment paper.
5. In a small bowl combine the remaining sugar, cinnamon, and sesame seeds.
6. Using a small scoop or your hands portion the dough into small balls, rolling each one in the sugar-seed mixture and placing onto the baking sheet. Leave about 3 inches as they do spread.
7. Bake 8-10 mins, only until the edges are crispy but the centers are soft. Leave cookies on the pan to cool for at least 10 mins. Moving them any sooner will cause them to break apart.

These delightful cookies keep quite well if they are stored in an airtight container, out of sight ☐

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## **Restoring Immunity Gemmo Memo: Elm**

Listen in and discover what Elm tree 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 Elm Gemmotherapy Extract.

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## **Restoring Immunity Gemmo Memo: Hops**

Listen in and discover what Hops 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 Hop Gemmotherapy Extract.

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## **Restoring Immunity Gemmo Mom: Creating Emotional Awareness**

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover how to guide your children to develop their own emotional awareness and eventually responsibility. Listen in to catch a few of our favorite Gemmos.

Have a question about your children? We'd love to hear.

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started.

Follow Ashley on Instagram.

Follow Lauren on Instagram.

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## **Restoring Immunity Gemmo Pets: Hawthorn**

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 about Hawthorn extract and how it harmonizes the autonomic nervous system.

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Contact Susie Killian [susiekillian17@gmail.com](mailto:susiekillian17@gmail.com)

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## **Roasted Aloo Gobi**

On the counter was a head of cauliflower, 5 medium yukon potatoes, and a small sweet fresh from the farm cabbage just

asking to become something yummy. What could I create with such a short amount of hands-on time? A roasted aloo gobi came to mind and I began perusing recipes for inspiration. What I landed on was a Priya Krishna and Meera Sodha mash-up that was so yummy I wish I had made more.

## Ingredients

- Grapeseed cooking oil
- 1 teaspoon cumin seeds
- 1 inch each of fresh ginger and turmeric, grated with a microplane
- 1-2 finger chili- sliced thin, include as much or as little as you enjoy
- Red onion, peeled and thinly sliced
- Cauliflower cut into bite sized florets
- Yukon gold or red potatoes cut into cubes of similar size to the cauliflower
- Young sweet cabbage, cored and finely sliced

## Directions

1. Heat oven to 425 degrees with fan if available.
2. Place potato pieces in a large bowl with just enough oil to lightly coat, season with salt. Spread on a parchment paper covered baking sheet in a single layer.
3. Place on a low rack in the hot oven.
4. Repeat the process with cauliflower pieces, adding after the potatoes have cooked for 10 mins.
5. Roast veggies for approx 25-35 mins, depending on their size, until golden in color and fork tender.
6. In the meantime heat oil in a dutch oven over medium heat. Add cumin seeds, when they pop, add onions and thinly sliced chili, reducing heat and saute until onions begin to melt. Grate fresh ginger and cumin into

the mixture and add cabbage. Stir the veggies well to combine with seasonings, cover dutch oven and cook until the cabbage is tender. You may need to add a splash of water but not too much. When cabbage is cooked completely, test seasonings, adding more salt, chili, turmeric, etc as needed.

7. When potatoes and cauliflower are ready add them to the cabbage mixture, stirring carefully not to break up the pieces yet enough to combine the spices. Simmer for just a few minutes and remove to serve.

Enjoy!

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## **Restoring Immunity Gemmo Moms: Supporting Strong Emotions**

Join this lively conversation with Lauren Hubele and Teacher, Gemmo Fan, and Mom of Two, Ashley Dalme fielding questions from our listeners. Learn specific Gemmos and tips to settle even the youngest nervous systems in the household.

In this episode, you will discover what Gemmos best support the strong emotions our children express particularly during transitions.

Have a question about your children? We'd love to hear.

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## Citrus Marmelade

Let me say right up front all the steps in this recipe put me off for days but once I dove in the hands-on time is minimal. Having said that, I vote for doubling the amounts and gifting yourself with four jars of this jeweled delight rather than two.

So grab yourself some yummy organic citrus. The recipe calls for Meyer lemon and Grapefruit which is scrumptious but blood orange would also be lovely.

Adapted from Aran Goyoaga. Expect to produce between 2-3 8 ounce jars. My batch made two full jars and a custard cup full so we could test right away.

### Ingredients

- 3 medium (225 g) Meyer lemons, washed and ends trimmed
- 1 (550 g) large red grapefruit, washed
- 2 cups (400 g) sugar
- 1/4 teaspoon kosher salt

### Directions

**The Lemons:** Line one small bowl with cheesecloth to collect the seeds and have another bowl handy for juices. On the cutting board prepare lemons by cutting in half lengthwise,



and then once again. Then cut each quarter into fine strips. All seeds should go into the cheesecloth lined bowl, juices from the cutting board to the other bowl and lemon strips into a medium stainless steel saucepan.

**The Grapefruit:** Use a vegetable peeler removing thin strips of the grapefruit skin. Cut each strip into pieces that are about 3/4" to 1" long and thinly slice into 1/8-inch strips and add to lemons in the cooking pot.

With your knife, remove all of the pith off the grapefruit and discard it. Cut segments of the flesh into 1/2-inch pieces and place into a separate bowl to squeeze available juice adding to the collected lemon juice. You will need about ½ cup total. Set the cut grapefruit pieces aside.

**The Cheesecloth Packet:** Add the grapefruit seeds and core to the cheesecloth-lined bowl that also has the lemon seeds. Tie the cheesecloth and make a packet to use during the cooking process.

### **Cooking Step One**

Add enough cold water into the pot to just cover the lemon and grapefruit peels and bring to a boil over high heat for 5 minutes. Drain with a sieve and return into the pot. Add 1 quart (900 g) cold water into the pot, the 1/2 cup (115 g) juices, cut-up grapefruit segments, and cheesecloth pouch with the seeds. Bring liquid to a boil over high heat. Immediately, remove from heat, cover pot, and let it sit for 10 to 12 hours, overnight. This process is what extracts the natural pectin from the seeds.

### **Cooking Step Two**

Put two to three saucers or small plates for testing the consistency into the freezer now. Remove the lid from the saucepan, place over medium heat and bring the liquid to a boil over medium heat. Add sugar and salt, cooking and

stirring occasionally, until the temperature reaches 218F to 220F. This can take between 30- 50 minutes so be patient. Watch for the marmalade to darken in color, thicken and the bubbles to decrease in size. This can happen suddenly so keep close watch.

To test the consistency, remove a plate from the freezer and pour a small sample of marmalade onto it. Swirl it around. If it's where you want it, stop there. If you feel like it's still too loose for you, continue cooking and testing.

When you have reached the desired set point, remove the pot from heat and let it rest for 5 minutes. Then using tongs, carefully remove the cheesecloth packet from marmalade squeezing to release extra pectin. Give the marmalade one gentle stir to distribute the fruit throughout. Pour into sterilized jars. Tap the jars lightly on your surface to release any air bubbles. Let the marmalade cool completely then, secure with lids and refrigerate.

The marmalade will last in the refrigerator at least 4 weeks. I plan to repeat this same process with 4-5 blood oranges, about 1.5-2 lbs (750-900 grams) of whole fruit.

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## **Restoring Immunity Gemmo Memo: Oats**

Listen in and discover what Oat 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 Oat Gemmotherapy Extract.

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Maegan Lemp

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## **Restoring Immunity Gemmo Pets: Fig Extract**

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 we begin to discuss the Autonomic Nervous System Extracts for your pets, beginning with Fig.

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# Persian Style Chickpea Stew

If it seems I'm a bit stuck on comforting bowls of goodness you are 100% right and I don't hear any complaints. Are you going to argue with a heaping dose of nurturing these days? I'm not and anyway there are certainly worse vices than obsessively cooking soup, at least in my opinion. Inspired by Alexis Gauthier's

## Ingredients

- 100ml olive oil
- 2 large onions, peeled and very finely chopped
- 1 inch of turmeric root freshly grated or  $\frac{1}{2}$  tea dried tumeric
- $\frac{1}{2}$  tsp ground cumin
- $\frac{1}{2}$  tsp ground coriander
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  tsp ground ginger
- 2 x 400ml tins coconut milk
- 2 veggie broth cubes
- 1 bag of baby spinach washed and trimmed
- 1 large potato Yukon Gold or Red Skinned, cubed
- 1 Medium Sweet potato, cubed
- 2 x 400g tin cooked chickpeas, drain one can and preserve the water of the other
- 2 handfuls or  $\frac{3}{4}$  cup of raisins
- 1 big pinch saffron threads
- Salt and Pepper
- A handful of slivered almonds
- A handful of coconut chips

- 1 big handful fresh coriander, roughly chopped
- Prepared steamed rice ( optional)

## Directions

Heat the oil in a heavy-based frying pan, then add the onions, and cook over low heat very slowly to create a caramelized effect. Add saffron to a small amount of hot water in a small dish or glass, set aside to bloom. Add all of the remaining spices to onions, warming them gently for another 5-10 minutes.

Pour coconut milk, broth cubes, and a can of chickpeas into the mixture and simmer gently for 20 minutes. In the meantime steam potato pieces until just fork tender and add along with the spinach, raisins, and saffron. Let it sit over very low heat or cover with a lid and turn off the heat for a moment.

In a cast iron skillet toast almond and coconut chips, being quite careful not to burn. Finely chop cilantro. These will be your stew toppings.

Dish stew up, add a scoop of rice and top with coconut, almonds and fresh cilantro.

Enjoy!