

Restoring Immunity: How to hold space for each other now

If finding balance and even your footing in these early days of 2022 is your struggle you are not alone. Pull up a chair and listen to this intimate, unscripted conversation between Japanese Acupuncturist Maegan Lemp and Gemmotherapist, Lauren Hubele. In this short but powerful conversation Lauren and Maegan share what they have learned just two weeks into the new year about holding space for others.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

Learn more about Gemmotherapy here

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Here's a link to find Phytembryotheapy by Drs. Ledoux and Guenoit

Nourishing Noodle Soup

This nourishing noodle soup is my equivalent of love in a bowl. Why not gift it to yourself and someone you love this week. Don't be put off by the 2 ingredient lists, it goes together in a snap AND you'll end up with extra curry paste to make it again or gift to a friend.

Thanks to Hetty McKinnon for the recipe that inspired the version below.

Curry Paste

- 4 medium garlic cloves, roughly chopped or if you aren't a fan replace with a red onion
- 5 medium shallots, roughly sliced
- 1 (3-inch) piece fresh ginger roughly chopped
- 1 (2-inch) piece of fresh turmeric grated or 2 tea of ground tumeric
- 1-3 serrano chiles depending on desired heat, stems removed, roughly chopped
- 2 tea fresh lime juice
- 2 tea ground cumin
- 1 teaspoon ground coriander
- 1/4 cup good-quality coconut oil

Place all but the coconut oil in a small food chopper/processor and pulse until items are well chopped and combined. Add coconut oil and process it again until a paste forms.

Whip this up first, setting aside $\frac{1}{2}$ cup to be used immediately and place the rest in a air tight glass jar in your fridge to use within the next ten days.

Noodles

Uncooked noodles- I've used pad thai rice noodles and buckwheat noodles, both are delicious.

For rice noodles, place the desired amount in a large bowl, cover with boiling water and allow to stand for 10 minutes or until tender, drain and rinse and drain again.

For buckwheat noodles, prepare according to package

directions.

Set aside until soup is ready to serve.

Soup

- 1 tablespoon olive oil
- 4 cups vegetable broth- I made mine from Rapunzel Veggie Broth Cubes
- 1 (13.5-ounce) can organic coconut milk
- 1 1/2 teaspoons fine sea salt
- 1 bunch Swiss Chard, Broccoli rabe, or kale. Stems removed and chopped, greens roughly torn.

Toppings

- 2 scallions, finely chopped
- 1 cup fresh cilantro leaves
- 1 lime, quartered

Add olive oil to a heavy deep pan, and warm over medium heat. I like using my enameled dutch oven. Increase heat a smidge and add stems from the greens and sliced mushrooms searing until barely fork tender. Add the 1/2 cup of the curry paste on reserve, reduce heat to low, stirring constantly, until aromatic, 2 to 3 minutes. Stir in vegetable stock and coconut milk. Let simmer for 6 to 8 minutes. Throw in the chopped greens, cover with lid and remove from heat. When leaves have wilted assemble soup.

Divide noodles among serving bowls, ladle over soup, top with chopped scallions and cilantro leaves. Serve with lime wedges.

Restoring Immunity Gemmo Memo Mistletoe

Listen in and discover what Mistletoe 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 Crab Apple Gemmotherapy Extract.

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Restoring Immunity: Gemmo Pets – Sea Buckthorn and Silver Birch Seed

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 the Central Nervous System tonics for your pets, Sea Buckthorn and Silver Birch Seed.

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Contact Susie Killian susiekillian17@gmail.com

Chocolate Chunk Cookies

Makes 10 large or 16 small cookies

Adapted from Aran Goyoaga's Olive Oil and Chocolate Cookies

Ingredients

- 1 cup (140 g) light buckwheat flour
- 1/2 cup (50 g) finely-ground almond flour
- 1 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 cup (110 g) a fruity extra-virgin olive oil
- 1/4 cup (80 g) maple syrup
- 1/4 cup (50 g) coconut sugar
- 2 teaspoons vanilla extract or 1/2 tea of vanilla powder

- 4 ounces (120 g) 70% chocolate, coarsely chopped (I love the hu brand, bars or chunks)
- Flaky sea salt (optional)

Directions

1. Preheat oven to 350F. Line two baking sheets with parchment paper.
2. In a large bowl, whisk together the flour, salt, baking soda, and baking powder. Add the olive oil, maple syrup, coconut sugar, and vanilla extract. Stir together with a spatula until the dough comes together. Then, fold in nearly all the chocolate until smooth and evenly distributed.
3. Use a small ice cream scoop or tablespoon to measure out dough onto prepared baking sheets. You should have 10 cookies. Optional: Add a piece of chocolate to the top and sprinkle with a bit of flaky salt.
4. Bake the cookies for 9 to 11 minutes just until the edges are golden brown but the center feels soft. Rotate the pans halfway through if necessary for even browning.

Important: The cookies must cool on the pan for at least 15 minutes before lifting or they will break apart. I know it's a long time to wait but so worth it!

They can be stored in an airtight container for up to 5 days.

Consider adding a heaping tablespoon or so of raw cacao powder for a double chocolate treat.

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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.

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

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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!