

# Restoring Immunity: Gemmo Memo Black Poplar

Listen in and discover what Black Poplar 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 Black Poplar Gemmotherapy Extract.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

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## Sri Lankan Coconut Greens and Dal

I love nothing better than a good dal and so when I come across an exceptional one I really take notice. Meera Sodha never fails to deliver recipes that are spot-on the spice and easy to prepare. This one is truly a winner. And what you find below is an adapted version I've come to make my own.

# Ingredients

- 1 pound red lentils
- 3 green cardamom pods
- 3 tablespoons coconut oil
- 1 cinnamon stick
- 3 whole cloves
- 1 large or 2 medium white or yellow onion thinly sliced
- $\frac{3}{4}$  inch piece of ginger, peeled and grated (about 1 tablespoon)
- 1-inch piece of turmeric, finely grated or 1 teaspoon of ground turmeric
- 1-2 green finger chiles or Serrano chiles, stemmed and finely sliced ( adjust according to your taste for heat)
- 1 bunch of kale or collard (remove stems and chiffonade) or 2 bunches of fresh spinach (washed well, drained, and trimmed)
- $\frac{1}{2}$  teaspoon mustard seeds
- 4 tablespoons unsweetened shredded coconut
- 2 teaspoons kosher salt
- 1 lime, juiced
- $\frac{1}{2}$  can of coconut milk
- For serving
- Plant-based yogurt, for serving
- Prepared rice of choice, cooking with a few cloves and cinnamon stick if desired

# Directions

Wash and strain lentils in cold water until the water runs clear. Place in a medium bowl, cover with water, and set aside. Bash the cardamom pods with the side of a knife so they crack open.

In a large heavy cooking pot or dutch over warm 2 tablespoons of the coconut oil. When hot, add the cardamom pods, cinnamon stick, and cloves. Heat for a minute adding onions.

Saute over medium heat until soft and lightly browned. Add the ginger, green chiles, and turmeric. Stir-fry the spice and onion mixture for another 1 to 2 minutes. Remove a third to a shallow lidded fry pan and set aside.

Drain lentils and add to the pot with lentils, covering well with water. Turn the heat to high and bring to a boil. Low and simmer for 20 to 25 minutes, until the lentils are soft and creamy, stirring as needed.

Then turn your attention to the greens. Warming remaining coconut oil in the frying pan over medium heat adding the mustard seeds. When the seeds begin to pop add shredded coconut allowing to toast lightly. Then add greens of choice, 1/2 teaspoon of the salt and a splash of water, putting lid on quickly to steam. When soft and tender, add the lime juice and stir.

Check lentils and when they have become soft and creamy, add the coconut milk and taste, adjusting salt as needed. Remove from the heat, and pick out and discard the cardamom pods and the cinnamon stick. To serve, ladle into bowls and divide kale over the top. Serve with a side of yogurt and rice.

Enjoy!

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## Tahini Treats

If you haven't stumbled across this simple and "healthier" Rice Krispie treat now is your chance. I absolutely love the yummy blend of honey and tahini. Inspired by this version in Bon Appetite.

Makes 16

## Ingredients

- 3 $\frac{1}{4}$  cups (130 g) crispy brown or white rice cereal ( not puffed rice)
- 2Tbsp. virgin coconut oil (divided)
- $\frac{3}{4}$  cup (185 g) tahini
- $\frac{1}{4}$  cup plus 1 Tbsp. (90 g) honey
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{3}{4}$  tsp. flaked salt (divided)
- 30g dark dairy-free chocolate

## Preparation

1. Line an 8" or 9" square pan with parchment paper, leaving an overhang on two sides. Measure cereal into a large bowl.
  2. Melt 1 TBL oil in a small saucepan over medium-low heat. Add tahini, honey, and half of the salt and whisk until warmed through, smooth, and slightly thinner, 45–60 seconds. (Be careful not to overcook as it will become grainy and thick) Remove from heat, quickly whisk in vanilla.
  3. Pour tahini mixture over cereal mixture and stir to coat. Transfer to prepared pan and press down very firmly. I use a small cutting board on top of the mixture allowing me to evenly distribute the pressure.
  4. Melt chocolate and 1 TBL coconut oil over a pan of hot water. When fluid spoon or pour over the top of the rice mixture. Sprinkle with remaining salt.
  5. Chill bars until firm, 30–40 minutes.
  6. Lift out bars using parchment overhang and cut into 16 squares.
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# Teri's Gomasio

Gomasio was a staple in our German home and somehow it lost its special place on the table when we moved to America. I was just delighted to place a jar back on my counter after receiving this recipe as well as a sample from my dear herbalist friend Teri.

## Ingredients

- 1 c. lightly toasted sesame seeds ( black, white or combination)
- $\frac{1}{3}$  c. each of pumpkin seeds, poppy seeds, hemp seeds, plantain seeds, and nigella sativa seeds.
- 1 c. dried crumbled nettles
- $\frac{1}{2}$  c. dried dandelion leaves
- 2 T. dried wakame and dulse flakes
- 1  $\frac{1}{2}$  t of salt

Grind all ingredients to desired texture and store the mixture in an airtight container.

Sprinkle on salads, roasted vegetables, or soups.

Enjoy!

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# Creamy White Beans over Crispy Polenta

One of my favorite kitchen challenges is to capture the essence of a dish with only my memory of the flavors as a guide. While I may not have captured the exquisite visual appeal, the taste of these creamy white beans over polenta was

spot on.

This recipe was inspired by a delightful farm to table experience at Toddy Pond Farm just outside Belfast.

## Polenta Base

- Salt and pepper
- 1 cup polenta – note whether you have quick cooking polenta or not and adjust the cooking time.
- 4 cups of water
- Vegan Butter (I love Miyokos brand)

## Beans

- Olive Oil
- 1 large or 2 small shallots peeled and chopped fine
- 1 large carrot diced
- A handful of fresh sage and thyme
- 2-3 cups of prepared veggie broth
- 1 can of Cannellini beans washed and drained (or other firm white beans)
- $\frac{1}{2}$  cup of store bought or prepare your own cashew cream
- 1 T Balsamic vinegar
- Salt and Pepper to taste
- Basket of garden fresh cherry tomatoes, about 24

## Directions

1. Bring water to a boil in a medium-size heavy saucepan over high heat. Add 1 teaspoon of salt. Pour cornmeal slowly into water, stirring with a wire whisk or wooden spoon. Continue stirring as mixture thickens, 2 to 3 minutes.
2. Cover, reduce heat and allow to simmer until thickened and corn grits are swollen and soft, not gritty. The cooking time can be 5-10 mins for quick cooking versions of 30-40 mins minutes for traditional. Stir every 5



minutes.

3. Prepare a baking sheet or pan with a bit of olive oil or vegan butter. Choose a pan that will allow the polenta to be no thicker than one inch.
4. Pour cooked polenta into the pan, score into rectangles, and set aside to cool while you prepare the beans.
5. Coat a heavy skillet with olive oil and adjust heat to medium. When oil is hot add chopped shallots, reduce heat and saute until soft, careful not to burn the edges. Add carrots, allowing to brown slightly, then add sage leaves and fresh thyme. Pour enough prepared veggie broth to cover and simmer until carrots are tender, adding broth as needed.
6. In the meantime prepare cashew cream and drain white beans.
7. When carrots are tender, adjust liquid so that veggies remain completely covered. Add drained beans and cashew cream, allowing to simmer just long enough to meld the flavors but not break down the shape of the beans. Add balsamic vinegar and set aside, warming gently just before serving.
8. Heat another skillet with a splash of olive oil and saute cherry tomatoes with a handful of sage leaves until they pop and just begin to collapse. Remove to a dish and set aside.
9. The final step is giving the polenta a crispy exterior. This can be done in a frying pan, heating long enough to slightly brown each side or on a baking sheet, brushing with oil first and browning in an oven set to 450 degrees.
10. Once the polenta is ready it's time to assemble the dish on one serving plate or individually. Polenta layer first, topped with beans and then cherry tomatoes. Season with salt and pepper as desired.

Enjoy!

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**Fall Slaw**



These gorgeous purple cabbage heads called me by name at the Damariscotta Maine Coop. Locally grown with sweet, crisp

leaves they produced a crunchy slaw packed with texture and flavor that didn't disappoint. The pomegranate molasses added the perfect tang to create a bowlful of deliciousness. Preparing this an hour before serving will provide the best results.

## Ingredients

1 Small Asian Cabbage

1 Small Purple Cabbage

1 Yellow Sweet Pepper

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3 TBL apple cider or white balsamic vinegar

1-2 TBL Maple Syrup

3 TBL Pomegranate Molasses

$\frac{2}{3}$  Cup Olive Oil

Handful of Basil

Salt and Pepper to taste

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Dried Cherries

Toasted Pumpkin Seeds

Slice cabbages and sweet pepper into fine strips, cutting in half if needed. Blend dressing ingredients in a small processor or with an immersion blender, adjust as needed for a tart-sweet flavor. Pour just enough dressing over veggies to

coat well. Add dried cherries and pumpkin seeds.

Enjoy!

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## Raw Energy Bites

*These bites are just the best for travel, mid meal snacks, and hikes. You'll see this is more of an ingredient list than a recipe. The only trick here is to adjust the amount of wet ingredients to dry so that the mixture comes together and can easily hold it's shape. Enjoy the versatility of these yummy treats and improvise with whatever you have on hand.*

### Ingredients

- 1 cup of medjool dates, pitted and soaked in warm water for 10-15 mins
- 3/4 of a cup of any nut butter or tahini
- 3/4 of a cup of walnuts, pecans or any other nut ground (cashews and or sunflower seeds are excellent)
- ½ cup of ground seeds ( I like a mix of pumpkin and sunflower) and/or desiccated coconut
- ½ cup or handful of dried fruits ( apricot, fig, cherries, golden raisins are all delicious)
- 2 Tbs of chia seeds
- 1-2 Tbs of coconut oil
- 2 Tbs of hemp seeds
- 2 Tbs of 1 raw cacao powder or crushed cacao nibs
- 1 tsp of cinnamon
- A splash or two of maple syrup if needed for moisture or

sweetening

Prep all ingredients and then add to the bowl of your food processor. Pulsing until you reach a desired consistency. Taste and adjust sweetenings.

You might consider using a mini ice cream scoop for quick portioning.

These bites can be portioned and stored in the freezer or fridge to be ready when needed.

Enjoy!

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## Eggplant and Lentil Stew

Here's a stew inspired by Yotam Ottolenghi to carry you into fall and it is a much deserved helping of pure comfort in a bowl.

### Ingredients

- Olive oil
- 1 Red onion, peeled and finely chopped
- Fresh thyme leaves removed from stems
- 1 large or 2 small eggplants cut in chunks
- 24 cherry tomatoes halved or 2 large tomatoes chopped
- 180 g or 1 cup of Green French Lentils (Puy)
- Fresh baby spinach or frozen chopped spinach
- Water to cover
- 1-2 cubes of vegetable bouillon
- Vegan sour cream
- Crushed red pepper flakes
- Fresh oregano sprigs

## Directions

1. Place chopped eggplant and halved cherry tomatoes in a large bowl. Generously season with salt and pepper and allow to sit.
  2. Add olive oil to a large heavy, lidded skillet on medium heat. Add onion and saute until soft. Remove onion with a slotted spoon, leaving oil in the pan. Return to heat and add thyme, with eggplant and tomatoes, in batches if necessary. Saute until eggplant has softened and tomatoes have collapsed.
  3. Add lentils and stir well to incorporate. Cover with water, bring to a boil, reduce heat to low. Cover and cook until lentils are tender, about 20 minutes. Add water if necessary. Adjust seasonings as needed, adding bouillon cubes one at a time. Fold in spinach before serving.
  4. Serve with a dollop of vegan sour cream, pinch of red pepper flakes and a sprig of oregano.
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## Nut Butter & Jam Chia Pudding

Maybe it was nostalgia for simple times or perhaps it was the comfort appeal, but this recipe won my attention this week and I'm glad it did. What a treat!

Adapted from Minimalist Baker

### Ingredients for 2 Servings

#### COMPOTE

- 1 cup blueberries (frozen or fresh)
- 1 Tbsp orange juice

- 1 Tbsp chia seeds

Combine blueberries and orange juice in a small skillet. Warm over medium-high heat until bubbling. Cook until blueberries begin to collapse. Remove from heat and add chia seeds. Stir well.

Divide the compote between two small serving dishes and set in the refrigerator to chill.

## **PUDDING**

- 1 cup unsweetened plain almond milk
- 1/2 cup coconut milk
- 1 tsp vanilla
- 1-2 Tbsp maple syrup
- 3 Tbsp of nut butter with salt, or add a pinch of salt to the mixture
- 1/3 cup chia seeds
- Fresh blueberries for topping

Pour almond and coconut milk into a blender, adding vanilla, maple syrup, and nut butter. Blend on high to fully combine. Taste and adjust flavors as needed, adding more maple syrup for sweetness.

Add chia seeds and pulse only a moment to leave chia seeds whole.

Transfer to a jar and set in the fridge to begin chilling.

Once slightly thickened divide the pudding mixture between the two dishes with the berries. Return to fridge and allow to sit 2 hours or overnight. Top with remaining blueberries and extra nut butter if you like.