

# Broccoli Quinoa Bake

In Germany this constructed and baked dish is called in *auflauf*. In my busy mom/high school teacher day I swore by them. Because like most moms I rose early to get ahead of the day I would assemble one before leaving the house. It was pure satisfaction to pull it out of the fridge, popping it into the oven to bake while I walked in the vineyards with young Sebastian and our Sophie our beloved Bernese Mountain Dog. This one brought back those memories and delivered the same hands off freedom.

Adapted from Gena Hemshaw, The Full Helping.

## Main ingredients

- 4 cups chopped broccoli florets
- 1 tablespoon olive oil
- 1 white or yellow onion, diced
- 1 yellow sweet pepper chopped
- 1 bag frozen, thawed and drained spinach or fresh baby spinach cleaned and chopped
- 4 cups cooked quinoa, fold spinach in the final minute of cooking and allow to stand and cool.
- 1 slice Gluten Free bread toasted and processed into crumbs.

## Cheezy Sauce:

- 1/2 cup raw cashews, soaked for at least two hours and drained
- 1 cup canned chickpeas rinsed and drained
- 1/2 cup nutritional yeast
- 1 peeled shallot
- 1 teaspoon smoked paprika
- 1/2-1 tea teaspoon prepared mustard
- 1 1/4 cups water

- 1/2 teaspoon salt
- 2 tablespoons white miso

## Instructions

1. Fill a medium sized pot with water and fit with a steamer attachment. Bring the water to a boil and steam the broccoli florets until crisp-tender (about 3-4 minutes). Remove them from heat, rinse with cold water to stop cooking and allow to drain well.
2. Blend all of the sauce ingredients together in a high speed blender or a food processor until they're totally smooth. Taste and adjust seasonings as needed.
3. Preheat your oven to 350F.
4. Heat the olive oil in a large skillet over medium heat. Add the onions and sweet pepper, and sauté until soft (about 7 minutes).
5. Add the quinoa and the broccoli to the skillet mixing well. Add the sauce and stir everything to heat it through.
6. Transfer all ingredients to an oiled 7×11 or 8×12 baking dish. Top with breadcrumbs, if using.
7. Bake for 30-35 minutes, or until the casserole is bubbling gently and the breadcrumbs are golden.
8. Allow to cool for 15-20 minutes before cutting into squares and serving.

Enjoy!

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**Restoring      Immunity      Gemmo**

# Moms: Supporting Sleep

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 support sleep in your children whether the challenge comes getting yours to bed or to stay in bed throughout the night. Listen in to catch a few of our favorite Gemmos suggestions.

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

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Follow Ashley on Instagram.

Follow Lauren on Instagram.

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## A Hoped-for Future

*"A powerful mental shift takes place when we stop telling ourselves why something can't happen. When we can envision a hoped-for future, we strengthen our belief that it is possible." -Joanna Macy, "Allegiance to Life"*

Dear beloved, When I'm called to go to the inner depths where my own voice is strong and clear, it is stillness that I seek. Midcoast Maine, unlike any place I have traveled, delivers a quality of stillness that is unique to this land. On this land, my heart and breath settles. The cues of safety received allow me to explore the deepest yearnings of my soul, the longing to create something lasting that will give for generations to come. I've spent the last seven days just outside Waldoboro, Maine. Residing in a refurbished barn with soaring ceilings, exposed beams, and windows open to the stand of trees that protectively circle the property. A walk across the hayfield and I am at the rocky shore. It was an idyllic spot to put words to big dreams and consider necessary steps to bring them to life.

Joining me were two dear Gemmo companions, women who were among a small group that physically held space as I taught my very first Gemmo class, nearly a decade ago. Today they tenderly hold that space again as we organically unfold this next Gemmo chapter. Do you have a dream you have carried close to your heart? If so, you know just how scary it can be to reveal it to others. Because once it is released it becomes vulnerable to thoughts and opinions that may not be in alignment with yours. So in its earliest stages I have been a protective mother, yet I know that sharing will give it the wings to take flight and evolve.

At the heart of my dream is a physical place, a home, for a Gemmo Foundation. A not-for-profit center for on-site training, research, and community outreach to support the sustainable growth of Gemmotherapy in the United States. Accompanying that will be a cooperative of growers in different regions allowing for the production of the widest range of extracts possible.

No small dream, but it is the next natural step for my work and at 62 I know with the help of this community there will be the energy to bring it all to reality in my lifetime.

When I set out to import Gemmos to the U.S. years ago it was simply the next step needed for my clients. I had built a private practice in which Gemmos were an integral piece. And so I got on a plane to Europe and returned with an agreement with Plant Extrakt. It took another six months to get them across a US border- learning more about regulations than I ever dreamed-but we did it and here we are.

I have accepted the shifts in how business must be done in years to come and local production is the responsible direction to take. It is a large undertaking that may take years to accomplish, but cooperatively it is within reach.

And so now in spring as the buds of the trees begin to open, unfurling leaves to collect sunlight, I will begin the process of collecting what I will need to build my hoped-for future and share the progress as it occurs.

I am grateful to include you in my dream and grateful for the stillness of this great land of the Wabanaki confederacy, People of the Dawnland, that we have renamed Maine.

Dream big,

A handwritten signature in cursive script, appearing to read "Lauren". The signature is fluid and elegant, with a large, sweeping initial 'L'.

# Warming Sweet Potato Curry

When the high of the day is 48 degrees along coastal Maine, there's nothing better than a warming vegetable curry. I was inspired to make this dish oil free, not a skill I had practiced but I'm always up for a new challenge. The results were absolutely delicious.

## Ingredients

- 4 medium sweet potatoes cut into chunks, leaving peel on
- 8 ounces of mushrooms cut in quarters
- 1 large onion sliced thin
- 2 carrots diced
- 2 bunches of greens, collards, kale, chard, or spinach all work well, stack leaves and chiffonade
- 1 large sweet pepper seeded and cut in chunks
- 1 can of coconut milk (reduce or omit according to your dietary wishes)
- 1 t Black Mustard Seeds
- 1 t Cumin Seeds
- 1 t Cinnamon
- $\frac{1}{2}$  tea of Coriander
- $\frac{1}{2}$  t Red Pepper Flakes
- Pinch of cayenne pepper
- 2 inches of fresh turmeric grated
- 1 inch of ginger grated
- Salt and pepper to taste

## Directions

Using a vegetable steamer or a cooking pot with a few inches of water steam sweet potato pieces until just tender but hold their shape well, set aside to cool and peel.

Pour boiling water over greens in a large bowl to blanch, let sit for 10 mins, drain, rinse with cool water to stop the

cooking process, and drain again.

In hot heavy skillet dry roast mushrooms, adding a bit of salt, set aside

Return skillet to the heat, add dry spices until they pop, add onion, stirring it allowing to soften, only adding a splash or two of water once there is some color, add pepper and diced carrot. Grate with a microplane grater the turmeric and ginger and add.

Continue cooking over medium heat until veggies are barely tender, adding more water in small quantities if needed. Add greens and can of coconut milk and allow to simmer for 10 mins.

Check seasonings, adjusting as needed.

Gently stir in sweet potatoes and mushrooms and warm through.

Serve with steamed rice.

Enjoy!

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## Following My Heart

*"To know how to choose a path with heart is to learn how to follow intuitive feeling. Logic can tell you superficially where a path might lead to, but it cannot judge whether your heart will be in it." -Jean Shinoda Bolen*

Dear beloved,

Two weeks ago we headed to Nashville, TN. The plan was to travel across the state in search of growing areas for Gemmo trees, shrubs and vines. What I was looking for has transformed these past days and I have come to realize my lens is now more defined.

Departing Texas on this journey my goal was to find suitable climates, soil and biodiversity. That list of requirements soon expanded.

Climate and soil are important but lose their value without a cultural respect for the land. How I define this continues to evolve, but on a basic level it is about working with rather than against the needs of the land. While soil can be amended, treating land as an inexhaustible resource can not. Certainly not inherent to Tennessee, we all live with great inconsistencies that play out in both small and large communities.

But with this now as my focus, I saw time and again examples of what appeared as commitment to restoration or preservation of the land accompanied with broad strokes of disregard.

A fine example was in Knoxville, a city that prides itself on its incredibly well planned and marketed urban wilderness that then allowed developers to line the banks of its rivers with golf courses that consistently drain pesticides into the flowing waters.

So after ten days of my heart growing heavier by the moment, I woke inspired. Do you remember the choose your own adventure books? The interactive series from the 80's where YOU decide the outcome of the story? I suddenly saw an alternative ending. Three days before this story in my search for Gemmo tree series was about to end I suggested a plot twist. And because I have a husband who also follows his heart, we packed up and headed further east to North Carolina.

Now to be fair North Carolina has it's own challenges with negotiating urban growth and protecting the land. But in spite of this I picked up an entirely different energy. So we have spent the last few days inventorying trees and learning what we could about the culture of several tiny mountain communities north of Asheville. With only a short spance of time I can't quite put words to what feels dramatically different, but my heart tells me its right and so far in my 62 years its always spot on.

And so today I bid farewell to North Carolina for now but have committed to return for a longer stretch very soon. My journey continues as I follow my heart back to mid-coast Maine.

Stay tuned for more tree search updates.

Be well,

A handwritten signature in cursive script, appearing to read "Lauren". The signature is fluid and elegant, with a large, sweeping initial 'L'.

# Tennessee Trees

"Come to the woods, for here is rest." -John Muir

Dear beloved,

When I asked for trees, Tennessee certainly delivered. Oh my, are there trees-of every shape and size-and what a glorious season to meet them, all bursting with life. I can't seem to get enough of being in their presence. The dogwood's graceful beauty takes my breath away, the beech shows up where I least expect it, and the ever-present pines remind me to set my sights high. And so I am back to my teaching days, taking roll, checking them in tree by tree.

I'll let you know next week all of what I've found. Until then make note of all the life unfolding where ever you may be.

Be well,

A handwritten signature in cursive script that reads "Lauren". The signature is fluid and elegant, with a large loop at the beginning of the first letter 'L'.

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## Restoring Immunity Gemmo Memo: Lilac

Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of each Gemmotherapy Extract. Discover what Lilac shrub extract can offer you and your family now.



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.

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## **Restoring Immunity: Gemmo Moms with Ursula Bell, Family Constellation Therapist**

Join Lauren and Kara Strubberg as they explore the balancing act of self-care with baby and child care.

In this episode, discover Family Constellation Therapy, and specifically the work of Ursula Bell. Learn how this fascinating therapy based on the work of German Psychotherapist, Bert Hellinger can transform generational trauma and set you free from old family scripts.

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## Toasted Herb Walnut Sauce

There is nothing I love more than a simple sauce to accompany tender, flavorful spring vegetables. This one takes less than 10 minutes and works equally well with tender asparagus as with roasted baby carrots.

### Ingredients

- 1 cup of lightly roasted shelled walnut pieces or halves
- $\frac{1}{2}$  cup of olive oil
- 2 shallots or spring onions
- Juice from 2 lemons
- 2 TBL Nutritional Yeast or a splash of Umi Vinegar
- 1 bunch of fresh parsley, cilantro, basil, or a combination
- Water as needed to thin

## Directions

In a food processor chop nuts finely, add the remaining ingredients and process to desire consistency. Adjust seasonings, and add water as needed if too thick.

Stores in fridge for up to one week.

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## Restoring Immunity Gemmo memo: Oriental Plane

Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the potential of Oriental Plane Gemmotherapy Extract.

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