



Nature's Cookbook

Acknowledging The Gifts of Nature Through Cooking, Gardening,
and Healing

Draft #1

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Introduction

Today, the earth is treated as an object and commodity – society takes advantage of the gifts we are given from nature. Nature’s Cookbook was created with the intention of learning the abundant gifts the earth provides us with and healing our collective relationship with the land. We hope that in cooking the delicious meals within these pages, and uncovering the healing powers and gifts of nature, you ask yourself what you can do for the earth.

Through surveying, small community gatherings, and connecting with individuals one-to-one, we have compiled meaningful and traditional meals, drinks, and elaborate recipes from diverse cultures across states and cities in the United States. The recipes shared in this cookbook are community contributions, directly inspired by their favorite dishes and must-have produce. In an effort to highlight nature’s gifts, once all recommendations and submissions had been collected, plant experts Cynthia Rico Mendoza, of Earthy Mujer, alongside Master Herbalist and Naturopath, Eva Nyrie, worked together to highlight specific health benefits and healing properties packed into these flavorful recipes. In an effort to continue momentum, at-home gardening and foraging sections were included to encourage continuous practice of acknowledging nature’s gifts.

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We hope that each of you, and all those learning and cooking from Nature’s Cookbook, see yourselves and your communities represented and are inspired by community health via culture and the earth.

This cookbook is a learning resource included in CEED's popular education curriculum, specifically, our Nature Series.

*A special thank you and appreciation to our Authors: Cynthia Rico
Mendoza, Eva Nyrie, & Natalya Arevalo*

Meet Nature's Gifts

Culinary Healing Herbs & Foods

There are many herbs and foods that we cook with every single day without recognizing and appreciating their powerful healing properties. This recognition is an important practice in both caring for our bodies, and for the earth. The following herbs come from community contributors' most reached for produce.

Herbs

Cilantro

- Parts Used: leaves, [coriander] seeds
- Properties: anti-cancer, anti-inflammatory, antidiabetic, and analgesic effects
- Health Benefits:
 - ◆ Aids in digestive health
 - ◆ Chew on to sweeten breath
 - ◆ Controls blood sugar
 - ◆ Detoxes against heavy metals
 - ◆ Rich in antioxidants – prevent or delay certain types of cell damage
 - ◆ Treats urinary tract infections (UTI)
 - ◆ Used as a digestive aid and treatment for measles in the 6th century in China
- Nutrients:
 - ◆ Beta-carotene & lutein
 - ◆ High concentration of antioxidants
 - ◆ Lipids
 - ◆ Linalool (essential oil)
 - ◆ Vitamin K
- Methods of Use: culinary, tea, essential oil
- Other/Fun Facts:
 - ◆ 92.2% water
 - ◆ Cilantro seeds were used by the ancient Egyptians to help treat snake bites and commonly used today for insect bites.

Oregano

- Parts Used: aerial parts, leaves, oils
- Properties: antibacterial, antifungal, antiseptic, antiviral
- Health Benefits:
 - ◆ Aids in digestive health
 - ◆ Alleviates muscle and joint pain
 - ◆ Relieves congestion
- Nutrients:
 - ◆ Calcium

- ◆ Fiber
- ◆ Iron
- ◆ Large amounts of antioxidants
- ◆ Manganese
- ◆ Vitamin K and E
- Methods of Use: culinary, tea, essential oil
- Other/Fun Facts:
 - ◆ Oils from oregano are extremely antiseptic which helps fight many bacteria and fungi.
 - ◆ In medieval times the ancient Greeks considered and used oregano as a cure-all substance.

Parsley

- Parts Used: leaves
- Properties: diuretic, antioxidant, antibacterial, antidiabetic
- Health Benefits:
 - ◆ Lowers blood pressure
 - ◆ Relieves edema
 - ◆ Supports kidney function
 - ◆ Supports heart health
 - ◆ Supports bone health
 - ◆ Treats urinary tract infections (UTI)
- Nutrients:
 - ◆ Vitamins A, C, and K
- Methods of Use: culinary, tea, oil infusions (e.g dressing)

Herb Infused oil recipe

Carrier oil
Parsley
Mason Jar
Wax paper
Label

Instructions: Fill Mason Jar 1/3rd full of dried parsley. Fill the remainder of the jar with your carrier oil of choice. Cover with wax paper and then put the lid on tightly. Let sit in a cool dark place for 4-6 weeks shaking occasionally. Once finished strain and put herb infused oil in an airtight jar or container and use as needed.

Basil

- Parts used: leaves
- Properties: antioxidant, anti-inflammatory (eugenol), antimicrobial, antistress, antibacterial

- ◆ Eugenol is a chemical compound which has anti-inflammatory properties that help with digestion by assisting in keeping your digestive tract healthy.
- Health Benefits:
 - ◆ Encourages mental clarity
 - ◆ Reduces oxidant stress (linked to certain cancers, heart disease, arthritis, and diabetes)
 - ◆ Relieves colds
 - ◆ Reduces inflammation within the nasal passages
 - ◆ Supports cardiovascular health
 - ◆ Supports liver health
- Nutrients:
 - ◆ Micronutrients; calcium & vitamin K
 - ◆ Range of antioxidants
 - ◆ Vitamin B12
- Methods of Use: culinary, tea, infused oil, essential oil

Rosemary

- Parts Used: leaves
- Properties: antibacterial, antiviral, antifungal, antioxidant, antistress, anti-inflammatory, antidepressant
- Health Benefits:
 - ◆ Aids in weight-loss and diabetes
 - ◆ Improves memory and mood
 - ◆ Reduces inflammation
 - ◆ Reduces headaches
 - ◆ Stimulates hair growth
 - ◆ Supports hormone balance
- Nutrients:
 - ◆ Powerful antioxidants
 - ◆ Vitamins B6, C
- Methods of Use: culinary, tea, essential oil, infused oil

Ginger (Rhizome)

- Parts used: root
- Properties: anti-inflammatory, antioxidant, antidiabetic, anti-cancer, antimicrobial
- Health Benefits:
 - ◆ Aids in digestive health
 - ◆ Encourages gut health
 - ◆ Reduces inflammation
 - ◆ Relieves colds
 - ◆ Relieves nausea
- Nutrients:
 - ◆ Gingerol – powerful antioxidant and anti-inflammatory substance

- ◆ Large source of antioxidants
- ◆ Vitamins B, C
- Methods of Use: culinary, tea, essential oil, honey infusion
- Other/Fun-Fact: ginger essential oil rubbed on the belly-button supports inflammation in the stomach.

Garlic

- Parts used: cloves
- Properties: antiviral, antibacterial, anti-clotting, anti-inflammatory, anti-cancer, antioxidant
- Health Benefits:
 - ◆ Aids in digestive health
 - ◆ Clears mucus from airways
 - ◆ Expels and fights off worms & parasites
 - ◆ Lowers blood pressure
 - ◆ Reduces blood clots/clotting
 - ◆ Relieves colds and flu
 - ◆ Treats ear infections
- Nutrients:
 - ◆ Calcium
 - ◆ Fiber
 - ◆ Magnesium
 - ◆ Manganese
 - ◆ Potassium
 - ◆ Vitamin A, B, C, & E
 - ◆ Zinc
- Methods of Use: culinary (e.g honey infusion), tea

Garlic infused honey

What you will need

- 4 garlic cloves
- 4 oz raw honey
- Wax paper
- 4 oz mason jar

Instructions: Peel 3 garlic cloves and bruise them. Put garlic cloves in the mason jar and then fill the jar with honey. Place wax paper on top of the jar and then screw the lid on tightly. Allow honey to sit at room temperature for 5-7 days. Burp the jar daily (Slightly open the lid to allow the gasses to escape and then close it again tightly).

Peppermint

- Parts used: leaves
- Properties: antispasmodic, antimicrobial, analgesic, carminative, antidepressant

- Health Benefits:
 - ◆ Aids in digestive health
 - ◆ Alleviates muscle and joint pain
 - ◆ Improves cognitive health and brain function
 - ◆ Reduces bad breath
 - ◆ Reduces headaches
 - ◆ Relieves colds
 - ◆ Relieves irritable bowel syndrome (IBS)
 - ◆ Stimulates sweating
- Nutrients:
 - ◆ Folate
 - ◆ High in antioxidants
 - ◆ Iron
 - ◆ Manganese
 - ◆ Vitamin A
- Methods of Use: tea, culinary, essential oil, salve

Thyme

- Parts used: leaves
- Properties: antiseptic, antioxidant, antiviral, antibacterial, antifungal
- Health Benefits:
 - ◆ Clears mucus from airways
 - ◆ Relieves respiratory issues
- Nutrients:
 - ◆ Copper
 - ◆ Fiber
 - ◆ Iron
 - ◆ Manganese
 - ◆ Thymol
 - ◆ Vitamins A, C
- Methods of Use: culinary, tea, essential oil, salve

Cinnamon

- Parts used: bark
- Properties: antioxidant, antidiabetic, antiseptic, astringent, carminative
- Health Benefits:
 - ◆ Aids in digestive health
 - ◆ Aids in weight-loss
 - ◆ Lowers cholesterol
 - ◆ Reduces inflammation
 - ◆ Regulates blood sugar
 - ◆ Treats infections and viruses
- Nutrients:

- ◆ Beta-carotene
 - ◆ Calcium
 - ◆ Cinnamaldehyde
 - ◆ Potassium
 - ◆ Vitamin A
- Methods of Use: culinary (e.g honey infusion), tea

Mushrooms

Shitake

- Properties: anti-cancer, antibacterial, antimicrobial, antiviral
- Health benefits:
 - ◆ Aids in heart health
 - ◆ Aids in digestive and gut health
 - ◆ Boost energy and brain function
 - ◆ Boosts your immune system
 - ◆ Promotes skin health
- Nutrients
 - ◆ Fiber
 - ◆ Vitamins B, D
- Methods of Use: culinary

Enoki

- Properties: antioxidant, anti-cancer
- Health benefits:
 - ◆ Aids in heart health
 - ◆ Aids in managing blood pressure levels
 - ◆ Boosts immune functions
 - ◆ Can help fight cancer cells
 - ◆ Helps treat stomach issues
 - ◆ Promotes liver health
- Nutrients:
 - ◆ Antioxidants
 - ◆ Fiber
 - ◆ Vitamin B
- Methods of Use: culinary

Reishi

- Properties: antibacterial, antifungal, anti-inflammatory, antioxidant, anti-tumor, antiviral
- Health benefits:
 - ◆ Calms nerves & lower stress
 - ◆ Aids in sleep and improve quality of sleep

- ◆ Helps remedy seasonal allergies
- ◆ Promotes longevity
- ◆ Regulates blood sugar
- ◆ Promotes healthy liver functionality
- Nutrients:
 - ◆ Antioxidants
 - ◆ Potassium
 - ◆ Vitamin C
- Methods of Use: tinctures, powders, capsules, tea

Porcini

- Properties: anti-inflammatory, anti-cancer, antioxidant
- Health benefits
 - ◆ Aids in weight loss
 - ◆ Can help eliminate colon cancer cells
 - ◆ Promotes digestive health
 - ◆ Reduces inflammation
- Nutrients:
 - ◆ Calcium
 - ◆ Fiber
 - ◆ Iron
 - ◆ Potassium
 - ◆ Protein
 - ◆ Vitamins A, C
- Methods of Use: culinary

Wood Ear

- Properties: anti-cancer, antioxidant, antiviral, anti-tumor, anti-inflammatory
- Health benefits
 - ◆ Aids in heart health
 - ◆ Reduces cholesterol levels
 - ◆ Can help eliminate cancer growth
 - ◆ Helps fight off bacteria
- Nutrients:
 - ◆ Copper
 - ◆ Iron
 - ◆ Magnesium
 - ◆ Selenium
 - ◆ Vitamins B1, B2, B5, B6, B9
 - ◆ Zinc
- Methods of Use: culinary

Rich in Color & Nutrients: Rainbow of fruits and vegetables

The earth provides an abundance of beautiful, naturally colorful, plant-based foods. They are packed with phytonutrients that actively work to prevent disease and keep our bodies functioning at our fullest potential.

Color	Vegetables	Fruits	How they support our bodies
Red	African eggplant, beets, radishes, red onion, red peppers, tomatoes	Blood oranges, cherries, cranberries, dragon fruit, lychee, plums, pomegranates, prickly pears, rambutan, raspberries, rhubarb, strawberries, tamarillo, watermelon	Improves inflammation, immune response, and stress response; lowers risk of certain types of cancers and heart disease, improves brain function.
Orange	African horned cucumber, carrots, orange peppers, pumpkins, sweet potatoes, tomatoes, winter squash	Apricots, cantaloupe, cape gooseberries, lulo, mango, nectarine, oranges, papaya, persimmons, tamarind, tangerines	Similar to red foods. Supports hormone regulation; improves reproductive, skin, hair, and vision health.
Yellow	Fermented cabbage, garlic, ginger, parsnips, rutabagas, summer squash, sweet corn, turmeric, winter squash, yellow beets, yellow peppers, yellow potatoes	Asian pears, bananas, cashew fruit, cherimoya, golden kiwifruit, grapefruit, jackfruit, lemons, nísperos, passionfruit, peaches, pepino dulce, pineapples, plantains, pomelo, quince, starfruit, yellow apples, yellow watermelon	Aids with digestive health: metabolism, gastrointestinal tract, digestion, and the gut microbiome.
Green	Artichokes, arugula, asparagus, bok choy, broccoli, broccoli rabe, brussels sprouts, celery, chayote squash, Chinese cabbage, collard greens, cucumbers, endive, green beans, green onions, green	Avocado, green apple, green grapes, honeydew, kiwifruit, limes	Beneficial for heart health and blood pressure.

	peppers, jute mallow, kale, leeks, lettuce, lovage, microgreens, mustard greens, okra, peas, sea vegetables, snow peas, spinach, turnip greens, watercress, zucchini		
Blue/ Purple	Black olives, black salsify, eggplant, potatoes, purple asparagus, purple Belgian endive, purple cabbage, purple carrots, purple cauliflower, purple peppers	Açaí, black currants, blackberries, blueberries, concord grapes, dried plums, elderberries, grape juice (100%), mangosteen, plums, purple figs, purple grapes, raisins	Improves brain health and mood.

Consult with your health care provider for additional information on the properties of these herbs and foods.

What Difference Does it Make?

Time of Day Meal Ingestion

When to eat throughout the day is just as important as *what* you eat. Think of the sun as the body's clock, which tells us when to consume food for the optimum digestion, and absorption of nutrients.

When you rise after 6+ hours of sleep, you consume your first meal of the day: breakfast. When eating breakfast, you are breaking your fast, and it is important to hydrate with water and consume a nutritious meal within 2 hours of rising. Your heartiest meal of the day is best consumed when the sun is highest in the sky: lunch time. This is the time that the sun boosts our bodies with energy to assist with proper digestion and absorption of nutrients. As the day slows down, and the sun begins to set, we consume our last meal of the day: dinner. Dinner-time meals should be consumed at least 3 hours before we rest. It is important to avoid heavy meals at night, as undigested food can cause waste and toxic build up in the organs. While this lists three meal-times during the day, it is imperative to also listen to your body, eating hydrating and nutrient-rich foods when you feel hungry.

Recipes

Deepen your understanding of nature's gifts through the act of cooking and producing a delicious and nutritious meal. The following recipes come from community contributors' favorite meals, snacks, and drinks, and are representative of various cultures.

Breakfast

Breaking The Fast

Kuku Sabzi

Recommended & inspired by Alix Khalaj & Jenean Gilmer

Traditional Persian omelet which is typically served during the Persian New Year, also known as the celebration in spring. The herbs in the recipe symbolizes rebirth and renewal of nature and the eggs symbolize fertility. There are many different ways to make and serve kuku sabzi, but it is traditionally served with flatbread and a selection of condiments to help balance the sweetness of the herbs. This recipe is rich in antioxidants coming from the parsley, dill, cilantro, fenugreek leaves, and spinach.

Prep time: 30 mins

Cook time: 1 hour

Total time: approx. 1 hour 30 mins

Serves 4

→ Ingredients:

- ◆ 3 bunches fresh parsley
- ◆ 1 bunch fresh cilantro
- ◆ 1 cup fresh dill
- ◆ 9 scallions
- ◆ 1 cup fresh spinach
- ◆ 1 tbsp dried fenugreek leaves
- ◆ 7 large eggs
- ◆ Salt, to taste
- ◆ Black pepper, to taste
- ◆ 2 tbsp plain full-fat yogurt, or sour cream

- ◆ 5 tbsp olive oil, plus more as needed
- Instructions
 - ◆ Wash and trim any tough, woody parts of the parsley, cilantro, and dill stems. Allow herbs to dry completely.
 - ◆ Thinly slice the scallions; finely chop the parsley, cilantro, dill, and spinach.
 - ◆ Add the chopped herbs to a large bowl, along with the fenugreek.
 - ◆ In a medium bowl, beat the eggs with the salt, pepper, and yogurt until smooth.
 - ◆ Pour the beaten egg mixture into the herb mixture in the large bowl and mix.
 - ◆ Heat olive oil in a skillet over medium low heat. Once the oil begins to heat up, pour in the egg and herb mixture. Smooth into an even layer with a spatula, then cover and cook for 15 minutes.
 - ◆ Remove the lid and spoon out any excess oil pooling around the sides of the pan. Run the spatula around the edges of the pan to make sure the kuku isn't sticking, then place a plate large enough to cover the entire pan on top. Flip the kuku onto the plate so the cooked side is face-up. Add more olive oil to the pan, then slide the kuku back in. Increase the heat to medium, cover, and cook until the bottom of the kuku is golden brown, about 10 minutes. Remove from the pan.
 - ◆ Optional: Serve the kuku with yogurt, strawberry jelly, and bread, or with feta cheese, pickles, radishes, tomatoes, and yogurt.

Oatmeal

Recommended & inspired by Georgianna Jarrett

Oatmeal is rich in carbohydrates which helps boost your energy. They are also heart-healthy and loaded in fiber. Cinnamon, nutmeg, cloves, and ginger have anti-inflammatory and antioxidant properties which help support digestion and boosts the immune system. Not only is maple syrup a natural sweetener, but also rich in minerals. If you choose to include nuts, they are a great source of healthy fats, protein, and fiber.

Prep time: 5 mins
Cook time: 5 mins
Total time: 10 mins
Serves 4

- Ingredients:
 - ◆ 2 cups of water or milk (dairy or non-dairy)
 - ◆ 1 cup of regular oats
 - ◆ 1 ½ tsp of cinnamon
 - ◆ ½ tsp of nutmeg
 - ◆ ¼ tsp of ground cloves

- ◆ ½ tsp of ginger
 - ◆ Optional toppings: maple syrup, nuts, fresh fruit
- Instructions:
- ◆ Heat milk of choice (or water) in a medium-sized pan over medium heat until the liquid comes to a boil. Add the cinnamon, nutmeg, ground cloves, ginger, and oats to the heated liquid.
 - ◆ Reduce heat to low and continue to cook, stirring occasionally until the liquid is mostly cooked out and the oats are tender.
 - ◆ Remove from the heat and place the oatmeal in a bowl.
 - ◆ We recommend adding maple syrup with nuts and fresh fruit.

French Toast

Recommended & inspired by Bill Gallegos

This recipe of french toast has a range of ingredients that offer many health benefits. Orange juice is a great source of vitamin C, which supports your immune system and helps fight against chronic illnesses. Vanilla and almond extract contain antioxidants that help your body fight off stress and inflammation. Cinnamon and nutmeg are also high in antioxidants and anti-inflammatory properties, which help to reduce heart disease, cancer, and type 2 diabetes. Maple syrup is a natural sweetener that is significantly lower in fructose than refined sugar, which can help reduce blood sugar spikes and crashes. Coconut oil is high in medium-chain triglycerides (MCTs), which are known to help improve brain function and reduce inflammation.

Prep time: 5 mins

Cook time: 10 mins

Total time: 15 mins

Serves 4

- Ingredients:
- ◆ 8 slices of thick-cut bread – sourdough, challah, or whole grain. You'll want to make sure they are thick slices (if you use thin slices the french toast will turn out soggy)
 - ◆ 4 large eggs
 - ◆ 1 cup of almond milk
 - ◆ ¼ cup of orange juice
 - ◆ 1 tsp of vanilla extract
 - ◆ 1 tsp of almond extract
 - ◆ 1 tsp of cinnamon
 - ◆ ¼ tsp of nutmeg
 - ◆ 1 tbsp of maple syrup
 - ◆ 2 tsp of coconut oil or butter
- Instructions:

- ◆ In a large bowl whisk together eggs, almond milk, orange juice, vanilla, almond extract, cinnamon, nutmeg and maple syrup.
- ◆ Place half of the mixture into a shallow dish.
- ◆ Add bread slices and allow to soak for about 1 minute on each side.
- ◆ Cook over medium heat with coconut oil (or butter) for 2-3 minutes per side or until lightly golden.
- ◆ Repeat with remaining slices and egg mixture.
- ◆ Serve with maple syrup, fruit or any other toppings of your choice.

Malawah

Recommended & inspired by Asia Tamaami

Malawah is a popular Somali breakfast meal that is similar to a pancake. This recipe has a few ingredients that offer several health benefits. Cardamom has anti-inflammatory properties and aids in digestion, ginger reduces inflammation and nausea, and honey has antioxidants and antibacterial properties. Honey also aids in wound-healing, reduces the risk of heart disease, and improves cholesterol levels.

Prep time: 5 mins

Cook time: 30 mins

Total time: 35 mins

Serves 4

→ Ingredients:

- ◆ 1 cups of all purpose flour
- ◆ 2 ½ cups of milk
- ◆ 2 large eggs
- ◆ 1 tbsp of granulated sugar
- ◆ ½ tsp of ground cardamom
- ◆ ½ tsp of ground ginger
- ◆ Salt, to taste
- ◆ 2 tbsp of oil or butter (for frying)
- ◆ Garnish: honey, butter, or sugar

→ Instructions:

- ◆ Place all ingredients together in a bowl and whisk them.
- ◆ Heat up a frying pan with enough butter or oil to lightly coat the surface of the pan.
- ◆ Ladle some of the batter in the pan and swirl the batter so it distributes into a thin layer.
- ◆ Fry for about one minute or until lightly golden, then flip over and fry the other side for 1 minute.

- ◆ Serve malawah by spreading melted butter and honey on top for some sweetness.

Tigrillo

Recommended & inspired by Natalya Arevalo, Maria De Los Angeles Ronquillo, & Mathias Ronquillo

Tigrillo is a traditional Ecuadorian breakfast dish made from mashed green plantains, cheese, eggs, and spices. Tigrillo contains several ingredients that offer health benefits. Plantains are high in fiber and vitamin C and have been shown to improve digestive health and lower cholesterol levels. White onions, black pepper, and cilantro have numerous health benefits. White onions are high in antioxidants and vitamin C, black pepper improves digestion and has anti-inflammatory properties, while cilantro is rich in vitamins and minerals and has antibacterial properties.

Prep time: 15 mins

Cook time: 20 mins

Total time: 35 mins

Serves 4

→ Ingredients:

- ◆ 1 cup vegetable oil
- ◆ 2 large green plantains, peeled and chopped into chunks
- ◆ Salt, to taste
- ◆ 2 tbsp butter, plus additional as desired
- ◆ 2 large white onions, thinly sliced
- ◆ Black pepper, to taste
- ◆ 4 large eggs
- ◆ 1 cup crumbled or shredded queso fresco (or full-fat mozzarella)
- ◆ 2 tbsp chopped fresh cilantro

→ Instructions:

- ◆ In a large skillet, heat the oil over medium high and add all the plantain chunks in a single layer. Fry for 3 to 4 minutes, flipping halfway through, until they are a bright yellow color all around. Remove them from the pan and transfer to a paper-towel-lined plate to absorb some of the excess oil. Turn off the heat, leaving the remaining frying oil and skillet on the stove.
- ◆ Smash the plantains flat.
- ◆ Drain the oil from the pan and add butter to melt over medium heat. Add the white onions and season with salt and pepper. Stir and let cook until the white onions are tender.
- ◆ Return the fried plantain pieces to the pan and mix until golden brown.
- ◆ Add the whisked eggs to the pan and reduce the heat to low. Continue mixing until everything is incorporated and the eggs are not quite cooked through, about 1 to 2 minutes.

- ◆ Add the cheese and mix until it is melted. Turn off the heat and let the mixture rest for 2 to 3 minutes.
- ◆ Garnish with cilantro and serve.

Fuul & Roti

Recommended & inspired by Hodo Dahir

Fuul is a Middle Eastern and African dish made from fava beans served with roti, a type of flatbread. Fava beans are rich in protein, fiber, and various vitamins and minerals such as folate and potassium. White onions contain vitamin C for the immune system. Garlic lowers cholesterol and blood pressure. Tomatoes can protect against cancer and heart disease. Cumin and coriander aid digestion and are rich in antioxidants. Both black pepper and cardamom are anti-inflammatory. Cinnamon can lower blood sugar and improve brain function. Roti is typically made from whole wheat flour, which is high in fiber and can help reduce the risk of heart disease and diabetes.

Prep time: 15
 Cook time: 20
 Total time: 35
 Serves 4

→ Ingredients:

- ◆ 2 tbsp olive oil
- ◆ 1 medium white onion, finely diced
- ◆ 5 garlic cloves, minced or crushed
- ◆ 4 large tomatoes, roughly chopped
- ◆ Salt, to taste
- ◆ 4 tsp ground cumin
- ◆ 1 tsp ground coriander
- ◆ ½ tsp ground black pepper
- ◆ ⅛ tsp ground cinnamon
- ◆ ⅛ tsp ground cardamom
- ◆ 1 (14-oz) can small fava beans, rinsed
- ◆ ¼ cup tomato sauce
- ◆ 1 handful cilantro leaves, washed and roughly chopped
- ◆ Roti or other flatbread, for serving (optional)

→ Instructions:

- ◆ In a medium pot or deep skillet over medium heat, warm up the olive oil. Once the olive oil is hot, add the onion and stir. Let the onions cook, stirring occasionally, until they are soft and almost translucent.
- ◆ Once the onions have cooked, add in the garlic and let it cook until it softens.
- ◆ Add the roughly chopped tomatoes and let them cook, stirring occasionally until they start to break down. Add the salt.

- ◆ While the tomato mixture cooks, prepare the xawaash spice mix: Add the cumin, coriander, black pepper, cinnamon and cardamom to a small oiled pan. Toast over low heat, stirring continuously until the spice mix becomes fragrant.
- ◆ Add the xawaash spice mix to the simmering tomato and onions. While the tomatoes finish cooking, add the rinsed fava beans to a medium bowl and mash them until there are almost no whole beans left. Stir the mashed beans into the tomatoes.
- ◆ Stir in the tomato sauce, 1 cup of water and the chopped cilantro leaves into the bean and tomato mixture. Cover the pan and simmer on low heat for 15 minutes. Stir in up to an additional $\frac{1}{3}$ cup of water if the stew gets too thick.
- ◆ Serve with roti.

Chilaquiles Verdes

Recommended & inspired by Juan Manuel Cruz, Chris Waters, & Lourdes Juarez

Chilaquiles is a traditional Mexican dish made with tortilla chips, green or red salsa, cheese, and often served with eggs or meat. Tomatillos are a good source of fiber, vitamins C and K, and antioxidants that support immune function and bone health. Jalapenos have anti-inflammatory and pain-relieving effects, and also help boost metabolism. White onions are rich in antioxidants and vitamin C for immune system and skin health. Cilantro contains antioxidants, vitamins A and K, and can aid digestion and lower inflammation. Garlic has antibacterial and antifungal properties, and may lower cholesterol and blood pressure. Overall, chilaquiles are a delicious and nutritious way to start the day.

Prep time: 10 mins
 Cook time: 30 mins
 Total time: 40 mins
 Serves 4

→ Ingredients:

- ◆ 12 corn tortillas (cut to wedges)
- ◆ $\frac{2}{3}$ cup of oil
- ◆ Salsa ingredients:
 - 1 lb of tomatillos
 - 3 jalapeno peppers
 - $\frac{1}{2}$ of a medium white onion
 - Water
 - $\frac{1}{2}$ of cilantro
 - 2 garlic cloves
- ◆ Toppings:
 - Cotija cheese
 - Chopped cilantro

- Diced white onions
- Mexican crema (or sour cream)
- Fried eggs

→ Instructions

- ◆ In a medium pot, add the tomatillos, jalapeños, onion, and enough water to completely cover them. Bring to a boil over medium-high heat, reduce heat to low, cover, and simmer for 8 minutes.
- ◆ Using a spoon, transfer the tomatillos, jalapeños, and onion to a blender. Add the cilantro, garlic, and salt and blend until smooth. Taste and add more salt as needed.
- ◆ Stack the corn tortillas on top of each other and cut them into eighths to create small triangle wedges.
- ◆ Working in batches, heat 2 tbsp of the vegetable oil in a large skillet over medium high heat.
- ◆ Add half of the tortillas and fry, stirring every minute or so, until they are crispy. Transfer to a paper-towel-lined plate to absorb some of the excess oil. Repeat the frying process with the remaining 2 tbsp of oil and tortilla wedges.
- ◆ Add all of the fried tortillas back to the pan and pour the blended salsa on top. Gently toss together to coat.
- ◆ Serve and garnish with cotija cheese, cilantro, onions, and Mexican crema.

Grits

Recommended & inspired by Sydney Saygbe

Grits are a great source of complex carbohydrates, providing sustained energy and helping to regulate blood sugar levels. They also contain fiber, which supports digestive health, and are low in fat and calories. And bay leaves are rich in antioxidants and essential oils, which are believed to have anti-inflammatory, antimicrobial, and digestive health benefits. Overall, this grits recipe is a very nutritious and versatile dish.

Prep time: 15 mins

Cook time: 35 mins

Total time: 50 mins

Serves 4

→ Ingredients:

- ◆ 4 cups of water (or milk)
- ◆ 1 1/2 cups stone-ground corn grits, such as Anson Mills
- ◆ 2 dried bay leaves
- ◆ 1/2 teaspoon salt
- ◆ 8 tbsp (1 stick) unsalted butter

- ◆ 2 oz Parmesan cheese
 - ◆ 1 cup of heavy cream
- Instructions:
- ◆ Add water (or milk), bay leaves, and salt in a large pot and bring to a boil over high heat.
 - ◆ Slowly pour the grits into the pan. Stir as you add them to avoid clumping.
 - ◆ Cover the pot and let simmer on low for 20 minutes, stirring every 5 minutes.
 - ◆ Prepare the butter and cheese. Cut the stick of unsalted butter into 8 pieces and finely grate the parmesan cheese.
 - ◆ Remove the grits from the heat. Discard the bay leaves. Stir in the butter, cheese, and heavy cream just before serving.

Warm & Cozy

Soups, Stews, & Broths

Kik Aicha (Split Pea Stew)

Recommended & inspired by Bill Gallegos

Kik Aicha is a traditional Ethiopian dish made from primary split yellow/green peas seasoned with a variety of healthy ingredients. Split yellow and green peas are both excellent sources of fiber and protein. Red onions, garlic, ginger, and turmeric are all known for their anti-inflammatory and immune-boosting properties. Serrano peppers and lemon juice are a great source of vitamin C.

Prep time: 2 hrs
 Cook time: 45 mins
 Total time: 2 hrs 45 mins
 Serves 4

- Ingredients:
- ◆ ½ cup of dry split yellow peas
 - ◆ ½ cup of dry split green peas
 - ◆ 3 cups of water
 - ◆ 4 tsp of oil
 - ◆ 1 red onion (chopped)
 - ◆ 8-10 garlic cloves
 - ◆ 4 tsp ginger
 - ◆ ⅓ (x2) turmeric powder
 - ◆ Salt, to taste
 - ◆ Black pepper, to taste

- ◆ Optional: serrano pepper
 - ◆ Optional: 1 squeezed lemon
 - ◆ Optional: ½ tsp of berbere spice blend for more spicy
- Instructions:
- ◆ Soak the split peas overnight or at least 2 hours in warm water, drain and rinse.
 - ◆ In a deep pan, add oil, add onions, ginger and garlic and cook, stirring occasionally, until translucent. Add chopped Serrano if using.
 - ◆ Add the turmeric and mix well.
 - ◆ Add rinsed split peas, salt, pepper and water. Mix, cover and bring to a boil on medium heat.
 - ◆ Reduce heat to low and simmer, partially covered for 35-45 minutes or until peas have softened to your desired consistency. Taste and adjust salt and spice if needed.
 - ◆ Mash the peas if desired. Add some lemon juice if desired and serve. Tastes best with sour flatbread, such as Injera.

Ghormeh Sabzi

Recommended & inspired by Alix Khalaj

Ghormeh Sabzi is a traditional Persian stew made with a variety of fresh herbs, kidney beans, and chunks of meat, usually lamb or beef – this recipe will use chunks of beef. Yellow onions, turmeric, spinach, green onions, parsley, cilantro, chives, and fenugreek leaves are all rich in antioxidants and anti-inflammatory properties. Lemon juice and Persian limes are a good source of vitamin C. Red kidney beans are a good source of fiber and protein.

Prep time: 45 mins

Cook time: 2 hr 25 mins

Total time: 3 hr 10 min

Serves 4

- Ingredients:
- ◆ ¼ cup canola oil, divided
 - ◆ 1 large yellow onion, chopped
 - ◆ 1 tsp ground turmeric
 - ◆ 1 ½ lbs boneless chuck roast, cut into 1 ½ -inch cubes
 - ◆ 1 ½ cups finely chopped spinach
 - ◆ 1 cup finely chopped green onions (green part only)
 - ◆ ½ cup finely chopped Italian flat-leaf parsley
 - ◆ ¼ cup finely chopped cilantro
 - ◆ ¼ cup finely chopped chives
 - ◆ ¼ cup finely chopped fenugreek leaves

- ◆ 1½ cups water, or more as needed
- ◆ Salt, to taste
- ◆ Black pepper, to taste
- ◆ 1 lemon, juiced
- ◆ 4 dried Persian limes (limoo amani)
- ◆ 1 (15 oz) can red kidney beans, drained and rinsed

→ Instructions:

- ◆ Heat 2 tbsp of oil in a large pot over medium-high heat. Add onion; cook and stir until deep golden brown. Stir in turmeric.
- ◆ Add chuck cubes; cook until coated in turmeric and browned on all sides, about 10 mins.
- ◆ Heat remaining 2 tbsp of oil in a separate pot over medium heat. Add spinach, green onions, parsley, cilantro, chives, and fenugreek leaves; cook and stir until deep dark green in color, about 5 to 10 mins.
- ◆ Stir spinach mixture into onion and chuck mixture. Pour in enough water to create a slurry consistency. Season with salt and pepper. Stir in lemon juice. Reduce heat, cover, and simmer stew until greens soften, about 1 hour.
- ◆ Pierce dried limes with a fork; add to stew. Continue simmering until the chuck is tender, about 1 hour.
- ◆ Stir in red kidney beans. Cook until flavors combine, about 30 more minutes.
- ◆ Discard dried limes before serving.

Arroz con Menestra

Recommended & inspired by Natalya Arevalo, Maria De Los Angeles Ronquillo, & Mathias Ronquillo

Arroz con Menestra is a traditional Ecuadorian dish that consists of rice served with a side of menestra, a stew made with lentils, vegetables, and spices. Red onion, garlic, cumin, achiote, cilantro, and lentils are all nutrient-dense ingredients that provide a range of health benefits. They are all rich in antioxidants, anti-inflammatory compounds, and fiber, which can help support digestive health, reduce inflammation, and protect against chronic diseases. Lentils are a particularly good source of plant-based protein.

Prep time: 15 mins

Cook time: 1 hr

Total time: 1 hr 15 mins

Serves 4

→ Ingredients:

- ◆ 2-3 tbsp oil
- ◆ 1 red onion diced
- ◆ 1 white onion diced
- ◆ 4 garlic cloves minced

- ◆ 2 tsp cumin
- ◆ 1 tsp achiote
- ◆ 4 tbsp chopped cilantro
- ◆ 7 cups of water
- ◆ 1 lb lentils
- ◆ Salt, to taste
- ◆ Butter
- ◆ 2 cups cooked white rice, for serving
- ◆ 2 avocados, sliced, for serving
- ◆ 2 fried plantains, for serving

→ Instructions:

- ◆ Heat the oil on medium heat in a large pot.
- ◆ Add the onions, garlic, cumin, salt, achiote and 2 tbsp of the cilantro to make a refrito for the stew.
- ◆ Cook, stirring occasionally, until all the ingredients have softened.
- ◆ Add the water and bring to a boil.
- ◆ Add the lentils and reduce the heat to medium low, cover partially and cook until the lentils are tender. Taste and add salt and some butter if needed, stir in the remaining 2 tbsp of cilantro, and remove from the heat.
- ◆ Serve on top of white rice with avocado, plantains, or meat of choice.

Okra with Fufu

Recommended & inspired by Sydney Saygbe

Okra with fufu is a traditional West African dish that typically consists of stewed okra served with fufu. Okra is high in fiber and antioxidants. Fufu, which is made from cassava or plantains, is a good source of carbohydrates and can provide sustained energy throughout the day. Habanero peppers and black pepper have anti-inflammatory and pain-relieving effects. Onions can help lower inflammation.

Prep time: 1 hr

Cook time: 30 mins

Total time: 1 hr 30 mins

Serves 4

→ Ingredients:

- ◆ Stew:
 - 2 cups Okra
 - 1 cup Spinach
 - 4 fresh Tomatoes
 - 1 scotch bonnet
 - ½ red bell pepper

- ½ Onion
- 2 bouillon/ cube
- 1 tsp Iru (fermented oil seeds)
- 1 cup mushrooms
- Salt, to taste
- 1 cup red Palm oil

◆ Fufu:

- Unripe plantain
- Cassava
- Water

→ Instructions:

◆ Stew:

- Add 1 cup of water, bell pepper, tomatoes, scotch bonnet to a blender and liquidize.
- Pour oil in a pan on medium heat. Add chopped onion and stir.
- Add blended peppers and tomato, iru, stock cubes and salt to the pan and let simmer.
- Add sliced okra and mushrooms.
- Add sliced spinach, cover pot and steam for 1 min

◆ Fufu:

- Peel and slice the cassava and plantain with a knife into medium-size pieces, take out the cassavas core and the plantain's tiny seeds, and rinse.
- Place the pieces in a saucepan, cover with water, and cook over medium heat. Boil for 30 minutes or until fork-tender. Drain the water.
- Using a mortar and pestle, start by pounding the plantain and cassava into a smooth dough and set it aside. Add water by the spoonful as needed until you achieve desired texture. It should be soft and stretchy.
- Mold the mixture into the portion size of your choice and serve with Okra stew.

Moroccan Harira

Moroccan Harira is a traditional, hearty soup that is commonly consumed during Ramadan and other special occasions in Morocco. The combination of yellow onion, celery, carrot, garlic, black pepper, turmeric, ginger, cinnamon, cayenne, tomatoes, cilantro, green lentils, red lentils, chickpeas, and lemons in Moroccan Harira soup provides a range of health benefits. These ingredients are rich in antioxidants, anti-inflammatory properties, fiber, and protein, which support digestive health, reduce inflammation, and protect against chronic diseases. The lentils and chickpeas provide plant-based protein.

Prep time: 15 mins
Cook time: 45 mins
Total time: 1 hr
Serves 4

→ Ingredients:

- ◆ 4 tbsp extra virgin olive oil
- ◆ 1 large yellow onion finely chopped
- ◆ 2 celery stalks chopped
- ◆ 1 carrot peeled and chopped
- ◆ Salt, to taste
- ◆ 4 garlic cloves minced
- ◆ 1½ tsp black pepper
- ◆ 1½ tsp turmeric
- ◆ 1 tsp cumin
- ◆ ½ tsp ground ginger
- ◆ ½ tsp ground cinnamon
- ◆ ½ tsp cayenne
- ◆ 2 14-oz cans crushed tomatoes
- ◆ 3 tbsp tomato paste
- ◆ 1 cup packed chopped fresh cilantro
- ◆ 1 cup green lentils, rinsed
- ◆ 1 cup red lentils, rinsed
- ◆ 1 14-oz can chickpeas
- ◆ 7 cups vegetable or chicken stock, preferably low-sodium
- ◆ ¼ cup long grain rice, rinsed or ¼ cup broken vermicelli
- ◆ Lemon wedges

→ Instructions:

- ◆ In a large pot, heat 4 tbsp of extra virgin olive oil over medium heat. Add the onions, celery, and carrots. Season with salt. Cook for 5 minutes, stirring regularly until softened.
- ◆ Add the garlic and spices and cook for 2 minutes, stirring regularly.
- ◆ Add the crushed tomatoes, tomato paste, cilantro, lentils, and chickpeas. Add a dash more salt and cook for 5 minutes, stirring regularly.
- ◆ Add the broth and raise the heat. Bring to a boil, then turn the heat to low. Cover and let simmer for 45 minutes or until the legumes are fully cooked and very tender (check occasionally and plan to add more stock or water. The soup will be thick, but it should not be too thick that you cannot pour it. Make sure to adjust the salt as you add more liquid).
- ◆ Stir in the rice and cook for another 15 or until the rice is fully cooked.
- ◆ Serve with lemon wedges.

Miso Soup

Miso is a traditional Japanese seasoning made from fermented soybeans, rice, and/or barley. Miso paste contains probiotics that can help promote a healthy gut microbiome. Seaweed and kelp are rich in iodine, which is important for thyroid function. Tofu is a good source of protein and scallions contain antioxidants that can reduce inflammation.

Prep time: 5 mins
Cook time: 15 mins
Total time: 20 mins
Serves 4

→ Ingredients:

◆ Dashi:

- 4 cups of water
- 1 piece of kombu (dried kelp)
- 1 cup of katsuobushi (dried bonito flakes)

◆ Miso:

- 7 oz of soft/silken tofu (kinugoshi dofu)
- 4-5 tbsp of miso
- 1 tbsp of dried wakame seaweed
- 1 green onion/scallion

→ Instructions:

◆ Cut the green onion into thin rounds and set aside.

◆ Making the Dashi:

- Add the water and kombu to a medium saucepan. If you have time, soak the kombu in water for 30 minutes.
- Slowly bring it to a boil on medium low heat so you can extract as much umami from the kombu as possible. Right before the stock boils, remove the kombu from the heat and stir.
- Add the katsuobushi to the kombu dashi and bring it back to a boil again. Once the dashi is boiling, reduce the heat, simmer for just 30 seconds.
- Turn off the heat and let the katsuobushi sink to the bottom for about 10 minutes and strain.

◆ Making the Miso soup:

- Add the dashi back into the saucepan and add the miso. Stir to dissolve the miso completely.
- Cut the tofu into ½-inch cubes and add to the miso soup.
- Add the dried wakame seaweed. Reheat the miso soup until it is just hot. Never boil miso soup because it loses nutrients, flavor, and aroma.
- Serve topped with chopped green onions.

Succotash

Succotash is a traditional Native American dish primarily made of lima beans, corn, and other vegetables. Lima beans and corn are both high in fiber protein and various nutrients. Bell peppers, onions, garlic, and tomatoes contain antioxidants properties. Thyme, black pepper, and chili powder have anti-inflammatory properties. Overall, this recipe has a wide range of health benefits making it a great nutritious meal.

Prep time: 20 mins

Cook time: 30 mins

Total time: 50 mins

Serves 4

→ Ingredients:

- ◆ 2 cups of lime beans, cooked in advance
- ◆ 2 cups of corn, cooked
- ◆ 1 cup of julienned bell peppers, 3 colors if available
- ◆ 1 large onion, chopped
- ◆ 3 garlic cloves, finely chopped
- ◆ 1 fresh tomato, finely diced
- ◆ 2 or 3 tbsp of olive oil
- ◆ 2 sprigs of fresh thyme & 2 stalks of spring onions, finely chopped
- ◆ Salt, to taste
- ◆ Optional: ½ tsp of black pepper and 1 pinch of chili powder

→ Instructions:

- ◆ Heat the olive oil in a skillet then add the garlic and the onion. When the onion is slightly coloured, add the peppers and the tomato, followed by the corn and the beans.
- ◆ Incorporate the herbs and spices, mix and stir fry on a lower heat until all is nicely cooked and combined. Serve warm or at room temperature.

Three Sister Soup

Three Sister Soup is a traditional Native American soup primarily made of corn, beans, squash, and other vegetables. Bay leaves, black pepper, yellow onion and garlic are all rich in antioxidant properties. Corn, black-eyed peas, and red potatoes are all a great source of fiber, while cumin may have anti-inflammatory and digestive health benefits. Jalapeños, zucchini, and squash can support digestive and cardiovascular health. Together, these ingredients help make a nutritious Three Sister Soup recipe.

Prep time: 15 mins

Cook time: 25 mins

Total time: 40 mins

Serves 4

→ Ingredients:

- ◆ 2 Tbsp olive oil
- ◆ 1 medium yellow onion, diced
- ◆ 2 cloves garlic, minced
- ◆ 1 lb red potatoes, diced
- ◆ 1 tsp chipotle powder
- ◆ 1 tsp cumin
- ◆ 2 bay leaves
- ◆ 32 oz chicken broth
- ◆ 28 oz can diced fire roasted tomatoes
- ◆ Salt, to taste
- ◆ Black pepper, to taste
- ◆ 1 jalapeño pepper, minced
- ◆ 1 zucchini, diced (do not peel)
- ◆ 1 summer squash, diced (do not peel)
- ◆ 3 ears corn, kernels removed
- ◆ 2 cups cooked black-eyed pea

→ Instructions:

- ◆ Heat the oil in a large soup pot and add the diced onion. Saute until the onion starts to soften. Add the garlic and cook a minute or two longer.
- ◆ Add the potatoes, chipotle powder, cumin, and bay leaves to the pot and cook for a couple of more minutes, stirring constantly.
- ◆ Add the broth and tomatoes to the pot and bring to a boil. Add the jalapeños, if using.
- ◆ Lower the heat and simmer until the potatoes are tender.
- ◆ Add the zucchini, summer squash, corn and beans, and bring the soup back to a boil. Season with salt and black pepper. Cover and let the soup simmer for just a few minutes.
- ◆ Serve the soup topped with fresh parsley, and a sprinkle of cheese.

Super Greens

Greens & Salads

Saag Paneer

Recommended & inspired by Chef at The Taste of India, St. Louis Park, MN

Saag Paneer is a popular, nutritious, vegetarian dish in Indian cuisine. Spinach and fenugreek leaves are both excellent sources of vitamins and minerals such as iron and vitamin K, while cumin seeds and tomatoes contain antioxidants properties. Onions and ginger also have anti-inflammatory effects and may help boost the immune system. Turmeric can help improve brain function. Cayenne pepper can help reduce inflammation and improve digestion.

Prep time: 15 mins

Cook time: 45 mins

Total time: 1 hr

Serves 4

→ Ingredients:

- ◆ 2 bunches spinach, roughly chopped
- ◆ 1 bunch fenugreek leaves, roughly chopped
- ◆ 3 tbsp canola oil, divided
- ◆ ½ lb paneer, cubed
- ◆ 1 tsp cumin seeds
- ◆ 1 onion, thinly sliced
- ◆ 3 cloves garlic, minced
- ◆ 1 tsp grated fresh ginger
- ◆ 1 tomato, diced
- ◆ 2 tsp garam masala
- ◆ ½ tsp ground turmeric
- ◆ ½ tsp cayenne pepper
- ◆ ½ cup heavy whipping cream
- ◆ Salt, to taste

→ Instructions:

- ◆ Bring a large saucepan of water to a boil; add spinach and fenugreek and cook until wilted. Drain well; transfer to a blender and blend until pureed.
- ◆ Heat 1 tbsp canola oil in a large skillet over medium heat; add paneer cubes and fry until browned on all sides. Transfer paneer onto a plate.
- ◆ Heat remaining 2 tbsp canola oil in the same skillet over medium heat; add cumin seeds and fry until lightly toasted and aromatic.
- ◆ Add onion; cook and stir until softened.
- ◆ Add garlic and ginger and stir to coat. Stir in tomato, garam masala, turmeric, and cayenne pepper; cook until tomato breaks down, stirring often.
- ◆ Stir in pureed spinach mixture, paneer cubes, and cream; add salt to taste.
- ◆ Reduce heat to low, cover, and simmer until ready to serve.

Collard Greens

Recommended & inspired by Saehea Turner & Sydney Saygbe

Collard greens, sweet onion, garlic, red pepper flakes, and apple cider vinegar are all nutritious ingredients used in this southern-style collard greens recipe. Collard greens are rich in vitamins A, C, and K, as well as fiber and calcium, while onion and garlic can help lower cholesterol levels. Red pepper flakes can aid digestion, and apple cider vinegar can control blood sugar.

Prep time: 15 mins

Cook time: 2 hrs

Total time: 2 hr 15 mins

Serves 6-8

→ Ingredients:

- ◆ 12 hickory-smoked bacon slices, finely chopped
- ◆ 2 medium-size sweet onions, finely chopped
- ◆ ¾ lb smoked ham, chopped
- ◆ 6 garlic cloves, finely chopped
- ◆ 3 (32-oz) containers chicken broth
- ◆ 3 (1-lb) packages fresh collard greens, washed and trimmed
- ◆ ½ cup apple cider vinegar
- ◆ 1 tbsp sugar
- ◆ 1 tsp salt
- ◆ ¾ tsp red pepper flakes

→ Instructions:

- ◆ Cook bacon over medium heat in a skillet until almost crisp.
- ◆ Add onion to skillet, stir until soft. Add garlic and ham.
- ◆ Stir in broth, collard greens, apple cider vinegar, sugar, salt, and black pepper. Reduce heat to medium low, and cook 2 hours or until desired tenderness.
- ◆ Serve warm.

Larb Gai

Larb Gai is a traditional Thai dish that consists of ground chicken, herbs, lime juice, fish sauce, chili flakes, and other ingredients. The ingredients in the recipe offer numerous health benefits. For example, lime juice and mint leaves are excellent sources of antioxidants, while red onion and scallions have anti-inflammatory properties. Cilantro is rich in vitamin K, which is important for bone health, and lettuce and cucumber provide fiber, vitamins, and minerals.

Prep time: 15 mins

Cook time: 10 mins

Total time: 25 mins

Serves 4

→ Ingredients:

- ◆ ¼ cup raw sticky rice or 2 tbsp roasted rice powder (available at Asian markets)
- ◆ 16 oz coarsely ground or finely chopped white or dark meat chicken
- ◆ ½ tsp hot chili powder
- ◆ 4 tsp nam pla (fish sauce)
- ◆ 5 tsp freshly squeezed lime juice
- ◆ ¼ cup thinly cut red onions
- ◆ 2 tbsp chopped cilantro
- ◆ 2 tbsp sliced scallions
- ◆ 10 whole mint leaves
- ◆ Lettuce leaves
- ◆ Cucumber spears
- ◆ 4 cups cooked white rice

→ Instructions:

- ◆ To make roasted rice powder, heat a skillet over high heat. Add raw rice and cook, stirring often, until rice is toasted and dark brown. Remove from wok and set aside to cool. Once cooled, grind rice to a coarse powder in a mortar or blender and set aside.
- ◆ Heat a skillet over medium high heat. When very hot, add 2 tbsp of water, then add chicken, stirring constantly to break up any lumps. Cook just until cooked through, then transfer to a mixing bowl. While chicken is just warm, add remaining ingredients (except for garnishes) and roasted rice powder and mix. Mixture should be tangy, salty and lightly spicy.
- ◆ Spoon onto a serving plate with mint, lettuce and cucumber. Serve with rice.

Kachumbari

Kachumbari is a fresh and tangy salad from East Africa that is typically made with diced tomatoes, onions, cilantro, and fresh lime or lemon juice. This salad is low in calories and high in nutrients, providing a good source of vitamin C, potassium, and fiber. The red onions and jalapenos in the salad contain antioxidants. Tomatoes and cucumbers are rich in vitamins and minerals that promote healthy skin and hair, and the cilantro adds flavor while providing a good source of vitamin K and antioxidants.

Prep time: 10 mins

Total time: 10 mins

Serves 4

→ Ingredients:

- ◆ 2 red onion medium size

- ◆ 6 tomatoes large size
- ◆ 2 cucumber large size
- ◆ 2 lemon
- ◆ 2 jalapeno pepper seeds removed (or any green chili)
- ◆ Fresh cilantro
- ◆ Salt, to taste
- ◆ Black pepper, to taste
- ◆ 2 cups cooked white rice

→ Instructions:

- ◆ Dice the onions, tomatoes, cucumber, and green chili.
- ◆ Add all the veggies into a bowl, add the cilantro, squeeze in the lemon juice, and season with salt and black pepper.
- ◆ Serve with white rice.

Som Tam (Thai Green Papaya Salad)

Som Tam is a popular salad dish in Thai cuisine. This is a nutritious dish that contains vitamin C, antioxidants, and fiber from the unripe papaya, tomatoes, green beans, garlic, chili peppers, and lime juice. These ingredients can support digestion, immunity, heart health, and have anti-inflammatory properties.

Prep time: 25 mins

Total time: 25 mins

Serves 4

→ Ingredients:

- ◆ 1 small green, unripe papaya (about 2 lbs)
- ◆ 1 medium clove garlic, minced
- ◆ 1 small red chili pepper, such as Thai bird, seeded and finely chopped
- ◆ 2 tbsp fish sauce, or soy sauce
- ◆ 2 tbsp vegetable oil
- ◆ 3 tbsp freshly squeezed lime juice
- ◆ 2 tbsp brown sugar
- ◆ 5 large green beans
- ◆ 1 cup cherry tomatoes, halved
- ◆ 2 cups bean sprouts
- ◆ ¼ cup coarsely chopped Thai or Italian basil, for garnish
- ◆ ½ cup roasted peanuts or cashews, for garnish
- ◆ ½ tsp granulated sugar, optional
- ◆ 3 medium scallions, thinly sliced lengthwise
- ◆ Optional: Sticky rice for serving

→ Instructions:

- ◆ Peel the green papaya.
- ◆ Using the largest grater you have (such as one for scalloped potatoes), grate the papaya, rotating it as you go to avoid hitting the inner seeds.
- ◆ Pound the garlic and chile into a fine paste with a mortar and pestle or with the back of a knife. Transfer to a small bowl, add the fish sauce, oil, lime juice, and brown sugar, and whisk to combine until reddish in color. Set this chili dressing aside.
- ◆ Slice the green beans into segments and chop.
- ◆ Place the shredded papaya, cherry tomatoes, and bean sprouts in a large salad bowl. Add in the basil, peanuts, chili dressing and sliced green beans and toss.
- ◆ Garnish with the scallions, and the remaining basil and peanuts, and serve with sticky white rice.

Sunomono (Japanese Cucumber Salad)

Sunomono is a refreshing and healthy Japanese salad primarily made with cucumbers. Cucumbers contain antioxidants and anti-inflammatory properties. Rice vinegar has been shown to have antimicrobial properties and may help lower blood sugar levels. Sesame seeds are a good source of healthy fats, fiber, and minerals like calcium and iron.

Prep time: 15 mins

Total time: 15 mins

Serves 4

→ Ingredients:

- ◆ 2 medium cucumbers
- ◆ ¼ cup rice vinegar
- ◆ 1 tsp sugar
- ◆ ¼ tsp salt
- ◆ 2 tbsp sesame seeds, toasted

→ Instructions:

- ◆ Add the sesame seeds over a small dry skillet on low heat. Stir constantly until golden and fragrant. Transfer to a small bowl and let cool.
- ◆ Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon.
- ◆ Using a sharp knife or wide vegetable peeler, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess wetness.
- ◆ Combine rice vinegar, sugar and salt in a medium bowl, stirring until dissolved.
- ◆ Add the cucumbers and sesame seeds; toss well to combine before serving

Well Fed

Rice, Noodles, & Stir-Fry's

Seco de Pollo

Recommended & inspired by Maria Leon & Mathias Ronquillo

Background: Seco de pollo is a popular chicken stew from South America, and this recipe is Ecuadorian. The ingredients used in this recipe offer a variety of health benefits. Cumin, garlic, cilantro, parsley, and oregano all contain anti-inflammatory properties that can help reduce inflammation in the body. Onions and garlic can help lower blood pressure and cholesterol levels, while bell peppers are rich in vitamin C and antioxidants. Tomatoes can help reduce risk of certain types of cancer. The addition of orange juice not only adds a tangy flavor to the dish but also provides a boost of vitamin C, which supports a healthy immune system.

Prep time: 30 mins

Cook time: 1 hour

Total time: 1 hour 30 mins

Serves 4

→ Ingredients:

- ◆ 5 pieces of chicken
- ◆ 2 tsp cumin
- ◆ 2 tsp achiote or annatto
- ◆ 2 tbsp oil and/or butter
- ◆ 1 white onion
- ◆ 4 garlic cloves
- ◆ 2 cups water
- ◆ 4 tomatoes
- ◆ 2 bell peppers
- ◆ 2 tsp cilantro
- ◆ 2 tsp parsley
- ◆ 2 tsp oregano
- ◆ 1 orange, squeezed
- ◆ 2 cups of cooked white rice, for serving

→ Instructions:

- ◆ Rub the chicken pieces with the ground achiote, cumin, salt and pepper.

- ◆ Blend the water with the onion chunks, whole garlic cloves, tomatoes, bell peppers, hot pepper, cilantro, parsley, oregano to obtain a smooth sauce or puree.
- ◆ Heat the oil and brown the chicken pieces.
- ◆ Pour the blended chicha vegetable mix over the chicken. Bring to a boil.
- ◆ Reduce the heat and cook on low for about an hour.
- ◆ If the chicken is tender, but the sauce isn't thick yet, then remove the cooked chicken pieces, turn up the heat and cook the sauce until it's nice and thick, about 10 to 15 minutes.
- ◆ Once the sauce has thickened add the chicken pieces back to the pot and mix in the remaining chopped cilantro and parsley.
- ◆ Serve with white rice.

Mohinga (Kaw Naw)

Recommended & inspired by Eh Soe Dwe

Mohinga is a popular Burmese dish and is often considered the country's national dish. It's a comforting fish soup made with catfish and flavored with a blend of spices, herbs, and aromatics. Turmeric, paprika, and chili powder all contain antioxidants that can help reduce inflammation in the body. Lemongrass and ginger are known for their immune-boosting properties. Kaffir lime leaves are a good source of vitamin C. Chickpea flour, which is used to thicken the soup, is a good source of protein and fiber. Overall, Mohinga is a nutritious and flavorful dish that offers a variety of health benefits.

Prep time: 20 mins

Cook time: 1 hr

Total time: 1 hr 20 mins

Serves 6-8

→ Ingredients:

- ◆ 1 pound catfish fillets, cut into bite-sized pieces
- ◆ 1 onion, chopped
- ◆ 2 cloves garlic, minced
- ◆ 1-inch piece of ginger, minced
- ◆ 2 tbsp vegetable oil
- ◆ 1 tsp turmeric
- ◆ 1 tsp paprika
- ◆ 1 tsp chili powder
- ◆ 1 tsp fish sauce
- ◆ 8 cups water
- ◆ 2 lemongrass stalks, bruised and chopped into pieces
- ◆ 4 kaffir lime leaves, torn
- ◆ 1 cup chickpea flour

- ◆ Salt, to taste
- ◆ Black pepper, to taste
- ◆ 1 lb rice noodles, cooked
- ◆ Garnishes: sliced hard-boiled eggs, chopped cilantro, chopped green onions, lime wedges, fried onions, chili flakes

→ Instructions:

- ◆ In a large pot, heat the vegetable oil over medium-high heat.
- ◆ Add the onion, garlic, and ginger to the pot and cook until softened, about 3-4 minutes.
- ◆ Add the turmeric, paprika, and chili powder to the pot and stir to combine.
- ◆ Add the catfish to the pot and cook for 2-3 minutes, until lightly browned.
- ◆ Add the fish sauce, water, lemongrass, and kaffir lime leaves to the pot and bring to a boil.
- ◆ Reduce the heat to low and let the soup simmer for 30-40 minutes, stirring occasionally.
- ◆ In a separate bowl, mix the chickpea flour with enough water to form a smooth paste.
- ◆ Slowly pour the chickpea flour mixture into the soup, stirring constantly to prevent lumps from forming.
- ◆ Simmer the soup for another 10-15 minutes, until thickened.
- ◆ Season with salt and pepper, to taste.
- ◆ To serve, place a serving of rice noodles in a bowl and ladle the soup over the top.
- ◆ Garnish with sliced hard-boiled eggs, chopped cilantro, chopped green onions, lime wedges, fried onions, and chili flakes, as desired.

Bariis Iyo Hilib

Recommended & inspired by Hodo Dahir

Bariis Iyo Hilib is a nutritious Somali rice and meat dish. The ingredients in this recipe offer several health benefits. Onion and garlic have immune boosting properties. Cinnamon has been shown to have antidiabetic properties. Turmeric is a potent anti-inflammatory and antioxidant. Cumin, coriander, and cardamom can improve digestion.

Prep time: 20 mins

Cook time: 40 mins

Total time: 60 mins

Serves 4-6

→ Ingredients:

- ◆ 1 lb of boneless lamb or goat meat, cut into small cubes
- ◆ 2 cups basmati rice, rinsed and drained

- ◆ 2 tbsp ghee or vegetable oil
- ◆ 1 onion, chopped
- ◆ 3 garlic cloves, minced
- ◆ 1 teaspoon. cumin powder
- ◆ 1 teaspoon coriander powder
- ◆ 1 teaspoon turmeric powder
- ◆ 1 teaspoon paprika
- ◆ 1 cinnamon stick
- ◆ 3-4 cardamom pods
- ◆ 4 cups water
- ◆ Salt, to taste
- ◆ Chopped fresh cilantro or parsley, for garnish

→ Instructions:

- ◆ In a large pot or Dutch oven, heat the ghee or vegetable oil over medium-high heat.
- ◆ Add the onion and garlic and saute for 2-3 minutes or until softened.
- ◆ Add the lamb or goat meat and stir-fry for 5-7 minutes or until browned on all sides.
- ◆ Add the cumin powder, coriander powder, turmeric powder, paprika, cinnamon stick, and cardamom pods and stir-fry for 1-2 minutes or until fragrant.
- ◆ Add the basmati rice to the pot and stir to combine with the meat and spices.
- ◆ Add the water and salt, to taste, and stir to combine.
- ◆ Bring the mixture to a boil, then reduce the heat to low and cover the pot with a tight-fitting lid.
- ◆ Simmer for 20-25 minutes or until the rice is cooked and the liquid has been absorbed.
- ◆ Remove the pot from heat and let it sit for 5-10 minutes before removing the lid.
- ◆ Fluff the rice with a fork and sprinkle with chopped fresh cilantro or parsley, if desired.
- ◆ Serve the Bariis Iyo Hilib hot.

Suqaar

Recommended & inspired by Asia Tamaami & Hodo Dahir

This Suqaar recipe contains several nutritious ingredients. Tomatoes are a good source of vitamin C. Green bell peppers are a good source of fiber. Cumin can help improve digestion and reduce symptoms of IBS, while turmeric has anti-inflammatory and antioxidant properties. Overall, the Suqaar recipe contains a variety of ingredients that can provide important nutrients and potential health benefits.

Prep time: 15 mins

Cook time: 25 mins
Total time: 40 mins
Serves 4

→ Ingredients:

- ◆ 1 lb boneless chicken, beef or lamb, cut into small cubes
- ◆ 2 tbsp vegetable oil
- ◆ 1 onion, chopped
- ◆ 3 garlic cloves, minced
- ◆ 1 teaspoon cumin powder
- ◆ 1 teaspoon coriander powder
- ◆ 1 teaspoon turmeric powder
- ◆ ½ teaspoon chili powder
- ◆ ½ teaspoon paprika
- ◆ Salt, to taste
- ◆ Black pepper, to taste
- ◆ 2 tomatoes, chopped
- ◆ 1 green bell pepper, chopped
- ◆ Fresh cilantro or parsley, chopped, for garnish

→ Instructions:

- ◆ In a large skillet or wok, heat the vegetable oil over medium-high heat.
- ◆ Add the onion and garlic and saute for 3 minutes or until softened.
- ◆ Add the chicken, beef or lamb and stir-fry for 7 minutes or until browned on all sides.
- ◆ Add the cumin powder, coriander powder, turmeric powder, chili powder, paprika, salt, and black pepper and stir-fry for 2 minutes or until fragrant.
- ◆ Add the chopped tomatoes and green bell pepper and stir-fry for another 7 minutes or until the vegetables are tender and the liquid has evaporated.
- ◆ Remove from heat and sprinkle with chopped fresh cilantro or parsley.
- ◆ Serve the Suqaar hot with steamed rice or flatbread.

Pad Krapow

Recommended & inspired by Eh Soe Dwe

Pad Krapow is a popular Thai dish that contains several ingredients with health benefits. Thai holy basil has anti-inflammatory properties. Garlic can support heart health. Chili peppers have pain relief properties. Fish sauce is a source of protein and contains essential vitamins and minerals. Rice is a staple food and provides energy, while eggs are a good source of protein and various essential nutrients.

Prep time: 15 mins
Cook time: 20 mins

Total time: 35 mins

Serves 4

→ Ingredients:

- ◆ 1 lb of ground pork or chicken
- ◆ 2 tbsp of vegetable oil
- ◆ 2 garlic cloves, minced
- ◆ 2-3 Thai chilies, finely chopped
- ◆ 1 red bell pepper, sliced
- ◆ 1 onion, sliced
- ◆ 1 cup fresh Thai basil leaves
- ◆ 2 tbsp oyster sauce
- ◆ 2 tbsp soy sauce
- ◆ 1 tbsp fish sauce
- ◆ 1 tsp sugar
- ◆ 2 cups steamed jasmine rice, for serving

→ Instructions:

- ◆ Heat the vegetable oil in a wok or large skillet over medium-high heat.
- ◆ Add the garlic and chilies and stir-fry for 30 seconds or until fragrant.
- ◆ Add the ground pork or chicken and stir-fry for 4 minutes or until cooked through.
- ◆ Add the red bell pepper and onion and stir-fry for 3 minutes or until tender.
- ◆ Add the oyster sauce, soy sauce, fish sauce, and sugar and stir-fry for 2 minutes or until everything is well combined.
- ◆ Add the Thai basil leaves and stir-fry for another 30 seconds or until the leaves are wilted and fragrant.
- ◆ Serve the Pad Krapow hot with steamed jasmine rice.

Espagueti Verde

Recommended & inspired by Lourdes Juarez

Espagueti Verde, also known as “Green Spaghetti”, is a Mexican pasta dish that features a vibrant green sauce made from roasted tomatillos, jalapeño peppers, garlic, and cilantro. The ingredients used in this recipe offer several health benefits. Tomatillos are an excellent source of vitamin C, which is important for immune system function. Jalapeño peppers can boost metabolism and reduce inflammation. Cilantro is a good source of vitamin K, which is important for bone health. Overall, Espagueti Verde is a flavorful and healthy dish that you can enjoy any time of the year.

Prep time: 10 mins

Cook time: 25 mins

Total time: 35 mins

Serves 4-6

→ Ingredients:

- ◆ 1 lb spaghetti
- ◆ 1 lb tomatillos, husks removed
- ◆ 2 jalapeño peppers, stemmed and seeded
- ◆ 2 garlic cloves, peeled
- ◆ 1 cup fresh cilantro leaves
- ◆ 1/2 cup chicken broth
- ◆ 1/2 cup heavy cream
- ◆ 1/2 cup crumbled queso fresco (or feta cheese)
- ◆ Salt, to taste
- ◆ Black pepper, to taste
- ◆ Olive oil

→ Instructions:

- ◆ Preheat the oven to 400°F.
- ◆ Toss the tomatillos, jalapeño peppers, and garlic cloves with a drizzle of olive oil and spread them out on a baking sheet.
- ◆ Roast the vegetables in the oven for 10-15 minutes, until they are soft and lightly browned.
- ◆ Meanwhile, cook the spaghetti according to the package instructions until al dente.
- ◆ Drain the spaghetti and set aside.
- ◆ In a blender or food processor, blend the roasted vegetables, cilantro, and chicken broth until smooth.
- ◆ Heat a large skillet over medium heat and add the blended mixture to the skillet.
- ◆ Add the heavy cream to the skillet and stir to combine.
- ◆ Add the cooked spaghetti to the skillet and toss until well-coated with the sauce.
- ◆ Sprinkle the crumbled queso fresco (or feta cheese) over the top of the spaghetti.
- ◆ Add your salt and pepper to taste, and serve hot.

Vegetable Chow Mein

Vegetable chow mein is a popular Chinese dish made with stir-fried noodles and mixed vegetables. This recipe includes yellow onion, red bell pepper, zucchini, shiitake mushrooms, ginger, and garlic which provide a variety of health benefits. They are all low in calories, high in fiber, and packed with vitamins, minerals, and antioxidants that can help boost the immune system, improve digestion, and reduce the risk of chronic diseases such as heart disease, diabetes, and cancer.

Prep time: 5 mins
Cook time: 15 mins

Total time: 20 mins

Serves 4

→ Ingredients:

◆ Sauce:

- 2 tbsp oyster sauce
- 2 tbsp dark soy sauce
- 1 tbsp light soy sauce
- 2 tbsp rice vinegar
- 1 tsp sugar
- 1 tbsp toasted sesame oil
- 3 tbsp water

◆ Chow Mein:

- ½ lb fresh egg noodles, or 3 oz dried
- 1 tbsp salt
- 5 tbsp canola oil, divided
- ½ cup thinly sliced yellow onion
- 1 cup thinly sliced red bell pepper
- 1 medium zucchini, cut into thin strips
- 1 cup thinly sliced fresh shiitake mushrooms
- 1 tbsp grated fresh ginger
- 2 cloves garlic, minced

→ Instructions:

- ◆ In a small bowl, combine the sauce ingredients. Mix well and set aside.
- ◆ Bring a large pot of water to a boil and add 1 tbsp of salt. Add the noodles and boil for 2 minutes.
- ◆ Drain the noodles and rinse well with cold water.
- ◆ Place the noodles in a bowl and toss with 1 tbsp of oil.
- ◆ Heat a large nonstick pan until very hot. Add 2 tbsp of oil and saute the onion and red bell pepper until tender.
- ◆ Add the zucchini and mushrooms and continue to stir-fry until golden brown.
- ◆ Transfer the vegetables to a bowl.
- ◆ Reheat the same pan until very hot. Add the remaining 2 tbsp of oil and saute the ginger and garlic for several seconds.
- ◆ Add the noodles and stir-fry until the noodles are heated through.
- ◆ Return the vegetables to the pan with the noodles, add the sauce, and continue to toss the noodles until they are well combined and heated through.
- ◆ Serve hot.

Nigerian Jollof

Jollof rice is a staple in many West African countries, and variations of the dish can be found throughout the region. However, Nigerian jollof has a unique flavor and aroma due to the use of blended tomatoes, onions, and peppers as a base for the stew. This recipe includes tomatoes, white onion, bell pepper, green beans, celery, and garlic which are all rich in vitamins and minerals that support immune function and overall health. They are also high in fiber, which promotes good digestion and can help reduce the risk of chronic diseases. Bay leaf, black pepper, and thyme are herbs and spices that contain antioxidants.

Prep time: 15 mins

Cook time: 30 mins

Total time: 25 mins

Serves 8

→ Ingredients:

- ◆ 2 large tomatoes, grated
- ◆ 1 Large White Onion, diced
- ◆ 1 Bell Pepper, diced
- ◆ 1 cup frozen or canned green beans
- ◆ 1 celery stick, diced
- ◆ 2 cloves of garlic, minced
- ◆ 2 ½ cups of chicken stock
- ◆ 2 cups dry long-grain rice
- ◆ 2 tsp vegetable oil
- ◆ 2 Bay Leaves
- ◆ 2 tsp Sugar
- ◆ 1 ½ tsp Paprika
- ◆ 1 ½ tsp Curry Powder
- ◆ 1 tsp Salt
- ◆ 1 tsp Chili Powder
- ◆ ½ tsp Black Pepper
- ◆ ¼ tsp Thyme

→ Instructions:

- ◆ In a large pot, heat the vegetable oil on high heat.
- ◆ Mix in onions, peppers, garlic, and celery. Reduce heat to medium and stir.
- ◆ Once vegetables are soft. Add the grated tomatoes, spices, and chicken stock. Stir together. Turn heat up to high and bring to a boil.
- ◆ Once the pot is boiling, add the rice and green beans. Cover and bring back to boiling.
- ◆ Once the pot is boiling again, reduce heat to medium. Leave for ten minutes, stirring occasionally to make sure nothing sticks or burns.
- ◆ Switch off heat and let it sit for ten minutes before serving.

Batata Harra

Batata Harra is a Middle Eastern dish, meaning “spicy potatoes”, made with crispy golden potatoes seasoned with garlic, coriander seeds, red pepper flakes, turmeric, and black pepper. The dish is topped with a zesty mix of fresh herbs, including cilantro, parsley, and dill, and finished with a squeeze of lime. This dish contains many health benefits, including antioxidants from the herbs and spices, vitamin C from the lime, and potassium and fiber from the potatoes. Garlic and black pepper also have potential anti-inflammatory and digestive benefits.

Prep time: 5 mins

Cook time: 20 mins

Total time: 25 mins

Serves 6

→ Ingredients

- ◆ 6 medium-sized gold potatoes peeled
- ◆ Water
- ◆ 3 tbsp Extra virgin olive oil
- ◆ 2 garlic cloves, minced
- ◆ 2 tsp coriander seeds
- ◆ 1 tsp crushed red pepper flakes
- ◆ 2 tsp ground turmeric
- ◆ 1 lime
- ◆ 1 cup chopped fresh cilantro leaves
- ◆ 1 cup chopped fresh parsley leaves
- ◆ 1 cup chopped fresh dill
- ◆ Salt, to taste
- ◆ Black pepper, to taste

→ Instructions

- ◆ Peel the potatoes and place them in a large pot with enough water to cover them. Bring to a boil, and let them cook in the boiling water until potatoes are cooked through but still firm.
- ◆ Drain the potatoes and let them cool briefly. Cut the potatoes in smaller bite-size cubes or pieces.
- ◆ Heat the olive oil in a skillet on medium heat. Stir in the garlic, red pepper flakes and coriander seeds. Cook for 2-3 minutes then add the turmeric and the lime juice.
- ◆ Toss in the potatoes, and mix well to coat. Add ½ of the cilantro, parsley and dill. Cook for 4 more minutes. Add salt and black pepper to taste.
- ◆ Remove from heat and top with more red pepper flakes and the remaining fresh herbs. You can serve this potato salad warm or at room temperature.

The Little Things

Snacks

Granola

Recommended & inspired by Astrid Berger, Elise Harrington, Juan Manuel Cruz

Granola typically contains ingredients such as oats, nuts, seeds, and dried fruits that are rich in fiber, protein, and healthy fats. Oats in particular contain beta-glucan, a type of soluble fiber that has been shown to lower cholesterol levels and improve heart health. Nuts and seeds provide an array of nutrients, including vitamin E, magnesium, and zinc. Cacao is high in antioxidants and can improve heart health, while cinnamon, cardamom, nutmeg, turmeric, ginger, and clove have anti-inflammatory properties and can aid in digestion. Local raw honey and maple syrup are natural sweeteners that may have antibacterial properties and can provide a healthier alternative to processed sugar. By incorporating these ingredients, granola can be a nutritious and filling snack option.

Prep time: 15 mins

Cook time: 1 hr

Total time: 1 hr 15 mins

Serves 8

→ Ingredients:

- ◆ 3 cups organic rolled oats
- ◆ 2 cups chopped pecans
- ◆ 2 cups chopped cashews
- ◆ 2 cups chopped almonds
- ◆ 2 cups chopped walnuts
- ◆ 2 cups shredded coconut
- ◆ 1-2 cups hemp seeds
- ◆ 1 cup chia seeds
- ◆ 1 cup cacao nibs
- ◆ 1 cup pumpkin seeds
- ◆ 1 cup milled flax seeds
- ◆ 4 tbsp cinnamon powder
- ◆ 1 tbsp pumpkin spice
- ◆ 2 tbsp cacao powder
- ◆ 1 tsp cardamom powder
- ◆ 2 tsp nutmeg powder

- ◆ 1 tsp ground allspice
- ◆ 2 tsp turmeric powder
- ◆ 2 tsp ginger powder
- ◆ 1 tsp clove powder
- ◆ 2 tsp himalayan pink salt
- ◆ 1 tsp black pepper
- ◆ ½ -¾ cup local raw honey
- ◆ ½ - ¾ cup local maple syrup
- ◆ 2 baking sheets either lined with parchment paper or covered with coconut oil
- ◆ Optional: 1 cup of Dried Goji Berries, 1 cup of Dried Cranberries

→ Instructions:

- ◆ Preheat the oven to 325 F.
- ◆ Mix together Rolled Oats, Pecans, Walnuts, Cashews, Almonds, Shredded Coconut, Hemp Seeds, Chia Seeds, Cacao Nibs, Pumpkin Seeds, & Milled Flax Seeds, & mix together until well combined.
- ◆ Mix in all herb powders, Cinnamon, Pumpkin Spice, Cacao/Cocoa, Cardamom, Nutmeg, Allspice, Turmeric, Ginger, Clove, Salt, Black Pepper, and any of the optional herb powders that you wish to include. Mix together thoroughly.
- ◆ Mix in Honey & Maple Syrup. Start with ½ cup of each & add more if need be so that all of it is lightly coated with that natural sweetness.
- ◆ Pour onto baking sheets - be sure to not pile too much onto your baking sheets, you'll want to make sure that you only have about an inch of granola covering the sheet so that it all bakes evenly.
- ◆ Bake for 45 minutes - 1 hour at 325 degrees. Be sure to mix every 20-25 minutes.
- ◆ Take it out of the oven, double check that your granola is crunchy to your desired preference, if not, throw it back into the oven for 10-15 mins until it's at your desired level of crunchiness
- ◆ Mix in Dried Cranberries & Goji Berries (or any other berries of choice)
- ◆ Let cool completely
- ◆ Place in an airtight jar or container to keep it fresh.

Yuca Fries with Chimichurri

Recommended & inspired by Camila Mercado Michelli & Noelia Calvo Camacho

Chimichurri is a flavorful sauce made from fresh herbs like parsley and cilantro, garlic, vinegar, and oil. It originated in Argentina and can be a great drip for yuca fries. Yuca, also known as cassava, is a starchy root vegetable that provides a good source of fiber and is rich in vitamin C, vitamin B6, and potassium. Jalapenos, garlic, cilantro, parsley, and oregano are herbs and spices that can provide antioxidant and anti-inflammatory benefits, as well as potential immune-boosting effects.

Prep time: 10 mins
Cook time: 25 mins
Total time: 35 mins
Serves 10

→ Ingredients:

◆ Yuca fries:

- 3 lbs fresh yuca (cassava)
- Salt, to taste
- 2-3 cups oil

◆ Chimichurri:

- 3 cloves garlic, chopped
- 1 medium shallot, chopped
- 1 tbsp red wine vinegar
- 1 tbsp freshly squeezed lemon juice
- 1/2 cup packed fresh parsley leaves
- 1/2 cup packed fresh basil leaves
- 1/4 cup packed fresh cilantro leaves
- 1/4 cup extra-virgin olive oil
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp salt

→ Instructions:

◆ Yuca fries:

- Cut off both ends of the yuca root. Then cut them into 3 to 4-inch rounds, depending on the length of the yuca.
- Make a shallow cut lengthwise into the skin of the yuca. Work your thumbs under one side of the cut. Once you're underneath the peel, you can work your thumbs down the length of the root, peeling the skin off.
- Cook the yuca in a large pot with salted water over medium heat until fork tender. Drain and let cool.
- Cut yuca pieces in half and remove the inner root. Then cut into long ½ inch thick slices.
- Heat oil in a large skillet with oil up to ½ inch over medium-high heat until hot. Fry the yuca fries in batches, turning once, until golden brown. Remove and place on a paper-towel lined plate.

◆ Chimichurri:

- Combine the garlic, shallot, vinegar, and lemon juice in a small bowl and set aside for 10 minutes to marinate.
- Transfer the garlic mixture (including liquid) to a blender. Add the parsley, basil, and cilantro and pulse to finely chop.
- Add oil, coriander, cumin, and salt and blend some more.

- Use as dipping sauce for yuca fries.

Sambuus (Sambusa)

Recommended & inspired by Asia Tamaami, Hodo Dahir, & Eh Soe Dwe

Background: Sambuus, also known as sambusas or samosas, are a popular savory snack in many parts of the world, including Somalia, India, and the Middle East. This recipe includes onion, parsley, garlic, and black pepper which all contain various health benefits. Onion is rich in antioxidants and anti-inflammatory properties, which can reduce the risk of chronic diseases. Parsley is a nutrient-dense herb that is high in vitamins C, K, and A. Garlic can help reduce blood pressure. Black pepper can improve digestion and brain function.

Prep time: 35 mins

Cook time: 25 mins

Total time: 1 hr

Serves 4-6

→ Ingredients:

- ◆ ½ cup oil
- ◆ 1 medium onion, finely chopped
- ◆ 1/2 lb lean ground beef
- ◆ 2 tbsp dried parsley
- ◆ 1 tsp curry powder, plus more to taste
- ◆ 1 garlic clove, minced
- ◆ 1 tsp salt
- ◆ 1/2 tsp freshly ground black pepper
- ◆ 1 package egg roll wrappers
- ◆ Water, for sealing

→ Instructions:

- ◆ In a large skillet, heat 1 tbsp of oil over medium heat. Add the onion and cook until soft. Stir in the beef, parsley, curry powder, garlic, salt, and pepper, and cook until the meat is no longer pink. Transfer the meat mixture to a medium bowl and cool to room temperature. Wipe out the skillet.
- ◆ Line a baking sheet with parchment paper. Cut each egg roll wrapper in half diagonally. Working with one triangle at a time, lightly brush the edges of the wrapper with water. Fold the long side of the triangle in half, pinching the edge to seal and form a little cup.
- ◆ Place a generous tbsp of the meat mixture into the cup, then pull the open flap of the wrapper over the cup, pressing to seal. As each sambusa is finished, place it on the baking sheet. When the sheet is full, cover the sambusas with another piece of parchment paper and continue layering with finished sambusas.

- ◆ Line a platter with several layers of paper towels. In the skillet, heat about 1 inch of oil. Add half of the sambusas to the oil and cook for 2 to 4 minutes, turning once, until golden brown on both sides.
- ◆ Transfer the sambusas to the paper-towel-lined plate to remove excess oil. Repeat with the remaining sambusas and serve.

Spicy Kale Chips

Recommended & inspired by Rosa Rico Mendoza & Eva Nyrie

Spicy kale chips are a healthy snack alternative to Dinamitas or Hot Cheetos, and includes a variety of health benefits. Kale is a nutrient-dense leafy green that is high in vitamins A, C, and K. Red pepper can help improve heart health. Garlic and ginger are known for their anti-inflammatory properties, while lemon juice supports skin health.

Prep time: 10 mins
 Cook time: 20 mins
 Total time: 30 mins
 Serves 4-6

→ Ingredients:

- ◆ 2 cups chopped kale
- ◆ 2 tbsp butter
- ◆ 3 tbsp sriracha
- ◆ ¼ tsp crushed red pepper
- ◆ ⅛ tsp salt
- ◆ ⅛ tsp chili powder
- ◆ 1 garlic clove, minced
- ◆ 1 tbsp lemon juice
- ◆ ⅛ tsp ginger powder

→ Instructions:

- ◆ Preheat the oven to 300 F.
- ◆ Wash the kale and cut out the middle stalk.
- ◆ Chop it up into small pieces and dry them with a few paper towels, or air dry ahead of time.
- ◆ Heat a saucepan over medium low heat.
- ◆ Add the butter, sriracha, crushed red pepper, salt, chili powder, garlic, lemon juice and ginger.
- ◆ Heat the sauce until it begins to separate. Turn the heat off and allow the sauce to cool down.
- ◆ Once cool, toss the sauce together with the kale.
- ◆ Transfer the kale to a baking sheet lined with parchment paper and bake for 15 minutes. Toss it and bake for 5 more minutes

- ◆ Cool and serve.

Cebollita en Limon

Recommended & inspired by Oswaldo Arevalo

This small little snack with three simple ingredients offers a range of health benefits. Red onions and limes have antioxidants and anti-inflammatory properties. Antioxidants are known to help reduce inflammation and lower the risk of certain chronic diseases such as heart disease, diabetes, and certain types of cancer. Limes are an excellent source of vitamin C.

Prep time: 10 mins

Total time: 10 mins

Serves 1-2

→ Ingredients:

- ◆ ½ of a red onion
- ◆ Salt, to taste
- ◆ ½ Lime

→ Instructions:

- ◆ Thinly cut 1/2 a red onion.
- ◆ Throw in a bowl with salt and lime.
- ◆ Mix and serve cold or at room temperature.

Pepino con Tajin

Recommended & inspired by Chris Waters & Ruby Murillo

This recipe is for you to make your own tajin seasoning at home and to learn about the health benefits behind the ingredients used in this snack. Lime zest is rich in vitamin C, antioxidants, and flavonoids that can boost the immune system and improve digestion. Cayenne, paprika, and chili have anti-inflammatory and pain-relieving properties. Guajillo chili is rich in antioxidants, iron, and vitamin C, which can boost immunity, aid digestion, and promote healthy skin. Cucumbers are low in calories and high in water content, making them a great source of hydration.

Prep time: 10 mins

Total time: 10 mins

Serves 1-2

→ Ingredients:

- ◆ 1 large cucumber
- ◆ 2 tbsp crystalized lime powder (use dried lime zest as an alternative)
- ◆ 2 tsp salt
- ◆ 1 tsp cayenne powder (use paprika or red chili powder for a milder alternative)

- ◆ 1 tsp guajillo powder
- ◆ 1 tsp sugar
- Instructions:
 - ◆ Slice the cucumber and place in a small bowl.
 - ◆ Add the seasonings to the bowl and mix.
 - ◆ Serve cold.

Kimbap

Recommended & inspired by Marinella Taoushiani

Kimbap is a popular Korean snack which has ingredients that offer various health benefits. Seaweed, the key ingredient, is low in calories and high in iodine. Garlic is known for its antibacterial and antiviral properties, while spinach is high in iron and antioxidants. Carrots support healthy vision and immune function. Radishes are a good source of vitamin C and can aid in digestion and support liver health.

Prep time: 25 mins

Cook time: 20 mins

Total time: 45 min

Serves 4-6

- Ingredients:
 - ◆ 2 cups uncooked short grain rice
 - ◆ 1 tbsp sesame oil
 - ◆ 1/2 tsp salt
 - ◆ For the beef
 - 8 oz lean tender beef, cut into 1/2 inch-thick long strips
 - 2 tsp soy sauce
 - 1 tsp rice wine
 - 1 tsp sugar
 - 1 tsp sesame oil
 - 1/2 tsp minced garlic
 - ◆ Vegetables:
 - 1 bunch spinach, about 8 oz
 - 1 tsp sesame oil
 - Salt, to taste
 - 2 medium carrots, cut in strips 1/2-inch thick
 - 5 yellow pickled radish, cut in strips 1/2-inch thick
 - ◆ Fish cake:
 - 1 sheet fish cake
 - 1 tsp soy sauce
 - 1/2 tsp sugar

- 1/2 tsp sesame oil
- 2 eggs
- 5 seaweed sheets

→ Instructions:

- ◆ Cook the rice.
- ◆ Cut the beef into thin strips (about 1/2-inch thick). Mix well with the listed seasoning ingredients. Stir-fry over medium-high heat until cooked through.
- ◆ Bring a large pot of water to a boil over high heat and prepare an ice bath. Blanch the spinach, place immediately in the ice bath, then squeeze out water. Season with the sesame oil and salt.
- ◆ Slice the carrots. Heat a lightly oiled pan over high heat. Stir-fry the carrots until softened. Lightly season with salt.
- ◆ Cut the pickled radish lengthwise into 1/2-inch thick strips.
- ◆ Crack and beat the eggs in a bowl, stir in a pinch of salt. Heat a small non-stick pan over medium-low heat. Add the eggs to the pan and allow them to cook without stirring. When the bottom is set, flip it over. Transfer to a cutting board and cut into 3/4-inch thick strips.
- ◆ Cut the fish cake lengthwise into 3/4-inch thick strips. Heat the pan with a little bit of oil over medium heat. Stir fry with the soy sauce, sugar, sesame oil and vegetable oil over medium heat until softened.
- ◆ Arrange all the ingredients together on a plate. When all the other ingredients are ready, remove the rice from the rice cooker.
- ◆ While the rice is still hot, add the sesame oil and salt. Mix well by lightly folding with a rice paddle or large spoon until evenly seasoned. Add more salt to taste. The rice will cool down during this process and be ready to be used.
- ◆ Put a seaweed sheet, shiny side down and longer side towards you, on a cutting board or a bamboo mat if available. Using a rice paddle or your fingers, spread about 3/4 cup to 1 cup of rice evenly over the seaweed sheet.
- ◆ Lay the prepared ingredients on top of the rice.
- ◆ Lift the entire bottom edge with both hands and roll over the filling away from you, tucking it with your fingers.
- ◆ Put firm pressure over the roll to close everything in tightly. Then, continue to roll again, putting pressure evenly over the roll using both hands.
- ◆ Apply a little bit of sesame oil to a sharp knife. (This will keep rice from sticking to the knife)
- ◆ Cut the roll into 1/2-inch thick bite sizes and enjoy.

Tomato Chutney

Recommended & inspired by Jen Deepa

Tomato chutney is a tangy and flavorful condiment made with ripe tomatoes, spices, and herbs. It is popular in Indian cuisine and can be used as a dip, spread, or topping for various dishes.

Tomatoes are the main ingredient in this chutney and are packed with health benefits. They are rich in antioxidants which can help reduce the risk of cancer, heart disease, and other chronic illnesses. Garlic and ginger have potent anti-inflammatory and immune-boosting properties. Cilantro leaves are a good source of vitamin K, which help blood clotting and bone health. Cumin and mustard seeds can help improve digestion.

Prep time: 15
Cook time: 10
Total time: 25 mins
Serves 4

→ Ingredients:

- ◆ 4 medium-sized ripe tomatoes, chopped
- ◆ 1 small red onion, chopped
- ◆ 2 garlic cloves, minced
- ◆ 1/2 inch ginger, grated
- ◆ 1 green chili, finely chopped
- ◆ 1/2 tsp cumin seeds
- ◆ 1/2 tsp mustard seeds
- ◆ 1/4 tsp turmeric powder
- ◆ 1/2 tsp red chili powder
- ◆ Salt to taste
- ◆ 1 tbsp oil
- ◆ 1 tbsp chopped cilantro leaves

→ Instructions:

- ◆ Heat oil in a pan and add cumin and mustard seeds.
- ◆ Once they start to splutter, add chopped onion, minced garlic, grated ginger, and green chili. Sauté until onion turns translucent.
- ◆ Add chopped tomatoes, turmeric powder, red chili powder, and salt. Mix well and let it cook until tomatoes become soft and mushy.
- ◆ Turn off the heat and let it cool for a few minutes.
- ◆ Blend the mixture until smooth or chunky as desired.
- ◆ Garnish with chopped cilantro.

Pickled Pineapple Chow

Pickled Pineapple Chow is a popular Trinidadian dish but is also commonly known in other Caribbean countries. Pineapple, clementines, and limes are rich in vitamins and minerals such as vitamin C. Red onion is a good source of antioxidants. Jalapeno and scotch bonnet peppers both support the immune system and help protect cells from damage. Garlic and cilantro have anti-inflammatory properties. It is important to note that you can play around with the spice level of this recipe.

Prep time: 20 mins

Total time: 20 mins

Serves 4-6

→ Ingredients:

- ◆ 1 large Pineapple (peel, cored, cubed)
- ◆ 1 tsp sea salt
- ◆ 1 jalapeno pepper (sliced thin)
- ◆ 2 scotch bonnet peppers (sliced thin)
- ◆ 3 large cloves garlic (crushed)
- ◆ 2 tbsp cilantro (chopped fine)
- ◆ 2 oranges (juice)
- ◆ 3-5 clementines (juice)
- ◆ 2 limes (juice)
- ◆ 1 small red onion (sliced thin)

→ Instructions:

- ◆ Peel, core and dice the pineapple into 1 inch pieces. Give it a rinse under cool water and drain.
- ◆ Place the diced pineapple into a large bowl.
- ◆ Add sliced peppers and onion to the large bowl with salt and garlic. Squeeze the citrus juices from the lime, oranges, and clementines and mix.
- ◆ Top with cilantro and place in the fridge to marinate, or serve immediately.

Sweet Treats

Baked Goods & Desserts

Cocada

Recommended & inspired by Anthony Villagrana

Cocada is a traditional Latin American dessert primarily made of shredded coconut and sweetened condensed milk. Coconut flakes are rich in fiber, which aids in digestion and promotes feelings of fullness. Macadamia nuts are an excellent source of healthy fats which can help reduce bad cholesterol levels and lower the risk of heart disease. Additionally, both coconut flakes and macadamia nuts are rich in antioxidants.

Prep time: 10 mins

Cook time: 10 mins

Total time: 20 mins

Serves 8

→ Ingredients

- ◆ 1 ¾ cup sweetened coconut flakes
- ◆ 1/3 cup dulce de leche
- ◆ 1/3 cup coarsely chopped macadamia nuts

→ Instructions

- ◆ Preheat the oven to 350 degrees fahrenheit. Line a baking sheet with parchment paper.
- ◆ In a large bowl, mix together coconut flakes, dulce de leche and macadamia nuts until well combined.
- ◆ Divide the mixture into small balls and arrange them on the prepared baking sheet.
- ◆ Bake for 10-13 minutes, or until the edges are nicely browned.
- ◆ Cool completely before serving.

Mango Sticky Rice

Recommended & inspired by Eh Soe Dwe

Mango sticky rice is a popular Thai dessert made with two nutritious ingredients, mango and coconut milk. Mango is rich in vitamins and minerals, including vitamin C, vitamin A, and potassium, which can help support a healthy immune system and heart health. Coconut milk is a good source of healthy fats, which can help improve cholesterol levels and support brain function.

Prep time: 10 mins

Cook time: 25 mins

Soak time: 20 mins

Total time: 55 mins

Serves 4

→ Ingredients

- ◆ 1 cup Thai sweet rice (aka sticky rice)
- ◆ 1 ½ cups water, divided
- ◆ 1 (13.5-oz) can coconut milk, divided
- ◆ ¼ tsp salt
- ◆ 4 to 5 tbsp brown sugar, to taste, divided
- ◆ 1 to 2 ripe mangoes

→ Instructions

- ◆ Soak the rice in 1 cup water in a medium pot for 20 to 30 minutes. Do not drain the rice.
- ◆ Add 1/2 cup more water, plus 1/2 can of the coconut milk, the salt, and 1 tbsp of the brown sugar. Stir well. Bring to a gentle boil, then partially cover with a

lid (leaving some room for steam to escape). Reduce heat to medium-low, or just until you get a gentle simmer.

- ◆ Simmer for 20 to 30 minutes, or until the coconut water has been absorbed by the rice. Turn off the heat but leave the pot on the burner with the lid on tight. Allow it to sit for 5 to 10 minutes.
- ◆ To make the sauce, warm the remaining coconut milk over medium low heat in a small saucepan. Add 3 tbsp brown sugar, stirring to dissolve.
- ◆ Prepare the mangoes by cutting them open and slicing each into bite-sized pieces.
- ◆ Scoop some warm rice into each serving bowl, then drizzle lots of the sweet coconut sauce over the top. Arrange mango slices on the rice and finish with a drizzle of more sauce.

Sweet Potato Pie

Recommended & inspired by Georgianna Jarrett & MJ Whitaker-Long

This sweet potato pie recipe has ingredients that offer a range of health benefits. Sweet potatoes are a rich source of vitamins A and C, which support eye health. Vanilla extract contains antioxidants properties. Cinnamon has anti-inflammatory properties and can help lower blood sugar levels. Nutmeg is a good source of minerals such as copper, potassium, and manganese, while ginger can help soothe digestive issues.

Prep time: 20 mins

Cook time: 75 mins

Total time: 1 hr 35 min

Serves 4-8

→ Ingredients:

- ◆ 1 9-inch unbaked pie crust
- ◆ 2 lbs sweet potatoes, scrubbed
- ◆ 6 tbsp melted unsalted butter
- ◆ ½ cup granulated sugar
- ◆ ½ cup packed brown sugar
- ◆ ½ cup evaporated milk, or cream
- ◆ 2 tsp vanilla extract
- ◆ 2 large eggs
- ◆ 1 ½ tsp ground cinnamon
- ◆ ½ tsp ground nutmeg
- ◆ ¼ tsp ground ginger, optional
- ◆ ¼ tsp salt

→ Instructions:

- ◆ Line a 9-inch pie plate with the pie crust; crimp the edge as desired. Place the pie plate on a large baking sheet.
- ◆ Line the crust with a sheet of foil or parchment paper and fill with pie weights, dry beans, or uncooked rice.
- ◆ Bake the crust for 16 to 18 minutes, or until it is just barely beginning to brown. Remove the crust to a rack to cool and reduce the oven temperature to 350 F.
- ◆ Meanwhile, prick the sweet potatoes a few times with a fork. Place them on a microwave-safe plate and microwave on high power for 5 minutes, turning halfway through the cooking time. Continue to cook, turning every 30 to 45 seconds, until the sweet potatoes are fork-tender. You may have to cook them in two batches.
- ◆ Scoop out the sweet potato flesh and mash; measure 2 cups into a mixing bowl.
- ◆ Add the melted butter, granulated and brown sugars, milk or cream, vanilla extract, eggs, cinnamon, nutmeg, ginger if using, and salt to the sweet potatoes. Purée the mixture in a blender.
- ◆ Pour the sweet potato filling into the cooled crust and return it to the oven. Bake the sweet potato pie for 30 minutes and check for browning. If necessary, place a pie shield or ring of foil over the edge to prevent over-browning. Continue to bake for about 10 to 20 minutes, or until the filling is set with only a slight jiggle in the center.
- ◆ Cool the sweet potato pie on a rack for 2 hours and then refrigerate until serving time. Serve with a dollop of freshly whipped cream and a light sprinkle of cinnamon sugar or a drizzle of caramel sauce.

Pumpkin Pie Cake

Recommended & inspired by MJ Whitaker-Long

Pumpkin pie cake is a dessert made with pumpkin puree, spices like cinnamon, ginger, nutmeg, and cloves, and topped with pecans. Pumpkin puree is a good source of fiber. Cinnamon has anti-inflammatory properties and can help regulate blood sugar levels. Ginger and cloves have anti-inflammatory and antioxidant properties. Nutmeg can help improve brain function. Lastly, pecans are a good source of healthy fats, fiber, and protein, and can help improve heart health and lower cholesterol levels.

Prep time: 20 mins

Cook time: 60 mins

Cooling time: 30 mins

Total time: 1 hr 50 mins

Serves 6-12

→ Ingredients:

- ◆ 1 (15.25-oz) box yellow cake mix, divided

- ◆ 1/2 cup unsalted butter, melted
- ◆ 4 large eggs, divided
- ◆ 2 (15-oz) cans pumpkin puree
- ◆ 1 (5-oz) can evaporated milk
- ◆ 1 ¼ cups sugar, divided
- ◆ 1 tsp ground cinnamon
- ◆ ½ tsp salt
- ◆ ½ tsp ground ginger
- ◆ ⅛ tsp ground nutmeg
- ◆ ⅛ tsp ground cloves
- ◆ ¼ cup unsalted butter, chilled and cut into cubes
- ◆ 1 cup chopped pecans

→ Instructions:

- ◆ Preheat the oven to 350 F. Grease the bottom and sides of a medium-large baking pan and set aside.
- ◆ Measure 1 cup of yellow cake mix and set aside.
- ◆ Place remaining yellow cake mix, melted butter, and 1 egg in a large bowl. Whisk to combine.
- ◆ Pour cake mixture into the prepared pan, spreading evenly across the bottom.
- ◆ In a large bowl of a stand mixer, combine pumpkin puree, evaporated milk, remaining 3 eggs, 1 cup of the granulated sugar, ground cinnamon, salt, ground ginger, ground nutmeg, and ground cloves. Mix until well combined.
- ◆ Pour pumpkin filling over the cake base.
- ◆ Combine reserved cake mix and remaining 1/4 cup granulated sugar in a medium mixing bowl. Using a pastry blender or forks, cut in cold butter until crumbly. Stir in chopped pecans.
- ◆ Sprinkle pecan mixture evenly over pumpkin filling. Bake for 60 to 70 minutes or until the center of the cake is set and edges are golden brown.
- ◆ Cool in a pan or on a wire rack for 30 minutes before cutting into squares to serve.

Zucchini Chocolate Chip Cookies

Recommended & inspired by Hope Register

Zucchini chocolate chip cookies can be a satisfying and healthier option if you are craving a chocolate chip cookie. This recipe includes three nutritious ingredients, zucchini, walnuts, and vanilla extract. Vanilla extract is known for its antioxidant properties. Zucchini is a low-calorie vegetable that is a good source of vitamin C, potassium, and manganese. It is also high in fiber, which can aid in digestion. Walnuts are a nutrient-dense nut and good source of protein, and fiber.

Prep time: 15 mins

Cook time: 12 mins
Total time: 22 mins
Serves 15-30

→ Ingredients:

- ◆ ¾ cup salted butter, softened to room temperature
- ◆ ½ cup granulated sugar
- ◆ 1 cup packed light or dark brown sugar
- ◆ 1 large egg
- ◆ 2 tsp vanilla extract
- ◆ 1 cup shredded zucchini
- ◆ 2 ½ cup all-purpose flour
- ◆ 1 tsp baking soda
- ◆ 1 tsp salt
- ◆ ¼ tsp ground cinnamon
- ◆ 1 cup semi-sweet chocolate chips
- ◆ ½ cup chopped walnuts

→ Instructions:

- ◆ Preheat oven to 375 F. Line a sheet pan with parchment paper.
- ◆ In a mixing bowl, beat the butter, sugar, and brown sugar until light and creamy.
- ◆ Add the egg, vanilla, and zucchini, beating after adding.
- ◆ Add the flour, baking soda, salt and cinnamon and mix until almost combined. Add the chocolate chips and walnuts and mix briefly until incorporated.
- ◆ Roll dough into small balls. Space evenly about 4 inches apart on the prepared sheet pan.
- ◆ Bake for 9-11 minutes until edges are golden and top is set but not at all browned.
- ◆ Let cool on the sheet pan for 5 minutes, then transfer to a wire rack to cool completely before serving.

Morocho

Recommended & inspired by Rita Farfan

Morocho pudding is a dessert that is commonly found in Ecuador and is made with primarily morocho corn. Hominy corn is a good source of fiber, iron, and phosphorus. It is also gluten-free and can help regulate blood sugar levels and reduce the risk of diabetes. Cinnamon and anise contain antioxidants and anti-inflammatory properties that can help reduce inflammation and improve heart health. Overall, the combination of these ingredients in Morocho pudding can provide a range of health benefits.

Prep time: 12 hrs
Cook time: 40 mins

Total time: 12 hrs 40 mins

Serves 6

→ Ingredients:

- ◆ 1 cup of white hominy corn
- ◆ 1 liter water
- ◆ 1 liter milk of choice
- ◆ 4 cinnamon sticks
- ◆ 5 anise stars
- ◆ 100 g sugar

→ Instructions:

- ◆ Place the dried Hominy Corn in a large bowl and soak with 4 cups of water for 8-12 hours.
- ◆ In a large pot, add the milk, cinnamon stick, anise star and the soaked hominy corn and cook on low for 3 to 4 hours stirring occasionally.
- ◆ Once thick, add the sugar and stir.
- ◆ Cook for 30-40 minutes, stirring every 5 minutes until thick (like pudding consistency).
- ◆ Serve hot or cold.

Rhubarb Pudding

Recommended & inspired by Astrid Berger

Rhubarb pudding is a sweet and tangy dessert made from rhubarb stalks, sugar, and water. Rhubarb is rich in antioxidants, vitamin K, and fiber, which can promote healthy digestion and reduce inflammation in the body. Lastly, cinnamon has anti-inflammatory properties, which can help reduce the risk of heart disease and cancer. It also can lower blood sugar levels and improve insulin sensitivity.

Prep time: 15 mins

Bake time: 40 mins

Total time: 55 mins

Serves 8

→ Ingredients:

- ◆ 1 cup flour
- ◆ 2 ½ cup white sugar
- ◆ 1 tsp baking powder
- ◆ 1 tsp cinnamon
- ◆ Salt, to taste
- ◆ 1 egg
- ◆ 1 tbsp butter, melted
- ◆ ½ cup milk

- ◆ 4 cups rhubarb, sliced
 - ◆ 1 ½ cups boiling water
- Instructions:
- ◆ Preheat the oven to 375 F. Whisk flour, 1/2 cup sugar, baking powder, cinnamon, and salt in a mixing bowl; set aside.
 - ◆ Grease a 9x13-inch baking dish.
 - ◆ Beat egg, butter, and milk in a bowl until smooth. Stir in flour mixture until moistened, then spread into the prepared baking dish. Stir together rhubarb, 2 cups sugar, and water; pour into the prepared baking dish.
 - ◆ Bake in the preheated oven until dough has set and rhubarb is bubbling, about 40 minutes.
 - ◆ Serve warm. Refrigerate leftovers.

Mousse de Maracuja

Mousse de maracuja, also known as passion fruit mousse, is a popular Brazilian dessert made with passion fruit pulp, sweetened condensed milk, and heavy whipping cream. Passion fruit is a good source of vitamin C, vitamin A, and antioxidants, which may help boost the immune system, improve skin health, and protect against chronic diseases such as cancer and heart disease.

Prep time: 5 mins
 Chilling time: 2 hrs
 Total time: 2 hr 5 mins
 Serves 6

- a. Ingredients:
 - i. 14 oz sweetened condensed milk (one can)
 - ii. 1 ½ cups heavy whipping cream
 - iii. 1 ½ cups frozen passion fruit pulp thawed (measure after thawing the fruit pulp)
- b. Instructions:
 - i. Blend together sweetened condensed milk, heavy whipping cream, and thawed frozen passion fruit pulp in a blender until creamy and thick.
 - ii. Pour mixture into small bowls, then cover them and refrigerate for at least 2 hours until the mousse is cold and set.
 - iii. Serve by itself or topped with berries.

Black Sesame Ice Cream

Black sesame ice cream is a popular dessert in many Asian countries, including Japan, China, and Korea. Sesame seeds are a rich source of fiber, protein, healthy fats, and several essential minerals

such as iron, magnesium, and calcium. Honey is a natural sweetener that is rich in antioxidants, vitamins, and minerals that promote heart health, improve digestion, and help boost the immune system. Vanilla extract is a source of antioxidants, which can help reduce inflammation and prevent cell damage.

Prep time: 30 mins

Cook time: 15 mins

Chilling time: 8 hrs

Total time: 8 hrs 45 mins

Serves 4

→ Ingredients:

- ◆ 2 Tbsp toasted black sesame seeds
- ◆ 1 $\frac{2}{3}$ cup whole milk
- ◆ $\frac{1}{3}$ cup sugar
- ◆ 3 large egg yolks
- ◆ 2 Tbsp honey
- ◆ 3 Tbsp black sesame paste
- ◆ 1 tsp pure vanilla extract
- ◆ $\frac{3}{4}$ cup heavy (whipping) cream
- ◆ $\frac{1}{8}$ tsp salt

→ Instructions:

- ◆ Grind toasted black sesame seeds very finely.
- ◆ Whisk sugar and egg yolk together until pale yellow.
- ◆ Add in honey, black sesame seeds, and black sesame paste and whisk until well combined.
- ◆ Add milk to a pot and bring to a simmer. Add to the sesame mixture and slowly mix until it thickens.
- ◆ Immediately remove from heat and cool down the pot in a large bowl filled with iced water. Add vanilla.
- ◆ In a mixer bowl, whisk together the heavy cream and a pinch of salt until thick. Add the whipped cream into the cooled sesame mixture.
- ◆ Fold in but do not over mix it. Chill the mixture in the refrigerator for several hours (or overnight) until completely cold.
- ◆ Transfer the mixture to an airtight container and put it in the freezer. Stir every few hours (3-4 times) to break up the ice crystals until it's completely frozen.

Tamarind Balls

Tamarind balls are a popular Caribbean and Latin American sweet and sour dessert. Tamarind itself is known for its health benefits, as it is high in antioxidants and anti-inflammatory properties, and can help lower blood sugar and cholesterol levels.

Prep time: 15 mins
Drying time: 15 mins
Total time: 30 mins
Serves 4-6

→ Ingredients:

- ◆ 1/2 cup tamarind flesh
- ◆ 1 tbsp boiling water
- ◆ 1 cup sugar
- ◆ Salt, to taste
- ◆ pepper (optional)
- ◆ green seasoning (optional)

→ Instructions:

- ◆ Mash the tamarind flesh to separate the seed segments.
- ◆ Add salt and boiling water to the segments.
- ◆ Stir until the water is fully absorbed.
- ◆ Add 1/2 cup of sugar to the flesh and mix.
- ◆ Add the remaining sugar to stiffen the mixture.
- ◆ Divide into small portions and roll into balls.
- ◆ Leave for 15 minutes to dry.
- ◆ Roll the balls in sugar to create a dry, crunchy outer layer of sweetness.

Stay Hydrated

Drinks

Mango Lassi

Recommended & inspired by Tracy Feltmann

Mango lassi is a popular Indian drink made with mango, yogurt, and a sweetener. It is a healthy and refreshing drink that is rich in vitamins, minerals, and antioxidants. Mangoes are a good source of vitamins A and C, fiber, and antioxidants. Yogurt is rich in probiotics, which can improve digestion and boost the immune system. Honey and cardamom both contain antioxidants and

anti-inflammatory properties. Honey is known to improve digestion, soothe coughs and sore throats. Cardamom, on the other hand, improves oral health and regulates blood sugar levels.

Total time: 10 mins
2 cups

→ Ingredients:

- ◆ 1 cup chopped very ripe mango (see how to peel and chop mango), frozen chopped mango, or canned mango pulp
- ◆ 1 cup plain yogurt
- ◆ 1/2 cup milk
- ◆ 4 tsp honey, more or less to taste
- ◆ Dash ground cardamom, optional
- ◆ Ice, optional

→ Instructions:

- ◆ Add mango, yogurt, milk, honey (or sugar), and cardamom into a blender and blend for 2 minutes
- ◆ Pour contents into a glass and sprinkle with a tiny pinch of ground cardamom to serve.

Limonada Suíça

Recommended & inspired by Andreas Arevalo

Limonada Suíça, also known as "Brazilian lemonade", is a refreshing citrus drink. Despite its name it doesn't contain lemons, it actually contains limes instead. The key ingredient, lime, is a good source of vitamin C, which can boost the immune system, promote healthy skin, and aid in digestion.

Total time: 5 mins
5 cups

→ Ingredients:

- ◆ 5 limes
- ◆ 1/2 cup sweet condensed milk (add more as desired)
- ◆ 4 cups water (add more as desired)
- ◆ Ice

→ Instructions:

- ◆ Slice 4 of the limes in 8 parts each and add them to a blender.
- ◆ Add the condensed milk and the water to the blender along with the limes and blend for no more than 15 seconds (the more you blend, the more bitter it will be).

- ◆ Using a fine mesh strainer, strain the juice from the blender into a pitcher filled with ice.
- ◆ Slice the remaining lime in half, and squeeze into the pitcher for an extra punch of lime flavor.
- ◆ Stir and serve.

Strawberry Mint Limeade

Recommended & inspired by Cynthia Rico Mendoza

This recipe is a great source of vitamin C, antioxidants, and hydration from the strawberries, lime, and mint. The honey or maple syrup provides a natural sweetener option, and the use of fresh ingredients ensures a healthy and refreshing drink.

Total time: 5 mins
4 cups

→ Ingredients:

- ◆ 1 cup fresh strawberries, hulled and sliced
- ◆ 1/4 cup fresh mint leaves
- ◆ 1/4 cup freshly squeezed lime juice
- ◆ 4 cups cold water
- ◆ 1-2 tbsp honey or maple syrup, to taste
- ◆ Optional: Ice

→ Instructions:

- ◆ In a blender, combine the strawberries, mint leaves, and lime juice. Blend until smooth.
- ◆ Pour the mixture into a pitcher, and add the cold water and sweetener. Stir until well combined.
- ◆ Taste and adjust the sweetness as needed.
- ◆ Serve over ice, garnished with additional mint leaves and lime slices, if desired.

Morir Soñando

Recommended & inspired by Noelia Calvo Camacho

Morir Soñando, which means “to die dreaming”, is a popular Dominican drink made with orange juice, milk, sugar, and ice. The key ingredient oranges are an excellent source of vitamin C, which helps boost the immune system. They also contain fiber, which can help with digestion and maintaining healthy blood sugar levels. This drink is known to help you sleep.

Total time: 10 mins
6 cups

→ Ingredients:

- ◆ 4 cup evaporated milk
- ◆ ¾ cup white sugar (may not use it all)
- ◆ 1 tbsp clear vanilla extract, (optional)
- ◆ 2 cup of ice
- ◆ 2½ cup orange juice, (best fresh, but without pulp)

→ Instructions:

- ◆ Chill the milk in a large pitcher.
- ◆ Add sugar to milk. Stir in vanilla. Add ice and stir.
- ◆ Slowly, pour in the orange juice while stirring.
- ◆ Pour into glasses and serve immediately.

Agua de Jamaica

Recommended & inspired by Anthony Villagrana & Jenean Gilmer

Agua de Jamaica, also known as “hibiscus water”, has a variety of health benefits not only from the hibiscus flowers but other ingredients like cinnamon, cloves, and honey. Hibiscus is a natural antidepressant and is rich in antioxidants, which can help lower blood pressure. Cinnamon sticks contain anti-inflammatory properties and can reduce the risk of heart disease. Cloves can help improve digestion and reduce inflammation. Honey is a natural sweetener that can help soothe a sore throat and suppress coughs.

Total time: 20 mins

6 cups

→ Ingredients:

- ◆ 2 cinnamon sticks
- ◆ 3 whole cloves
- ◆ 1 cup of hibiscus flowers
- ◆ 7 cups of water
- ◆ ¼ cup of honey (or as much as desired)

→ Instructions:

- ◆ Place the water in a pot together with the Hibiscus flowers and the cinnamon sticks.
- ◆ Bring to a boil, then reduce the heat to medium low and simmer for about 5 minutes.
- ◆ Strain the tea, remove the cinnamon sticks.
- ◆ Add the honey. Mix well and taste.
- ◆ Serve warm or refrigerate for later use.
- ◆ If you drink it cold, serve it with ice.

Jugo de Tomate de Árbol

Recommended & inspired by Mathias Ronquillo

Jugo de tomate de árbol, also known as tree tomato juice, is a popular beverage in South America made from the fruit of the tree tomato plant. Tomate de arbol is a great source of vitamin C, antioxidants, and potassium. It can also lower blood pressure level and support heart health.

Total time: 5 mins

5 cups

→ Ingredients:

- ◆ 4 tree Tomates de Arbol (tamarillo)
- ◆ 2 cups milk or water
- ◆ ¼ cup crushed ice

→ Instructions:

- ◆ Place all the ingredients except the ice in a blender and blend until smooth.
- ◆ Strain the juice through a sieve.
- ◆ Pour the juice back in the blender, add the crushed ice and blend until smooth. Serve and enjoy.

BACC Juice

Recommended & inspired by Georgianna Jarrett

Beets, carrots, apple, and celery juice is a nutritious and refreshing drink that provides a range of health benefits. Beets can help lower blood pressure and improve athletic performance. Carrots can promote healthy vision and skin. Apples are a good source of fiber, antioxidants, and vitamin C, which can boost immune function. Celery is low in calories and high in water and fiber, making it great for digestion and weight management.

Total time: 5 mins

2 cups

→ Ingredients:

- ◆ 2 apples
- ◆ 1 beet peeled
- ◆ 5 carrots peeled
- ◆ 5 celery stalks
- ◆ 1-2 cups water

→ Instructions:

- ◆ Juicer:
 - Depending on the size of the juicer, cut vegetables and apples to make sure they fit through the feed chute.

- Turn on your juicer and add vegetables and apples.
- Pour and enjoy.
- ◆ Blender Alt:
 - Chop vegetables and apples so they fit in your blender.
 - Put them in your blender with 1-2 cups of water and blend them.
 - Strain the mixture using a cheesecloth or strainer over a bowl
 - Pour and enjoy.

Mango Ginger Kale Smoothie

Recommended & inspired by Sydney Saygbe

A mango ginger and kale smoothie is a healthy and refreshing beverage that combines the sweetness of mangoes, the spiciness of ginger, and the nutrients of kale. Kale and mangoes are an excellent source of vitamins A, C, and K, as well as fiber and antioxidants. Peaches are also a good source of vitamin C, potassium, and fiber. Ginger is known for its anti-inflammatory properties and can also help with nausea and digestion.

Total time: 5 mins
2 cups

→ Ingredients:

- ◆ 1 cup ice (optional)
- ◆ 2 cups packed kale (fresh or frozen)
- ◆ 1 cup ripe frozen mango cubes
- ◆ 1 cup ripe frozen peaches
- ◆ 1 Tbsp minced fresh ginger
- ◆ 1 ½ – 2 lemons or limes, juiced (1 ½ – 2 lemons yield ~1/4 cup or 60 ml juice)
- ◆ 1 ½ – 2 cups filtered water

→ Instructions:

- ◆ Add ice to the blender first and crush. Then add kale, mango, peaches, ginger, lemon juice (starting with 1 lemon (2 Tbsp) and working your way up) and 1 cup water to start. The amount of water will depend on how many of your ingredients are frozen.
- ◆ Blend until smooth, only adding water a little at a time as needed, and scraping down the sides/mixing as needed.
- ◆ Once well blended, taste and adjust seasonings as needed. If too tart, add more fruit or a little maple syrup (optional). For more zing, add ginger. And for more acidity, add more lemon juice. To make it thicker/colder, add more ice. Blend as needed and serve.

Green Smoothie

Recommended & Inspired by Kiengson Imaun

This green smoothie is packed with health benefits from its ingredients, including spinach, which is a great source of vitamins and minerals, bananas and mangoes that are high in fiber and antioxidants, pineapple that is rich in vitamin C and bromelain, and ginger and turmeric that have anti-inflammatory properties. The addition of cayenne pepper can also aid in digestion and metabolism.

Total time: 5 mins

2 cups

→ Ingredients:

- ◆ 1 cup of spinach
- ◆ ½ of a banana
- ◆ ½ cup of mango
- ◆ ½ cup of pineapple
- ◆ 1 inch of ginger root
- ◆ ½ tsp of turmeric powder
- ◆ ¼ of cayenne pepper
- ◆ 1 cup of coconut water (or regular water)

→ Instructions:

- ◆ Measure and blend all ingredients together in a blender
- ◆ Pour into a glass and enjoy.

Mixed Berry Smoothie

Recommended & inspired by Natalya Arevalo

This mixed berry smoothie is a fruity and refreshing beverage with a variety of health benefits. Berries are high in antioxidants, vitamins, and fiber, which help to boost the immune system. Banana is a good source of potassium and fiber, which are essential for maintaining healthy blood pressure and digestion. Cinnamon is known to help regulate blood sugar levels and improve brain function. Dates can help in regulating digestion, reducing inflammation, and improving bone health. Yogurt is rich in probiotics, which improve gut health and help with weight management.

Total time: 5 mins

2 cups

→ Ingredients:

- ◆ 2 cup of mixed berries
- ◆ 1 cup of milk or juice
- ◆ 1 banana

- ◆ ½ tsp of cinnamon
 - ◆ 2-3 dates
 - ◆ ½ cup of yogurt
- Instructions:
- ◆ Measure and blend all ingredients together in a blender
 - ◆ Pour into a glass and enjoy.

Thai Tea

Recommended & inspired by Eh Soe Dwe

Thai Tea is a popular tea beverage made with black tea, sugar, and condensed milk. The tea is brewed with a blend of spices such as star anise, crushed tamarind, and cinnamon, giving it a unique and flavorful taste. Black tea has antioxidants that can help reduce the risk of chronic diseases, such as heart disease and certain cancers. Star anise may help improve digestion and alleviate symptoms of cough and flu. Tamarind is a good source of vitamin C and may help lower cholesterol levels. Cinnamon may have anti-inflammatory and antioxidant properties. Overall, Thai tea can be enjoyed in moderation as part of a balanced diet.

Total time: 10 mins

2 cups

- Ingredients:
- ◆ 2 tbsp loose-leaf black tea
 - ◆ 1 pod star anise
 - ◆ 2 pods cardamom
 - ◆ 1/2 cinnamon stick, optional
 - ◆ 1/8 vanilla bean, optional
 - ◆ Tamarind powder, to taste, optional
 - ◆ 1/4 tsp almond extract, optional
 - ◆ 1 cup boiling water
 - ◆ 1 tbsp sugar
 - ◆ 1 tbsp sweetened condensed milk
 - ◆ 2 tsp evaporated milk, or coconut milk, or whole milk
- Instructions:
- ◆ Steep the tea, star anise, cardamom, cinnamon stick, vanilla bean, tamarind powder, and almond extract (if using) in the boiling water for 5 minutes.
 - ◆ Strain the tea through a fine mesh sieve and discard the tea leaves and spices
 - ◆ Stir in the sugar and sweetened condensed milk until both are completely dissolved.
 - ◆ Fill 2 tall glasses with ice. Pour the tea over the ice, leaving an inch or so of space at the top for the evaporated milk.

- ◆ Top up with more ice if needed, and then drizzle with 1 tsp of evaporated milk on each glass of tea.

Labrador (Swamp) Tea

Recommended & inspired by Cassandra Holmes

Labrador Tea, or “swamp tea”, has been used for centuries by indigenous peoples. The leaves contain antioxidant and anti-inflammatory properties, which help treat respiratory infections, digestive problems, and skin conditions.

Total time: 5 mins

1 cup

→ Ingredients:

- ◆ 1 teaspoon dried Labrador tea leaves
- ◆ 1 cup of water
- ◆ Optional: honey and/or lemon to taste

→ Instructions

- ◆ Boil the water in a small pot.
- ◆ Once the water has boiled, remove it from the heat and add the Labrador tea leaves to the pot.
- ◆ Let the tea steep for about 5 minutes.
- ◆ Strain the tea into a cup.
- ◆ If desired, add honey or lemon to taste.

Somali Shaah

Recommended & inspired by Zak Abdullahi, Asia Tamaami, & Hodo Dahir

Somali Shaah, also known as Somali tea, is a spiced black tea that is brewed with a blend of aromatic spices and herbs and served with milk and sugar. Black tea is rich in antioxidants and may help lower the risk of heart disease and stroke. Black peppercorn, cardamom, cinnamon, and ginger are known for their anti-inflammatory properties. Cloves can help improve digestion and fight against respiratory infections.

Total time: 35 mins

4 cups

→ Ingredients:

- ◆ 1 (1-inch) piece ginger
- ◆ 2 (2-inch) pieces cinnamon stick
- ◆ 5 green cardamom pods
- ◆ 5 whole cloves

- ◆ 1 tsp black peppercorns
- ◆ 2 cups cold water
- ◆ 3 tbsp loose black tea (or 4 black tea bags)
- ◆ 3 tbsp granulated sugar, plus more as needed
- ◆ 2 cups whole milk

→ Instructions:

- ◆ Crush the ginger with the bottom of a heavy pot or the blunt edge of a knife and set aside.
- ◆ Place the cinnamon, cardamom, cloves, and peppercorns in a mortar and crush with a pestle until coarsely ground.
- ◆ Transfer the spices to a medium saucepan set over medium heat and cook, stirring, until very fragrant, about 1 minute. Add the ginger, water, tea, and sugar and increase the heat to high.
- ◆ Once bubbles form around the edge, immediately reduce the heat to low and let the mixture simmer for 5 minutes.
- ◆ Stir in the milk and let it cook for just 1 minute to warm the milk, then turn off the heat.
- ◆ Strain through a fine-mesh sieve into a teapot, pitcher, or straight into tea mugs.
- ◆ Serve immediately while hot and add more sugar to taste.

Ginger Tea with Lemon and Honey

Recommended & inspired by Sam Mockert and Rosa Rico Mendoza

Ginger tea with lemon and honey is a soothing, warming drink that has many health benefits. Ginger is known for its anti-inflammatory and antioxidant properties, which can help with digestion, nausea, and immune function. Lemon adds a burst of vitamin C to the drink, which can also boost immunity and promote healthy skin. Local honey has antibacterial and anti-inflammatory properties, and can alleviate seasonal allergies. Overall, this tea is a great way to incorporate healthy ingredients into your daily routine while enjoying a delicious and comforting drink.

Total time: 15 mins

2 cups

→ Ingredients:

- ◆ 2 inches of fresh ginger root
- ◆ 4 cups water
- ◆ 1 tbsp lemon juice (juice of ½ lemon)
- ◆ 1-2 tbsp honey

→ Instructions:

- ◆ Prepare the fresh ginger by peeling it and slicing it thinly to maximize the surface area. This will help you make a very flavorful ginger tea.

- ◆ In a 1 1/4-quart pot, add the water and ginger, and bring to a boil for at least 10 minutes. For a stronger and tangier tea, allow to boil for 20 minutes or more, and use more slices of ginger.
- ◆ Remove it from the heat, strain, and add the lime juice and honey to taste.

Grow it Yourself

At-Home Gardening

The recipes shared include many herbs and foods that can be grown in our very own yards and kitchens. Growing our own produce is a revolutionary act of sustainability, health, and care. When tending to your garden, you are spending intentional time with nature, working with the land to grow and produce clean and healthy herbs and foods. Use the following guide to get your summer home garden started in containers.

Tools To Get Started
Pots
Containers
Plant label
Gardening gloves
Mulch
Compost
Fertilizer
Trellis
Watering can or hose
Pruning shears
Hand trowel
Garden scoop

Introduction to Growing Herbs, Fruits, & Vegetables

While the following herbs, fruits, and vegetables are detailed to be grown in containers, you can still apply these tips to your outdoor garden beds. When gardening outdoors, practicing healthy and safe gardening is important for our health as it prevents us from possible contamination in the soil. We encourage you to follow these best practices when gardening outdoors in urban and rural soil:

- Wash your hands after gardening; be sure to get under your nails and go up to your elbows.

- Remove your shoes in order to prevent tracking soil throughout your home.
- Use homemade organics as fertilizer feed for your plants. Save eggshells, banana peels, coffee grounds, etc.
- Usually, tap water is safe to use when watering your garden, however, if you prefer to use other watering sources, we recommend using collected rainwater or water from household dehumidifiers.

Basil

Level of Difficulty: Easy	Grows Best From: Seed or transplant
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How to Grow Basil

- Container Size: Extra small or larger.
- When to Plant: Plant after the last spring frost date. The ideal soil temperature for planting is 65-70 degrees fahrenheit.
- How to Plant:
 - ◆ Seeds: Plant seeds ¼" deep and 2"- 4" apart directly in a container. Keep the seeds moist until they begin to sprout.
 - ◆ Transplant: Plant the transplant with the same depth as the nursery pots and spaced 12" apart.
- Light: Full sun
- Water: Allow soil to dry in between watering to improve flavor.
- Feed: Fertilize once or twice during the growing season.
- Harvest: Harvest the leaves anytime the plant is 4"- 6" tall.

Beets

Level of Difficulty: Easy	Grows Best From: Seed
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How to Grow Beets

- Container Size: Small or larger, should be at least 10"- 12" in depth.
- When to Plant: Plant 3-4 weeks before the last spring frost date.
- How to Plant: Plant seeds ½" deep and 3"- 4" apart. Keep the soil moist until they sprout.
- Light: Full sun to partial shade.
- Water: Do not let beets dry out.
- Feed: Fertilize once a week during the growing season.
- Harvest: Harvest the leaves when they are young and tender. Harvest the beets when they are about 1½" in diameter.

Broccoli

Level of Difficulty: Easy	Grows Best From: Seed or transplant
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How to Grow Broccoli

- Container Size: Medium or larger, should be 10"– 12" in depth.
- When to Plant: Plant 5 weeks before the last spring frost date.
- How to Plant:
 - ◆ Seeds: Plant seeds ¼" dep and 3" apart.
 - ◆ Transplant: Plant transplants 12"– 20" apart and slightly deeper than the nursery pot level.
- Light: Full sun.
- Water: Broccoli grows well in a self-watering container.
- Feed: Fertilize 3-4 weeks after planting.
- Harvest: The best time to harvest broccoli is when the head is full and tight when the bugs are dark green and not opening.

Celery

Level of Difficulty: Medium	Grows Best From: Transplant
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How to Grow Celery

- Container Size: Small or larger.
- When to Plant: Plant 4 weeks before the last spring frost.
- How to Plant: Plant the transplant at the same depth of the nursery pot and space the plants 6"– 8" apart.
- Light: Full sun. In very hot climates, it does better in partial shade.
- Water: Do not let it dry out.
- Feed: Fertilize every 2 weeks during the growing season.
- Harvest: Harvest the entire stalk by cutting across the base below the soil line with a sharp knife.

Chives

Level of Difficulty: Easy	Grows Best From: Seed or transplant
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How to Grow Chives

- Container Size: extra small or larger, should be 6" deep.
- When to Plant: Plant after the last spring frost date. The ideal soil temperature for planting is 60-65 degrees fahrenheit.
- How to Plant:
 - ◆ Seeds: Plant 4-6 seeds ¼" deep and 6" apart directly in a container. Keep the seeds moist until they begin to sprout.

- ◆ Transplant: Plant the transplant with the same depth as the nursery pots and spaced 3"- 4" apart.
- Light: Primarily full sun. In very hot climates, it does better in partial shade.
- Water: Not enough water will cause the tips to brown.
- Feed: Fertilize once a month.
- Harvest: Harvest by cutting stems at the base of the plant. Never harvest more than 1/3 of the entire plant.

Cilantro

Level of Difficulty: Easy	Grows Best From: Seed or transplant
	Tip: when starting from a transplanted cilantro, aim for a small one as they adjust better to a new environment.

How to Grow Cilantro

- Container Size: Small or larger, should be at least 12" in depth
- When to Plant: Plant after the last spring frost date. The ideal soil temperature for planting is 55-68 degrees fahrenheit.
- How to Plant:
 - ◆ Seeds: plant 1/4"- 1/2" deep and 3"- 4" apart directly in a container. Keep the seeds moist until they begin to sprout.
 - ◆ Transplants: The depth will be the same depth as the nursery pots (containers they come in) and should be spaced 3"- 4" apart.
- Light: Full sun to part shade. Make sure it's in a place where it gets some shade because if it gets too much sun it will bolt sooner.
- Water: Do not get water on the leaves as that can cause powdery mildew.
- Feed: Fertilize every 2 weeks during the growing season.
- Harvest: Harvest once the plant is 3"- 6" tall. To harvest, cut pieces starting from the soil.

Cucumbers

Level of Difficulty: Easy	Grows Best From: Seed or transplant
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How to Grow Cucumbers

- Container Size: medium or larger, should be at least 10" deep.
- When to Plant: Plant 1-2 weeks before the last spring frost date and when the soil temperatures have reached 70 degrees fahrenheit.
- How to Plant:
 - ◆ Seeds: Plant a group of 3 seeds 1" deeps and 12" apart.

- ◆ Plant transplants at the same depth as the nursery pots and space the plants 12" apart. Cucumber grows like a vine and needs something to grow around; Add a trellis to support the plant as it begins to grow.
- Light: Full sun.
- Water: Do not let them dry out, otherwise they will become bitter and hollow.
- Feed: Fertilize every week during the growing season
- Harvest: Cut the cucumbers with pruners when the young and blossomed flower is still attached. If you leave the cucumbers on the vine too long that will cause the plant to stop producing.

Garlic

Level of Difficulty: Easy	Grows Best From: Garlic cloves
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How to Grow Garlic

- Container Size: Extra small or larger, should be 6" deep.
- When to Plant: Plant cloves in the fall, usually one or two weeks after the first killing frost.
- How to Plant: Separate the garlic cloves and plant each clove individually with the point side up. Should be about 3" deep and 1"- 2" and spaced 6" apart.
- Light: Full sun.
- Water: Garlic grows well in a self watering container.
- Feed: Fertilize every other week during the growing season.
- Harvest: Harvest the cloves when almost all the leaves have turned brown. Use a garden trowel to dig them up instead of pulling them.

Kale

Level of Difficulty: Easy	Grows Best From: Seed or transplant
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How to Grow Kale

- Container Size: Extra small or larger.
- When to Plant: Plant 3-4 weeks before the last spring frost date and again in midsummer for a fall harvest.
- How to plant:
 - ◆ Seed: Plant seeds ½" deep and about 4" apart.
 - ◆ Transplant: Plant the transplant up to the first leaves in depth.
- Light: Full sun to partial shade.
- Water: Kale grows well in a self-watering container.
- Feed: Fertilize once or twice during the growing season.
- Harvest: Harvest the leaves individually from the outside of the plant; aim for leaves that are the size of your hand.

Mint

Level of Difficulty: Easy	Grows Best From: Transplant
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How to Grow Mint

- Container Size: Extra small or larger.
- When to Plant: Plant after the last spring frost date. The ideal soil temperature for planting is 55-70 degrees fahrenheit.
- How to Plant: Plant the transplant at the same depth of the nursery pot and space them 12"- 18" apart.
- Light: Partial shade.
- Water: Mint grows well in a self-watering container.
- Feed: Fertilize at the beginning of the season.
- Harvest: Harvest whenever; the more you harvest mint, the more it grows. However, be sure to not harvest more than 1/3 of the plant at one time.

Oregano

Level of Difficulty: Easy	Grows Best From: Transplant
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How to Grow Oregano

- Container Size: Extra small or larger.
- When to Plant: Plant after the last spring frost date. The ideal soil temperature for planting is 60-70 degrees fahrenheit.
- How to Plant: Plant the transplant at the same depth of the nursery pot.
- Light: Full sun. In very hot climates, it does better in partial shade.
- Water: Let the top inch of the soil slightly dry out in between waterings.
- Feed: Fertilize at the beginning of the season.
- Harvest: Harvest whenever; the more you harvest oregano, the more it grows. However, be sure to not harvest more than 1/3 of the plant at one time.

Parsley

Level of Difficulty: Easy	Grows Best From: Transplant
	Tip: Aim for a small one as they adjust better to a new environment.

How to Grow Parsley

- Container Size: Small or larger, should be at least 8" in depth.
- When to Plant: Plant 5 weeks before the last spring frost date

- How to Plant: Plant the transplant at the same depth of the nursery pot and space it 6" apart.
- Light: Full sun to partial shade.
- Water: Parsley grows well in a self-watering container.
- Feed: Fertilize once or twice during the growing season.
- Harvest: Harvest whenever.

Peppers

Level of Difficulty: Easy	Grows Best From: Transplant
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How to Grow Peppers

- Container Size: Medium or larger, should be at least 8" deep.
- When to Plant: Plant 2 weeks after the last spring frost date. The soil temperatures should be 70 degrees fahrenheit.
- How to Plant: Plant the transplants at the same depth of the nursery pot and space the plants 12" apart.
- Light: Full sun.
- Water: Do not wet leaves as that may cause them a fungal disease.
- Feed: Fertilize about every 2 weeks.
- Harvest: Harvest peppers as often as you can to encourage more growth. Use pruners to cut the peppers to prevent damage to the branches.

Rosemary

Level of Difficulty: Easy	Grows Best From: Transplant
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How to Grow Rosemary

- Container Size: Extra small or larger.
- When to Plant: Plant after the last spring frost date. The ideal soil temperature for planting is 70-75 degrees fahrenheit.
- How to Plant: Plant the transplant at the same depth of the nursery pot.
- Light: Full sun.
- Water: Water drainage is important for rosemary, if you choose to have a saucer underneath the pot, empty the saucer immediately after watering.
- Feed: Fertilize at the beginning of the season.
- Harvest: Harvest whenever; the more you harvest rosemary, the more it grows. However, be sure to not harvest more than 1/3 of the plant at one time.

Strawberries

Level of Difficulty: Medium	Grows Best From: Transplant
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How to Grow Strawberries

- Container Size: Small or larger, should be at least 8" deep.
- When to Plant: Plant 4 weeks before the last spring frost date.
- How to Plant: Plant the transplants at the same depth of the nursery pot and space the plants 10" apart.
- Light: Full sun. In very hot climates, it does better in partial shade.
- Water: Strawberries have shallow roots and need consistent moisture; it grows well in a self-watering container.
- Feed: Fertilize every 2 weeks during the growing season.
- Harvest: Cut the strawberries with pruners when they are bright red and firm. Harvest in the morning for the best flavor.

Thyme

Level of Difficulty: Easy	Grows Best From: Transplant
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How to Grow Thyme

- Container Size: Extra small or larger.
- When to Plant: Plant after the last spring frost date. The ideal soil temperature for planting is 70 degrees fahrenheit.
- How to Plant: Plant the transplant at the same depth of the nursery pot.
- Light: Full sun. In very hot climates, it does better in partial shade.
- Water: Let the top inch of the soil slightly dry out in between waterings.
- Feed: Fertilize every 2 weeks during the growing season.
- Harvest: Keep the flowers cut back to encourage more growth. The more you harvest thyme, the more it grows. However, be sure to not harvest more than 1/3 of the plant at one time.

Tomatoes

Level of Difficulty: Medium	Grows Best From: Transplant
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How to Grow Tomatoes

- Container Size: Large or bigger, should be 2' deep and wide
- When to Plant: Plant in the spring when frost has completely passed.
- How to Plant: Choose a small, healthy transplant with deep green leaves and cut the bottom two thirds of the branches on the plant. Plant one plant per container for the best results. Dig a hole deep enough to plant the tomato roots plus 2/3 of the size of the plant and stem. Add a trellis to support the plants when it begins to produce tomatoes.
- Light: Full sun

- Water: Do not let tomatoes dry out. Sometimes they can use up to a gallon of water a day.
- Feed: Fertilize every 1-2 weeks during the growing season.
- Harvest: Once it's bright red that is a good indication that it is ready to harvest.

At-Home Garden Planning:

At-Home Garden Planning:

Gifts & Receiving

Foraging

While there are many things we can grow ourselves, in our yards, or even kitchens, let us remind you that nature is abundant in gifts, and foraging is a way to acknowledge and properly receive the many gifts of nature. Foraging is the practice of gathering food and other resources from nature for consumption. It has been a vital part of many indigenous cultures throughout history, serving as a source of food, medicine, and other necessities. Indigenous foragers often followed sustainable practices, taking only what was needed and leaving the rest to maintain a healthy ecosystem. Many indigenous cultures developed rituals and ceremonies around foraging, which expressed their deep connection to the natural world and gratitude for its abundance. By supporting and respecting indigenous foraging practices, we can promote more sustainable and respectful relationships with the environment.

Foraging With Respect & Intent

Foraging is a privilege, and it's important to do so in a way that respects the environment, other people, and other species. Here are some tips for foraging respectfully and responsibly:

- Do your research:
 - ◆ In certain areas, foraging may be regulated or prohibited. So be sure to know the laws and regulations about the area you are in before your foraging journey.
 - ◆ Some areas may have cultural or spiritual significance for local communities. Respect their traditions and practices when foraging.
- Practice sustainable harvesting: Only take what you need and try to minimize harm to the wildlife. Avoid harvesting endangered or protected species in the area.
- Use proper equipment and techniques: Using proper tools, like scissors or a knife, for certain plants to avoid damaging the roots or stems.
- Give back: A way to give thanks to nature for providing food and medicine for you, consider giving back by planting seeds, removing invasive species, or contributing to local restoration projects.

Plant/Herb Foraging

Burdock

Plant ID: Burdock leaves are large and fuzzy, they have a bit of a triangular shape and wavy edges. The Burdock plant has purple thistle-like flowers in the summer that develop into brown burrs in the fall. The burdock plant can grow 4 to 10 feet tall.

- Foraging Season(s): Roots in the fall, leaves in the spring, seeds in fall/winter.
- Parts of Plant Used: roots, leaves, seeds.
- How to Harvest:
 - ◆ Roots: Can be harvested after 30 days of growth. First loosen the soil around the plant. Next grip the base of the plant and gently but firmly pull the roots out of the soil.
 - ◆ Leaves: Follow the stem to the bottom of the plant. Cut off the healthy leaves closest to the base of the plant.
 - ◆ Seeds: When the seed pods form burrs with Velcro like hooks they are ready for harvest.
- How to Store:
 - ◆ Roots: Scrub roots so that they are free of dirt and debris. Cut the root into desired size. Dry root thoroughly and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Leaves: Thoroughly dry leaves. Once dry, store in an airtight container away from direct sunlight.
 - ◆ Seeds: Seeds must be removed from their outer coating and dried. Once thoroughly dry, store in an airtight container.
- Health Benefits:
 - ◆ Antibacterial properties
 - ◆ Anti-cancer properties
 - ◆ Antifungal properties
 - ◆ Antioxidant properties
 - ◆ Aids diabetes
 - ◆ Aids in digestive health
 - ◆ Diuretic
 - ◆ Supports liver function
 - ◆ Lowers blood pressure
 - ◆ Supports pregnancy and childbirth
 - ◆ Supports hormone balance
 - ◆ Supports immune system
 - ◆ Treats eczema
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary
- Other/Fun Facts: Burdock is a common ingredient in root beer recipes.

Catnip

Plant ID: Catnip grows 9 inches to 3 feet tall. Catnip has coarse but fuzzy aromatic gray-green to medium-green, heart shaped leaves with scalloped edges. The stem is covered with small fine hairs and is very sturdy. The plant produces small clusters of lavender flowers and has a minty aromatic smell.

- Foraging Season(s): When the flowers are in full bloom.
- Parts of Plant Used: Leaves, flowers.
- How to Harvest:
 - ◆ Leaves: Use sharp scissors to cut the stems of the plant. Leaving about 3'.
 - ◆ Flowers: Use sharp scissors to remove the flowering top of the stem.
- How to Store:
 - ◆ Leaves: Rinse leaves in cool water removing debris. Dry leaves. Once dry, pinch leaves from the stem and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Flowers: dry flowers thoroughly and store in an airtight container in a cool place away from.
- Health Benefits:
 - ◆ Anti-inflammatory properties
 - ◆ Aids insomnia/sleeplessness
 - ◆ Aids painful menstruation
 - ◆ Aids in digestive health
 - ◆ Fever reducer
 - ◆ Relieves headaches
 - ◆ Relieves coughs and colds
 - ◆ Reduces anxiety
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary
- Other/Fun Facts: Catnip can be used in veterinary clinics, shelters, and foster homes in addition to a cat's own home to help lower cats stress levels.

Dandelion

Plant ID: Dandelions grow from a tap root that reaches deep into the soil. The plant grows up to a foot high and flowers from April to June. It produces a yellow flower head consisting of florets. The leaves grow from the base of the plant in an elongated shape with highly jagged edges.

- Foraging Season(s): Roots in the fall, leaves early spring, flowers spring/early summer in the early afternoon hours.
- Parts of Plant Used: Roots, leaves, flowers.
- How to Harvest:

- ◆ Roots: First loosen the soil around the plant. Next grip the base of the plant and gently but firmly pull the roots out of the soil.
 - ◆ Leaves: Use sharp scissors to cut the stems of the plant. Leaving about 3'.
 - ◆ Flowers: Use sharp scissors to remove the flowering top of the stem.
- How to Store:
- ◆ Roots: Scrub roots so that they are free of dirt and debris. Cut the root into desired size. Dry root thoroughly and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Leaves: Thoroughly dry leaves. Once dry, store in an airtight container away from direct sunlight.
 - ◆ Flowers: Thoroughly dry flowers. Store in an airtight container outside of direct sunlight.
- Health Benefits:
- ◆ Antibacterial properties
 - ◆ Anti-cancer properties
 - ◆ Anti-inflammatory properties
 - ◆ Antiviral properties
 - ◆ Aids in digestive health
 - ◆ Aids hypoglycemia
 - ◆ Aids hypertension
 - ◆ Controls blood sugar
 - ◆ Diuretic
 - ◆ Liver cleanser
 - ◆ Lowers blood pressure
 - ◆ Purifies blood
 - ◆ Treats urinary tract infections (UTI)
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary
- Other/Fun Facts: Dandelion leaves have highly jagged edges that are said to resemble a lion's tooth, giving the plant its name.

Echinacea

Plant ID: Echinacea is a perennial herb that is 6-24 inches tall with a woody often branching tap root. This plant has rough hairy stems that can have a purple or green tinge. The leaves are rough and hairy, they also alternate and are narrowly lanced shaped. The edges of the leaves are toothless and have three distinct veins along its length. The flower heads bloom in the summer and are purple.

- Foraging Season(s): Roots in the fall (the second year or older plant), leaves early spring, flowers when they are in full bloom.
- Parts of Plant Used: Roots, leaves, flowers.
- How to Harvest:

- ◆ Roots: First loosen the soil around the plant. Next grip the base of the plant and gently but firmly pull the roots out of the soil.
- ◆ Leaves: follow the stem to the bottom of the plant. Cut stems above the lowest healthy leaf pairs.
- ◆ Flowers: Use sharp scissors to remove the flowering top of the stem.
- How to Store:
 - ◆ Roots: Scrub roots so that they are free of dirt and debris. Cut the root into desired size. Dry root thoroughly and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Leaves: Rinse plants in cool water removing debris. Pinch leaves from the stem. Dry leaves and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Flowers: Dry flowers thoroughly and store in an airtight container in a cool place away from direct sunlight.
- Health Benefits:
 - ◆ Antifungal properties
 - ◆ Antiviral properties
 - ◆ Relieves colds and flu
 - ◆ Relieves snake bites and/or insect bites
 - ◆ Supports immune system
 - ◆ Treats burns
 - ◆ Treats urinary tract infections (UTI)
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary
- Other/Fun Facts: Echinacea belongs to the daisy family.

Elderberry

Plant ID: Elderberry grows as a wide woody shrub and can grow up to 12 feet tall. The elderberry blooms clusters of small white flowers that turn into clusters of drooping purple fruit. The bark of the elderberry is green when young and as the wood ages it hardens and develops vertical furrows.

- Foraging Season(s): Flowers in early summer, leaves in the spring, berries during the early autumn when they are fully ripe.
- Parts of Plant Used: Flowers, leaves, berries.
- How to Harvest:
 - ◆ Flowers: Cut the stem one inch above the cluster of blooms.
 - ◆ Leaves: Firmly pinch leaves from stem.
 - ◆ Berries: Cut the main stem 1 inch above the cluster of berries.
- How to Store:
 - ◆ Flowers: dry flowers thoroughly and store in an airtight container in a cool place away from direct sunlight

- ◆ Leaves: Rinse leaves in cool water removing debris. Dry leaves and store in an airtight container in a cool place away from direct sunlight.
- ◆ Berries: Rinse berries in cool water removing debris. Dry berries and store in an airtight container in a cool place away from direct sunlight.
- Health Benefits:
 - ◆ Anti-cancer properties
 - ◆ Anti-inflammatory properties
 - ◆ Antiviral properties
 - ◆ Rich in antioxidants and amino acids
 - ◆ Relieves hemorrhoids
 - ◆ Relieves eye irritation
 - ◆ Relieves colds and flu
 - ◆ Supports immune system
 - ◆ Treats bruises
 - ◆ Treats sprains
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary
- Other/Fun Facts: Elderberry flower tea can be used as a gentle eye wash for eye irritations.

Goldenrod

Plant ID: The flowers on goldenrod plants are about ¼ inch wide and can grow 2-5 feet tall. They grow in tight and lengthy clusters. Goldenrod leaves climb the plant, and they have slightly jagged edges followed by a smooth texture throughout.

- Foraging Season(s): Leaves in spring/summer, flowers in the summer.
- Parts of Plant Used: Leaves, flowers.
- How to Harvest:
 - ◆ Leaves: Firmly pinch healthy leaves from stem.
 - ◆ Flowers: Cut the base of the stem that holds the flowering head.
- How to Store:
 - ◆ Leaves: Rinse leaves in cool water removing debris. Dry leaves and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Flowers: Dry flowers thoroughly and store in an airtight container in a cool place away from direct sunlight.
- Health Benefits:
 - ◆ Antibacterial properties
 - ◆ Antifungal properties
 - ◆ Anti-inflammatory properties
 - ◆ Antiseptic properties
 - ◆ Aids sore throat
 - ◆ Diuretic
 - ◆ Rich in antioxidants and fiber

- ◆ Relieves arthritis
 - ◆ Relieves skin irritation
 - ◆ Supports cardiovascular health
 - ◆ Supports kidney function
 - ◆ Treats gout
 - ◆ Treats urinary tract infections (UTI)
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary
- Other/Fun Facts: Oil from goldenrod leaves can be used to clean as it has antiseptic, antibacterial, and antifungal properties.

Goldenrod infused home cleaning solution

3 tbsp goldenrod infused oil
 ½ cup white vinegar
 3 teaspoons castile soap
 1 lemon
 1 tsp baking soda
 1 ½ cup water
 Spray bottle

Instructions: Juice lemon into a separate container. Add goldenrod infused oil, vinegar, castile soap, lemon juice, baking soda and water to the spray bottle. Put the top on the bottle and shake gently. This oil can be used for most household cleaning jobs, except for washing dishes and doing laundry.

Motherwort

Plant ID: Motherwort is an upright bush that can grow up to 6 ½ feet tall. The leaves grow opposite of each other and resemble the leaves of a maple or oak tree. The stems are square and hairy. Pale pink- lavender flowers grow up the stem of the top portion of the plant. The flowers bloom June through early September.

- Foraging Season(s): Leaves spring/early summer, flowers end of summer/fall.
- Parts of Plant Used: Leaves, flowers.
- How to Harvest:
- ◆ Leaves & flowers: Cut the top third of the stems. Including leaves and flowers.
- How to Store:
- ◆ Leaves: Rinse leaves in cool water removing debris. Dry leaves. Once dry, pinch leaves from the stem and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Flowers: Dry flowers thoroughly and store in an airtight container in a cool place away from direct sunlight.

- Health Benefits:
 - ◆ Anti-inflammatory properties
 - ◆ Aids insomnia/sleeplessness
 - ◆ Alleviates premenstrual symptoms (PMS)
 - ◆ Alleviates menopause
 - ◆ Alleviates symptoms of hyperthyroidism
 - ◆ Supports heart health
 - ◆ Supports childbirth
 - ◆ Reduces anxiety and depression
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary
- Other/Fun Facts: Motherwort's scientific name Leonurus is the Greek word for "Lion's Tail", referring to the plant's resemblance.

Mullein

Plant ID: Mullein is a velvety soft plant. The mullein herb has very long large oval velvety green-gray leaves that can grow up to 20 inches in length. Second year mullein has an erect all flowering stalk that can reach up to 8 feet tall and produces small yellow flowers about $\frac{3}{4}$ inch across that consist of 5 petals.

- Foraging Season(s): Leaves in spring summer (the second-year plant is most potent), flowers late summer early fall.
- Parts of Plant Used: Leaves, flowers.
- How to Harvest:
 - ◆ Leaves: Gently pull the healthy leaves from the stem of the plant.
 - ◆ Flowers: Gently remove flowers from stalks when in full bloom.
- How to Store:
 - ◆ Leaves: Rinse leaves in cool water removing debris. Dry leaves and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Flowers: Dry flowers thoroughly and store in an airtight container in a cool place away from direct sunlight.
- Health Benefits:
 - ◆ Anti-cancer properties
 - ◆ Anti-inflammatory properties
 - ◆ Antiseptic
 - ◆ Alleviates cramps/muscle spasms
 - ◆ Treats ear aches/ear infections
 - ◆ Treats skin wounds
 - ◆ Treats sunburn
 - ◆ Treat tuberculosis
 - ◆ Treats ulcers
 - ◆ Relieves respiratory issues, such as asthma
 - ◆ Relieves snake bites

- ◆ Relieves hemorrhoids
- ◆ Relieves gastrointestinal issues
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary
- Other/Fun Facts: Mullein is often referred to as “nature's toilet paper”.

Stinging Nettles

Plant ID: Stinging Nettle is a protective herb that grows from 3-8 feet tall. The soft green-brown leaves are mostly oval and occasionally heart shaped and grow 1-4 inches long in branched clusters. Both the leaves and stems have hairs on them, some hairs will sting you to the touch. Multiple flowers appear June to September.

- Foraging Season(s): Leaves in early spring, Roots late fall
- Parts of Plant Used: Roots, leaves.
- How to Harvest:
 - ◆ Leaves: While wearing gloves (nettles sting). Cut plant at nodes to collect leaves
 - ◆ Roots: While wearing gloves and long sleeves, loosen the soil around the plant. Next grip the base of the plant and gently but firmly pull the roots out of the soil.
- How to Store:
 - ◆ Leaves: Rinse plants in cool water removing debris. Pinch leaves from the stem. Dry leaves and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Roots: Scrub roots so that they are free of dirt and debris. Cut the root into desired size. Dry root thoroughly and store in an airtight container in a cool place away from direct sunlight.
- Health Benefits:
 - ◆ Antihistamine
 - ◆ Alleviates cramps/muscle spasms
 - ◆ Diuretic
 - ◆ Reduces pain and inflammation
 - ◆ Relieves arthritis
 - ◆ Relieves insect bites
 - ◆ Stimulates blood flow
 - ◆ Stimulates hair growth
 - ◆ Supports anemia
 - ◆ Treats allergies
 - ◆ Treats burns
 - ◆ Treats eczema
 - ◆ Treats enlarged prostates
 - ◆ Treats skin wounds
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary

- Other/Fun Facts: When used as a salve, stinging nettles can relieve eczema, and reduce joint pain and inflammation.

Salve recipe

What you will need

- Stinging Nettle infused oil
- Beeswax Pastilles
- 4 two-ounce containers with lids

Instructions: Pour stinging nettle infused oil into a double boiler. Add beeswax (For every 1 cup of herb infused oil add 4 tablespoons of beeswax) and warm until beeswax is completely melted. While still warm, pour the oil/beeswax mix into the two-ounce containers. Once the mixture has cooled, place the lids on containers. This salve is good for one year.

Yellow Dock

Plant ID: This tall-stalked flowering plant is known for its narrow leaves that curl along the edges. The leaves are coarse and can grow up to 2 feet in length. Yellow dock flowers have no petals and are green and sometimes have a touch of red. The flower rests in a branched cluster upon the long slender stem; flowers turn brown when they mature.

- Foraging Season(s): Leaves in the spring, Roots early fall into winter.
- Parts of Plant Used: Seeds, root, leaves.
- How to Harvest:
 - ◆ Seeds: Gently rub the seed clusters and allow the seeds to fall into your palm.
 - ◆ Roots: first loosen the soil around the plant. Next grip the base of the plant and gently but firmly pull the roots out of the soil.
 - ◆ Leaves: Cut the healthy leaves from the base of the plant.
- How to Store:
 - ◆ Seeds: Dry root thoroughly and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Roots: Scrub roots so that they are free of dirt and debris. Cut the root into desired size. Dry root thoroughly and store in an airtight container in a cool place away from direct sunlight.
 - ◆ Leaves: Rinse leaves in cool water removing debris. Dry leaves and store in an airtight container in a cool place away from direct sunlight.
- Health Benefits:
 - ◆ Aids in digestive health
 - ◆ Aids skin health
 - ◆ Cleansing properties
 - ◆ High source of iron
 - ◆ Laxative
 - ◆ Relieves constipation

- ◆ Supports gallbladder health
 - ◆ Supports liver health
 - ◆ Treats varicose veins
- Methods of Use: tea, salves, tonics, tinctures, poultice, culinary
- Other/Fun Facts: Yellow Dock seeds can be pounded into flour and have been used in some toothpaste recipes.

Foraging Notes:

Foraging Notes:

Mushroom Foraging

Chaga

Mushroom ID: Grows primarily on birch trees and has a black, charcoal-like appearance with a crusty or cracked surface. On the inside of it, is a beautiful yellowish-gold color. Never harvest chaga from dead or fallen trees, which is also known as 'dead chaga'. It appears black inside and out and will most likely be contaminated with mycotoxins.

- Foraging Season(s): All year round
- How to Harvest: To harvest chaga, you will need a sharp object, like a knife or ax, to cut into it. Please be mindful when harvesting chaga as it is important to leave a portion of it attached to help the tree and chaga survive longer so it can continue to be harvested.
- How to Store: To preserve and store your chaga, chop it up into small pieces, lay it out on a flat surface, and let it air dry for a couple of days. Once it's dry, store it in a jar and feel free to make tea with it any time you'd like.
- Health Benefits:
 - ◆ Anti-cancer properties
 - ◆ Anti-inflammatory properties
 - ◆ Antioxidant properties
 - ◆ Supports immune system
 - ◆ Supports heart health
 - ◆ Supports liver health
- Methods of Use: tea, tinctures

Morel

Mushroom ID: Morels are often found in woodlands or woody edges. Most commonly found near sycamore, hickory, ash, and elm trees. Morels have a honeycomb-like texture on their caps. Typically they are a shade of tan or brown, but can range in color from beige to almost black. The color varies depending on the age of the mushroom and other factors relating to the environment. The stem is very hollow, making it lighter than the cap.

- Foraging Season(s): Spring to early summer
- How to Harvest: When harvesting morels, it is recommended you pinch or cut the stem just above the soil to leave the base of the mushroom in the soil.
- How to Store: The best thing to do when you harvest morels is use them as soon as possible as they taste the best when they are fresh. This is a great reminder to only forage what you need.
- Health Benefits:
 - ◆ Anti-inflammatory properties

- ◆ Rich in antioxidants, fiber, protein, vitamin D, potassium, and iron
- ◆ Supports immune system
- Methods of Use: culinary

Maitake (Hen of The Woods)

Mushroom ID: Maitake generally grows in a cluster and can range in size from a few inches to several feet in diameter. It can resemble the ruffled feathers of a hen (hence its nickname Hen of the Woods). The top of the mushroom is generally a brownish-gray to tan color. This mushroom can be found growing at the base of oak trees or any other hardwoods.

- Foraging Season(s): Late summer through late fall
- How to harvest: With a knife, cut off the amount you need from the top of the mushroom. Their stems grow thick, so it's easier to cut than try to pull off the tree.
- How to store: Best thing to do is cook them right away. However if you can't cook them all at once, they can be stored in the refrigerator for up to one week after harvesting. It's also important to note to only wash the mushroom before you use it. This will help prevent spoilage from excessive moisture.
- Health benefits:
 - ◆ Anti-inflammatory properties
 - ◆ Antioxidant properties
 - ◆ Regulates blood sugar
 - ◆ Supports immune system
- Methods of use: culinary - meat substitute

Lion's Mane

Mushroom ID: Round, spherical shape that can resemble a cheerleader pom-pom and is typically white or a cream color. It can range in size from a few inches to more than a foot in diameter. You can find lion's mane growing on dead or dying hardwood trees, like oak, maple, or beech.

- Foraging Season(s): Late summer through fall.
- How to Harvest: Wait until it's dry to harvest as they retain a lot of water and are best to harvest when they are dry. With a knife, cut the top part of it and leave the base attached to the tree so it can grow back (and allow bugs to eat it as well).
- How to Store: It is best consumed fresh, but if you need to store it, it can be refrigerated for up to one week. An important thing to note is don't wash lion's mane unless it's really filthy. Because it retains a lot of water it will take a long time to dry. Instead of using water to wash it, use a brush to clean off any dirt you see.
- Health Benefits:
 - ◆ Aids in digestive health
 - ◆ Improves cognitive function and memory
 - ◆ Supports cardiovascular health

- ◆ Supports immune system
- Methods of Use: culinary, supplements

Oyster

Mushroom ID: Oyster mushrooms are shaped like a fan or oyster and can grow up to 10 inches across. Their cap is generally white, gray, or brown with a slightly velvety texture. You can find them growing on trees, logs, or stumps. They are commonly found on beech and aspen trees. Sometimes found on conifers as well.

- Foraging Season(s): Late spring through early summer.
- How to Harvest: With a knife, cut the top off leaving the base attached. It is very common to see bugs, like black beetles, grow on oyster mushrooms. If you see there are lots of bugs and holes in the mushroom, then it isn't going to be a good harvest.
- How to Store: Oysters are extremely delicate and can spoil rather quickly, so it's best to use them fresh. However, if you find yourself with extra, they can stay refrigerated for up to one week.
- Health Benefits:
 - ◆ High in protein, fiber, vitamin B, copper, and iron
 - ◆ Immune boosting properties
 - ◆ Anti-inflammatory properties
 - ◆ Lowers cholesterol
 - ◆ May improve brain function
- Methods of Use: culinary - grilling roasting, sauteing, stir-frying, soups and stews, meat substitute

Cauliflower Mushroom

Mushroom ID: Have a large, irregular shape that can resemble lasagna noodles that can vary in size from 2-6 inches in diameter. It is a cream-colored to pale-yellowish or tan with a firm, meaty texture. You can find them growing at the base of a tree or tree roots.

- Foraging Season(s): Spring through late fall.
- How to Harvest: You may be able to pull it out with just your hands, but if you do that make sure you still keep some of the base. If you feel like you aren't sure if you will be able to harvest it without pulling the base, use a knife to cut off what you need.
- How to Store: This mushroom is best eaten fresh. But if you need to store them they can last about 3 days in your refrigerator.
- Health Benefits:
 - ◆ Anti-inflammatory effects
 - ◆ Antioxidant properties
 - ◆ Good source of potassium, magnesium, zinc, vitamin B, and vitamin D

- ◆ May help regulate blood sugar
- ◆ Supports immune system
- Methods of Use: culinary - saute, meat substitute, pasta dishes, soups and stews, grilled

Chicken of The Woods

Mushroom ID: Chicken of The Woods grows in clusters and can range in sizes from a few inches to over a foot in diameter. It is a bright orange-yellow color with a smooth, leathery texture. You can find this mushroom growing on trunks of logs of living, dead, or dying trees like oak and beech.

- Foraging Season(s): Late spring to late fall
- How to Harvest: Before cutting the mushroom, inspect it for bugs. If you see lots of bugs and holes in the mushroom it is no longer going to be a good harvest. If you see only a few bugs and no holes, it's still good to harvest. Harvest by cutting it off at the base of the stem. To do this you can then either use a knife or your hands to strip the mushroom from the stem. Clean by brushing off the debris and then rinsing them in cold water
- How to Store: This mushroom is best eaten fresh. But if you need to store them they can last up to a week in your refrigerator.
- Health Benefits:
 - ◆ Anti-inflammatory properties
 - ◆ Antioxidant properties
 - ◆ Rich in vitamin B, potassium and copper
 - ◆ Supports immune system
- Methods of Use: culinary - saute, fried, grilled, roasted, soup, stews, meat substitute

Chanterelles

Mushroom ID: Chanterelles are commonly known for their funnel-like shape and bright yellow to orange color. The cap of the mushroom can range in size from 2-10 centimeters wide. They are generally found growing in wooded areas, particularly near oak and pine trees.

- Foraging Season(s): Summer through early fall.
- How to harvest: With a knife, cut the stem near the base of the mushroom. Handle them with care as they are fragile and can be easily damaged. Gently place them in your basket or bag to avoid crushing them.
- How to Store: Best if used and cooked right away, otherwise they can be stored in the refrigerator for up to 3-5 days.
- Health Benefits:
 - ◆ Anti-inflammatory properties
 - ◆ Low in calories

- ◆ Rich in antioxidants
 - ◆ Rich in vitamin D, potassium and copper
 - ◆ Supports immune system
- Methods of Use: culinary - sauteed, soups, stew, pickled, grilled, roasted, omelets

Giant puffball

Mushroom ID: As the name implies, this mushroom can grow quite large, it can range over a foot in diameter. They typically have a white, round or slightly oval shape with a smooth, leathery, texture.

- Foraging Season(s): Late summer and early fall.
- How to Harvest: Confirm the mushroom is still white and firm to touch. If you see it has a yellow or brown color, it is past their prime time and no longer a good harvest. Use a sharp knife to cut the puffball off at the base of the stem. Clean off any debris with a brush or damp towel. Slice the puffball and throw out any discolored or soft sections of the mushroom. You want to make sure it white and firm.
- How to Store: Can be stored in the refrigerator for a few days, but is best to use as soon as you harvest it.
- Health Benefits:
 - ◆ Anti-inflammatory properties
 - ◆ Antioxidant properties
 - ◆ Rich in fiber, potassium, protein, vitamin B, vitamin C, calcium and iron
 - ◆ Supports immune system
- Methods of Use: culinary - sauteed, grilled, fried, meat substitute, soups

Turkey Tail

Mushroom ID: A thin, flexible, fan-like shape with a velvety texture ranging in sizes from 2-8 centimeters in diameter and 1-3 mm of thickness. They can range in color from brown to green, gray, and even shades of blue. You can find Turkey Tail growing on trunks and branches of dead or dying trees like oak and other hardwoods.

- Foraging Season(s): Early spring through early winter.
- How to Harvest: Look for a healthy brightly colored batch of turkey tail. Use a knife or scissors to cut the mushroom at the base off of the tree. Gently clean them with a brush or cloth to remove any dirt.
- How to Store: You can store fresh turkey tail in the refrigerator for up to one week. Or you can dry it for a long term usage. To dry, slice them thinly and place them in a dehydrator or a baking sheeting in a warm, dry location. Once they are completely dry and crisp, store them in an airtight container in a cool, dry place. If stored properly they can last for several months to a year.
- Health Benefits:

- ◆ Anti-cancer properties
 - ◆ Anti-inflammatory properties
 - ◆ Antioxidant properties
 - ◆ Aids in digestive health
 - ◆ Supports immune system
 - ◆ Supports respiratory health
- Methods of Use: tea, tincture, capsules, extract, powder

Foraging Notes:

Foraging Notes:

Keep it Going

Resources

Check out these local-Minnesota based community-spaces to learn more about nature's gifts.

Appetite For Change

- www.appetiteforchangemn.org
- 1210 West Broadway Avenue - Minneapolis, MN 55411
- Appetite For Change uses food as a tool to build health, wealth, and social change in North Minneapolis. Bringing people together to learn, cook, eat, and grow food, creating change that lasts.

HEAL Mpls

- www.healmpls.com
- 4171 Lyndale Avenue North - Minneapolis, MN 55412
- #Healmpls is a safe space to chill, eat, socialize and gather as a community. HEAL Mpls serves affordable herbal medicine to support a holistic lifestyle as well as beautiful and nutritious plant based food intuitively curated for us, by us.

Lakota Made

- www.lakotamade.com
- 606 North Riverfront Drive - Mankato, MN 56001
- Woman and Indigenous-owned, specializing in herbal tinctures and remedies, and eco-friendly personal care products.

Minneapolis Edible Boulevards

- Follow on Instagram @minneapolis_edibleboulevards and on Facebook at Minneapolis Edible Boulevards
- Minneapolis Edible Boulevards provides access and education for harvesting fresh produce in Minneapolis neighborhoods suffering from food apartheid policies via boulevard gardens. They are mending the fractured food system by activating self-sustainability throughout our communities, one boulevard garden at a time.

Minneapolis Farmers Market

- www.mplsfarmersmarket.com
- 312 East Lyndale Avenue North - Minneapolis, Minnesota 55405
- The Minneapolis Farmers Market connects local farmers and gardeners with Twin Cities residents to build a sense of community over a shared love of food. The market empowers visitors to develop a personal connection to the food they eat by

learning where it comes from, how it was treated, and how to prepare it - directly from the grower. In the spring, this is a great place to acquire transplants.

Mississippi Market

- www.msmarket.coop
- 740 East 7th Street - St. Paul, MN 55106
- Mississippi Market Co-op has been helping Saint Paul neighbors to enjoy and provide high-quality organic, local and sustainably raised foods. In the spring, they also have a good variety of seeds and transplants.

Native Harvest

- www.nativeharvest.com
- 607 Main Avenue - Callaway, MN 56521
- Native Harvest is a subdivision of the White Earth Land Recovery Project focusing on food sovereignty, reviving and protecting native seeds.

Natural Me Apothecary

- www.naturalmeapothecary.com
- 4171 Lyndale Avenue North - Minneapolis, MN 55412
- Apothecary full of healing herbs, tinctures, tonics, salves, and more. Natural Me Apothecary assists communities in uncovering the power of nature so that we all may take responsibility for our health.

Natural Roots Wellness

- www.lachellecunningham.com
- Chef Lachelle Cunningham and Certified Herbalist Eva Nyrie have joined forces to create Natural Roots Wellness and the Elixir Kitchen where you can explore the world of plant remedies and nutritional healing through foraging and cooking classes.

Taos Cafe & Herbery

- www.thetaolife.com
- 2200 Hennepin Avenue South - Minneapolis, MN 55405
- Taos Cafe & Herbery supports the health and wellness of community and the earth through commitment to the Taoist philosophy: Health achieved through a simple, balanced life in harmony with nature - via meals at their cafe; stocking high quality supplements and herbs in the herbery; and offering enriching classes and health services.

References & Further Learning Information

The information around healing herbs and foods shared in this book comes directly from professional cooks, healers, herbalists, naturopaths, and educators. See their resources and day-to-day references below:

- *Encyclopedia of Herbal Medicine* by Andrew Chevallier
- *Healing Mushrooms* by Tero Isokauppila
- *How to Grow Your Own Food* by Angela S. Judd
- *Mushrooms of The Upper Midwest* by Teresa Marrone and Kathy Yerich
- *Natural Health and Wellness* by K Akua Gray
- *Rodale's Illustrated Encyclopedia of Herbs* by Ana Carr
- *Sembrando Esperanza, Cultivando Poder* by Abigail Hindson
- *The Complete Mushroom Hunter* by Gary Lincoff
- *The Fungal Pharmacy* by Robert Rogers
- *The Lost Book of Herbal Remedies* by Nicole Apelian and Claude Davis
- *The Rebel's Apothecary* by Jenny Sansouci
- *Wild Remedies* by Rosalee De La Foret and Emily Han